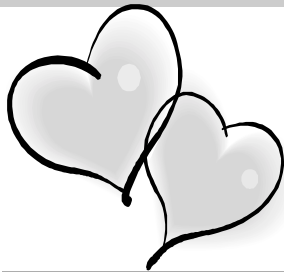


Volume 1 - Issue 2

Winter 2006/2007



**Happy New Year!**

Thanks to all of you, our anniversary sale was a huge success! I continue to be grateful for your support. Thanks to our dedicated and committed staff too! Jean, Tina, Lorinda, Leigh, Ivy, Margaret, Joyce and Barbara Kravets, (Max too! )

We will be celebrating again (we love to party) with a Customer Appreciation Day on Saturday February 17, with a natural food buffet served from 12-3. AND 20% off Everything !!

Your feedback is always appreciated so keep the comments coming. We do strive to make your experience here satisfying.

Once again thank you so much, I love our store and I cherish the opportunities that God has given me here in McHenry to serve and teach.

May your new year be blessed and in good health!

Anne Worth

**Say no to Flu! Say yes to Oscillo!!!!**

**Oscillococcinum® has been shown in clinical trials to help reduce the severity and shorten the duration of flu symptoms**

Oscillococcinum works rapidly, with 63% of patients showing "clear improvement" at 48 hours. In a double-blind, placebo-controlled, clinical trial, the recovery rate within 48 hours of treatment was significantly greater in the group that received the active drug than in the placebo group. Unlike other flu medicines, Oscillococcinum does not cause side effects, such as drowsiness, and has no known or reported drug interactions. Oscillococcinum is regulated as a drug by the FDA and can be purchased at pharmacies, natural food stores, and supermarkets.

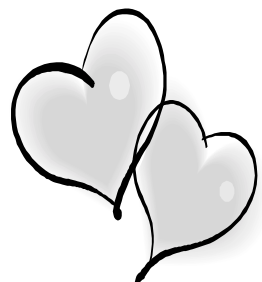
Make sure you have Oscillococcinum on hand because it works best when taken early.

Use Oscillococcinum at the first signs of flu.

## What is homeopathy?

Homeopathy was developed by Dr. Samuel Hahnemann over 200 years ago in Germany, and has been practiced in the United States since 1825. Homeopathic medicines are derived from micro doses of natural substances that come from mineral, botanical, and biological sources. Because the active ingredients appear in such small doses, there are no known side effects, drug interactions or toxic reactions to homeopathic medicines. They are reliable and safe drugs, therefore considered by many as an excellent choice as a first line of treatment.

In the U.S., the Food and Drug Administration has regulated homeopathic medicines as drugs since 1938. The initials "HPUS" on a label indicates that the ingredients of the drug are officially referenced in the Homeopathic Pharmacopoeia of the United States and assures the product meets standards of strength, quality, and purity.



## BEST SELLING IMMUNE BOOSTERS & BUG KILLERS

**Olive Leaf Plus**

by Enzyme Process

**Cold and Flu Formula**

by Quantum

**Oregano oil**

by North American

**Macroforce**

by Immundyne

**Host Defense**

by New Chapter

**EmergenC**

by Alacer

Take probiotics everyday to keep gut immunity strong!

**New Products!! ON SALE!! New Products!! ON SALE!! New Products!!**

**Sale! 30% OFF —Introducing Irwin Naturals— Sale! 30% OFF**

**What makes Irwin Naturals Different?**

1. All products are presented in Natural Liquid Soft-Gel form. The contents of easy to swallow liquid soft gels are quickly released in the body up to 200% faster than dry tablets and capsules which contain binders and fillers.
2. All products from Irwin Naturals come in dark glass bottles to protect supplements from light, are better for storage due to the fact that there are no plastic chemicals leaching into your product. Environmentally friendly glass is recyclable.

**We now carry the following Irwin Naturals Products:**

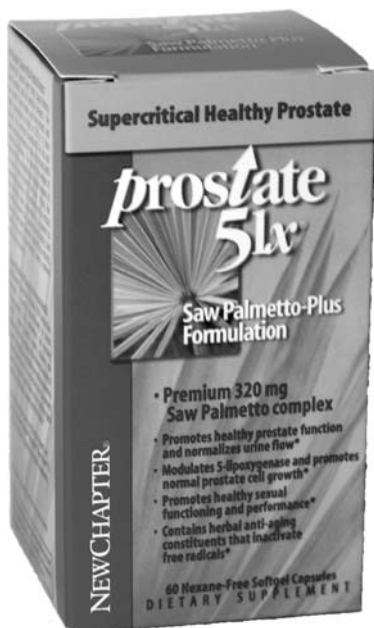
- **Less Stress Weight Control** - Calms your Nervous Hunger Cravings
- **Advanced Ginza Plus** - 5 Adaptogens to Balance & Energize without Stimulants
- **Phase 2 Carb Blocker** - For Those Who Eat Pasta, Bread, Rice and other Carbs
- **Low Glycemic Sugar Metabolizer** - Support Healthy Weight & Blood Sugar Levels
- **Fast-Action Hoodia Diet** - Effective Weight Management
- **System Six** - Burn Fat Six Ways (contains caffeine)..... And More!!!!

