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Look inside for:

- 10 steps to total winter wellness (p.2)
- Homeopathic News (p.3)
- Featured and New Product List (p.4)
- New pain product (p.6)
- Answers to FAQ (p.6)

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Total Clinic
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**NATURAL
HEALTH SOLUTIONS.**



Vitamins, herbs and homeopathic medicine, conveniently delivered directly to you.

Get Ready for Winter

When you think about winter, what comes to mind?

Do you relate cold weather with being sick or constantly seeing sick people around you?

Are you always taking precautions to avoid catching sickness from ill people you come in contact with?

Are you in the best health possible

leading up to this upcoming winter season?

Are you unsure of the most effective ways to avoid getting sick this winter season?

Think back to the last time you were sick with the cold or the flu. Laying on your normally comfortable bed – bedridden. The room spinning from dizzy spells, your body aching from every movement, soaked in sweat, flushed from thought, coughing up phlegm, barely able to

drag yourself across the hall to your washroom. As the symptoms' intensity lessens, the mind recalls the countless chores and other routine tasks that have been missed.

Choosing between missing even more time from your already busy schedule or attempting to perform these tasks while still under the weather is really a lose-lose situation.

The good news is, the annoying plagues of the winter can be avoided. The better news is, it's really not that hard!

(full story cont'd on page 2)

Following 10 simple steps are your keys to total winter wellness

In addition to drinking lots of water, exercising regularly and sleeping properly, these 10 steps to winter wellness will

- Prevent acute sicknesses
- Reduce downtime when sick
- Stimulate your ability to heal
- Increase energy, stamina and concentration.



Step #1 – EAT LESS SUGAR

Obesity is an epidemic in our children and it's the culprit behind many weakened immune systems. By eating less sugar, the highs and lows in energy can be minimized. Sugar's metabolic consequences are endless.

“Sugar upsets the mineral relationships in the body, suppresses the immune system and can cause gum disease” as reported in *124 Ways Sugar Can Ruin Your Health* by Nancy Appleton, PhD, author of the book *Lick the Sugar Habit*.

If you are having a hard time completely removing the sweets from your diet, try great-tasting natural alternatives like Stevina or Xylitol. Neither spike the blood sugar!



Research indicates Xylitol can even strengthen gums!

Xylitol 1 pound \$19.99

Just as acid rain can destroy a forest (shown below) or alkaline wastes can pollute a lake, an unbalanced pH continuously erodes the body's tissues.



Step #2 – MONITOR YOUR ACID/ALKALINE BALANCE (pH)

Every food we eat leaves a residue that is either acid or alkaline. Extremes of acid or alkaline can lead to serious health consequences including low energy, weight gain, premature aging, bone loss and an under-functioning immune system.

Nearly all foods high in

protein, carbs and fats are acid forming and most fruits and veggies are alkaline forming.

You can quickly and easily determine, in your own home, what your pH is with pH test papers.

Testing your pH on a regular basis will prove to be valuable for your

health. You can visually see a correlation with your pH rating and the way you feel.



Get measurable results by using pH test strips!

30 strips \$14.99

Step #3 – EAT YOUR GREENS

Make a conscious effort to eat colourful combinations of vegetables mixed with leafy greens. The more colours the broader spectrum of antioxidants.

Many once-healthy foods don't pack the nutrition they once did due to today's

decreased quality of soil and the use of chemicals. Therefore organic foods are a better choice because they pack a far greater nutritional punch.

Organic whole foods supplements like Greens Rx and Green Alive are available so you can conveniently

and affordably take your greens foods with you wherever you go. Unlike commercially manufactured green foods, these greens are made fresh.

They do not spike the blood sugar, which means drinking your daily greens results in energy that lasts all

day – no more “afternoon lows.” Ideal for those who skip breakfast or other meals. Eating your greens has never been easier.



Greens Rx as low as \$39.99
Green Alive \$46.99

Step #4 – CONSUME LOTS OF GOOD BACTERIA

Bowel flora in the gut plays an important role in keeping you healthy. Probiotics, as they are called, are involved in the development of the immune system, prevention of infection by fighting the bad bacteria, and maintenance of the elimination pathways

and digestive system. Deficiency can cause a weakened defence to foreign bacteria and harsh symptoms like diarrhea. Causes of deficiency include the use of antibiotics, that is, the collateral damage of killing bad bacteria is killing off the good bacteria.

