

# Get Your Immunity Ready for Winter from Dr. Karen Clickner at Conscious Body Natural Medicine



Greetings!

I hope you have enjoyed your summer and now with the turning of the season, it's time to prepare our homes and ourselves for the winter to come.

We are quick to stock up on wood pellets, ice melt, mulch the garden, treat our lawns and clean the furnace. But preparing ourselves for the winter ahead is just as important. It is through the winter that illness begins, we lose work days, our children lose school days and there is always the latest flu strain to fear!

Every winter many of our patients turn to us for support. Our remedies and therapies prepare your body for the challenges ahead. Whether your child brings home an illness, you spend hours in the snow or you opted to avoid a flu shot, our natural options can improve your resistance and make weathering the weather a piece of cake.

Remember that an ounce of prevention is worth a pound of cure! So here is our step by step guide to surviving the winter illness-free!



## Need some support and guidance?

Dr. Kristen Poe is ready to help via Skype and Facetime.

**Get a 30 minute  
personalized  
appointment for  
only \$50.00 during  
October**

## Begin With a Cleanse ...

Begin with a cleanse. You need a structured program that combines eating whole foods, drinking nutritious shakes and taking whole food supplements to drop weight, reduce the toxic load, boost your energy and strengthen your immunity.

We have a few different programs to

(mention KP50 when booking)



**A detox program  
you'll love**

from depending on your symptoms and your weaknesses.

[Learn more >](#)

**For the month of October, get  
\$25.00 off any cleanse when you  
book your October Naturopathic  
Evaluation appointment!**

(mention Nat25 when booking)



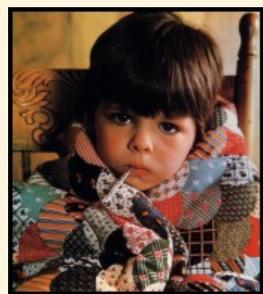
## **Lymph Drainage: The Essential Body Cleanse**

Every patient will tell you that Lymph Drainage has changed their life. It is the only therapy that boosts your immunity, cleanses the fluid of every cell, reduces swelling and feels great all at the same time!

**Combine your Body and Face  
appointments into a single  
appointment in October and save  
\$50.00!**

(mention LD50 when booking.)

[Get more info >](#)



## **Our Proven Flu Fighter**

Most people are worried about the flu and the vaccines offered each year don't protect you from all strains of the flu. How many times have you had a flu shot and still get the flu? This year, try a natural approach to add to your daily regimen whether you had a flu shot or not! It will protect you from most of the germs floating around schools, the T, or even the doctor's office!

**Take \$20.00 off when you buy 1  
large Echinacea Premium and 1  
large Immuplex or Epimune  
Complex in October.**

(mention FLU20 at time of order)

Immuplex or Epimune Complex (vegetarian formula) - 4 capsules per day

Echinacea Premium - clinically proven high grade formula - 2 tablets per day

## **Your Winter Medicine Chest ...**

Stock up now on your natural medicine chest to be ready for anything this winter!



Anti-viral - Andrographis Complex  
Anti-bacterial - Goldenseal  
Respiratory - Broncafect  
Cough - Mother Earth Syrup  
Upset stomach - Cola Syrup  
Congestion - Antronex & Cataplex ACP  
Whole Food Vitamin C - Cataplex C  
Fever Control - DiaCo herbal extract  
Throat - Our Herbal Throat spray  
Poor circulation - Circuplex

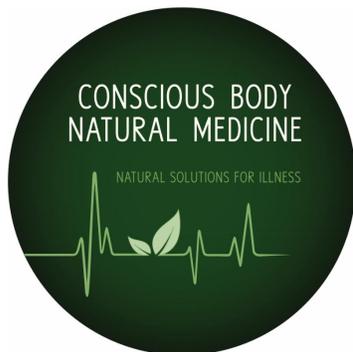
**Order 4 or more items from our  
Medicine Chest list in October  
and get 20% off!  
(mention MedC20)**



**Please remember that we love to give  
people natural options for their illness  
and symptoms.**

**To help us do that, for each new patient  
that you send us for a Naturopathic  
Evaluation in October, we will give you a  
\$20.00 Thank you credit!**

Just send us an email with the name of the pers on you are referring and once they complete their appointment we will apply the credit to your clinic account.



**Conscious Body Natural Medicine of  
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