

- Get Healthy in 2010
- New Year's Special
- Wellness EXPO News

Ecclesiastes 3:1 There is a time for everything, and a season for every activity under heaven:

## Naturopath's Notes:

Happy 2010! It is amazing how quickly this decade has gone by. I remember celebrating the year 2000 and wondering if all our computers, ATMs, etc. would crash as was expected 10 years ago. Of course nothing crashed and we have advanced tremendously technologically with the expansion of the internet, Twitter, and blogs. It is funny how the more "connected" we become, the more disconnected with people we can become. I am definitely guilty of texting someone out of a lack of commitment to a long conversation on the phone. But this year I hope to resolve to be less reliant upon technology to communicate and more reliant upon growing personal relationships – like in the good 'ole days...

What about your resolutions? I hope you take time this month to reflect upon the goals you want to accomplish with your health. Regular exercise and eating nutritiously is so important for your immune system, cardiovascular system, and overall daily mood. In order to help with your health goals for 2010, we are offering a special detoxification package for the month of January. This is a great opportunity to help you kick-start the new year by detoxifying your whole body safely and naturally. Read more about it below. I also included the contents to a Natural First Aid Kit which are import for each household and also makes wonderful baby shower gifts.

I pray you and your loved ones have a blessed and safe 2010.

*God Bless and Be Healthy,  
Jennifer*

### [JANUARY SPECIAL: DETOXIFY YOUR BODY WITH A BODY CLEANSE AND COLONIC TREATMENTS](#)

Start 2010 off by helping to eliminate the numerous toxins accumulated in your body. Doing a full body cleanse 2 times per year is an excellent way to remove these toxins and built up fecal matter in your colon. A natural way of doing this is to use a whole body cleanse that will clean the colon, liver, large intestine, gallbladder, kidney and blood. When a cleanse focuses on just one organ (e.g. the colon only), the toxins are simply being moved from that organ to another excretory organ and will not provide the long-term results you are looking for.

#### Inside this issue:

Naturopath's Notes	1
January Special	1
Body Cleanse/Colonics	2
Natural First Aid Kit	3
Wellness Expo	4

## Do You Need to Detoxify Your Body?

- 1) Do you have less than 2 bowel movements per day?
- 2) Are you more than 10 pounds overweight?
- 3) Are you tired and sluggish?
- 4) Do you crave breads or sugary sweets?
- 5) Does your skin breakout?
- 6) Do you have bad breath?
- 7) Do you have to mask body odor with a scent?
- 8) Have you never used a whole body cleanse before?
- 9) Do you eat dairy products?
- 10) Do you need caffeine to get up?

If you answered yes to 3 or more of these questions then you should consider detoxify your body.

Detoxing your  
body can help  
you feel lighter  
and healthier.

To help you start off the New Year feeling lighter and healthier, Abundant Life Wellness Center and The Colon Health Center are joining efforts to offer you special pricing to help cleanse your body.

ALWC has their **Whole Body Cleanse kit on sale for \$175** (regularly \$200). This is a 13- day cleanse that allows you to eat regular food and does not require you to be close to a bathroom constantly. The Colon Health Center is offering **3 colonic sessions for \$210** (regularly \$240).

Colonic sessions cleanse the large intestine to remove fecal impactions, strengthens the colon and assists in removing toxic waste. We recommend that you receive your first colonic session immediately before you begin the whole body cleanse, your second colonic session in the middle of your cleanse and the final session on either day 13 or the day after of the cleanse. The Colon Health Center is in Fort Worth at 1115 Pennsylvania Ave. #D, and their phone # is 817-336-3844. The therapist, Sherry Burklow, has over 25 years experience in colonics.

We look forward to helping you start 2010 off healthy!



## Service Spotlight:

Help to further detox your body with an **IonCleanse Foot Detox** or the **Oxygen Steam Sauna**. Both will pull toxins from your body safely and gently. Results are typically felt immediately. Read more about both services on our website: [www.abundantlifewellnesscenter.com](http://www.abundantlifewellnesscenter.com)

*The cost for either service is \$40/session or \$140 for 4 sessions.*

## How to Create Your Own Natural First Aid Kit:

### Natural First Aid Kit

There are many natural items that all homes should have on hand that are safe, very effective and best of all, non-toxic. I have listed below the items that can get you through almost any minor emergency. These items can all be bought at health foods stores or online.

### Topical Remedies:

**Arnica Cream** – perfect for bumps and bruises. Use it for any kind of trauma that is not bleeding or involving open skin. Apply it topically as needed for pain. You may need it every 10-15 minutes at first but the time stretches out after a couple applications. If you have sore muscles from over exertion the arnica cream will help that too.

