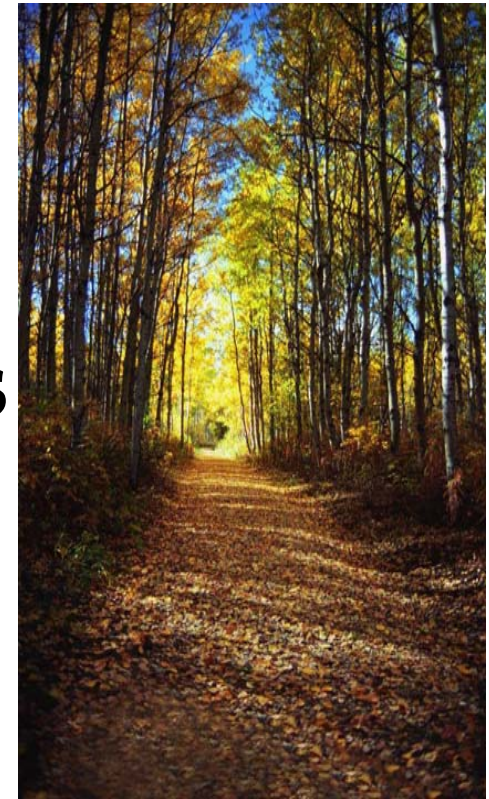




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NATURAL HEALING CENTERS WELLNESS CENTER



NEWS FOR AUTUMN 2007

Whoever wishes to investigate medicine should proceed thus: In the first place, consider the seasons of the year and the effect each of them produces. -Hippocrates

AUTUMN HARVEST

Autumn arrives on September 23rd, with the autumn equinox, the day when the hours of sunlight equal the hours of darkness. In the Chinese Five Element/Season Theory autumn is correlated with the Metal element and the color white. The Lungs and the Large Intestine are the two body organ/meridian associations for this season and run up and down the arms. The Lung/Large Intestine meridian fuse boxes are the eight bicuspid teeth in the mouth. Simply stated, each meridian circuit has an energetic relationship to a specific organ, tooth, muscle group and vertebra. This is why people

have different aches and pains with different seasons. People can have chronic shoulder pain as a result colon toxicity. This is the time of the year the body directs increased energy to cleanse and detoxify the lungs and the large intestine. This explains why people cough things up and have irregular bowel functions during this season, which is why it is important to support your systems with diet changes and supplements and not block your gastrointestinal/respiratory system up with an antihistamine or unnecessary antibiotic (antibiotics only work on bacterias, not viruses). Our office has supplements to relieve sinus and lung symptoms and support the detox process simultaneously. OTC products and antibiotic misuse block this normal cleansing and renewal process of the lung tissue and drive the toxins deeper into the tissue. This sets the stage for recurrent seasonal problems. Changing seasons (body computer detox programs) takes a lot of body energy and you should not push yourself at this time, get your rest and sleep. This explains why people can be exhausted for no obvious reason during season changes. Now is the perfect time to do a detox program to cleanse your colon and lungs. Change is an inherent process in nature.

If you adapt yourself and your diet to the changes that come with the seasons, you will maintain health, and we can help you on that journey. We have many supplements to help your body fight off the flu and colds. Call as soon as you have any symptoms and we can ship the products to you or you can order on-line. The sooner you get started feeding your immune system the better your chances of fighting cold, flu, and infection off without a lot of lost work/school time.

The flu (influenza) is an illness caused by a virus that comes on suddenly, and causes symptoms such as a fever, body aches, headaches, fatigue, loss of appetite, a dry cough, and a sore or dry throat. The flu is not the same as the common cold; flu symptoms are usually more severe, and you will often miss more work or school than with a cold. A healthy immune system can ward off flu and viruses (Cellular C). Most people recover without problems, but sometimes the illness leads to a bacterial infection, such as an ear infection or sinus infection, or bronchitis. We have defense lymph therapy and other supplements to relieve these conditions. Good home treatment of frequent hand washing may help prevent these infections. The most important home therapy is a humidifier or vaporizer. The most common cause of sinusitis is dry air. We also have aromatherapy infusers with antibacterial and antiviral essential oils that smell great and are great idea for Christmas gifts.

***Winter begins December 21st. Seven days before & after the day of season change are the most stressful on the body. The kidney & bladder are the paired organs of the winter season detox. This is a common time for bladder and kidney infections and passing kidney stones. This is one of the most important times to increase and maintain water intake. Call & ask how we can help you recognize the signs and help you with a natural preventative protocol. (See our Winter Newsletter, too)**

ADD/ADHD?

Do you know children with learning difficulties? We have brain food and nutrients to facilitate proper functioning of the nervous system. We also have exercises and Brain Gym work. Food allergy and environmental sensitivity testing are available and are a large factor in this compromised learning state. There are natural alternatives to Ritalin that work.

