Welcome to Our New Home!

Café
Community Room
Salon
Welcome to our NEW Home!

As I write this letter, we are in week 2 of operation at our new store location. By the time you read this note, it will be close to week 8!

The journey to get here was filled with twists and turns but the trek was so worth it! The response from the community has been overwhelming and validating.

The Enhanced Beauty Salon dream has become a reality and it is so exciting to see salon services being performed with safe, non-toxic products while providing great results for our clientele!

The Tyme-Out Café is humming along with people trying all the new organic beverage offerings including the wheatgrass juice shots! (Not quite able to do that yet!).

The Stan Meyerson Community Room has begun to offer workshops to continue Natur-Tyme's mission of educating and empowering our customers.

I cannot thank the Natur-Tyme customers enough for their support, patience, and for cheering us on!

It is so heartwarming to feel the support from each customer—we are truly part of a large community family!

I want to thank my Natur-Tyme and NEEDS staff for all their long hours of hard work, sweat, and commitment to bring our new home to life. They made many sacrifices during our transition period.

To my partner in love and life Andy Fox—you held this vision of what Natur-Tyme could be and you built it! I am honored to share the dream with you!

Finally, for those of you who knew my father Stan Meyerson, I want to share some thoughts. I have come to realize a new found respect for him as we undertake this journey. I reflect back on the many commitments he made over his life to build Drumlins Pharmacy, NEEDS, and Natur-Tyme. The many risks, the overwhelming stress, and the overpowering fear. If I could have 5 minutes with him, I would want to tell him how much I admire and respect what he accomplished and acknowledge I understand now!

Cheers to new beginnings and what is ahead!

Wendy Meyerson
Natur-Tyme Store Owner

What Our Customers are Saying...

“I LOVE the NEW Natur-Tyme. It is so inviting, offering everything needed for body, soul, and spirit. Syracuse is blessed to have this business.”
~Elizabeth Moldenhauer

“You’ve come a long way since Charles Ave.”
- Ang Carbone

“The new store is fantastic and very refreshing to the area. Proud that it’s in Syracuse!”
- Rebecca Kenyon

“I was so excited to see you were finally open. It was definitely worth the wait. I LOVE the new store.”
- Lori Falk

“Great new location that’s easy to get to! It’s bright and cheery and the sales associates are very nice.”
- Connie Reilley
Reflections of the New Natur-Tyme

Staff Comments

“Every day I report to work since the relocation, I ask myself, ‘Wow Andrew, do you really work here?!’ I am very proud to be a part of such an amazing organization that is a true representation of health and wellness within the CNY community.

I thank you the customers, for your continued support and loyalty!”

Andrew Lamphere
Customer Service Manager

“I am so proud to be a part of the NEW Natur-Tyme and blessed to work with such an amazing group of people who truly care about our customers!!

There is nothing more rewarding than watching the expressions on our customers’ faces as they walk in and see the store for the first time. A lot of customers have said things like, ‘I love your new store’ and we are very quick to correct them and say, ‘this is OUR store, we created this for YOU!’ To our loyal customers, please know, although some of our departments grew in size and we added exciting new departments such as our salon and café, our mission and dedication to you has not changed!!! We promise to continue to offer you the same personal, professional, world-class service you’ve grown to expect from us! To our new customers, welcome! We look forward to showing you what the Natur-Tyme Difference is all about!!”

Shelly Dunham
Store Manager

“After months of intense experimentation I am happy to report that the Tyme-Out Café menu has been received with great enthusiasm and rave reviews! Through our conversations with Natur-Tyme customers we have learned about everyone’s overall excitement relative to our new digs and the addition of the Enhanced Beauty Salon and the café. It is such a pleasure to work each day in such a bright and beautiful space. Hats off to Wendy and Andy for their vision. I am proud to be a part of the Natur-Tyme family!”

Deborah Sorrentino
Tyme-Out Café Manager

“The new store is phenomenal! I love the new juice bar, salon, and the revived community room. I’d have to say that I love our new juice bar most of all. Many of our staff, including myself, frequent it. Enjoy!”

