Join Us for our 18th Annual Natur-Tyme Health Extravaganza!

Sunday, April 8th 2018
9 AM to 5 PM
Held at the NYS Fairgrounds Horticulture Building

This year, we are offering 200 VIP Tickets for EACH of our Keynote Speakers—PLUS, some extra goodies to sweeten the deal! Enjoy FIVE VIP Ticket options that are sure to capture your attention and help you maintain a healthy lifestyle for years to come.

$25 Daphne Oz VIP Ticket:
- Access to the 1st 200 Seats nearest the stage for Daphne's Presentation—Seating Capacity of 800
- A Copy of the Book "The Happy Cook"—Written by Daphne Oz

$25 Dr. Murray VIP Ticket:
- Access to the 1st 200 Seats nearest the stage for Dr. Murray's Presentation—Seating Capacity of 800
- A Copy of the Book "The Complete Book of Juicing"—Written by Dr. Murray
- One Bottle of Enzymedica Digest Gold, 21 count
- Various Sample Packs

$25 Dr. Axe VIP Ticket:
- Access to the 1st 200 Seats nearest the stage for Dr. Axe's Presentation—Seating Capacity of 800
- A Copy of the Book "Bone Broth Breakthrough"—Written by Dr. Axe
- One Container of Dr. Axe's Multi Collagen Protein Powder, 454 grams

$25 Dr. Jantz VIP Ticket:
- Access to the 1st 200 Seats nearest the stage for Dr. Jantz's Presentation—Seating Capacity of 800
- A Copy of the Book "Five Keys to Dealing with Depression"—Written by Dr. Jantz
- One Travel Size Bottle of Redd Remedies AT EASE PM
- One Travel Size Bottle of Redd Remedies Curcumin T4
- Copy of a New Booklet "Joyful Living"—Written by Dr. Jantz
- Redd Remedies Chico Bag

$75 All-Inclusive VIP Package:
- Access to the 1st 200 Seats nearest the stage for ALL 5 of our Esteemed Keynote Presentations—Seating Capacity of 800
- ALL 4 VIP Bags filled with ALL the Goodies—Oz, Axe, Murray & Jantz

Please Note: ALL VIP bags & associated merchandise will be handed out ONLY at the event.
KEYNOTE SPEAKER LINEUP:

We are thrilled to announce the Keynote Speakers for the 2018 Spring into Health Expo, which includes a mix of distinguished names and brilliant minds that are crafting the future of natural health!

9:00-9:30 AM—Dr. Rob’s Secrets to a Fertile Life: Happiness is a Choice

Dr. Robert Kiltz, MD is a Reproductive Endocrinologist, author, motivational speaker, artist, and founder and director of CNY Fertility Center that is known for his unique mind-body approach to health. He is Fellowship-trained and Board-Certified in Reproductive Endocrinology and Infertility. A Graduate of the University of Southern California, Dr. Kiltz completed medical school at the University of California, Davis and is affiliated with multiple hospitals in the area—including Albany Medical Center and Crouse Hospital. CNY Fertility Center has locations in Syracuse, Albany, Rochester, and Buffalo.

Daphne Oz

10:00-11:30 AM—Savor a Healthy Lifestyle

Daphne Oz is a New York Times best-selling author, public speaker, television host, and healthy living advocate. A graduate of Princeton University, Natural Gourmet Institute, and the Institute for Integrative Nutrition, Daphne Oz was The Chew’s fresh face of healthy living for 6 seasons—sharing practical tips to make living well fun, easy, and above all delicious! Her recipes balance being healthy and happy with fresh, fast, flavorful foods that are easy-to-prepare, include smart ingredient swaps to help save on calories, and plenty of room for worthy indulgences.

Dr. Michael Murray, ND

12:30-1:30 PM—Are You Food Intolerant?

Dr. Michael Murray, ND is one of the world’s leading authorities on natural medicine. He has published over 30 books featuring natural approaches to health. Dr. Murray is a graduate, former faculty member, and serves on the Board of Regents of Bastyr University in Seattle, Washington. Dr. Murray is the Chief Science Officer of Enzymedica and has been compiling a massive database of original scientific studies from the medical literature for over 35 years. Dr. Murray provides information on the maintenance of health, healing, and the treatment of disease on his website DoctorMurray.com.