Yogurt contains millions of healthy microorganisms, whereas probiotic supplements contain billions.



Optima contains 14 strains in a convenient 1-a-day enteric coated cap for enhanced absorption.

Although acidophilus is the most known probiotic supplement, far superior sources are those that better reflect a human's natural bacteria spectrum.

Optima 1 month supply \$39.99

Step #5 – GET ADEQUATE SUNLIGHT

Easier said than done in the winter because of the freezing temperatures and dark days.

Sunlight is the best way to obtain vitamin D, which is one of the most common nutritional deficiencies as reported in the *Globe and Mail* article "Vitamin D Casts Cancer Prevention in New Light."

Not only does a lack of vitamin D cause a weakened immune response but it has also been related to bone loss and cardiovascular problems like high blood pressure.

The best sources from food are cod liver oil, salmon, sardines, liver and egg yolk. Our body's requirement of vitamin D is very high and difficult to get from diet alone.

Try to get at least 20 minutes of direct sunlight every day. Take Bio-D-Mulsion for the best protection.



Costs less than 7 cents a day!

'Sunlight in a bottle' Micro-emulsified liquid vitamin D enhances absorption.

Bio-D-Mulsion 30ml \$28.99

"Researchers are linking low vitamin D status to a host of other serious ailments, including multiple sclerosis, juvenile diabetes, influenza, osteoporosis and bone fractures among the elderly."

NEXT DAY DELIVERY AVAILABLE

Homeopathic News

When you buy your medicines from us we guarantee you will get the highest quality medicines, at the lowest possible price, with the most convenient service.

In addition to offering you every remedy manufactured by **Boiron Labs**, we now offer every single or combination product available by HomeoCan. **HomeoCan** is a licensed Health Canada laboratory that is recognized for its unique over-the-counter combinations and rarely available single remedies.

Contact us information on the 2007/2008 Flu Kit.



Gift Certificates Available

Step #6 – ELIMINATE PROCESSED AND REFINED FOODS

Although quick and convenient, processed and refined foods can have counterproductive effects on your digestive system and eventually take a serious toll on your health. When you eat these foods you are inevitably eating an assortment of synthetic chemicals, additives,

colouring, flavouring and preservatives. Over 6,000 synthetic chemicals are known, some of which exhibit carcinogenic properties.

Your body's natural defence system recognizes these and increases its workload, causing stress. When this cycle continues it

overburdens the system and eventually diminishes digestive capability. Bloating and post-meal fatigue will become routine.

For the middle-aged or seniors, taking only a full-spectrum digestive enzyme supplement can help eliminate indigestion, ensure proper nutrient

assimilation and stimulate consistent elimination.



Essential Enzymes 240 caps
\$49.99 (many enzyme products available)



Wash your hands a minimum of 3 times a day.

Step #7 – WASH YOUR HANDS REGULARLY

Simply put, washing your hands is the single most effective way to prevent the spread of infections. Germs (viruses and bacteria) are contracted by touching others (shaking hands) or objects (door handles).

Avoid touching or rubbing your mouth, eyes and nose. Make sure you are using the right cleanser based on your environmental circumstances. Soaps are used to make the surface slippery so organisms can "slide

off." Antibacterial soaps and creams should only be used under certain circumstances (such as in hospitals and critical care areas) and should be chosen carefully based on their active ingredients and your exposure.

FEATURED PRODUCTS

- Homeopathic Flu Kit – Prevention & Treatment
- Serra- Peptidase – Pain & Inflammation
- Slimworx – Natural Weight Loss
- UBQH – Enhanced form of Q10
- Prostate Perform – Ultimate prostate remedy
- Manuka Honey Lozenges – Sore throat
- Bioxy Cleanse – Bowel Cleanser
- Lyprinol – Unique Omega 3 for inflammation
- Osteo Prime Plus – Enhanced bone formula
- MSM Cream – Fast-acting pain cream
- Methylcobalamin – Nervous system support
- Cardio Mag – Cardiovascular Magnesium
- Holy Basil – Enhances Mood/Elevates Spirit

NEW PRODUCTS

- PH20 – Turns tap water into alkaline water
- Red Reishi – Energy & Immune support
- Feels Like A Facelift – New-age Skincare
- T.M.C. – Fast-acting pain rub
- Homeocan Calendula Plus – First aid cream
- E8 – Complete vitamin E supplement
- Chlorella Pyrinodosa – Heavy Metal Detox
- Chill Pills – Stress, Anxiety & Concentration
- C8 – Vitamin C & Antioxidant formula
- D-Ribose – Cardiovascular Health
- Resperate – Lowers Blood Pressure
- The Stick – Toothbrush for muscles
- MenoPeace – Menopause Formula

Step #8 – DETOXIFY YOUR BODY

Cleansing and detoxifying are the most powerful ways to enhance the body's performance. It can significantly improve digestion, regularity, transit time and energy levels.

