



Holiday News from Conscious Body

The holiday season is here and we hope you received our Holiday Specials earlier this week! It's an opportunity to stock up on some essential protocols that I have used time and time again with great success. We also have a great special on Decongestive Lymph Body Basic sessions with our therapist Nicole to help reduce swelling, fluid accumulation and sluggish pathways while making your skin look amazing in the new year!

We hope you have the best holiday time ever!

Iris, Cheryl, Christina, Nicole and Karen



Our Holiday Hours:

During the holidays we are taking some time to catch up with our families, our friends and our housework. So here are the holiday hours at Conscious Body:

Holden Clinic will be closed from December 18th through January 7th. Orders can still be picked up in the outdoor cabinet.

Westborough Clinic will be closed from December 18th through January 2nd, reopening on January 3rd. Order pick up will not be available in Westborough during this time.

Ordering: We will be processing and shipping orders until December 24th and will open again for orders on January 2nd. Orders can only be pickup in Holden or shipped during this time.

Our Phones: We will be answering our phones for both orders and appointments until December 24th and then we will return to the phones on January 2nd. You can also send us an email during this time as well!



Our Online Ordering System

During the holidays this is one of the best ways to get Standard Process and MediHerb products straight from the farm to your door. Our InSite ordering system is available 24 hours a day and products will be shipped

[Visit Our Online Ordering](#)

Balancing Your Blood Sugar

The holidays are one of the most difficult times to keep your blood sugar stable. Skipping meals, eating larger meals, eating lots of goodies that we don't normally eat all of this can be challenging to the body. You may not realize that headaches, dizziness, nerve pain, lightheadedness, trembling and even angry outbursts all are generally related to your glucose balance in the blood.

There are more diagnoses of insulin resistance and Metabolic Syndrome X in the beginning of the year than at any other time and that is because of the challenges of the holiday season.

Metabol Complex with fenugreek, black cumin seed, bitter melon and cinnamon is amazing for restoring the glucose balance in the blood and reducing insulin resistance.

Don't holiday eat without it!



The Amazing Winter Qualities of Black Cumin Seeds

For centuries black cumin seeds have been used to support healthy blood glucose but did you know that in Morocco people use them to clear out their sinuses and blocked breathing passages?

We provide imported black cumin seeds direct from a Moroccan pharmacy that are amazing for all types of breathing disorders from asthma to emphysema. Simply take a tablespoon of the seeds and twist into a ball inside a handkerchief. Then place against your nose and inhale deeply a few times. Then put the entire thing in a ziplock bag to use over and over as needed. They will last for weeks and then you can refresh with fresh ones!

For blood sugar, simply take one tablet just before breakfast and dinner.

We stock the oral tablets for blood sugar and the seed packets for breathing!



Great Gut Ideas

Did you see our Gut Special? Three terrific products for one terrific price that soothe acid stomach issues, eliminate bloating and give you a jumpstart on a healthy microbiome!

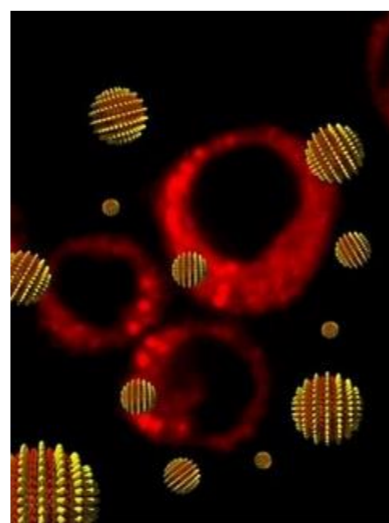
Call Cheryl at (508) 826-3551 for more information!

[Watch a Video on Your Gut](#)

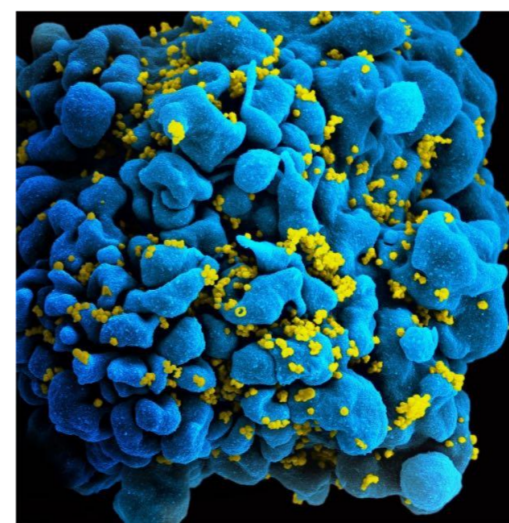
Have You Read Dr. Clickner's Latest Blogs?



Remembering ...



The Singing Cells



Those Stealthy Invaders

[Visit Our Website](#)

To speak with Christina at our Reception Desk please call (617) 505-3585

To speak with Cheryl at our Order Desk please call (508) 826-3551

