



March 2018

# Mother Nature's Food

## A Powerful Combination – Fighting a Cold

By Kate Bechard

It's been a tough cold and flu season this year. Like most families, we have had the beginnings of some virus several times this winter in our household. So far, each time we were able to stop it in its tracks the first day using only homeopathy.

This first thing I consider when I feel a cold or possibly flu virus coming on is a combination of two remedies, *Aconitum Napellus 200C* and *Bryonia Alba 30C*. I learned about this powerful combination from my homeopathic mentor, Joette Calabrese ([www.joettecalabrese.com](http://www.joettecalabrese.com)). These two remedies taken together approximately every 3 to 6 hours has helped us time and again.

## Distiller Update!!

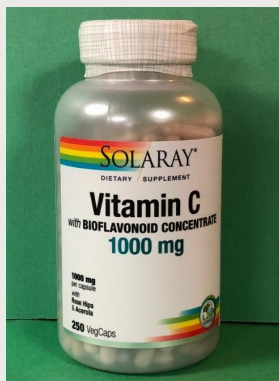
We hope to have our new distiller up and running by March 12th. Thank you for your patience.

# Sale

Select Garden of Life Probiotics

25% Off

(All pictured are included)



Solaray Vitamin C 1000mg

40% Off  
\$20.87

Reg. \$34.79

When I say "I take them together", I take one dose (follow the dosage directions from the manufacturer on the bottle) of each of these two remedies at the same time or one right after the other. Simple. Remember, if a remedy does not act after the first 3-4 doses, you likely do not have the correct remedy. Stop using the remedy and choose something else that more closely matches your symptoms. You should never continue to use a homeopathic medicine that is not acting.

*The information presented here is for educational purposes only and should not be construed as medical advice. It is your choice if you would like to take advantage of this information. Please consult your physician for all medical advice or treatment.*

All Alaffia Skin Care  
**20% Off**

Alaffia Baskets  
**10% Off**



## New

### Restore

Available in 3oz, 8oz, and 32oz.  
\$15.99, \$29.99, \$69.99

Restore's proprietary Terrahydrite was developed by a team of world renowned scientist and leading physicians to support the integrity of your intestinal walls. This creates a stable environment where good gut bacteria can grow and thrive, helping you to promote immune system function, and supporting optimal well-being. Learn more about Restore from Dr. Zach Bush, MD, the founder of Restore [here](#).



### Bulletproof

Fat Water, Collegen bars, Xct Oil, and Brain Octane. XCT is not just coconut or MCT oil, it is made from only C8 & C10 MCTs, which metabolize more efficiently into ketone energy than more common oils with C12 MCTs. Start with 1 tsp a day by adding to coffee, tea, smoothies, or salad dressings.



**Visit our website!**

Monday-Friday: 9am-7pm  
Saturday: 9am-5pm  
Sunday: CLOSED

Connect with us

