



Banyan Wellness Center

Happy Holidays

The end of another year is once again upon us. Our weather here in the Southwest has finally broken and we move into the time of year that our immune systems get challenged with colds and flus. Every year as we are faced with the flu, the CDC is tasked with trying to predict which flu strain we may encounter for the year. It has been announced that unfortunately, the CDC prediction was incorrect and that this years vaccine will be 10% effective at best. The CDC is still recommending that you get vaccinated, albeit, it is obvious that it will NOT provide you or your family with protection this flu season.



For years we have offered a homeopathic immune booster to help people to get through the cold and flu season. The immune booster works differently from the flu shot in that our injection does not rely on predicting the flu strain, but rather helps to gently stimulate your immune system so that no matter what type of virus your body is fighting off, cold or flu it can do so much more easily. The immune booster will help you to avoid getting sick or if you do get sick shorten the duration of the sickness. I recommend that you get your immune booster monthly during the cold and flu season if you are high risk or exposed to a lot of people.

The following are some simple things that you can do during the cold and flu season to help keep you healthy during the holiday season:

- Maintain adequate vitamin D3 levels
- Wash your hands regularly, particularly if you have been shaking hands with many people
- Keep viracid and/or Hevert cold and flu on hand in case you start to feel like you are getting sick
- Try to minimize simple sugars and alcohol as they will weaken your immune system
- Get 8 hours of sleep to support your immune sleep
- Sauna is an excellent way to stimulate the immune system if you have access to one
- We also offer a variety of IV's such as the Meyers IV to keep your immune in tip top shape





Monthly Supplement

I'm back!!!! Cold and flu season is once again upon us. As the saying goes, "an ounce of prevention is worth it's weight in gold". Attacking the cold and flu quickly can really shorten your down time.

This months featured discounted product (15%) is our homeopathic flu shot. The special price will run through the month of February

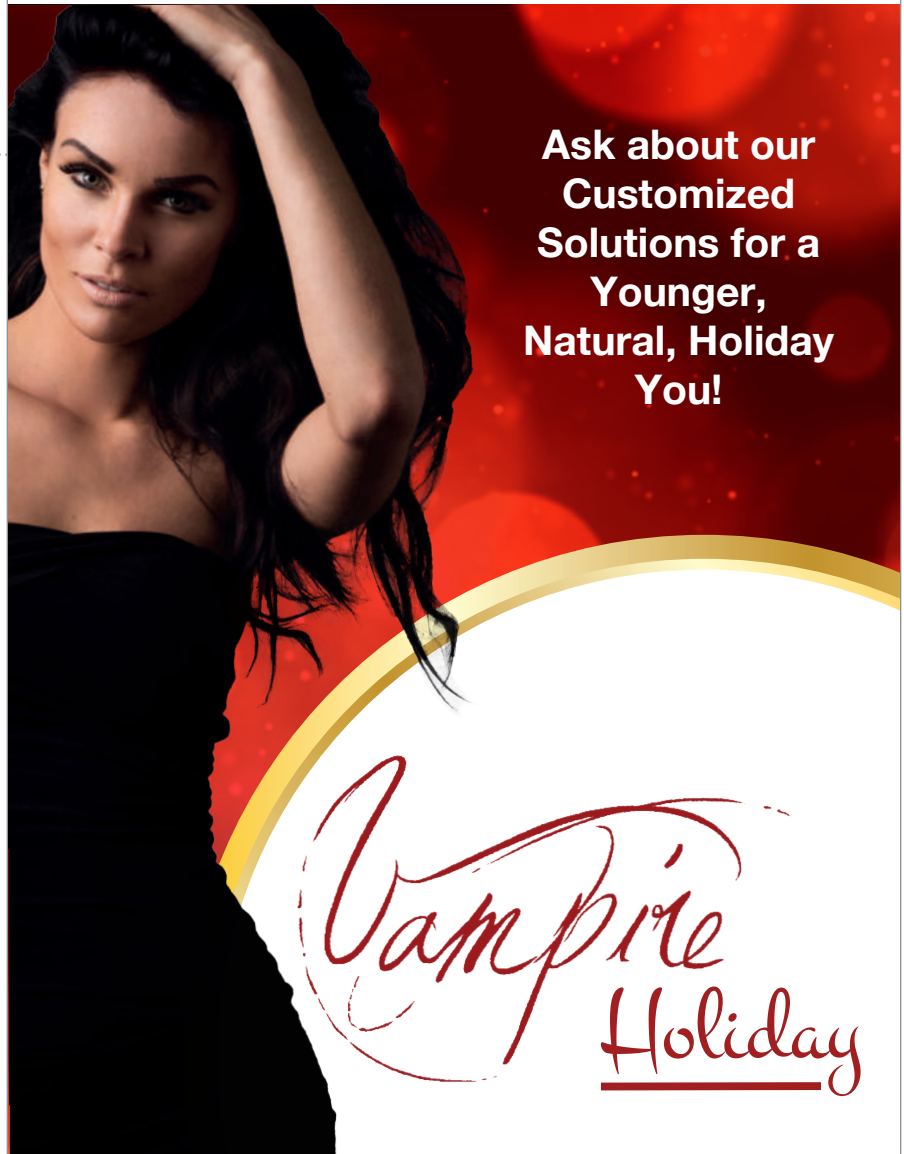
When you come in to get your immune booster consider picking up the following products to have on hand in case someone in house starts to come down with any signs of the cold or flu.

Viracid is designed to be taken at the first signs of cold or flu symptoms. Studies demonstrated that in over 90% of people when taken at the onset of symptoms they had clearance of symptoms within 48 hours, very impressive.

Sinatrol is great for sinus congestion and pain. It is a great addition to the use of a Neti pot with our neti salts.

Hevert cold and flu is another homeopathic remedy from Germany that has been very good at helping with all symptoms of cold and flu. It does not interfere with medications and can be taken by anyone, including children.

Look and feel your best this holiday season



Ask about our Customized Solutions for a Younger, Natural, Holiday You!

Vampire Holiday

We are excited to offer a variety of packages for our vampire facials with add-ons for the neck and chest. This is great gift idea for that special person in your life or for yourself to really get that holiday glow or to start out the new year looking and feeling your best. Vampire facials are great for helping with:

- Softer/firmer skin
- Reduced wrinkles
- Decreased scaring
- Improved pigmentation texture
- Facial rejuvenation