Laurel Sterling
Wellness Educator

“The new Natur-Tyme is like a big city with a hometown feel. All the new local food items are so delicious and the salon is just beautiful. Finally upstate New York has a one-stop shop for everything natural.”

Yu-Lee Izyk
Licensed Cosmetologist

“The new store is awesome! I especially love the Tyme-Out Café with the wonderful fresh juices and smoothies. I’ve tasted them all and they are all delicious and healthful! We have so many great products—everything from supplements to food, facials, and massages. I’m grateful that we are committed to supporting all of the local farmers and suppliers. And we have a great location too at 3160 Erie Blvd.”

Carol Blair
Wellness Educator

Natur-Tyme: Creating a Healthier Community, Starting with You!
Take Time to Check out the Tyme-Out Café

Smoothies • Juice • Shakes • Coffee • Tea • Gelato

One of the most exciting features of the new Natur-Tyme is our Tyme-Out Café. Here, you can enjoy a wide array of fresh veggie and fruit juices, smoothies, coffee beverages, tea, gelato, and milkshakes! We have highlighted some of our customers’ favorites, below.

1. Tropicolada
   Coconut Milk, Banana, Pineapple, Mango, Orange, Coconut Manna, Flax Seed

2. Transfusion
   Pineapple, Beet, Apple Ginger

3. Mocha Latté
   Milk of choice*, Banana, Strawberry, Flax Seed, Maple Syrup

4. Banana Berry
   Milk of choice*, Blueberry, Banana, Spinach, Dates, Vanilla Extract, Blue-Green Algae

5. Beet Shot
   Orange, Carrot, Ginger

6. Wheatgrass Shot
   Chocolate Milk of choice*, Banana, Raw Cacao Powder, Flax Seed, Espresso

7. CNY Yogi
   Celery, Cucumber, Apple, Parsley, Kale, Lemon

8. Lories Glory
   Milk of choice*, Blueberry, Banana, Spinach, Dates, Vanilla Extract, Blue-Green Algae

9. Ginger Snap!
   Orange, Carrot, Ginger

10. Mocha Nirvana
    Chocolate Milk of choice*, Banana, Raw Cacao Powder, Flax Seed, Espresso

11. Iced Tea
    *soy, almond, chocolate almond, coconut, rice, whole, 1%, skim, reduced fat chocolate

“The Triple Espresso shake is my new weakness- Yum!”
-Kim Jones

Take Time to Check out the Tyme-Out Café

Natur-Tyme: Creating a Healthier Community, Starting with You!
Natur-Tyme’s new salon is booming. Stop by and pick up one of our brochures that lists the exciting all-natural offerings from our talented professionals, including: haircuts, over 10 hair coloring services, six different types of massages, nine varieties of facials, waxing, makeovers, and packages. Here’s a sampling of some customer favorites:

**Hair Services**
- Women’s Haircuts.......................$30 & up
- Men’s Haircuts...........................$20 & up
- **Eye-Catching Color Using Organic Salon Systems:**
  - Permanent Color with Style.......$55 & up
  - Full Head Highlight/Lowlight Foils & Style..............................$75 & up

**Skin Services**
- **60-Minute Anti-Aging Facial.........$60**
- **60-Minute Sensitive Facial.........$55**
- **30-Minute Restorative Mini-Facial.......$35**
- Waxing........................................$8 & up

**Massage**
- **Natur-Tyme’s Signature Massage ($65 for 60 minutes)** has been a popular choice lately! This Swedish relaxation massage revitalizes tired, sore muscles and increases circulation using smooth-flowing strokes and varying amounts of pressure to focus on specific areas of the body that get overused daily.

**Packages**
- **Celebration..............................................$185**
  
  Whether you are celebrating a new job, new baby, or engagement, this is the perfect package. Give yourself a new look with a new haircut and color, Natur-Tyme facial, a 60-minute massage, and a Jane Iredale Makeover with a free gift.

