

Natural Healthcare Store



HAPPY HOLIDAYS!

The Natural Healthcare Store selects only the highest quality all-natural healthcare products for our clients through extensive research. Collectively, our products allow clients to replace every skincare, healthcare, and household cleaning product with all-natural products as they begin to **LIVE THE NATURAL LIFE™!**

Holiday Specials!

Treat yourself or a loved one to a home spa this holiday season!

- Dead Sea Luxury Bath Salts! Relax in a bath of Dead Sea salts that will soften your skin and detox your body! MSRP \$36.00! Holiday Sale \$21.95!
- Dead Sea Spa Soap! MSRP \$6.99-7.99! Holiday Sale \$5.50!
- Gift Certificates 10% Off Through Dec 20th!

Renew Your Health this Holiday Season! The Two Most Important Changes You Can Make!

What are the two most important things you can do to improve your health?

Correct Your pH Balance!

According to Susan Lark, M.D., "paying attention to acid-alkaline balance (or pH Balance) is one of the most crucial ways you can affect your health status. It impacts immunity, digestion, bone strength, symptoms of joint disease, hormones, and the function of essential internal organs." You've probably heard of the importance of proper pH in relation to soil in agriculture necessary for a healthy crop, or proper pH balance of aquarium water necessary for the health of fish. Did you know that your internal pH is also vital to YOUR health!

If our pH levels are not properly balanced, we can no longer process essential minerals and nutrients appropriately. In order to function properly, our cells need to be slightly alkaline. Additionally, viruses, bacteria, and diseases tend to thrive in a more acidic environment but struggle to survive in an alkaline environment, therefore, increasing our alkalinity will

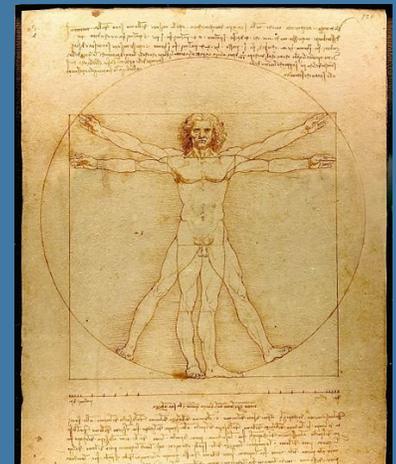
help to combat these conditions.

The pH balance of our bodily fluids is considered a measurement of our general state of health! So what's the problem? What we consume each day drastically affects our pH balance. While raw fruits and vegetables are generally naturally pH balanced, processed foods, cooked foods, prescription drugs, and even the air we breath tend to be acidic to various degrees (some to extreme degrees). As a result, given our lifestyles today, most everyone's bodily fluids are acidic. Therefore, we must take the steps necessary to adjust our pH levels in order to maintain optimal health! Our first suggestion is to eat more raw high alkaline fruits and vegetables! For more detail please review our chart of alkaline and acidic foods at <http://www.naturalhealthcarestore.com/phdiet.htm>. We also suggest using our Miracle II Neutralizer on a daily basis. The manufacturer suggests adding 7 drops to two table spoons of the neutralizer to water each day to help correct our pH! You can also purchase pH test strips to monitor your pH levels on a regular basis!

"Disease is cured by the body itself, not by doctors or remedies."

- John Harvey Kellogg, MD

"Nature is the curer of disease." - Hippocrates, the father of medicine



Leonardo da Vinci's Vitruvian Man (ca. 1487)

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Rejuvenate Your Body and Mind with a Relaxing Luxurious Dead Sea Salt Bath!

View more information at:

<http://www.naturalhealthcarestore.com/skincare.htm>

Product Spotlight!

Dead Sea Luxury Spa Products!

What is the Dead Sea?

The Dead Sea is the lowest point on the face of the earth at 1,378 feet below sea level. While the Jordan River and natural rain water constantly feed the Dead Sea, given that it is the lowest spot on earth, the water that flows in has no outlet and simply collects in the 1,083 feet deep lake, the deepest hyper-saline lake in the world. As such, vital nutrients from the earth are constantly washed into the Dead Sea providing such a high concentration of minerals and salt that absolutely nothing can live in the "Dead Sea" leading to its name!