Dr. Josh Axe, DNM, DC, CNS

2:00-3:00 PM—Ancient Remedies to Balance Hormones, Restore Digestion & Renew your Youth

Dr. Josh Axe, DNM, DC, CNS, is a certified doctor of natural medicine, doctor of chiropractic, and clinical nutritionist with a passion to help people get healthy by using food as medicine. He founded one of the most visited natural health websites in the world, DrAxe.com, which has over 12 million monthly visitors. The website’s main topics of focus include nutrition, natural medicine, fitness, healthy recipes, home remedies, and trending health news. Dr. Axe has also been a regular guest expert on the Dr. Oz Show covering issues, such as the gut microbiome, weight loss, digestive health, and herbal medicine.

Dr. Gregory Jantz, Ph.D.

3:30-4:30 PM—New Action Steps for Depression & Anxiety

Dr. Gregory Jantz, Ph.D. is the founder of The Center • A Place of HOPE in Edmonds, Washington and a world-renowned expert on depression and anxiety treatment. He is the best-selling author of 37 books and a leading voice in mental health advocacy. Pioneering Whole Person Care in the 1980’s, Dr. Jantz continues to be an innovator in the mental health field—utilizing a variety of therapies including nutrition, sleep therapy, spiritual counseling, and advanced DBT techniques. He has also appeared on CBS, ABC, NBC, Fox, CNN, and is a regular contributor to Psychology Today and the Huffington Post.
Q: What inspired you to become part of the Natural Health Industry?

A: My mom’s story. She was diagnosed with cancer when I was 13. Seeing her go through conventional treatments of chemo—seeing her lose her hair and almost her life—that’s what inspired me to pursue natural ways of healing the body. Ultimately, when her cancer returned, we were able to holistically heal her body without conventional treatments using food as a centerpiece. Today, she’s cancer free for more than 10 years and healthier than ever.

Q: If you had to pick one piece of advice you would give on how to maintain your health, what would that be?

Eat real food—use food as medicine.

Q: What qualities should a person look for in finding a Natural Health Physician in their area?

A: Look for somebody who has a good reputation for getting results. That’s really big. Looking for someone who practices Traditional Chinese Medicine is also high on the list.

Q: What are some of the most interesting things you have learned during your life’s journey thus far?

A: Ask, “Who am I surrounding myself with?” That is key because you become the person you surround yourself with. Are the five people you’re spending most of your time with helping you become a better person?

If you want to see goals in physical fitness, spiritual health, or just general success, surround yourself with people who are encouragers and who can help you be your best.

Q: How does Integrative Medicine apply to your specific field of medicine/area of expertise?

A: Integrative medicine typically first looks to treat illness with natural solutions, but it also sometimes uses conventional treatments. I strictly use natural remedies, essential oils, food, and traditional Chinese Medicine.

Q: Who or what has been the biggest influence in your professional life?

A: • Jordan Rubin for his integrity and wisdom. He really guided me in the vitamin and supplement industry.
  • John Maxwell for his invaluable lessons on leadership.
  • Dr. Joseph Mercola for creating great content.
  • Dave Ramsey for his insightful media and radio aspects.

Q: What are some simple things you can incorporate into your life to live a healthier lifestyle long-term?

A: • Just change breakfast. Start incorporating bone broth or a collagen-boosting smoothie every morning.
  • Get outside and move. It doesn’t have to be some intense workout. Just a 20-minute walk outside today can do wonders for your health.

Q: What do you think is the most influential contribution you have made thus far in your career?

A: Investing in a world-class team. We have more than 180 team members who are changing the world, as well, and doing great things.

And in general, just teaching people how to use food as medicine, along with our articles on regenerative farming and showing how we can heal the planet—and our bodies—with it.
Q: What inspired you to become part of the Natural Health Industry?
A: To help guide people to effective answers to improve their health via the healing power of nature.

Q: If you had to pick one piece of advice you would give on how to maintain your health, what would that be?
A: Realize that your health is determined by a complex interaction of your attitude, diet, lifestyle, and environmental factors. So, why not do all you can in all of these areas to improve and maintain your health?