**Enhanced Beauty Salon Testimonial**

Following the grand opening of the newly relocated Natur-Tyme, my mother experienced her first hair appointment since having chemotherapy more than three years ago. After declaring war on her wig, she had been self-butchering her slow-growing locks and wearing a headband when going in public. In the back of her mind, she believed a professional trim would do wonders and something clicked when she learned that Natur-Tyme offered salon services. In an intimate space tucked away from the rest of the store, the Natur-Tyme Enhanced Beauty Salon offers a handful of chairs for cuts, henna coloring, as well as washes and styling. Prices are reasonable – starting at $20.

My mother received a trim and shape from Victoria, our knowledgeable salon professional for the day (and she will definitely see much more of my mother). She explained different ways to stimulate hair growth through scalp massages, as well as the benefits of using rosemary oil. I watched Victoria execute a choppy snip technique that added lift to my mother’s fine hair. She would also cut a few strands shorter than the rest underneath a section of hair, which added body. In the end, the outcome was pretty impressive – the hairstyle had shape, volume … and by manipulating the part, using a small round brush, and creating a side-swept bang, my mother’s previous peek-a-boo scalp was greatly minimized. It looks really, really good.

~Yona Williams

Republished with permission from Yona’s blog (http://artpark78.com/blog/the-salon-at-natur-tyme-syracuse-ny/)
The balancing of hormones for men and for women has become a very important message for health! The reason is that our hormones are chemical messengers that tell our bodies what to do, when to do it, and why! Our hormones rule over the endocrine system, consisting of the pituitary, hypothalamus, thyroid, and adrenal glands. If one hormone is out of balance, we can experience many different uncomfortable symptoms that we might not even think are related to our hormones, but certainly are.

Some symptoms that can occur from hormonal imbalances are: aches and pains, sleeplessness, moodiness, fatigue, osteoporosis, wrinkling skin, even weight gain and water retention, as well as many others.

The real question is why are hormones so out of whack?! A big part of the answer is that everyday we use so many things that are made from petroleum. The byproducts from petroleum can act as strong estrogens, getting into our cells causing unpleasant symptoms as well as estrogen dominant cancers. Petroleum can be found in shampoos, conditioners, body lotions, cleaning products, fabric softeners, perfumes, and in the exhausts from cars and planes. One way to protect ourselves is to shop for products that don’t have parabens in them, as parabens are petroleum-based. Some of the most popular food that we eat also contain estrogens. Cows are given the hormone of estrogen to make them grow bigger and

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**By Roslyn Rogers, CNC**

What to do…what to do? Balance your hormones naturally! And we are not speaking of H.R.T. or Hormone Replacement Therapy that we would get from a medical prescription. What we are speaking about are more natural bio-identical hormone creams that come from a wild yam plant. These creams are put onto thin-skinned areas, and very often, in a short period of time, these symptoms go away (for women and men as well)! As I travel around the U.S. meeting people, I have learned, especially from women, that when they begin to balance their hormones, hot flashes, vaginal dryness, night sweats, lack of their libido, PMS, and forgetfulness, are all a thing of their past. When men become more balanced, their libidos come back, weight is easier to manage, and their prostate glands are in better shape.
By balancing your hormones fatter faster. So make sure that when using dairy (milk, cheeses, yogurt), and buying meat, they are without hormones. Chickens and eggs also need to be antibiotic- and pesticide-free to ensure that what we eat will not create an abundance of harmful estrogens that can cause our cells to proliferate or grow. There are some wonderful nutrients that we can buy like DIM and Calcium D Glucarate that are also very helpful in making men and women less estrogen dominant. DIM is from cruciferous vegetables such as broccoli, brussel sprouts, and cauliflower. It is hard to eat the two pounds of vegetables that you get from just taking one pill. Calcium D Glucarate is from apples, oranges, and also from cruciferous vegetables. I have found them to be increasingly helpful with losing unwanted fat.

