

# Fall/Winter 2008



## Natural Health Newsletter

September - October - November - December

I can hardly believe that summer is already gone. But denial doesn't really change the fact that we are facing another 6-7 months of cold weather. With such a long time we have to make sure we are prepared to take care of our bodies! I wish you and your families a great fall and a wonderful Christmas!

### Cold & Flu - fight back naturally

#### Prevention:

The easiest way to deal with the cold and flu season is trying to prevent them. You should try the following:

- Washing your hands regularly
- Enough sleep (a rested body is more alert and ready to fight)
- Healthy nutrition (a multivitamin helps to cover your body's basic needs)
- Stress reduction

#### How do you get a cold or flu?

They spread from person to person by coughing, sneezing or hand to hand contact. These viruses can survive for hours on surfaces (telephones for examples).

#### How often can one get a cold or flu?

There are more than 200 different viruses that can cause the common cold, and the flu viruses change every year. So it is no wonder that while most adults get at least one cold a year, a lot of us go even through 2-3 a year. Children can have up to 8 or 9 colds a year. The difference is that the children's immune systems are still learning to deal with these viruses and have to build up antibodies able to overcome them faster while an adult's body has more experience with this.

#### What is the difference between a cold and the flu?

##### Cold:

- Usually centered around the nose (nasal stuffiness, sneezing, runny nose)
- Sore throat, minimal or no fever (more in toddlers & infants)
- Also possible: cough, headache, decreased appetite, muscle aches
- Usually over by itself in 7 days (so your grandma is right: "A cold takes 7 days without medication and a week with it")

##### Flu:

- Sudden onset with fever, body aches, flushed face, lack of energy
- Then sore throat, dry hacking cough, nasal discharge
- Most of the symptoms are gone within 7 days, but coughing & tiredness can stay for weeks until the flu is completely over

### New at **Pharmasave**

#### NOW NAC (N-Acetylcysteine)

NAC may support the health of the respiratory system & help reduce production of excess mucus associated with respiratory illnesses like Colds and Flu but also like Asthma and COPD.



### Available at **Pharmasave**

Homeopathic cold & flu remedies

**Oscillococcinum** (a natural flu remedy)

**Influenzinum** (the homeopathic alternative to the flu shot)



**Sinusalia** (sinus congestion), **Roxalia**

(sore throat), **Larydol** (throat spray)

**Stodalia** (cough), **Coryzalia** (cold

symptoms), **Winter preparation pack**,

**Homeogene** (decongestant ointment),

### Available at **Pharmasave**

Webber Naturals Echinacea

Buy One Get One Free

Used to prevent & treat colds & flu



While supplies last

### New at **Pharmasave**

Traditional Medicinals Tea

Cold Sampler

Cold Season Tea Sampler will meet all of your Cold Season needs.



Also available all your favourites like Lemon Echinacea Throat Coat, Easy Now, Nighty Night & much more!

## Organic Cotton

Right now it seems that everything and everybody is using the words natural and organic.

So, now organic cotton??? What's the difference to regular cotton and why is it important to us?

Cotton is woven through your life; from the towel that dries you in the morning after your shower to your favourite T-Shirt and jeans, to your personal care products like swabs, pads and tampons, to cottonseed oil that is used in a lot of snacks to the bed sheets and pillowcases you sleep on every night.

Conventionally grown cotton consumes about **25%** of all the **insecticides** and **10%** of all the **pesticides** used in the world!!!

Conventional grown cotton uses roughly **one third of a pound of pesticides** and **fertilizers** to produce enough cotton for a **single T-Shirt!!!** Organic cotton feels good on your skin and is good for yourself and the environment!

With all this cotton surrounding us you can imagine what this does to our skin and the environment!

The production of cotton has a huge impact on the world you live in!

## New at Pharmasave - Maggie's Organic Cotton

A beautiful line of organic and fair trade **socks**, **scarves**, **tights**, **loungewear**, **legwarmers**, **tees**, and fashionable **tops** will make you feel comfortable and fashionable at the same time.

All products are constructed using Certified Organic Cotton,

The Lounge Pants are great for yoga, lounging around the house or running errands on the weekend! "Pull on" elastic waist pants.

A beautiful printed Bliss Camisole and Lounge Pants make the perfect "Lounge Set"! Choose different combinations of colours.

All of these beautiful soft organic cotton products will become your favourites and they make great gifts!

The Criss-Cross tops are versatile, comfortable and luxuriously soft.

The neck can be worn up or folded down, and the v-front can be worn high or low. This top is a fitted garment. However, if you prefer a looser fit, just purchase your top one size larger.

This flattering top makes the perfect nursing top!



## Available at Pharmasave Natracare

Feminine hygiene products that are chemical & additive & chlorine-free biodegradable & contain only organic and natural ingredients. The tampons contain 100% organic cotton!



Call for your appointment with **Renate Winkler, D.N.M.**



**Pharmasave** 274-5383 or email me at [renateps494@gmx.net](mailto:renateps494@gmx.net)

## Available at Pharmasave Organic Essentials

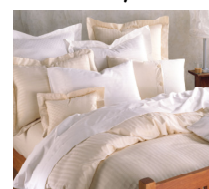
The finest, softest organic cotton balls, cosmetic rounds and cotton swabs (Organic cotton tips on a biodegradable paper stick).

For pure skin cleansing



## Available at Pharmasave Coyuchi Organic Cotton

Come and see our beautiful line of luxurious organic cotton bedding, bath robes, bath & hand towels, wash cloths & baby clothing. Feel the softness of pure organic cotton on your skin.