Q: What qualities should a person look for in finding a Natural Health Physician in their area?
A: Look for a knowledgeable, caring, passionate, effective communicator, with a great reputation and congruent in walking the talk.

Q: What are some of the most interesting things you have learned during your life’s journey thus far?
A: All you can do is all you can do, so why not do all that you can do?

Q: How does Integrative Medicine apply to your specific field of medicine/area of expertise?
A: There are many great conventional therapies, but natural approaches should be used as the primary therapy not as something in addition to or in place of. The model of “integrative medicine” is often wrong because it still focuses too much on drug-based approaches.

Q: Who or what has been the biggest influence in your professional life?
A: Joseph Pizzorno, ND is at the top of the list. One of the founders of Bastyr University, Dr. Pizzorno represents the epitome of the modern naturopathic physician and has been an inspiration to so many by his untiring dedication and commitment to natural approaches to health and healing.

Q: What are some simple things you can incorporate into your life to live a healthier lifestyle long-term?
A: Meditate, sleep, laugh, exercise, eat live and health-promoting foods, develop positive personal relationships, love unconditionally, create a vehicle in your life to make a difference in the lives of others, find your passion, and make a point to experience awe, wonder, and magic in your life.

Q: What do you think is the most influential contribution you have made thus far in your career?
A: Through my writings; inspiring so many to look at natural approaches from a scientific perspective, including not only millions of consumers, but also many physicians who have themselves also gone on to make major contributions in promoting natural medicine. Also, the introduction of so many safe and effective natural products to North America, including standardized botanical extracts such as ginkgo, saw palmetto, curcumin, and St. John’s wort as well as specialty dietary supplements such as DGL, glucosamine sulfate, PharmaGABA, PGX, and many more.
facility special. We have soft tones, leather couches, big screen monitors, and two large kitchens where we hold cooking and meal therapy classes.

Q: You have written 37 books, which ones are your favorites?

A: They all have special meaning and cover a wide variety of topics because life’s challenges encompass a lot of life experiences. My latest, Healing the Scars of Childhood Abuse, seems to really resonate with a lot of people that realize childhood abuse has had a lifelong affect on their lives. Reading the book enables cleansing, understanding, and a degree of reconciliation with unresolved childhood issues.

Q: What should a person look for in a depression treatment?

A: A proven team, a proven approach, a caring and compassionate environment, and a truly individualized whole person approach. Many facilities take insurance and that can be very helpful too. Often, it is helpful to get away from one’s current environment to decompress, relax, avoid triggers at home or in the community in order to heal and recover in a calm, controlled, and professional environment.

Q: Why do you use unique teams and a unique curriculum for each client?

A: Each client and their personal situation, while often similar in certain areas to others, is a unique combination of life experiences, physiology, and personal beliefs. We have an award-winning staff that is accustomed to working with different members of our team for various client challenges, some of which can be rare or distinctive.

Q: What are some of the new advancements you are excited about in depression treatment?

A: I’m excited about several techniques that are improving results. One is an enhanced application of Dialectical Behavioral Therapy (DBT) treatment, which is providing real tools and techniques for clients to use in their day-to-day lives. This enables them to maintain more consistent control of their thoughts and actions, as well as a more balanced assessment of others’ words and actions.

Another is the understanding that digestive health, nutrition, and sleep are powerful tools to help the depressed mind. Others are testing for food allergies, nutrient deficiencies, and brain imbalances. For example, Quality supplements can help fortify deficiencies in the depressed brain.

Q: What is a highlight of your facility?

A: The village setting on the shores of the Puget Sound provides an ideal setting of calm, beauty, and caring that we believe makes the

Q: You are credited with founding Whole Person Care, what is it?

A: Whole person care is a treatment approach that works with the entirety of the individual and not just their symptoms. The whole person approach looks at the whole person—the emotional, relational, physical, and spiritual.

Q: What is a highlight of your facility?

A: The village setting on the shores of the Puget Sound provides an ideal setting of calm, beauty, and caring that we believe makes the
CHECK OUT WHAT'S HAPPENING
at Natur-Tyme’s 18th Annual Health Fair!