There are many aspects of detox to consider: blood, liver, bowels, parasites and kidney.

Individual circumstances such as toxin exposure, medication history and current state of health must be taken into consideration for best results.

Many herbal remedies, homeopathic medicines and vitamin supplements can be very effective at cleansing. Choosing the right product or program is important to ensure safety and effectiveness.

“Cleansing the liver bile duct is the most powerful procedure that you can do to improve the body's health,” according to Hulda Clark, author of *A Cure for All Diseases*.

The Liver Flush kit (shown right) is a traditional cleansing

program used to remove fat-soluble toxins such as pesticides from the body. The 22-day process also involves detoxifying the bowel and killing parasites. As a result, on the 22nd day, stones (like those shown below) come out of the stool.



We are all familiar with changing the filter in our car or in our homes, yet many forget to clean the filters in their body. Such maintenance is required for the body to function at its full capacity.

Total Liver Flush starting at \$99. New homeopathic detoxification kit only \$29.99

Step #9 – EAT GOOD FATS

Before the Atkins craze, most diets recommended cutting out fat. While it is true consuming large amounts of bad fats contributes to weight gain, people need to realize that by cutting all fats from their diet, most importantly the essential fatty acids (EFAs), they can end up hurting the body.

There are good fats, which the body simply can't live without, and there are bad fats that can clog up the arteries. The Omega 3, Omega 6

and Omega 9 fatty acids are among the good fats also known as essential fatty acids.

Without sufficient lipid and essential fatty acid supplementation, our health would deteriorate. Lacking these in our diet opens the door to health complications, including cardiovascular disease, cancer, neurological problems (such as MS, ADHD and MD), extensive and unrelenting weight problems, diabetes and insulin mismanagement

of carbohydrates and proteins, slower immune response-times, increased sickness and disease, and alarming premature, accelerated aging within every biological system in our body. The bottom line is that without lipids and essential fatty acids, a person will look and feel 20 years older than they should!



The above contributed by Dr. Stanley D. Headley, MD, Chief Medical Officer, Vaxa International.

Choosing the right Omega supplement is very important. In most cases individuals eat an overabundance of Omega 6s and so it is Omega 3 supplementation that is of prime importance.

***Supplements available;
Evening Primrose Oil
Omega 369
Omega 3
Nutra Sea
EFA Plex
Max DHA
Lyprinol
Call for prices.***

Your Local
Wellness Resource



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Step #10 – RELAX YOUR MIND AND BODY

Stress can suppress the immune system, wear out the adrenal glands, and cause your body to negatively respond when life doesn't go as planned. Adrenaline and cortisol both release under stress and decrease your body's ability to effectively cope.

Many nutrients and herbal remedies are known to lower stress, enhance the ability to concentrate, reduce irritability, eliminate nervousness and induce relaxation.

Exercise, yoga and massage are great ways to relieve stress.

The most powerful stress support is traditional Japanese red reishi mushroom extract. It is a powerful adaptogen that stimulates an immediate feeling of well-being.



Red Reishi.
\$125 for 2 months Supply.

FREQUENTLY ASKED QUESTIONS

How do I purchase products mentioned?

The address of your local distributor can be found at the bottom of this page.

How do I receive products?

All packages are delivered direct to you by Canada Post Express.

How long do I have to wait for delivery?

You'll receive in-stock products within 3-5 business days.

What is the cost for delivery?

Shipping is a cost of \$6.99. For east coast orders add \$4.00.

How do I receive more information about your services or about options for a specific health problem?

Contact the health professional that provided you with this newsletter. Or visit the website listed at the left of this page.

"We look forward to helping you reach your health goals."

ELIMINATE PAIN NATURALLY

TRY T.M.C.



Transdermal Magnesium Complex

120ml Spray Bottles
Only \$22.99

Applications include:

- Pain
- Arthritis
- Stress
- Wrinkles
- Balding
- Skin Tags
- Fibromyalgia