

Kids Snack Bars

The classic kid treats just got a serious upgrade!

Bars made with gluten-free organic oats, 8 grams of plant protein and fiber, it is the kind of wholesome snack that gives parents real peace of mind without having to fight the kids to eat it. Free from peanuts, tree nuts, dairy, soy and sugar alcohols, and packed with ingredients that are simple, real, and recognizable.

Choose from Iced Oatmeal Blast Bar or Fudge-Tastic Brownie Bar. Great for an afternoon snack or in with their lunch box. Keep the little ones fueled from school, to practice and homework without feeling guilty or any push back.



Self-Tanning Drops

Give your skin a glowing summer tan all year long. This unique formula is designed to be mixed with your favorite moisturizer for a custom glow. Infused with antioxidant Liposomal Vitamin C and Red Algae, along with nourishing Coconut Oil and Chia Seed Oil, it hydrates the skin while enhancing its luminosity. The result is a healthy, glowing complexion without any sun exposure – no matter the season! We also have many moisturizers to choose from!

No parabens or phthalates, no sodium lauryl/laureth sulfates, no artificial colors or synthetic fragrances, no mineral oil or formaldehyde donors, Vegan. Simple ingredients that work!



Provides a natural-looking, buildable glow!

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!

September & October 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

Restoring the Vitality of the People & the Planet!

Elevate Organic believes that healing starts from the ground up – in the soil and food. They combine regenerative agriculture with gold-standard nutritional science to deliver clean, clinically proven products that restore vitality to people and planet.

Organic Microplastics Detox

You may already make clean choices. But microplastics are in the water you drink, the containers you use, trays that our food is packaged in, and in the air we breathe.

A 14-day, four-stage system to: Trap & Bind; Break Down Biofilms; Microbial Detox Support; Organ Activation & Elimination. Clinically studied botanicals including Organic Acti Veda™ (Triphala & Trikatu) – ancient digestive tonics that balance, strengthen, and restore – rooted in centuries of Ayurvedic practice.

Also consider the **Glyphosate Detox** from Elevate Organic. A 14-day reset for natural gut defense against our ever-growing environmental burden. Research-backed nutrition, whole-food advantage and integrity in testing. From sourcing to final product, every batch is tested for purity, potency and safety.

We are really excited about this brand, their products and their mission: to deliver clinically studied, powerful whole-food nutrition, support farmers and animals who restore ecosystems, and inspire healthier lives – **elevate what's possible.**



Nature's Original Multivitamin – Reimagined.

Introducing NEW Grass-Fed Organ formulas offering targeted support:

~ Heart Blend ~ Thyroid Blend ~ Adrenal Blend ~ Kidney Blend

Ancient Nutrition grass-fed organ blends are designed to restore what's missing from our everyday diets in a way that no single herb, multivitamin or protein can compare to.

Grass-Fed Thyroid Blend features responsibly raised, grass-fed thyroid and liver plus powerful superfoods to support normal thyroid hormone function. The blend includes key minerals like selenium, zinc and iron for thyroid hormone production. The thyroid regulates the complete metabolic function of the body. Any dysfunction will make an impact on how much weight you carry, and how easy (or not) it is to regulate that weight. Plus, an imbalance of its hormone can produce skin disorders, irregular heartbeat, congestive heart failure, high blood pressure, muscle dysfunction, gastrointestinal disturbances, mental confusion, severe depression, decreased libido, extreme fatigue and apathy.

FREE Seminar – Steps to Healing the Thyroid – Wednesday Sept. 9 at 6:30 p.m.
Sign ups are Encouraged – Walk-Ins are welcome. Light Refreshments served.

SEPTEMBER & OCTOBER SALES & SERVICES

SEPTEMBER SALES

40% off **Multi-Vitamins from Ancient Nutrition** – 20+ Vitamins & Minerals, Methylated B Vitamins, Optimized for Absorption, Clinically Validated Ingredients

- 30% off **all remaining Ancient Nutrition** items – New Organ Blends: **Heart, Thyroid, Adrenals, Kidneys** – Designed to restore what's missing from our everyday diets.

30% off **Vitamin Code from Garden of Life** – B12, B-Complex, C, D3, E, K, Zinc, Grow Bone and Raw Calcium -Vitamin Code are raw, organic, whole-food supplements

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

25% off **Truani Plant or Whey Protein Powders** – 20-servings – Choose from a wide variety of flavors: Strawberry, Chocolate/Strawberry, Vanilla, Chocolate, Vanilla Chai, Peanut Butter Chocolate, Matcha, Banana Cinnamon, Unflavored & Unsweetened and Chocolate Mint- a customer favorite!

25% off **all Dr. Mercola** products – Advanced Liposomal delivery system to improve nutrient absorption, Anti-Oxidants, Enzymes, Amino Acids, and Magnesium L-Threonate-proven to cross the blood-brain barrier for improving memory, learning and overall focus.

25% off **Black Earth Zeolite** and **Organic Moringa** from **The Food Movement**

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.

20% off **Elevate Organic – Micro Plastics Detox, Glyphosate Detox and 10-Day Gut Reset Peptide-Powered Probiotic** – Exclusive, most trusted organic and regenerative nutrients available.

20% off **all Himalaya** – A global health care brand in over 100 countries and still family owned. Ayurveda wisdom backed by modern science offering "head to heel" wellness products.

20% off **all Humic & Fulvic Minerals from Vital Earth Minerals** – A complete source of plant-based ionic trace minerals and natural amino acids in an alkaline balanced state. Supports cellular health and detoxification.

20% off **Dr. Ohira Fermented Probiotics** – 30, 60 and 100 count. A 3-year fermentation process to promote gut balance, immune support, and everyday vitality. Includes pre, pro and post-biotics. A staff favorite! Great for travel.

15% off **all Vital Planet** – Digestive care supplements to improve your digestion, gut lining, assimilation, mood and immune system! New targeted digestive enzymes to address bloating, heavy meals, food sensitivities allowing you to enjoy your food and feel lighter after meals.

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.

OCTOBER SALES

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- 15% off **all remaining Garden of Life** items – New ClearWhey Protein Drinks!

25% off **all Carlson** – Providing nutritional supplements since 1965! The innovator for Omega-3 Fish Oils, Vitamin E Complex and an entire lineup of quality offerings.

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.

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 Megafood** – Their unique "FoodState Nutrients" and fermentation process aim to make their supplements more recognizable to the body and gentler on the stomach. D3/K2, Prenatals, Kids items, Magnesium and more!

20% off **all Herbs, Etc.** – Herbal medicines grounded in ancient knowledge and modern science. Formulations for Deep Sleep, Lymphatic, Lung & Respiratory, building healthy Red Blood Cells.

20% off **Dr. Ohira Fermented Probiotics** – 30, 60 and 100 count. A 3-year fermentation process to promote gut balance, immune support, and everyday vitality. Includes pre, pro and post-biotics. A staff favorite! Great for travel.

15% off **all Vital Planet** – Digestive care supplements to improve your digestion, gut lining, assimilation, mood and immune system! New targeted digestive enzymes to address bloating, heavy meals, food sensitivities allowing you to enjoy your food and feel lighter after meals. **Cat & Dog products too!**

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

Holistic Services by George Moore: November 10 - 14

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.*

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

Buy Local. Spend it Here. Keep it Here.