Sunday, April 8th 2018
9 AM to 5 PM
Held at the NYS Fairgrounds
Horticulture Building

You can purchase VIP or General Admission Tickets for this event at Natur-Tyme’s Customer Service Desk or online via Paypal at natur-tyme.com

Visit over 100 Interactive Vendors—collect product samples, indulge in beauty treatments, enjoy food sampling, and get more information about your favorite products!

Daphne Oz—Cooking Demo & Cookbook Signing

As part of her keynote presentation, Daphne Oz will be giving a fun and interactive Cooking Demo featuring a delicious recipe from her recent cookbook, “The Happy Cook”!

Plus, visit Daphne in Center Court from 12:00-1:00 PM for a quick meet and greet where you can get your book signed by this amazing healthy living advocate!

Join our Premier Local Sponsors in Center Court!

Enjoy 15-Minute Mini Educational Talks from some of the leading minds in the CNY community! These discussions will be held in a small seating area amongst the booths in Center Court—seating is limited.

93Q Live with Amy Robbins

Amy Robbins from 93Q’s “Ted and Amy in the Morning” will be remote broadcasting live at this year’s health fair from 12-2 PM. Amy will be on-site chatting with attendees and giving away fun station prizes. Be sure to stop by the 93Q booth and say hi!

Visit one of our on-site Natur-Tyme Stores for Extra Discounts on many of the products you love! For your convenience, our stores will accept all forms of payment.

WEGMANS

The celebrated chefs from Wegmans will be joining us for 4 interactive cooking demos held throughout the day. Learn how to create healthy dishes that can help your family live healthier, better lives through the enjoyment of delicious food!

All Attendees will get a FREE Natur-Tyme Reusable Bag to fill!

Stop by Wiley’s booth to test your eye macula and learn more about how you can support your eye health naturally!

MPS is a practical tool for people to manage their own eye health, especially in today’s digital age.
Tim Shields, the founder of Res-Q Natural Supplements, was a 5-year-old-child when his father died of a heart attack. Tim was scared his three young children would suffer the same fate when he learned at the age of 32 that his own heart was a ticking time bomb.

On a quest to lower his cholesterol, Tim, a Ph.D. level nutritionist, tinkered with a Norwegian omega-3 formula to pack it full of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA)—the fatty acids that give fish oil its health benefits. In 1985, the Res-Q brand was born and Shields made superior quality and value part of his company’s mission statement. From there, Tim dedicated the rest of his life to growing the brand, starting with high-quality omega-3 fish oils and branching out to include targeted supplements for heart health, joint pain, sleep, stress, energy, and beyond.

Today, more than 30 years later, Tim’s children carry on his legacy by devoting their lives to the pursuit of improving the health of every Res-Q customer. If Tim could see his children now, he would no doubt be proud!

The flagship omega-3 fish oil, Res-Q 1250, is joined by dozens of unique, condition-specific, high-quality supplements that proudly carry the Res-Q name and this lineup continues to grow. Through this growth, the company has not wavered from Tim’s belief that quality is the first and foremost priority. Res-Q only uses ingredients from suppliers that meet our stringent Quality Assurance Standards. Rigorous testing and screening starts with selecting quality raw ingredients and continues throughout the entire manufacturing process. All Res-Q supplements are crafted following strict guidelines, so premium quality and purity are guaranteed in every batch. Res-Q products are subjected to countless tests and assays throughout the processing journey to verify purity and full potency.

Another thing that hasn’t changed is Tim’s philosophy that supplements should be uniquely designed to target specific health conditions. For example, Res-Q GlycoPLUS is a natural joint health supplement containing New Zealand-sourced green-lipped mussels and collagen. The green-lipped mussel inhibits enzymes that cause inflammation, while the collagen improves joint flexibility—thereby aiding mobility.*

Res-Q CardioPower, a heart health and energy supplement, is another good example. Formulated with magnesium orotate, phosphate-bonded inosine, grape seed extract, coenzyme Q10 (CoQ10), and pyrroloquinoline quinone (PQQ), this product generates noticeable results when it comes to blood pressure, heart rhythm, and stamina.*

Located in eastern Pennsylvania, Res-Q is proud to be a family-owned company that believes strongly in promoting a healthy lifestyle through good nutrition, exercise, and Res-Q supplements! These results are the reason hundreds of thousands of people have been loyal to the Res-Q brand for three decades. Res-Q products satisfy even the most selective consumer’s demands for quality, safety, and effectiveness. Stop by this year’s health fair to meet Res-Q and learn how their products can help you meet your health and wellness goals!

