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A new clinical study, conducted by Dr. Jacob Teitelbaum shows a

Red ginseng was found to support a variety of health factors,

huge change for people who struggle with chronic fatigue, fibromyalgia, and/or post-viral fatigue. Participant's with chronic fatigue syndrome/fibromyalgia who took red ginseng for one month, 60% of those participant's experienced significant benefits.



including:

- 67% increase in energy
- 48% improvement in mental clarity
- 46% improvement in sleep
  72% increase in stamina
  Check out Terry Talks Nutrition for more information on red ginseng and the rest of the EuroPharma line!

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## **Meet Your Community!**



Kari Jo will be at Mother Nature's Saturday, May 7th from 10-12 and also 3-5. Don't miss out on this great opportunity to learn from Kari Jo all the wonderful thinks she's doing at the Luminary! The Luminary Wellness Center Kari Jo Green BA-Psych, BSN, RN

Kari has a bachelor's in science in nursing from the University of Wisconsin - Eau Claire and a bachelors of arts in Psychology from the University of Wisconsin - Madison. She is also a certified Halotherapist.

For the last several years, Kari Jo has worked as a registered Nurse caring for people across the lifespan. She is excited to bring her areas of expertise together to facilitate the body, mind, and spirit.

Learn more about The Luminary and how Kari Jo is helping our community on the website link below!

The Luminary



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