What are the benefits of Using Dead Sea Products?

Given its high concentration of minerals including calcium, potassium, magnesium, iron, and bromide the Dead Sea has been sought after for its unique natural healing properties for centuries, from the days of King Solomon and Queen Cleopatra. Specifically, potassium helps regulate the moisture level of the skin, magnesium helps promote healing, and bromide has a soothing and relaxing effect. The Dead Sea is known for its ability to heal skin disorders, calm aching muscles and joints, stimulate natural blood and lymphatic circulation (also helping to stimulate hair growth), smooth and soften the skin and help relieve stress and tension!

Renew Your Health, continued

Cleanse Your Colon!

Your digestive system is your lifeline to good health! In fact, according to Dr. Irving Mayerant, "A toxic colon (is) the greatest overlooked cause of disease in the country." Despite this fact, it's estimated that the average person has 5 to 20 pounds of compacted toxic feces in their colon! An unhealthy digestive system constipated with mucus, toxins, and other impacted waste can trigger numerous uncomfortable and embarrassing health issues such as body odor, foul breath, bloating, poor appetite, backaches, mood swings, weight problems, lack of energy, and a weak immune system.

Why is it so important to maintain a clean and clear digestive system? Remember that your body absorbs the nutrients it needs through the wall lining of your small and large intestines. If your intestinal walls are lined with compacted feces, it's more difficult for this important function to occur optimally. Additionally, nutrients must be pulled not only through the wall lining, but also through compacted feces likely picking up some of these dangerous toxins into the bloodstream. A clear colon, on the other hand, will allow your body to extract more nutrients from the food you eat! This will not only help to provide more nutrients to your system, it will help to increase your energy level, improve your immune system, and curb food cravings caused by a lack of nutrients helping you to maintain an optimal weight!

To address this problem, we suggest that clients consider periodically cleansing their colon. We've selected Oxy-Powder® as our colon cleansing product of choice! Oxy-Powder® is a scientifically formulated compound that safely and effectively uses the power of oxygen to liquefy and eliminate the compacted mucus, toxin and feces from your colon. Oxy-Powder uses only high quality organic ingredients and is not addictive. Therefore, you can use Oxy-Powder not only for period colon cleanses, but also for any periodic constipation relief!

By Melanie Snyder

Sources for more information:

<http://en.wikipedia.org/wiki/PH>
<http://www.consumerhealth.org/articles/display.cfm?ID=19990303223214>
<http://www.whfoods.com/genpage.php?tname=faq&dbid=16>

Natural Healthcare Store
6608 Brynwood Drive
Charlotte, NC 28226
Phone:
(800) 721-1428

E-Mail:

General Information:

info@naturalhealthcaresore.com

Orders:

orders@naturalhealthcaresore.com

Web Site:

www.naturalhealthcaresore.com

Live the Natural Life!™

Sneak Peak into the January Issue!

Why Should You Drink Loose Tea?

According to prevention magazine "One cup of black or green tea has more antioxidant power than (one) serving of broccoli, carrots, or spinach." However, The Washington Post says "don't count on the same punch of antioxidants from powdered, instant or bottled tea." So what's the difference? We'll detail for you why loose leaf tea is much more beneficial than powdered and bagged tea as typically found in the grocery store! Our loose leaf teas will be available the first week of December!

Sources:

-The Washington Post, Oct. 6, 1998

-Prevention, Aug. 1998

"You can never get a cup of tea large enough or a book long enough to suit me"

- C.S. Lewis

"Tea is one of the single best cancer fighters you can put in your body."

-Prevention, May 2000

Thank You To All Our Clients!

I would like to thank all of our clients for a wonderful 2008! We strive to provide our clients with the best products and the best service! If you have any products that you believe are best in class products that you'd like to see added to our portfolio, please let us know and we'll look into it! If you have any other suggestions for us to further improve our service to you please let us know! We want to assure that your experience with Natural Healthcare Store is the best that is can possibly be!

Disclaimer: Natural Healthcare Store ("NHCS") does not provide medical advice. NHCS simply provides research data for informational purposes. The content included in this newsletter and on our website is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified healthcare provider with any questions regarding medical conditions.



Natural Healthcare Store
6608 Brynwood Drive
Charlotte, NC 28226