*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.
The Queen Alaffia Metropolitan Collection—
More than just Beautiful Accessories!

The Limited Edition Metropolitan Home Collection from Alaffia is comprised of an assortment of handmade pillow covers, napkins, table runners, aprons, and clutches. The line was launched in mid-November and is sure to add a dash of culture, sophistication, and a story to any setting or outfit. In honor of gender equality, keeping cultural diversity relevant in the global market, and as a push-back to fast fashion, the Metropolitan Collection’s timeless design and quality is a testament to Alaffia’s values for a better world. Plus, many of the designs are named after the Queen Alaffia seamstresses!

Behind the Queen Alaffia Metropolitan Collection
A picture is worth a thousand words, yet much about this image would be lost without an explanation. What is not communicated visually is that the Queen Alaffia Limited Edition Metropolitan Collection’s bold black and white patterns are modeled after traditional wax-printed West African fabrics—fabrics reserved for celebratory occasions like weddings, market days, and harvest festivals. Also left out are the hands that dyed, measured, cut, and stitched each work of art.

Forced into circumstances beyond their control, Queen Alaffia seamstresses were once either victims of the sex trade or orphans in West Africa. According to Alaffia Co-Founder Rose, the Artisan Center in Togo, where each piece is carefully assembled by a team of 44 seamstresses, was motivated by the desire to address the sex trade in West Africa and the limitations imposed on women. “Here’s another segment of society who is being persecuted or being looked down upon. How can we help them get their self-worth back?” As the story goes, Olowo-n’djo believed that every woman deserves to feel regal and the outcome was Queen Alaffia.

Our Story
Alaffia is a fair trade (certified by IMO) hair, face, and body care organization that began in 2003 by founders Olowo-n’djo Tchala and Prairie Rose Hyde. Headquartered in Olympia, Washington, Alaffia’s clean, safe, and efficacious products incorporate indigenous, nutrient-rich ingredients that are hand-crafted at our six women’s cooperatives in Togo and Ghana. A percentage of each product sale contributes to our Empowerment Projects in West Africa, addressing vital areas for the self-empowerment of the people of West Africa—maternal care, education, reforestation, and eyeglasses.

Throughout the beautiful partnership between Natur-Tyme and Alaffia, Natur-Tyme has offered Alaffia on sale at EVERYDAY LOW PRICES and has proudly contributed the following to Alaffia’s Empowerment Stats:

- 18 Bicycles—repaired, shipped, and distributed to students in Togo
- 6 Safe Child Births
- 174 Trees Planted to improve food security, mitigate soil erosion, and combat climate change
- 90 School Supplies Recipients
- 12 School Benches Built
- 1,000+ Pairs of Eyeglasses—to date, Natur-Tyme has collected through its eyeglasses drive every spring
- 77 Pairs of Eyeglasses—fitted and distributed thus far

SAVE 30% OFF MSRP! on selected items

Natur-Tyme: Creating a Healthier Community, Starting with You!
As a leader in innovation and research, Irwin Naturals has developed several exclusive lines of products that not only support overall health and well-being, but expand the boundaries of this growing health food market. We are committed to creating solution-oriented formulas that exceed the highest standards for quality and purity!

At Irwin Naturals, we offer a wide variety of outstanding, quality products at affordable prices accompanied by extraordinary service. Our goal is to bring you targeted formulas with ingredients at effective levels and we take our responsibilities very seriously!

Available at Health Fair!

Save 30% off MSRP on selected items!