**Yarrow** – if your trauma is bleeding. Sprinkle yarrow on the area that is bleeding to stop it. If you do not have any handy just use red cayenne pepper. It is the same thing but not quite as strong. It will sting for a minute but the pepper quickly numbs the nerves and relieves the pain as well.

**Calendula Spray or Gel** – after the bleeding has stopped from a trauma, apply to speed healing.

**Tea Tree Oil** – if the wound has any chance of becoming infected, apply this. Also wonderful to sprinkle 5-10 drops in bath water when feeling congested or achy.

**Florasone Cream and Bug Bite Ointment** – takes the itch out of bug bites. Can be used like the old calamine lotion or today's more popular hydrocortisone cream.

**Natural Sunscreen** – find one that has no toxins in it (go to [www.cosmeticdatabase.org](http://www.cosmeticdatabase.org) to locate the best ones).

**Whole Leaf Aloe Vera** – if you forget the sunscreen and get sunburned, apply this topically. Also use on other burns on body.

### Internal Remedies:

**Colloidal Silver** - this is a must. It can be taken for a few days to fight infection from the inside out. It is one of the best natural antibiotics. I would reach for this before a prescription antibiotic.

All homes should have a Natural First Aid Kit on hand.

Internal Remedies continued:

**Arnica** – is used to heal trauma from the inside out. These pellets (that taste like small sugar pills) are great before and after surgeries; equally as good if you take a fall in the back yard or work out a bit too hard in the gym.

**Apis** is good for stinging rashes or hives. Also in pellet form.

**Activated Charcoal** is good for an upset stomach from food poisoning. Take it along with a probiotic and you should feel better quickly.

**Camomilla 6X** used for babies who are teething or fussing. Use a couple of quick dissolve pellets in the mouth relieves their discomfort.

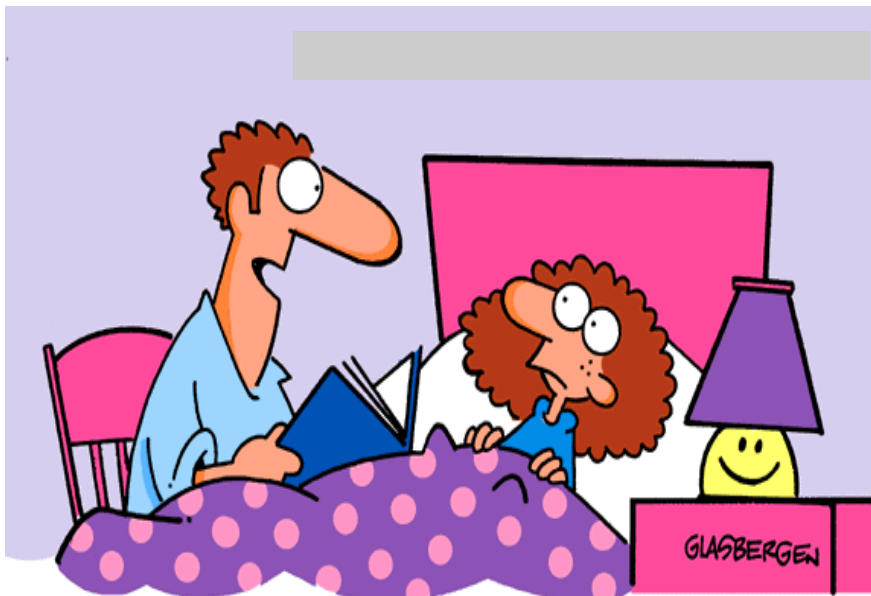
**5 Flower Bach Combination** is fantastic in every situation. It gives you energy when tired and helps you sleep when you can't relax. It is even safe sprayed or dabbed on a baby when they fuss. 5 Flower Bach Combination is also sold as Calming Essence, Distress Remedy, and Rescue Remedy.

Also keep some common emergency first aid products nearby such as ace wraps, band aids, butterfly tapes, tweezers, and scissors.

Join Us:

Jennifer will be speaking on  
Ways to Improve Breast Health  
at the Fort Worth Wellness Expo on  
February 27th at 2:00 pm at the  
Will Rogers Coliseum.

(We have coupons to the EXPO, just ask us for them.)



**“First Goldilocks ate Papa Bear’s porridge,  
then she ate Moma Bear’s porridge, then  
she ate Baby Bear’s porridge...and her  
cholesterol dropped 14 points!”**

ALWC BioSET Referral  
Program – If you refer a  
new client to us for BioSET,  
you will receive a free  
follow-up BioSET session  
after the new client has their  
initial appointment with us.

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