NEW THERAPIST

We would like to welcome another Massage Therapist to our staff. Debbie Jones is recent graduate of Sanford Brown College and is now available to relax and soothe your aching muscles. She is available on Monday, Wednesday, and Saturday. So Massage Therapy is available at Natural Healing Centers 6 days a week. Make your appointment to de-stress your life, you deserve it! Meet Debbie and visit the rest of the staff at the **Hillbilly Roundup, Bourbeuse Valley Cycle on September 22nd, 9am - 7pm**. Register for free gifts.

NATURAL HEALING CENTERS PRESENTS: FREE WELLNESS LECTURES!!!!!!

This series is intended to educate people of their rights and choices for any healthcare condition or illness and to understand the stress of season change on the body. We would like to invite you, your families, and friends to Wellness Wednesday. The wholistic series will be held at Natural Healing Centers on the **1st and 3rd Wednesday of each month from 5:00pm to 6:30pm**. It will be a fun and informative series. This season's topics include:

OCTOBER 3rd, 2007

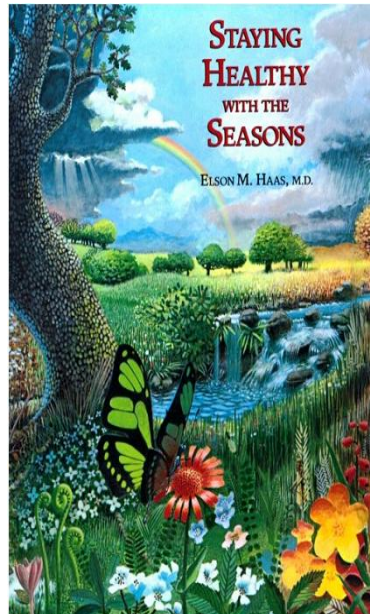
Detox for Health: Colon (Large Intestine)

- 1) Bowel Transport Time/Constipation
 - a) Open Ileocecal valve
- 2) Colon Cleaners
 - a) Fiber, Good Bacteria, Pre & Probiotics
 - b) Supplements, Enzymes
 - c) Water, Colonics & Enemas
- 3) Cooking & Healing Foods of the Season

OCTOBER 17th, 2007

Detox for Health: Lungs

- 1) Water, Vitamin C & Exercise/Breathing
- 2) Are your supplements working?
 - a) Check your AO score
 - b) Free Zyto Balance (meridian check)
- 3) Pollution Detoxifiers
 - a) Mold, Pollen, Tree



4) Far Infrared Sauna

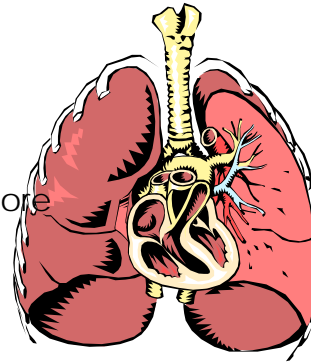
LAUGHTER IS STILL THE BEST MEDICINE!!!!



NOVEMBER 7th, 2007

Immune System Support: Flu, Strep & other bugs

- 1) Pure Essential Oils
 - a) Antibacterial, Antiviral, Antifungal
 - b) Application, Atomizer
 - c) Protect your family with good smells
- 2) Herbs
 - a) Garlic, ginger root, goldenseal, mullein, myrrh, licorice & more
 - b) Food combinations & cooking herbs



NOVEMBER 28th, 2007 (4th Wed, due to Thanksgiving)

Sinus care and feeding & lung capacity

- 1) Air Control
 - a) Humidity
 - b) Airborne particles
- 2) Treatment Options
 - a) Nasal spray
 - b) Neti pot/Saline rinse
 - c) OTC choices & side effects
 - d) Natural supplements

DECEMBER 5th, 2007

Natural Holiday Gift Ideas

- 1) Give the gift of Health
 - a) Experience Zyto Balance (Meridian & more)
 - b) Are Your Supplements Working? Check your score
 - c) The benefits of giving a season change tune up & alignment (Five visit package)
 - d) Far Infrared Sauna
- 2) De-stress Your Life (Or Loved Ones Life)
 - a) Massage(with or without pure essential oils)
 - b) Natural Face Lift
 - c) Natural Organic Skin Care
 - d) CranioSacral Session