Quick Energy RED Liquid-Gel Multi™ 72ct
Supplies comprehensive nutritional support.*
High potency multivitamin multi-mineral formula is not only packed with vitamins, minerals and trace nutrients to help you meet your daily nutritional requirements, it also delivers a Nitric Oxide Boost to help optimize performance.*

Brain Awake RED™ 60ct
This product can be used daily or as needed to support brain health and to help optimize performance and productivity.* Delivering powerful brain-boosters and supportive ingredients that calm and nourish the central nervous system, this product helps to promote focus and mental clarity, while improving information retention and increasing feelings of energy.*

Super System-Six RED™ 72ct
Specialized 6-in-1 formula that delivers six support systems to assist with weight management.*
ONE: Nitric Oxide Booster
TWO: Energy
THREE: Fat Burning
FOUR: Hydration
FIVE: Stress
SIX: Metabolism

Prosta-Strong RED™ 80ct
Designed for men who are looking for a natural way to support prostate health as well as blood flow. This formula features Saw Palmetto extract that supports the male genitourinary system and promotes optimal prostate health, as well as healthy urinary flow in men as they age.* Beta Sitosterols and Pumpkin Seed Oil supply natural fatty acids and plant sterols that deliver beneficial nutritional support to the prostate gland.*

Testosterone UP RED™ 60ct
Powerful 2-in-1 formula for men of all ages to help enhance male vitality and performance by boosting testosterone levels already within the normal range and supporting nitric oxide to enhance male physical response during any physical activity.*

*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.
Support Heart Health with Omega-3 Fats

With cardiovascular disease (CVD) being the leading cause of death in both men and women in the United States, it’s important that everyone understand the risk factors for heart attack and stroke. One easy way to combat your risk is to increase consumption of omega-3s. These fatty acids have been shown to support a healthy heart throughout life.

Omega-3 refers to a family of fats that the body can’t produce on its own—they have to be consumed. Although there are plant sources of omega-3s (e.g. flaxseed, walnuts), the optimal source is fish, especially cold-water fish that are rich in omega-3s (e.g. salmon, tuna, sardines). People often don’t know the difference between omega-3s and fish oil, and doctors sometimes use the two terms interchangeably. Fish oil or fish oil products, are simply supplements that contain omega-3 fatty acids. These fats—particularly the two named EPA and DHA—are important because our bodies need them to maintain optimal health. Omega-3 supplements are used when people are unable to maintain normal omega-3 levels in their bodies despite, or in place of, fish consumption.

The research on omega-3s and heart health is extensive and the majority of clinical trials have demonstrated an improvement in heart health with regular fish or fish oil consumption. The prestigious medical journal, The New England Journal of Medicine, had a review article in 2011 highlighting the importance of omega-3s for cardiovascular health. The mechanisms of omega-3 fats discussed in this article that can potentially improve cardiovascular health include:

- Lowering triglycerides
- Addressing inflammation
- Promoting healthy blood pressure
- Supporting a healthy resting heart rate
- Maintaining healthy insulin
- Mildly inhibiting platelet function
- Supporting normal endothelial function
- Addressing atherosclerotic plaque

The American Heart Association omega-3 intake recommendation is to eat preferably oily, omega-3 rich fish at least twice a week for healthy individuals, if approved by their physician. For those with a history of coronary heart disease or elevated triglycerides, the intake of fish or fish oil supplements is greater and should be considered in consultation with their physician.

The bottom line is, take your heart health seriously! Don’t wait until you’re in trouble to make necessary changes to your diet and exercise regimen. Reduce stress and avoid cigarette smoking. See your personal physician to assess your heart disease risk factors and develop a prevention strategy to stay healthy.

The next time you visit your doctor, discuss your heart health and have your omega-3 levels measured with a routine blood test. If you are deficient in omega-3s, you can review corrective measures with your physician. In addition, look into an omega-3 supplement to help decrease your risk for CVD and improve your overall health.

Michael Ozner, M.D., FACC, FAHA
Medical Director, Center for Prevention and Wellness
Baptist Health South Florida

Author: Heart Attack Proof and The Complete Mediterranean Diet

www.drozner.com
cardiacoz@aol.com

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.
Healthy Gut—Healthier You
When the topic of gut health comes up, many people associate it with occasional indigestion, gas, or bloating. Although these are valid concerns, good gut health can mean so much more. Today, we are learning just how important it is to have a healthy digestive system. Not only is the gut the center of digestive function in the body, but it also plays a vital role in healthy immune system function. During the past 20 years, Renew Life® has been formulating quality supplements with the health of the entire digestive system specifically in mind.

