

First Aid Staples

Summer in the Midwest brings about longer, warmer days and an array of biting, stinging, crawling and flying insects. Be sure to stock up on these Homeopathic remedies:

Apis Mellifica – Often used for bites and bee and wasp stings characterized by rapid burning and itching pain.

Arnica Montana – Traditionally used to minimize the immediate effects of shock, falls, bruising, bleeding, and injuries by blunt objects. It also helps traumatized tissues to heal.

Ledum Palustre (Ledum) – Traditionally used to relieve symptoms from mosquito bites, small puncture wounds and deep bruising.

Urtica Urens – May be used for hives-like, itchy, and blotchy skin reactions.

Clear Proteins

A simple, refreshing way to add some protein into your day without any grit, thickness or chalkiness. **Sun Warrior's Clear Refresh Plant Proteins** offer 10 grams of protein per scoop, mixes easily into water, and offers hydration with fruity flavors. With a complete amino acid profile, and only 2 carbs with 50 calories, it complements many dietary lifestyles. Choose from Raspberry, Pineapple Coconut or Lemon Ice. Ideal for teens, adults and senior citizens who are working on increasing their daily protein macros and their hydration.



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!

May & June 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

Introducing Active Peptides Metabolism

Burn more. Crave less.

Powered by bioactive peptides and plant-based extracts, this stimulant-free supplement helps regulate hunger hormones to reduce appetite and increase satiety – helping you manage your weight, without the side effects.

Clinically backed results showing reduced body fat and BMI; boosting calorie burn at rest, during workouts and post-workout; rapid increase in resting metabolic rate within 2 hours.



What are Peptides?

- Peptides are short amino-acid chains (under 40 aminos) that act as the body's signaling molecules.
- Think of them as text messages-not full instruction manuals like proteins. Larger proteins need to be broken down through digestion, but peptides are small enough to be absorbed, so they can act efficiently.

Collagen Peptides vs. Targeted Peptides

- Think of collagen peptides like the essential construction materials for building a house.
- Targeted peptides are like the electrical wiring in the house – they send signals, turn specific systems on or off and control when and where things happen.

What's the difference between taking peptides orally vs. by injection?

- Injected peptides (like pharmaceutical GLP-1 agonist drugs) deliver a synthetic peptide directly into the bloodstream, bypassing digestion and forcing the body to respond in a very specific way. This often comes with potential side effects and is only available by prescription.
- Ancient Nutrition's Active Peptides are designed for daily use and are completely different. They travel through the digestive system and act as bioactive signaling messengers – gently nudging your body's own pathways.

MAY & JUNE SALES & SERVICES

MAY SALES

15% off **Truvani Plant or Whey Protein Powders** – 20-serving bags – Choose from a wide variety of flavors: Strawberry-NEW, Chocolate/Strawberry-NEW, Vanilla, Chocolate, Vanilla Chai, Peanut Butter Chocolate, Peanut Butter, Matcha, Banana Cinnamon, Chocolate Mint, Unflavored & Unsweetened.

15% off **Dr. Ohira's Fermented Probiotics** – 30, 60 and 100 count! A 3-year fermented food product with Prebiotics, Probiotics and Postbiotics. Hypoallergenic and stable, 100% vegetarian. A staff favorite and easy to take with you when traveling!

15% off **all Garden of Life** – All your favorite organic, whole-food supplements and some new items too! Unique probiotics from the Dr. Formulated line including one with the clinically studied Akkermansia strain that improves GLP-1 production and boosts metabolism.

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 Dog & Cat Products too!**

20% off **all Copper & Sovereign Silver** – Nasal & Fine Mist Sprays, Droppers, Refill Sizes and First Aid Silver Gel. #1 Silver Brand – high absorption, pure, safe and effective.

25% off **all Sun Warrior** – Non-GMO plant-based Creatine Monohydrate, Active Pre-Workout, Clear Refresh Proteins – new flavors to choose from!

25% off **all Ancient Nutrition** – Superfood supplements that deliver real, tangible results that you can see and feel! Many new items to address stress and weight management! New gel-packs for grab-and-go nutrition!

25% off **all Carlson** – Providing nutritional supplements since 1965 and the innovator in the industry for Omega-3 Fish Oils. Vitamins, D, E, Zinc & more!

25% off **all The Food Movement** products – Plant based nutrients to properly nourish, detoxify and support the body. Choose from Black Earth Zeolite and Organic Moringa.

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.

Vitamin Store & More! Check out our in-store services:

Mild Hyperbaric Oxygen Chamber (mHBOT) – Concentrated oxygen to reduce inflammation and accelerate healing.

Ionic Foot Bath with Micro Current Device – Neutralizing harmful environmental positive ions to facilitate the body's natural detoxification pathways.

FAR Infrared Sauna – A deep, detoxifying sweat session.

Megelin Red Light Therapy Bag – High-density, full-body option for relaxation, muscle recovery, increased body contouring.

Ear Candling – Relieve pressure and promote relaxation.

Iodine Skin Patch Testing – Free test to measure how long iodine stays on the body.

JUNE SALES

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

15% off **all Garden of Life** – New Dr. Formulated Probiotics and an Algae Omega. Clean, traceable, clinically studied ingredients produced in the most sustainable way possible.

20% off **Truvani Plant or Whey Protein Powders** – 20-serving bags – Choose from a wide variety of flavors: Strawberry-NEW, Chocolate/Strawberry-NEW, Vanilla, Chocolate, Vanilla Chai, Peanut Butter Chocolate, Peanut Butter, Matcha, Banana Cinnamon, Chocolate Mint, Unflavored & Unsweetened.

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- 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.

May & June – Seasonal Sale!

Para KITO – All-natural Insect Repellent Spray & Roll-On – Long-lasting protection of 8 hours against **Mosquitoes** and **Ticks**, and a soft formula that brings moisturizing and comfort to the skin. Water and sweat-resistant, non-greasy, with a light fragrance. Deet-free and safe for children 6-months and above, expectant moms, and adults.

ThinkSport – Non-Toxic Sunscreens – Water-resistant sunscreens that are made with good-for-you ingredients for protected fun in the sun! Lotion and non-aerosol spray options.

Save 12% - Limited Supply – While Supplies Last!

~ Saturday Spotlights ~

Please follow us on Facebook, Instagram or on the "Events" tab of our Website for "pop up" events on Saturdays.

May 9 from 10:30 – 2:00 – Illinois Thermography – Eniko Fodor – Clinical Thermographer offers breast screening, half body (upper or lower) and full body scans. Screenings are painless, non-invasive, no radiation, and no compression. Appointments are required – schedule online at <https://illinoisthermography.janeapp.com>.

May 16 from 10:30 – 2:00 – Essential Infusions Plus – Injections: B12, D3, Biotin, Skinny Shot, Tri Immune Boost; IV Infusions: Hydration, Get Up and Go, Migraine Fix, Master Anti-Aging and more! Registration is preferred, but walk-ins are welcome.

June 27 from 10:30 – 2:00 – Whole Body Health Acupuncture – Heather Vandenburg is offering **FREE** mini 20-minute RIFE sessions. A non-invasive, healing frequency. Registration is preferred but walk-ins are welcome.

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

Buy Local. Spend it Here. Keep it Here.