**NATURE'S SECRET**

**Sale! 30% OFF**

**NATURE'S SECRET**

Candistroy Part 1 & 2 with CD, Ultimate Cleanse with free CD,  
**NEW! Ultimate Respiratory Cleanse, NEW! Ultimate Urinary Cleanse, NEW! Ultimate Energy,**  
**NEW! Ultimate Green, NEW! Ultimate Weight Loss, NEW! Ultimate Fasting Cleanse Kit.**



***Prostate 5Lx On Sale***

**25% Off &**

**Get a Free Book!!**

**Dr. Katz's Guide to Prostate Health  
(sells on Amazon for \$10.85!!)**

**(While supplies last)**

DO YOU HAVE A FAVORITE GLUTEN FREE RECIPE?

ENTER OUR RECIPE CONTEST AND WIN A \$100 GIFT CERTIFICATE TO NATURE'S CORNUCOPIA.

WINNER WILL BE PICKED ON SATURDAY FEB 17 AND PUBLISHED IN NEXT NEWSLETTER.

Raspberry Chocolate Chip Pan Bars

Ivy Dodge

1 package 123 Gluten-Free Sugar n' Spice Pan Bar Mix

3 Eggs

3/4 cup vegetable oil or melted butter/margarine

3/4 cup Sunspire Organic Chocolate Chips

1 cup raspberry preserves

1. Preheat Oven to 350°. Spray a 9" x 13" pan with non-stick spray.

**These Pan Bars are delicious. Moist and chewy with organic chocolate chips. Yum!!**

2. Add first three ingredients to mix; stir together in mixer or by hand.

3. Add chocolate chips, fold in.

4. Pour mixture into greased pan and spread evenly.

5. Bake for 30-33 minutes, until toothpick inserted in center comes out clean.

6. Drizzle with melted raspberry preserves while hot.

7. Cool.

8. Cut and serve.

Makes 24 scrumptious bars!

Quick and Easy Red Chili

2 cans Westbrae organic chili beans

2 cans Westbrae organic kidney beans

2, 1# chubs Organic Valley ground beef

2 14oz. cans organic diced tomatoes

1 tablespoon extra virgin olive oil

1 medium onion, chopped

Minced garlic, if desired

2 packets Simply Organic spicy chili seasoning

• On medium heat, saute onion and garlic in olive oil. Add and brown evenly, 2lbs ground beef.

• Add tomatoes with juice. Simmer gently 5 minutes.

• Add tomato and beef mixture to heated crock pot. Add beans and seasoning packets.

• Cook on low heat for 2-3 hours.

• Enjoy

Quick and Easy Gluten Free Pasta Salad

Tina Falco

One box Tinkyada GF Spiral Pasta

1 medium Red Bell Pepper, chopped

1 medium Green Bell Pepper, chopped

1 medium Yellow Pepper, chopped

1 medium onion, chopped

Cherry of diced tomatoes, to taste

1 avocado, diced

1 can black olives

1 can green olives

Annie's Tuscany Italian Dressing

Parmesan cheese, if desired.

Cook pasta as per box instructions, until firm, not soft. Rinse, drain and set aside in large bowl to cool.

Fold cooled pasta gently with vegetables and dressing, to taste.

Let chill in fridge until serving.

*Good Health and Peace to All*



**HOW STRONG ARE YOUR BONES???**  
**FREE BONE DENSITY SCREENING**

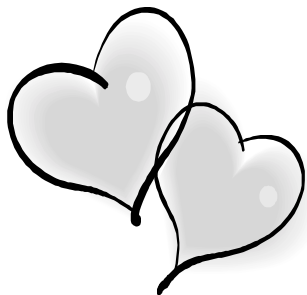
Dr. Larry Pizek  
Chiropractic Physician

Will be conducting free bone density screenings

**Saturday Feb 17**

**Customer Appreciation Day**

**MEN ARE AT RISK FOR BONE LOSS TOO!**



*Valentine's Day Special*

**CUSTOMER APPRECIATION DAY**

*Saturday, February 17th, 2007*

**20% off EVERYTHING !!**

**NATURAL FOODS BUFFET 12-3pm**

**TO THANK YOU FOR YOUR SUPPORT!!!!**

**Max's Pet Picks**



**Max, Our canine greeter**

I have some suggestions for pet products in our store.

- Pet Guard Organic Cat and Dog Food wet and dry, finally!
- Solid Gold Tiny Tots & Lamb Jerky Dog treats. (I love them!)
- Solid Gold Beef Jerky
- Now Fish Oil
- Nature's Vet Cranberry Powder for urinary tract infections.
- My owner brushes my teeth (yuk!) regularly with colloidal silver and an Oramedix children's toothbrush. My breath is so

much better! The bones just aren't enough, but I love 'em.

- Recently I had the rabies shot (yuk!), she gave me a homeopathic detoxifier, Vaccistat, to rid me of the toxins. This will work for anyone who has to have a vaccine. The best way to administer is 3 times a day for a week before and then for 2 weeks after.

Come by and pet me soon! I love the attention, especially behind my ears!

Max