Feel Better, Lighter and More Energized with a Cleanse*
Did you know that we come into contact with toxins every day—from the environment to our food and even within our own digestive tract? While the body was built to process these toxins, today’s world places increased stress on our elimination channels. From gentle to more advanced cleanses and those that target specific needs, Renew Life® provides quality, wholesome formulas to help promote regular elimination of toxins and support your body’s natural detoxification process.*

Why Take a Daily Probiotic?
Probiotics are the good bacteria that actually help keep us healthy by ensuring all of the microorganisms in our gut are in balance. But occasional stress, aging, diet, and other issues can upset this delicate equilibrium. Renew Life® multi-strain probiotics have billions of live cultures in targeted delivery vegetable capsules to make sure more friendly probiotics reach your intestinal tract. Taking a daily, Renew Life® probiotic is a proactive way to support improved immune system and digestive health.*

Comfortably Enjoy the Foods You Love to Eat*
Digestive enzymes help break down the foods we eat into smaller, absorbable nutrients—optimizing nutrient availability to help provide the nourishment your body requires.* Renew Life® digestive aids and enzymes come in a variety of formulas to help digest all types of food; relieve occasional gas, bloating, and indigestion; promote healthy intestinal balance; or soothe and nourish your digestive tract.*

Is Your Daily Fiber Intake Sufficient?
The Academy of Nutrition and Dietetics recommends a healthy diet, which includes 20-35 grams of fiber per day. Renew Life® fiber supplements are made with wholesome and organic ingredients to support digestive health, promote bowel regularity, and help eliminate digestive toxins—all without cramping.*

Boost Your Omega-3 Intake
Your body relies solely on your diet to supply essential omega-3 fats. Renew Life® Norwegian Gold® Advanced Fish Oils provide a complete range of concentrated omega-3 formulas to support heart, brain, and joint health.* They are sustainably sourced from select wild, unthreatened cold-water fish and are awarded a 5-star quality rating by the International Fish Oil Standard (IFOS).

Quality, Purity & Potency Guaranteed—Through Expiration
Renew Life® believes a healthy gut is a happy gut. That’s why all of their digestive care supplements are guaranteed for quality, purity, and potency through expiration and are formulated to help you achieve digestive wellness, naturally.* Perhaps as important as the ingredients that are in our products, are the ingredients that are not in our products. Renew Life® is committed to providing supplements with no artificial ingredients, colors, preservatives, or other unnecessary materials of any kind!

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
As we get deeper into winter, supporting your immunity is critical to your health. Choosing the best dietary supplement can help maintain your energy levels and overall health throughout the cold weather months and beyond! Host Defense® specializes in using gourmet and functional food mushrooms that can help improve your health and support your immune system.

Why Would I Choose Liquids or Sprays over Capsules?

Capsules are a common way to take your daily supplements. Host Defense’s liquid extracts and capsules can both be taken with or without food and are made with the same organic mushrooms grown by Host Defense® in Washington State. So why choose a liquid or spray supplement instead of a capsule or tablet?

They are Portable

Mycoshield® immune spray is a convenient way to support and stimulate your immune system whenever you need a boost.* It comes in three delicious flavors, including Cinnamon, Peppermint, and Licorice, which make them tasty without the use of artificial flavorings. In fact, according to many, MycoShield® also doubles as a breath freshener!

Sprays are also nice if you travel, since they don’t require water to wash them down and can just be sprayed into the mouth and swallowed. A one ounce spray bottle can be conveniently carried in a back pack, pocket, or purse for immediate support. They are also small enough to be TSA compliant, so that when you travel they can remain with you on the airplane, train, bus, etc.

