

Are You Getting Enough Potassium?

The natural health arena recommends 4,700mg of potassium each day for adults. Potassium is a crucial mineral and electrolyte that calms the nervous system, lowers blood pressure and increases energy. Potassium regulates the transfer of nutrients through cell membranes. Moderate to severe deficiencies in potassium can present as irregular heart rhythm, abnormally dry skin, cramps and spasms, constipation, weakness, circulatory damage, edema and tingling sensations. While whole foods can offer significant values of potassium, a supplement can help to ensure that you are reaching your potassium goals. We have many potassium and electrolyte options to choose from.

Active Peptides Cortisol – A Cortisol Detox

Is stress keeping your body stuck in fight-or-flight mode? This floods the body with cortisol fueling stubborn fat, cravings and anxious thoughts.

Ancient Nutrition's clinically researched peptides, L-theanine, and ancient adaptogenic botanicals work together in this effective daily formula to balance cortisol and fight the effects of stress – increasing focus, easing stress, and curbing stress-related cravings. Experience enhanced feelings of balance and well-being. Real, tangible results you can see and feel – for men and women!

Did you know ...

Every thyroid hormone your body makes is built from iodine and an amino acid called Tyrosine. A third nutrient, Selenium, is what activates it. Ask for your **free** Iodine Skin Test and take our quiz to see if you are suffering from an underactive Thyroid.

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!

July & August 2026

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Hours: Mon – Fri: 9-6 • Sat: 10-4
Closed on Sunday

LIVER RESET

Most Americans take really good care of their automobiles – changing the oil every 3,000-6,000 miles. Imagine if we took special care of our Liver with regular maintenance. Not only would we be more efficient at burning fat around the midsection but the over 500 biological functions performed by the liver would be optimized.

In our youth, the liver cranks out about 1 – 1 ½ quarts of bile, a green-brown digestive fluid, daily. Bile supports health by breaking down fats; absorbing fat-soluble vitamins: A, E, D, and K; purifying the body of toxins; heavy metals and excess hormones; boosts immunity by stimulating the immune system. Problems arise as our bile tends to thicken and be sluggish due to stress, aging, processed foods, low-fat dieting, and everyday toxin exposure. **Bile Builder** supports the natural production and thinning of bile to help prevent an array of discomforts.

What are the signs of bile deficiency? If you struggle with sluggish digestion, nausea, light-colored stools, bloating, or unexplained weight gain, you may not be producing or releasing enough bile. Other signs include fatigue, headaches, a bitter taste in the mouth, and even sciatica-like pain.

A Harvard study showed that people who improved their bile health **boosted their metabolism by 53%**! This special formula has an impressive list of benefits and can support healthy bile flow – with or without a gallbladder! Support natural detox pathways and maintain healthy bile flow with **Bile Builder**!

*Take 20% off your purchase when combined with any of our daily supportive Liver items or any of our weight loss items. Reset your metabolism and health with a Liver Reset!



Emerald Labs Liposomal NMN + RedOrange Complex™

NMN (Nicotinamide Mononucleotide) is a naturally occurring compound involved in the body's production of NAD+ (nicotinamide adenine dinucleotide), a coenzyme essential for mitochondrial energy production, cellular repair processes, and metabolic signaling. It is widely researched as an anti-aging compound as it boosts NAD+ levels in the body, which naturally decline with age.

Unlike standard NMN formulas, Emerald Labs utilizes a liposomal delivery system, designed to help protect ingredients through digestion and improving absorption and bioavailability. The formula also includes RedOrange Complex™, a patented Sicilian blood orange extract standardized for anthocyanins and antioxidant compounds studied for their role in oxidative stress support and skin health.

JULY & AUGUST SALES & SERVICES

JULY SALES

12% off **Mosquito & Tick Repellent and Mineral Sunscreens** – While Supplies Last!

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

15% off **all Garden of Life** – All your favorite organic, whole-food supplements and some new items too! Dr. Formulated **Probiotics Beauty** with Hyaluronic Acid and Irish Sea Moss and **Microbiome Balance** with the clinically studied strain Akkermansia.

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. **Dog & Cat Products too!**

15% off **all Enzymedica Digestive & Therapeutic Enzymes** – Leading the way in digestive health and wellness. The industry leader in high potency enzyme-based supplements.

20% off **all CV Sciences** – **Reshape** for cravings & weight loss, **Ignite** testosterone boost for men and **CBD** gummies, soft gels and topicals.

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

25% off **all Megafood** products – Whole food nutrition: Selenium, D3/K2, Kid's Multi, B-Complex, Prenatals and more! Real food and trusted nutrients to make award winning, trusted supplements.

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.

AUGUST SALES

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

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

20% off **all Barlean's** – Omega-3 Swirls, Flax, Olive Leaf Extract, Hormone Balancing, Herbs, etc. Premium natural supplements and functional foods that nourish the mind and body.

20% off **all Sovereign Silver & Copper** – Bio-Active Silver Hydrosol in Nasal and Fine Mist Sprays, Droppers, Refill Sizes and First Aid Gel. Sovereign Copper is an essential mineral supporting joint and bone; hair, skin and nails; cardiovascular health; energy and metabolism.

20% 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 **Deep Sleep from Herb's Etc.** – Ease into the night with Deep Sleep. Soothing herbs to promote deep, restorative sleep.

25% off **Vitamin D3 from Carlson** – 400iu, 1,000iu, 2,000iu, 4,000iu, 6,000iu in drops or soft gels. Optimal levels of D3 are 50-80 ng/ml.

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.

SAVE THE DATE – Dr. George Moore, Clinical Microscopist, presents a discussion on iodine – **"Why is Iodine so Important to the Body?"** **Wednesday, September 9 at 6:30 p.m.** – FREE – Sign ups are encouraged. Light refreshments served.

Holistic Services by George Moore: September 8 – 12

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.*

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