Join us at the new and beautiful Natur-Tyme store on Thursday, October 25th for a discussion by Roslyn Rogers on ‘Pushing Back the Clock of Aging’. We welcome all your questions.
You have the right to know what’s in the food you’re eating and feeding your family. Most governments agree—nearly 50 countries around the world, including Japan, Australia, Russia, China, and all of the EU member states, have either banned genetically modified organisms (GMOs) completely, or require that food containing them be clearly labeled.

What are GMOs?

Genetically modified organisms (GMOs) are plants or animals created through the process of genetic engineering. This experimental technology forces DNA from one species into a different species. The resulting GMOs are unstable combinations of plant, animal, bacterial, and viral genes that cannot occur in nature or in traditional breeding.

What should I look out for?

The following carry a high GMO risk.

Crops: Alfalfa, Canola, Corn, Cotton, Papaya, Soy, Sugar Beets, Zucchini, and Yellow Summer Squash.

Ingredients derived from GMO crops: Amino Acids, Aspartame, Ascorbic Acid, Sodium Ascorbate, Vitamin C, Citric Acid, Sodium Citrate, Ethanol, Flavorings (“natural” and “artificial”), High-Fructose Corn Syrup, Hydrolyzed Vegetable Protein, Lactic Acid, Maltodextrins, Molasses, Monosodium Glutamate, Sucrose, Textured Vegetable Protein (TVP), Xanthan Gum, Vitamins, Yeast Products, and many others.

Animal products: Milk, Meat, Eggs, Honey, etc. (due to feed contamination).

If GMOs are proven unsafe for human consumption, how did they get in my food?

In the U.S., we do not have mandatory GMO labeling, and the Food and Drug Administration (FDA) does not require safety assessments of GMO foods or even review all of the GMO products hitting the market. Meanwhile, close to 75% of our conventional packaged foods now contain GMOs.

How can I make sure I avoid GMOs?

In response to this dire situation, the Non-GMO Project was founded, with a mission of protecting consumer choice and preserving and rebuilding our Non-GMO food supply. By offering North America’s only third-party standard and labeling for Non-GMO products, the Project helps fill the information gap for the increasing number of Americans who are concerned about the health risks and environmental pollution associated with GMOs. This October is the third annual Non-GMO Month—an event created by the Non-GMO Project to help raise awareness about the GMO issue and celebrate Non-GMO Project Verified choices. Since late 2009, the Project has verified over 5,000 products to its rigorous standards for GMO avoidance, and this number increases daily.

More and more people are looking for the Non-GMO Project Verified label, and asking their favorite brands to participate, but what does that really mean? When you see the Non-GMO Project Verified seal on a product it indicates that the product is compliant with the Non-GMO Project’s Standard—a transparent document requiring producers to meet strict requirements for GMO testing, segregation, and traceability.

I don't want to be an experiment so my parents say NO to GMOs!
The butterfly’s cute, but it represents a tremendous level of commitment on the part of the brands that have earned it.

Companies provide hard data about the products they are enrolling: ingredient lists, production facility information, test results from approved laboratories, etc. Once the data upload is complete an evaluator with FoodChain, the Project’s technical advisor, begins the review process—and what a process it is!

To quote Brian Ray of Garden of Life, “Our multivitamins, for example, can contain 50 to 60 different food-based ingredients. It’s a staggering amount of work to evaluate each product. And the Non-GMO Project auditors are extremely thorough. Even though we collect certifications from every supplier verifying that each ingredient is GMO-free, the auditors work tirelessly up the food chain, challenging each statement and requiring that suppliers prove through adequate agricultural controls and regular DNA testing protocols that GMOs are not unintentionally introduced.”

For companies with low-risk ingredients, the process can be quite a bit simpler. In describing their verification, Doug Foreman of Beanitos says: “The process itself took just a few months to complete. The longest part was waiting for our supplier’s third-party lab tests proving their commitment to sourcing Non-GMO ingredients. One of our seasoning suppliers couldn’t guarantee that the milk in our cheddar was sourced from hormone-free cows. We subsequently moved to a supplier that is just as dedicated to Non-GMO as we are.”

As you walk through Natur-Tyme this October, keep an eye out for the many non-GMO verified products we sell. Supporting manufacturers who have committed to Non-GMO Project Verification sends a powerful message about what you want on your family’s table, and helps support some of this country’s best farmers.

