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The Start of a Conscious New Year

2020 has been a year of immense upheaval, isolation and separation where we all thought more about our lives and our families than ever before. Never in our lifetimes have so many people around the world worried about illness at the same time as this past year. It has even overwhelmed war, famine, poverty and homelessness as it swept through country after country like a flash, and yet it has caused even more of these human catastrophes.

Many of our patients listened to the advice of my newsletters beginning with my trip to Morocco last January and protected themselves and their families. This was the beginning of truly becoming consciously aware of the importance and the critical function of immunity.

This newsletter is the conscious call at the start of a new year for you to make this the year that your immune system becomes a top priority for you. We are here to help you do just that beginning with the very first day!

And be sure to check out our New Year Specials at the bottom of this newsletter for great incentives to save money and get healthy!

[Immunity](#)

[Reimagined©](#)

I have created an entire website devoted to your immune system. Explore it regularly for new



information, new remedies and links to research and interesting articles to help you understand the nuances of your immune system.



Vaccination is not a magic bullet...

Not only are many people nervous about yet another vaccination, but some people cannot be vaccinated due to allergic reactions they have had in the past to vaccination or chronic conditions that make vaccinating much more of a risk. Also as we know viruses mutate as they move through the population. This is why we have varying strains of flu year after year. And we aren't exactly sure how long the protective effects of a vaccine will last.

I have frequently said that this is not the first virus, nor will this be the last to visit us, so creating a vaccine for every virus and every strain of virus is the most chaotic approach to wellness possible.

The new variant that has appeared recently is just the first acknowledged variant and it is very possible that a future variant will "escape" the vaccines that have just been developed.

Instead, try vaccinating yourself naturally by creating an immune barrier to ALL viruses, not just one at a time.

In this way you are creating a resistance to even viruses that have not yet appeared.

MEDIHERB

Echinacea Premium
Your Daily Immune System Support



Astragalus Complex
Adaptogenic Immune System Support



IMMUPLEX

IMMUNE SUPPORT + MULTIVITAMIN

- Vitamin A & C & E
- Vitamin B12
- Folic acid
- Zinc
- Copper
- Chromium
- Iron
- Selenium



The Natural Vaccination Triad

I have recommended these three products for years. They have protected countless of my patients not just from the flu or colds, but also from more serious viruses such as CoVid.

Natural vaccination protocols such as this do not keep you from ever getting sick, but they will reduce the severity of an illness and speed your recovery time. Because the goal is not to avoid all illness, the goal is to recover well from illness. Take 1 of each at breakfast and dinner every day.

Remedies to Help With Conventional Vaccinations

But what if you are going to get vaccinated? Many people may be required to be conventionally vaccinated or choose to because of their work or travel needs. So how can you reduce the potential side effects of a vaccination?

This combination of three tried and true remedies really helps to protect the body and reduce response symptoms of vaccinations. Simply begin dosing one week before your vaccination date and continue for two weeks after your vaccination date. It will not interfere with the vaccination, it will simply support your body's adaptation and regulation. This way you can get the best result!



To purchase our remedies simply give us a call at
(508) 826-3551

or send us an email to
cbnmcustomerservice@gmail.com



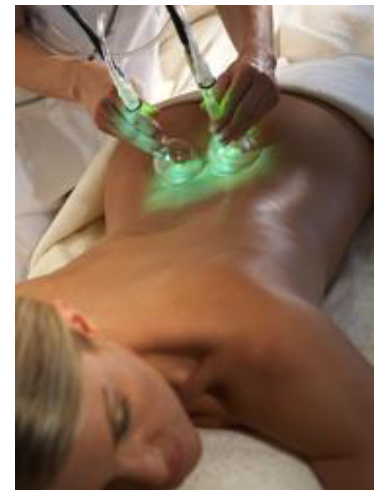
I have worn a mask while traveling for many years, particularly on flights and in airports. I started this because I would always get a respiratory infection in flight and then considerably infect my entire family when I would arrive. So upon penalty of being housed in the basement, I began to protect myself when traveling.

The difficulty for all of us is that there are so many compromised people living in our society and to whom any of us can pose a health risk. So wearing a mask and social distancing is important when we are out and about for this very reason. But even more than this is the blending and rapid transit nature of our world. Not just in cities but also in small towns, we are meeting and socializing with people just returned from foreign shores, international students, businessmen that have been transferred to our area and entire populations of displaced people.

Our New Clinic in Westborough opening mid- January!

We will be closing out Conscious Body in Brookline by the end of January and our new Westborough location should be open in mid-January. Keep an eye on your inbox for our announcement with our new schedule!

Meanwhile check out our
New Year specials below!



New Year Specials for Health and Wellness

Purchase as many as you like by January 31st and use anytime through March 31st.

**One Hour Massage/Bodywork
\$75.00**

Enjoy a session with our new therapist Johnna Gorman, an incredible bodyworker with over 25 years of experience.

**One Hour Body Basic Decongestive Lymph
\$99.00**

Come experience our signature immune system therapy to mobilize the body's fluid systems,

clear the skin and reduce inflammation.

European Regulation Thermography Scan & Review \$295.00

This is our comprehensive Thermography Body scan including a review with Dr. Clickner.

Our Incredible Homeopathic Detox Kit \$95.00

Start the new year off right with our easy dropper bottles to detoxify the liver, lymph, kidneys, brain, nerves and blood.

Purchase a Special

Book With Us 24/7

Visit Our Website



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