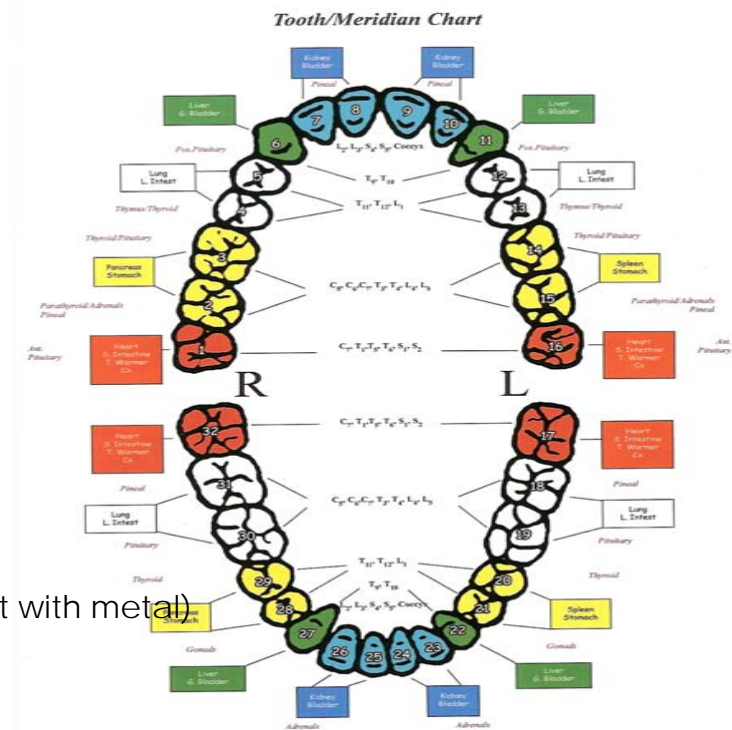


DECEMBER 19th, 2007

Guest Speaker: Dr Michael Q. Edwards

Are Your Teeth Making You Sick?

- 1) Energetic Relationship between tooth & body part
 - a) Tooth-Body Chart
 - b) Galvanic Currents in the mouth
- 2) Is your body rejecting your dental work
 - a) Fillings, gum rejection
 - b) Crowns & Root Canals
- 3) Healthy Natural Alternatives in smiles
 - a) CEREC technology (biocompatible)
(1) Fillings, (2) Crowns, (3) Veneers
 - b) Taking the charge out of your teeth with ceramics & porcelains (not with metal)



PRODUCTS OF THE SEASON:

Cold and flu preventative: CELLULAR C/ADRENA-PAN-C are vit C products that support the immune system stress of the season change along with plenty of water: don't forget your hydrate in your water!

Immune support: GOLD 360, ECHINAPLEX, FLU TONIC, BIO-COLOSTRUM, PROBIOTICS, SINUS RELIEF, NATURAL ALLERGY RELIEF, ORGANIC HONEY, and ZINGER TEAS are a great way to increase your hydration levels in a fun way.

Colon support and detox: FIBERCLENZ, COLOTOX, BOWEL SUPPORT, SMOOTH MOVE, PROBIOTICS, and DIGESTIVE RELIEF you know you need this if your breath and armpits smell. (Colotox is great for deer hunters who don't want the deer to pick up their scent - 6 caps/day, 5days before hunting)

Cold and Flu Remedies: VIROTOX, LYMPHOPLEX, BAC, COUGH-HP, and BRONCHIOFORCE are the natural way to stay in the game.

(Product may help body repair listed conditions. These statements have not been evaluated by the Food & Drug Administration. The products are not intended to diagnose, treat, cure or prevent any disease.*)

Visit our website www.naturalhealingcenters.com
for seasonal specials, or email us at nhc@yhti.net

Office special: Zyto Energy Balance \$35.00(reg 50)

6th ANNUAL NATURAL HEALING SYMPOSIUM

Dr Fischer and Dr Winton will speak at the 6th annual Natural Healing Symposium in Columbia, MO on November 16-17. The symposium will be held at the Hilton Garden Inn (573-814-1754). Dr Fischer will speak on the theory of aging, hormones and nutritional choices. Dr Winton will speak on spinal decompression and postural rehab. There will be many more speakers, and the general public is welcome to attend. Stop by the office or call us for more information; or email us for a symposium flyer.

NEW PROFESSIONAL RELATIONSHIPS

Natural Healing Centers is excited to announce our new working relationship with Optima Dental Group, Dr Michael Q Edwards. Those of you familiar with NHC know that we have state of the art therapies and products that are difficult to find even in the big cities. The Optima Dental Group also has state of the art technologies and services, such as CEREC, Metal Free Dentistry, Laser Drill & Proper safe removal of mercury.

The focus of our cooperative efforts will be obtaining optimal nutritional health using heavy metal detoxification protocols: safely eliminating mercury and other toxic heavy metals from your body. Dr Rose states “ Nutritionally speaking, any long standing compromised health condition that has proven to be resistant to mainstream medical treatments or normal nutritional protocols have been shown to have energetic short circuits in the mouth (due to incompatible metals) which must be restored to normal in order to reestablish normal energy flow & health.” Ask us to check you for any potential short circuits.

**ASK ABOUT OUR FREE
MINI-MASSAGES or
POSTURE EXAMS**

PURE ESSENTIAL OILS

The pure essential oil we recommend the most in the autumn season is Guardian. Remember there is a huge difference between typical retail good smelling aromas and medicinal quality pure essential oils. The difference is remarkable, come in and see for yourself.

★DEDICATION★

This newsletter is dedicated to the memory of Justin “J” Harrison, son of our Massage Therapist, Doti Harrison and her husband Bill. We extend our deepest sympathy as well as our love and support to Doti and Bill in this difficult time.

Remember we still have the weight loss patch, reflexology, and auricular therapy for quitting smoking & weight loss.

HAPPY THANKSGIVING!!!!!!

We extend a great thanks to all who trust us with their healthcare needs. We hope you all have a safe and wonderful Thanksgiving celebration with the ones you love, and **God Bless America.**