Enjoy Big savings on Some of Our Favorite Non-GMO Verified Products!

**Field Day Organic Pasta Sauces**
Available in: Italian Herb, Roasted Garlic, Marinara, & Tomato Basil
MSRP: $3.99
SAVE 25% OFF
Sale Price: $2.99

**Field Day Organic Pasta**
Available in: Fusilli, Spaghetti, Penne & Pipe Rigatoni, & Linguine
MSRP: $2.99
SAVE 33% OFF
Sale Price: $1.99

**Field Day Organic Beans**
Available in: Black Bean, Garbanzo, Kidney, & Pinto
MSRP: $1.99
SAVE 30% OFF
Sale Price: $1.39

**Bulk Rice**
Available in: Brown Long, Short, or Basmati
MSRP: $4.38-$5.40
SAVE 20% OFF
Sale Price: $3.50-$4.32

**Lundberg Rice Cakes**
Available in: Plain Brown, LS Wild, Brown LS, Flax-Tamari, Tamari w/ Seaweed, & Sesame Tamari
MSRP: $4.19
SAVE 38% OFF
Sale Price: $2.59

**Nature’s Path Cereal**
Available in: Mesa Sunrise (with or without raisins), Peanut Butter Panda, & Cornflakes
MSRP: $9.69-$11.29
SAVE 45% OFF
Sale Price: $5.29-$6.19

**Woodstock Trail Mixes**
Available in: California Supreme, Organic Campfire, Cape Code Cranberry, Cascade, Chocolate Cherry, Enchanted, Mocha Madness, On the Trail, Organic, Tropical
MSRP: $5.99-$8.49
SAVE 40% OFF
Sale Price: $3.59-$5.39
Go Local at Natur-Tyme

Primo and Mary’s Heritage Products

I am the result of an Italian immigrant and a German immigrant that met in the “Big Apple”. My entire life, every occasion was celebrated with food as its center piece: birthdays, holidays, anniversaries. There was never a shortage of delicious, wonderful food. I was raised in the Catskill mountains in a beautiful hill-top restaurant and enjoyed it so much I went to college for Hotel/Restaurant Management and planned to spend the rest of my life in the business until...I met my husband. We began a family and I wanted to continue in the food business, but not with the demanding schedule of restaurant hours, which consist of night, holidays, and weekends. Inspired by the book Animal, Vegetable, Miracle by Barbara Kingsolver, I was determined to make delicious food products using as much local produce as possible in each product encouraging people to become locavores. After much thought, I contacted Nelson Farms in Nelson, NY, which is a small kitchen incubator, and began the process of making family-favorite recipes, Black Bean and Corn Salsa being the first. A typical salsa production takes two days at the commercial kitchen at Nelson Farms. The first day is spent hand washing, dicing, chopping, and weighing all the fresh tomatoes, onions, peppers, garlic, and herbs by hand, not machines. Day two consists of cooking, bottling, and labeling. These steps assure you a high-quality, locally made salsa.

We are thrilled to have our artisan salsas now available at Natur-Tyme. More information about Primo and Mary’s Heritage Products is available at: www.primoandmarys.com

About Stolor Organics, LLC

John Stoker’s family has owned a Central New York dairy and crop farm for over 100 years. In 1998, the farm, located in Cazenovia, NY, was converted to certified-organic. John runs it with his wife Jennifer, who is also a schoolteacher. They saw an opportunity in the market for a locally grown and produced organic oil so in July, 2006, John, Jennifer and Jennifer’s brother, Michael Taylor, who has a business background, founded Stolor Organics, LLC.

Today, it is a small but growing organic food and skin care company specializing in cold-pressed, unrefined, certified-organic sunflower oil. Stolor started officially marketing their oil and organic trail mix to the public in late 2009. They grow their own organic, Non-GMO sunflowers and then press and bottle it in small batches to ensure freshness. As a USDA certified-organic company, an annual inspection and audit is required. They follow stringent production and documentation guidelines so there is always a verifiable paper trail back to the source.

