

Try Warrior Kombucha for Dry January

Warrior Kombucha offers a unique range of handcrafted kombucha, brewed with premium ingredients for a deliciously refreshing experience.

Warrior Kombucha is crafted with Yaupon tea, the only naturally caffeinated plant native to North America, blending tradition and innovation to create beverages that nourish body and soul.

Available in Lychee Mimosa, Raspberry Mojito and Key Lime Margarita. Energizing, Delicious Kombucha with a Kick!



Did you know?

According to Gary Brecka – The average newborn baby has 287 known toxins in their umbilical cord blood. That's day one. If you think you're not carrying a toxic load, think again.

Ask about any of our supplements to help support the natural detoxification pathways. We have options for children and adults.

Vital LiverPURE – 14-Day Liver Detox System

Ideal for anyone dealing with bloating, fatigue, poor digestion, or coming off medications or alcohol. You'll feel cleaner, clearer, and more energized in two weeks!

A 2-part AM/PM protocol that mirrors the body's natural detox rhythm.

Laxative-free and gentle, so it won't disrupt your daily life.

Formulated with **clinically supported ingredients**:

NAC, milk thistle (80% silymarin), turmeric, alpha lipoic acid, Ayurvedic herbs, and detox amino acids like methionine and taurine.

Vital LiverPURE is designed to reset the body without harsh effects. January is a great month to kick-off a detox.

Disclaimer: This newsletter is not intended to diagnose, prescribe, or treat any condition of the body. The information contained herein has not been evaluated by the Food and Drug Administration.



FAMILY HEALTH CENTER

Vitamin Store & More!

January & February 2026

(815) 895-8151

1170 DeKalb Ave., Ste. 111

Sycamore, IL 60178

www.askfamilyhealth.com

Email us at: askfamilyhealth@yahoo.com

Hours: Mon – Fri: 9-6 • Sat: 10-4

Closed on Sunday

Black Earth Zeolite

The Ultimate in Natural Cellular-Level Detoxification

Black Earth Zeolite is a purified water extract of Clinoptilolite (a well-researched form of Zeolite) in a base of Black Earth Minerals. Zeolite is a potent cleansing agent that supports deep cellular metabolism and removal of waste. Zeolite supports a healthy inflammatory response and a healthy intestinal barrier. The liquid form guarantees maximum absorption and assimilation.

Like all Black Earth products, this product contains a broad spectrum of over 70 trace mineral elements with humic acid and the higher molecular-weight, fulvic acid. Trace Minerals are incredibly important minerals that our bodies require small amounts of to maintain healthy biologic functions. Humic goes to work in the gut, extracting nutrients from food and assisting already normal detoxification, antioxidant response, proper elimination and normal flushing of toxins, providing an essential connection to a powerful microbiome. Fulvic spreads throughout the system helping to maintain healthy metabolic balance, supporting the proper function of vital processes, and assisting in recharging the electrical potential of healthy cells. Fulvic assures cells are nourished, energized and healthy.

Help to purify and detoxify your body by using Black Earth Zeolite. It is sustainably mined and manufactured in the USA, in GMP facilities, and third-party tested for purity and potency.



Are You a Male Over 35 Experiencing Shifts in Energy, Focus or Libido?

Are You Looking for Natural Support for Testosterone and Vitality?

Are You an Active Male Needing Help with Recovery and Endurance?

CV Sciences Ignite is a men's plant-based solution for addressing all these concerns, without synthetic hormones.

- **Tongkat Ali:** Supports healthy testosterone levels, energy, and libido.
- **Panax Ginseng:** Enhances stamina, focus, stress resilience, and physical performance.
- **Tribulus Terrestris:** Traditionally used for libido, athletic performance, and hormone balance.
- **Full-Spectrum CBD:** Provides mood balance and wellness support (45mg/serving).

A powerful blend of proven botanicals to help men stay strong, sharp, and ready-at-work, in the gym, and beyond!



JANUARY & FEBRUARY SALES & SERVICES

JANUARY SALES

25% off **Terry Naturally's Curamed, Curamed Acute Pain, Curamin and Curamin Extra Strength** – BCM-95 Curcumin supplements. Powerful anti-inflammatory, drug-free pain relief and something to consider for almost any condition. There is no other Curcumin or Turmeric product that is more powerful!

- 20% off **all remaining** Terry Naturally Products! **Free** booklets and pamphlets for your at-home education.