BATH TOWEL

## October is Celiac Awareness Month

Come to **Pharmasave** every Friday in October to sample some of our delicious and new gluten-free products!

### Natural remedies for Celiac Disease

The malabsorption that occurs in celiac disease can lead to multiple nutritional deficiencies. The most common nutritional problems in people with celiac disease include deficiencies of essential fatty acids, iron, Vitamin D, Vitamin K, calcium, magnesium, Folic Acid and Zinc.

You might have to choose a liquid supplement or different salts of the minerals (like citrate instead of carbonate) for better absorption.

So here are some supplements to consider:

- Multivitamin supplement
- B-Complex supplement in addition for reduction of stress/depression
- Iron
- Magnesium/Calcium Citrate with Vitamin D
- Essential fatty acids (like evening primrose oil, flax seed oil, etc.)
- Digestive enzymes (bromelain, papain, lipase, protease) to ensure proper digestion of the different components of your food
- Probiotics (*Lactobacillus bifidus* & *acidophilus*) to restore your intestinal flora and in that way fight off "bad" bacteria and also aid with the reduction of the inflammation

## Vitamin D - the Sunshine Supplement

Winter is coming and with that we should consider certain vitamins like Vitamin D.

Adults whose bodies are not exposed to too much sun during the winter should receive 1000 IU of Vitamin D.

You will see that most companies now say Vitamin D3 on the bottle, which the component that gets absorbed easiest into our bodies.

It has also been shown that a deficiency in Vitamin D can cause depression, especially SAD (Seasonal Affective Disorder).

SAD is a type of winter depression, which affects millions of people every winter between September and April, in particular during December, January and February. SAD is caused by a biochemical imbalance in the hypothalamus due to the shortening of daylight hours and the lack of sunlight in winter.

It is now speculated that supplementing your body with Vitamin D (1000 IU) per day will lessen the effects of SAD.

If you are already taking a Multivitamin check how much Vitamin D it contains, often you just have to add 400 IU Vitamin D to reach your daily needs.



## New at Pharmasave Glutino Crackers & Candy Bars

New delicious crunchy crackers in multigrain (with fennel) and vegetable. The Candy Bars are delicious wafer bars coated with dark or milk chocolate or peanut butter and chocolate.



**all Glutino products are 15% off  
October 20<sup>th</sup> - 26<sup>th</sup> 2008**

## New at Pharmasave More flavours from Solo Fruit Sorbets

In addition to the 4 delicious flavours we now also carry dark chocolate and coconut sorbets! They are sumptuous on their own, but even better when combined!



## Coming soon to Pharmasave Mary's Twigs and Sticks

Branch out! These sticks and twigs are crunchy and satisfying! Munch these crispy morsels & feel great - you are enjoying a nutritious gluten-free whole food snack!



## November is Health Food Month!

Come to Pharmasave every Friday to try samples of our delicious natural and organic Food! Every week you can try something new!



## New at Pharmasave Glee Gum

Glee Gum is all natural chewing gum made with sustainable harvested rainforest chicle.





## Healthy Trick or Treat at **Pharmasave**



Come to Pharmasave to be able to give out the best and healthiest treats to all your little Trick or Treaters!

Choose organic and natural cereal bars from Nature's Path, Bumblebars or Larabars! Single packages of organic Cocoa powder,



Happy Halloween!

## New at **Pharmasave**

### Theobroma Organic Chocolat

Try these new scrumptious chocolate bars, always fresh, with organic and natural textures with fruit, coconut and maple.



## New at **Pharmasave** -Weleda Sea Buckthorn Body Care

Sea Buckthorn Oil is rich in unsaturated fatty acids, carotenoids & Vitamin E. It helps protect the skin from UV radiation and free-radical damage. It is used in Anti-Age and Acne Skin Care products.



## Start your Christmas shopping at **Pharmasave** NOW

Come to Pharmasave and see all the beautiful gift ideas we have for you and your loved ones! We create beautiful gift baskets according to your wishes.

We carry a wide variety of specialty products from natural body care to gluten-free and organic foods. We carry a wide selection of organic & fair trade teas & coffees. Come and see our new products arriving every week.

We will find gifts for the person with sensitive skin, allergies, the one that already has everything and much more!

You can also visit our web-page at [www.pharmasavefortfrances.com](http://www.pharmasavefortfrances.com) !



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## New at **Pharmasave**

### Giovanni Detox Body Care



3-step Detox body care system:  
D:tox System Purifying Body Bar or Body Wash - Step 1

Featuring a unique combination of activated charcoal and volcanic ash that dives deep into pores, absorbing the day's toxins, readying them for removal.

D:tox System Purifying Exfoliant Body Scrub - Step 2

To polish impurities and excess oils from skin, leaving behind smooth skin that is prepped for maximum nourishment.

D:tox System Replenishing Body Lotion - Step 3

Contains exotic super-antioxidants acai and goji berry to nourish, restore, and rejuvenate skin with vitamins and minerals.



## New at **Pharmasave**

### Naka IronVital F®

**IronVital F**® liquid helps fulfill your daily requirement for iron. It has a pleasant fruit taste and is ideal during pregnancy, breastfeeding, menstruation, growth stages and while exercising intensely.



## New at **Pharmasave** -PureAyre

PureAyre is a natural yet powerful product. PureAyre is composed of plant-derived enzymes, purified water and essential oils. ] Safe to use around your house, your family and pets.