Stolor Organics is a proud member of the Better Business Bureau and has a 100% satisfaction guarantee policy. They are committed to developing and marketing high-quality products at fair prices and providing outstanding customer service. Enjoy!
What’s New in our Enhanced Beauty Area!

We still carry the brands that you have come to know and love (Mychelle, Aubrey Organics, John Masters, Kiss My Face, Alaffia, etc.), but now we have added some amazing newbies to the collection. We’d like to welcome these lines to Natur-Tyme—we’re certain you will love these high-quality additions.

Acure Organics is a family-owned and operated company founded on sustainable principles to provide the highest quality fair-trade, natural, and certified-organic personal care products. Each of their products is free from animal testing, parabens, sulfates, phthalates, synthetic fragrances, harmful preservatives, and artificial colors. They travel the globe to find the most potent certified-organic ingredients that meet their high standards of efficacy and purity.

Each facial care product provides a donation to help fight breast cancer. Each day, women are bombarded by harmful chemicals in cosmetic products. Some of these, such as parabens (one of the most widely used preservatives in conventional personal care products), have been directly linked to breast cancer. Acure Organics wants to help eliminate people’s exposure to toxic chemicals in cosmetics and help educate them on the benefits of food-grade, organic ingredients.

Griffin Remedy features a full range of all-natural body care products, formulated with vitamins, botanicals, and essential oils. Griffin Remedy offers customers a lifestyle of total wellness; vegan products that are 100% paraben-free, with absolutely no artificial colors or fragrances.

Max Green Alchemy is a small environmentally-aware company featuring products that are paraben-free, petrochemical-free, GMO-free, lanolin-free, Sodium Lauryl/Laureth Sulphate-free and animal-cruelty-free.

Stephanie Greenwood, now in her early 30s, began working in a biology lab at 14, and started taking advanced chemistry classes at the University of Utah at 16. But it wasn’t until she was 26 that she learned that the thousands of chemicals around her in personal care products like parabens, phthalates, and artificial fragrance could be causing some of her health problems, like hormonal imbalances and asthma. She diligently sought safer alternatives and eventually launched Bubble and Bee, which offers dozens of certified-organic, safe personal care products.

Dedicated to the spa tradition, SpaRitual is committed to creating eco-friendly products. They use vegan ingredients from around the world, including many specially-sourced and selected plant essences that are wild-crafted or organic. The formulations are naturally-colored and free of synthetic dyes. SpaRitual is constantly monitoring sustainability issues and strives to be on the cutting-edge of environmental awareness.
Who says being green means you have to spend lots of green? Here at our new Natur-Tyme location, we have expanded our collection of eco-friendly clothing. We carry several brands of clothing made with organic cotton, bamboo, or other sustainable materials. Whether you want to dress down or do yourself up, we have something for you! Our licensed cosmetologist Yu-Lee Izyk, models some of our top-selling fall selections from Threads 4 Thought, Ethos, and Sevya.

Sevya
100% Cotton Indian Kaftan Style Shirt
MSRP: $32.00
Our Price: $14.99

“Sevya” means caring through service, caring for humanity, and caring for the environment we live in. Sevya is dedicated to preserving the indigenous art forms of India by supporting the artisans who uphold these traditions. All Sevya products are handcrafted, using the finest natural fibers and materials. The revenue earned through the sale of these handcrafts is used for need-based development programs throughout India, under the auspices of the All India Movement for Sevya (www.aimforsevya.org).

Ethos
100% Certified Organic Cotton Dress
MSRP: $115.00
Our Price: $29.99

Ethos is a thriving Paris fashion house producing stylish, high-quality garments of excellent quality made from organic materials. Every person involved in the production, design and sale of Ethos garments is paid a living wage while sustainability and ethical practices form the basis of their business activities in developing countries.

“Whether you want to dress down or do yourself up, we have something for you!”