25% off **Vitamin Code from Garden of Life** – B12, B-Complex, C, D3, E, K, Zinc, Grow Bone, and Raw Calcium – Raw, organic, whole-food supplements

- 15% off **all remaining** Garden of Life items

25% off **all Dr. Mercola** – Vitamins, Enzymes, Antioxidants, Magnesium, Amino Acids, Liposomal, (excludes food bars).

25% off **all Megafood** – Whole food Multi's, Selenium, Prenatal's, D3/K2, B-Complex – all organic, vegan, gluten-free, non-GMO real food. A limited number of \$7 instant coupons!

20% off **all Barlean's** – Omega-3 Swirls, Flax, Fish Oils, Olive Leaf Extract, Women's Hormone Balancing Herbs, etc.

20% off **all Ancient Nutrition** – Whole food supplements from Collagen to Probiotics to support a healthy lifestyle. Many new items to choose from! \$3 Instant Coupons

20% off **all Dr. Ohira's Fermented Probiotics** – 30, 60 and 100 count. Contains Prebiotics, Probiotics and Postbiotics. A staff favorite! Great for travel!

15% off **Truvani Plant or Whey Protein Powders** – 20-serving bags – Choose from a wide variety of flavors.

15% off **all Vital Planet** – Products to support the quest for better overall health by focusing on digestive health. Choose probiotics, natural laxatives, cleanses, omega-3s, intestinal lining support and fiber. **New Pet Products too!**

Holistic Services by George Moore: February 24 – 28

Live & Dried Blood Cell Demonstration – \$179 (no food 2-hours prior to the appointment)

Live & Dried Blood Cell Demonstration w/Blood Typing – \$206

Hair Mineral Analysis – \$149 – Results in about 14 days

Blood Typing (O, A, B, AB) – \$35 – Free "Eat Right for Your Blood Type" Food Lists!

Zyto Biocommunication Scanning – \$223

**\$195 if combined with either Hair Mineral Analysis or Live/Dried Blood Demonstration.*

FEBRUARY SALES

25% off **Terry Naturally's Curamed, Curamed Acute Pain, Curamin and Curamin Extra Strength** – BCM-95 Curcumin supplements. Powerful anti-inflammatory, drug-free pain relief and something to consider for almost any condition.

- 20% off **all remaining** Terry Naturally Products! Clinically effective nutritional supplements and remedies that improve the health of America, one person at a time! **Free** booklets and pamphlets for your at-home education.

25% off **all The Food Movement** products – Black Earth Zeolite, Moringa

20% off **all Sovereign Silver & Copper** – Nasal Spray, Fine Mist Spray, Droppers, Refill Sizes and First Aid Silver Gel. Silver is a first-line of defense for a healthy immune system during cold and flu season.

20% off **all Ancient Nutrition** – An innovator in the Natural Products Industry, growing the world's most nutrient-dense superfoods in the healthiest soil possible. Instant Coupons on many items!

25% off **Vitamin Code from Garden of Life** – B12, B-Complex, C, D3, E, K, Zinc, Grow Bone, and Raw Calcium – Raw, organic, whole-food supplements.

- 15% off **all remaining** Garden of Life items

15% off **all Vital Planet** – Choose probiotics, natural laxatives, cleanses, omega-3s, intestinal lining support and fiber. New Pet Products too!

15% off **Truvani Plant & Whey Protein Powders** – 20-serving bags – Now offering USDA Organic Whey with just a handful of clean ingredients. Choose Truvani Plant Protein or Whey protein in delicious, easy-to-mix flavors.

~ Saturday Spotlights ~

Please follow us on Facebook, Instagram or on our Event Page of our Website for "pop up" events on Saturdays. We are hosting other Wellness Partners to bring more awareness to our community's natural health and healing experts. (All events may not be listed here.)

January 24 from 10:30 – 2:00 – Whole Body Health Acupuncture – Heather Vandenburg – FREE 20-minute mini RIFE sessions. A non-invasive, healing frequency therapy.

January 31 from 10:30 – 2:00 – Eniko Fodor – Clinical Thermographer - Safer, healthier full-body, half body or breast screening with medical infrared thermal imaging and no radiation or compression. Schedule appointment at <https://illinoisthermography.janeapp.com/>

Shop In-Store, Curbside Pickup or Phone-In your Orders (815-895-8151)

Buy Local. Spend it Here. Keep it Here.