They are Quick

While Host Defense®’s Mushrooms capsules and liquids are similar in their action long-term, the liquid extracts are absorbed more quickly.* These supplements are absorbed faster because there is no capsule to digest before releasing the dietary supplement into your body. Whether it’s to support healthy breathing or increase energy levels, sometimes you just want the fastest support possible!*

They Fit Your Way of Life

Consider specific Host Defense® formulas like CordyChi® and Breathe. CordyChi, as a liquid extract, is perfect for athletic people.* Added to a pre-workout drink or water bottle, CordyChi can promote quick support for your muscles, energy levels, and endurance.*

Breathe liquid extract, added to a little juice or water, can rapidly promote healthy breathing when environmental triggers are present.* Lion’s Mane liquid extract can be added to tea to support mental acuity and cognitive functioning.* Reishi and Chaga extracts can be added to your beverage before meals to support balanced intestinal immune responses.*

Experience the Benefits of a Liquid Supplement

Stay healthy and energized in 2018 with Host Defense’s organic mycelium supplements. Enjoy a quick and easy way to boost your immune system or support specific aspects of your overall health with a convenient liquid supplement. And remember, most Host Defense® formulas come in both liquid and capsule formats to support your health in the way you prefer!*
Garden of Life’s new Coconut MCT Oil was designed for people looking for a fast burst of energy, those seeking a desirable weight, and everyone looking for improved brain health.† Formulated by America’s Top Neurologist Dr. Perlmutter, Coconut MCT Oil is a 100% organic coconut oil that delivers 13g of MCTs per serving—including Caprylic and Capric acids. MCTs are healthy fatty acids that are easily digested and used by the body for fuel and energy.

Many MCTs on the market are manufactured using harsh chemicals and are extracted using solvents—typically hexane is used. Our process is hexane-free and there is complete traceability throughout the process. Garden of Life has third-party certifications, including Certified USDA Organic and Non-GMO Project Verified, so you have that reassurance that the ingredients, facility, and process is clean and verified—free of solvents and chemicals according to the National Organic Program.

Many companies use a combination of coconut oil and palm kernel oil because it is cheaper. But, the production of palm kernel oil has caused great concern amongst responsible companies over deforestation and the Orangutans that live in the forests being harmed during the process.

However, there is no reason to blend less expensive palm oil with coconut oil since 100% coconut oil provides all the benefits MCTs have to offer. The main difference between coconut oil and coconut MCT oil is that coconut oil contains 62% MCTs versus 100% in MCT oil. Therefore, Garden of Life’s Coconut MCT Oil is significantly more beneficial for those seeking the benefits of consuming higher amounts of MCTs.

Also, regular coconut oil is about 55% Lauric acid C12; whereas, Garden of Life’s Coconut MCT Oil contains just a small amount of Lauric acid. This is beneficial to your gut flora because it consists mostly of the more highly-prized shorter Caprylic C8 and Capric C10 fatty acids. These MCTs are desirable because as smaller molecules they are more easily digested and more quickly absorbed and utilized by the body. They can also pass directly through the intestinal lining into the hepatic portal vein, which means they go directly to the liver to be converted into ketones that provide rapid fuel for both the body and the brain.

These MCTs are an especially beneficial supplement for athletes for fueling physical exertion, considering their high energy density content, rapid rate of absorption, and quick metabolic conversion into cellular energy. MCTs also help the body to burn fat and their ability to breakdown rapidly means they are less likely to be stored as body fat.

Much of the benefit of ketones can be attributed to their ability to increase mitochondrial efficiency and supplement the brain’s normal reliance on glucose. According to Dr. Perlmutter, you can boost the availability of ketones for your brain by simply adding coconut oil or MCT oil to your daily regimen. But to make this effective, carb restriction is a must! "MCT oil not only feeds your brain cells, but also improves your gut health—which is largely connected to cognitive functioning thanks to the “gut-brain connection.”

MCTs can help support energy levels, brain health, weight loss and management, healthy digestion, and a positive mood. Garden of Life’s new Coconut MCT Oil can be taken as a supplement or added to smoothies, shakes, yogurt, salad dressing, or your favorite recipes. In summary, Dr. Formulated 100% Organic Coconut MCT Oil is ideal for athletes, those following a paleo or ketogenic diet, and healthy people wanting to support brain health.†

†These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.
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