Threads 4 Thought
Organic Cotton and Recycled Polyester Jersey Style Hoodie
MSRP: $31.28
Our Price: $9.99

Threads 4 Thought products use sustainable materials and are manufactured in the most sustainable manner possible. They only work with factories that respect their employees and treat them humanely and fairly. They also work closely with several highly regarded charities, notably the International Rescue Committee and the Natural Resources Defense Council to promote and support the excellent work that they do in the areas of humanitarian and environmental response.
Check out these Local Resources

**Lotus Life Yoga Center**
17 classes a week to choose from!
Kim Fischer, ERYT-200  
Owner/Director  
4467 E. Genesee St.  
Syracuse, NY 13214  
315-314-7915  
www.lotuslifeyogacenter.com

**Mary Riposo, PhD**
Reiki Master Teacher, Licensed Counselor  
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Email: kathy@oilslady.com  
Ph: 315-365-3739  
Call: 315-246-2592

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and holistic therapeutic approaches  
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**BACK TO WELLNESS**
A Natural Health Improvement Center  
170 Intrepid Ln. Suite 2  
Syracuse, NY 13205  
315-314-7708  
www.backtowellnesscny.com

**Attention healthy-minded businesses and practitioners—**
learn about exciting advertising opportunities at our new store!  
Contact Wendy at wendy@natur-tyme.com  
for more information.
Thursday October 11th, 2012
12:00 PM-2:00 PM
5:00 PM-7:00 PM

World Arthritis Day Observance: Preventing and Treating Arthritis
By Laurel Sterling, MA, RD and Genoa Wilson

Join Natur-Tyme and the Arthritis Foundation as they team up to observe 'World Arthritis Day' on Thursday October 11, 2012. Natur-Tyme Supplement Educator and the Program Manager for the Arthritis Foundation, Genoa Wilson, will provide an overview of arthritis and will discuss physical activity for those who have arthritis. Natur-Tyme Wellness Educator, Laurel Sterling, will discuss the nutritional approach to addressing arthritis symptoms.

Tuesday October 16th, 2012
5:00 PM-7:00 PM

Keep Your Pet Moving with Animal Chiropractic
By Deanna Rodriguez

Enhance your pets' mobility and vitality by gaining a better knowledge about animal chiropractic and how it can be integrated into your pets’ health care.

Dr. Deanna Rodriguez has been a member of Manlius Veterinary Hospital since 2009. Dr. Rodriguez believes that it is through animal chiropractic that the body can focus on its innate healing capabilities, leading to an enhanced immune system, improved mobility, and enriched quality of life.

Wednesday October 17th, 2012
12:00 PM-2:00 PM
5:00 PM-7:00 PM

World’s Best Kept Secret: MASSAGE

Natur-Tyme’s four massage therapists from the Enhanced Beauty Salon will reveal the many benefits of massage. Come meet Stephanie, and the Natur-Tyme massage team. Massage has many benefits that people are not aware of—allow our staff to enlighten you. As a special gift, Natur-Tyme’s Enhanced Beauty Salon is giving you a coupon for $5.00 off any massage at the end of the seminar.

Thursday October 18th, 2012
5:30 PM-7:00 PM

Strength: The Anti-Aging Solution!
By Patrick VanBeveren, DPT, PT, MA, OCS, GCS, CSCS

Learn about the slippery slope of aging, the role that strength plays in successful aging, and about concepts for effectively building strength and function.

Patrick is the Director of Physical Therapy Services at St. Camillus Health and Rehabilitation. In 2005, Patrick initiated the Healthy Steps Program. This is a program offered to persons living in the community to assist them with building and maintaining strength and balance to reduce their risk of falls.

