

Truly You Holistic Health Clinic

What's Hot, What's Not, and What's Next

Flu Season

This is the time of year when people start to come down with various coughs, colds, and flues. Is there such a thing as prevention, and if so what really works?? Prevention is actually key. At this time of year we tend to get very busy, sleeping hours tend to decrease, stress levels increases, sunshine decreases, and our healthy food intake becomes questionable at best as we "Enjoy the Season"..... funny how our enjoyment of the season is to the detriment of our body and our health.

So what can you do to get your body in the optimum fighting position?

1. SLEEP!! An adult should get a minimum of 8 hours per night, in the absolute dark in order for the body to enter into the full 4 beat cycle of sleep and for the hormones to be properly converted by the body. Sleep is crucial and essential to good health and a strong immune system. (Want proof? Read *Light's Out* by T.S. Wiley, an awesome book about the importance of sleep, it includes incredible scientific research on the topic)
2. Drink lots of WATER! Yes water even in the winter. In actuality we are more dehydrated in the winter than the summer. Water keeps everything lubricated and working well.
3. Eat nutritional meals. Don't forget about your greens, even though everything outside is not! Greens are essential to overall health, including detoxification of your body and boosting your immune system.

Welcome to the client newsletter that is distributed each month, for clients, supporters, and those interested in their own health. It is my hope to use this newsletter to share new theories, facts, and medical studies with you, to inspire you and to give you the heads up on what is happening with health both in our community and around the world.

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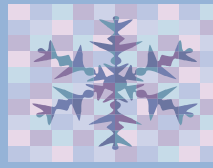
Roxanne Harris

DMH, DHHP, DynBC, DynNC.
Doctor of Medical Heilkunst

13 Clothier St. East
Second Floor Suite 4
Kemptville ON K0G1J0

613.258.1215
doc.rox@sympatico.ca
www.trulyyouholistic.com
By Appointment Only

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4. Take time out to enjoy life. Don't become consumed with the stressors of the holidays. Simplify things, don't over commit. Spend time relaxing in front of the fire with a cup of tea, reading a good book, taking a hot bubble bath, or having a snowball fight with the kids.
5. Get outside, especially on the sunny days, and expose your face to the sun. Vitamin D, also referred to as the sunshine vitamin and the happy vitamin, is crucial to the immune system. Studies have shown that levels of vitamin D are drastically reduced in depressed people, as well as a causative factor of many other serious diseases such as cancer. It is best to top up your levels of vitamin D by taking some good quality Cod Liver Oil (such as Nordic Naturals) or Krill Oil. If you must take a Vitamin D supplement make sure it D3 (this is the only form that the body can handle).
6. AVOID the flu shot. Yup I said it. The flu shot has not scientifically proven to prevent or even minimize the duration and severity of

the flu if you do catch it. Study after study has inconclusive evidence, and many cite that your risk of contracting the flu is greater than if you had never had the shot in the first place, weakening your immune system in the process.

PREVENTION is the key.

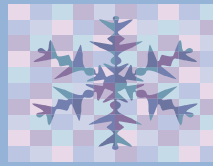
Still worried about your risk of the flu?

Homeoprophylaxis works amazingly well and has no side effects. Influenzinum as well as a homeopathic immune system booster (Thymoline) is delivered **orally** and gives protection from the flu for those wanting to cover their basis. **The homeopathic flu vaccine is available free of charge through the clinic.**

Studies have shown a 99% success rate in comparison with the 0-14% success rate with the allopathic system shot.

The following is a short clip of an interview with a flu vaccine manufacturer:

<http://articles.mercola.com/sites/articles/archive/2008/11/18/do-flu->



shots-work-ask-a-vaccine-
manufacturer.aspx

Feel something coming on?

Try the following formula:

3 L water

6 slices fresh peeled ginger root

1 Tbsp crushed green cardamom

5 cinnamon sticks

1 tsp black pepper

1 tsp whole cloves

Simmer the ingredients for 1.5 hours then strain and put into a glass bottle in the fridge (keeps for weeks). This produces a strong concentrate. To use add 1-3 Tbsp of unpasteurized honey to 1 cup hot water. (Honey will not only sweeten the beverage, but also has antibacterial and anti-inflammatory properties.

“Eternity is a long time to be wrong” ~ Michael E Jones

If you have been impacted positively throughout your treatment and you would like to help others on their journey to health, consider writing a testimony about how treatment has helped you, so that you can be a blessing to others who are struggling to find their way to physical, emotional, or mental freedom. Testimonies are confidential.

Existing patients who refer a new patient to the clinic will receive 20% off their next visit once the referral has had their initial appointment. New patients also benefit with the “I’m a Friend Discount” of 20% off their first appointment.

Recipe Corner

Ginger Tisane (6 Servings)

6 cups water

1/4 cup peeled and chopped fresh ginger

1/3 cup fresh lemon juice

1/2 cup firmly packed fresh mint leaves

6 tablespoons dark honey

1 lemon, cut into 6 wedges

In a large saucepan over high heat, combine the water, ginger and lemon juice. Bring to a boil, then reduce the heat to low and simmer for 5 minutes. Remove from the heat, add the mint, and let steep for 5 minutes.

Pass the mixture through a fine-mesh sieve, placed over a pitcher, pressing down lightly on the ginger and mint. Discard the mint and ginger.

Stir the honey into the tisane. Serve hot or iced, garnished with a lemon wedge.

**** ginger boosts the immune system and helps to ward off cold and flu causing bacteria and virus. Lemon and honey are very soothing to sore throats for an extra dose of antimicrobial power use Manuka honey .*

“Fear can keep you up all night. Faith makes one fine pillow”. ~ Anonymous

***Happy Snowflake Hunting!
Doc Rox***