

Hi Everyone!



Olives? Healthy?!

Whether you are trying to get healthy or maintain your health, the effort has many facets. Here is one product that can jumpstart you on your way. Olive Leaf is so beneficial! Inside every olive leaf is a chemical called Oleuropein. This chemical is the reason these trees seem to never die or get sick (yes, trees get sick too!). They provide an all-natural, never-ending immune defense for the olive trees as well as those lucky enough to get their hands on it. Now you can see the reason for the expression "extending the olive branch." How to know if this is for you?

Indications of a weakened immune system:

- **CANDIDA** yeast overgrowth
- **Allergies**
- **Bowel problems**
- **Enlarged lymph nodes (swollen glands)**
- **Fatigue**
- **Joint Swelling and pain**
- **Lack of appetite**
- **Nasal congestion**
- **Respiratory problems**
- **Skin rashes/sores**
- **Sleeplessness**

Olive Leaf has been proven to be effective against Candida (fungus), as well as, bacteria and viruses. All of which are notoriously difficult to kill and expel from the body. Extensive research reveals Oleuropein exhibits powerful anti-viral, anti-bacterial/microbial (think "superbugs"), and anti-parasitic action against such invaders. We use REV222 brand Olive Leaf supplement*because it has a patented extraction process to ensure the highest possible concentration of Oleuropein. Some of you are already using it in place of Can-Sol. Ask us about it on your next visit!



NEW EVENING HOURS

We've considered your suggestions and are staying open later on Mondays and Wednesdays until 7:00pm.

Tips for Staying Healthy



Stifle the Sniffles

Bolster your immune system against the common cold and eliminate overreaction to allergens by Calling for your appointment NOW before the sneezin' season begins!



Go (Leafy) Green

Listen to parents everywhere and eat your vegetables. Nature came through for us with the nutrients we need to ramp up our immune system in fall and winter veggies. The best foods to add to your diet are soups with bone or vegetable broth, beta-keratin-rich foods like sweet potatoes and carrots, ingredients in the allium family like garlic and onions, and, of course, those leafy greens.



Take a Break

Sitting at your desk for eight hours a day is not good for your back (huge surprise—we know). Try to take several breaks a day to get up, walk around, and stretch—and try to use your full range of motion. Stand up for five minutes every 30 minutes, or for ten minutes every hour. Your back will thank you.



Fidget for Fun

Between Zoom calls, emails, and your to-do list, we all struggle to find time to leave our chairs and limber up. An easy solution for desk-dedicated folks, is to keep your joints healthy just by fidgeting in place. March in place, write the alphabet with your ankles, or swing your knees while sitting.



Step Up Your WFH Set Up

Let's add ergonomics to the list of things we took for granted before we made the work from home switch. Standing desks and slanted footrests are great ways to maintain a healthy posture and keep your lower back ache-free during those long workdays. No standing desk? No problem. Stack books on your surface or put your laptop on a tall piece of furniture.

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