Saturday October 20, 1:00-2:00 PM

Interstitial cystitis (IC) is a chronic bladder condition resulting in recurring discomfort or pain in the bladder or surrounding pelvic region. Marlo has battled with IC and Laurel has helped many women address IC and other similar conditions. Marlo and Laurel are very knowledgeable about safe, natural treatment protocols for IC. Join this support group to help conquer your battle with IC and to meet other women who you can relate to.
Tuesday October 23rd, 2012
5:00 PM-7:30 PM

Screening of The Age of Champions

The Age of Champions is the award-winning documentary that tells the inspiring story of an unforgettable group of athletes—a 100-year-old tennis champion, an 86-year-old pole vaulter, a team of basketball playing grandmothers, and the Tatum brothers, octogenarians who began swimming in the reflecting pool in our nation’s capitol—all chasing gold at the National Senior Olympics. The film spotlights the power of the human spirit and triumph over the limitations of age, as these athletes tackle the challenges of old age with grace, humor, and optimism.

This entertaining documentary makes a compelling case for the connection between staying active and successful aging. Patrick VanBeveren (PT, DPT, MA, OCS, GCS, CSCS), Supervisor of Physical Therapy at The Centers at St. Camillus will introduce the film and answer questions after the film.

Wednesday October 24th, 2012
5:30 PM-7:00 PM

Three Steps to Breast Health
By Crouse Breast Health Nurse Navigators
Margaret Bottino RN, CCBE, CBPN-IC
Mary Butler RN, CCBE, CBPN-IC

Breast cancer is the most common cancer among women, other than skin cancer. And it’s the second leading cause of death in women. The good news is breast cancer rates have been decreasing, most likely the result of enhanced diagnostic tools and early detection.

The Breast Health Center at Crouse Hospital was the first area program to be designated a Breast Imaging Center of Excellence by the American College of Radiology. Margaret Bottino and Mary Butler have years of experience in the field of breast health and will discuss the aspects of breast health, mammography, and how to do a proper breast self-examination. Bring your questions and concerns for an informative evening dedicated to the breast health of women of all ages!

Thursday October 25th, 2012
12:00 PM-2:00 PM
5:00 PM-7:00 PM

Balancing Your Hormones Naturally
By Roslyn Rogers

Staying healthy, active, and vital has everything to do with balancing hormones whether you are 16 or 100. Learn how to balance hormones so that you can restore energy, lose weight, and treat health ailments such as arthritis, allergies, autoimmune disorders, ovarian cysts, hot flashes, headaches, sleep problems, loss of libido, and more.

Roslyn Rogers is a Certified Nutritional Consultant with 25 years of experience in the field of vitamins and herbs. Her specializations include: anti-aging, menopause, PMS, weight management, and most women’s health issues.

Crouse Hospital’s Integrative Medicine Education Program: Begins October 10, 2012

Nobody is immune from stress—it’s just part of life. The difference among individuals is how they handle stress. Crouse Hospital’s Mindful Living & Stress Reduction program (MLSRP) provides systematic training and guidance in various forms of meditation, based on a practice known as mindfulness, to provide participants with the tools to live life more fully and with less angst.

“Mindfulness is a way of paying wise attention to all the circumstances that arise, and offers a way to relate to those circumstances in a way that can reduce stress and suffering,” says course instructor Pauline Cecere, LCSW. She has taught the course for more than a decade, and will lead the four-week program on Wednesday evenings, beginning October 10. The course will be held 6:30 PM to 8:00 PM in the Marley Education Center, 765 Irving Ave.

The course fee of $200 includes 6 hours of instruction; a half-day retreat on Saturday, October 27; CDs; supplemental readings; and free parking in the Marley Center Garage. Inquiries about the course and registration can be made by calling 315-655-3066 or emailing paulinec@frontiernet.net. The registration deadline is October 1, 2012.
Save the Date! Saturday November 10th and Sunday November 11th, Natur-Tyme’s Community Room will transform into Closets for Charity!

Closets for Charity is the brainchild of Natur-Tyme owner Wendy Meyerson. A few years ago, Wendy was seeking a way to take her gently-used clothing and put them to good use for the community. Sure, there are many organizations that welcome clothing donations, but Wendy was looking for something more!! Therefore, she developed the concept of an organization focused on offering used name-brand clothing at a deep discount. But, here is the best part--100% of the funds raised by the clothing sales will be donated to a deserving charity.

All proceeds from this Closets for Charity event will benefit the McMahon/Ryan Child Advocacy Center!