

The Latest from Conscious Body



September 2015

Dear Karen,

Welcome to our annual Winter Immunity Newsletter.

We have been having a gorgeous fall despite a snow squall just two weeks ago and cold rain today. This gives us more time to prepare our health for the winter. So don't just prepare the snow blower, stock up on your wood pellets and beef up your house insulation. Think about boosting immunity, cleansing the body and setting some great goals with your health. You can make it through this winter without any illness!



We'll show you how ...

We've got our annual Fabulous Flu Fighter section, which still has prevented flu in everyone that has done it so far! Meet the new addition to our staff of amazing therapists, Michael Turcotte. Stay tuned for some updates to our website including "Ask The Natural Doctor Direct" and new podcasts from The Herbal Advisor.

And of course we hope you will continue to join us for our next Tea and Conversation on Sunday, November 15th for Winter Immunity 101. We hope to see you walk through our door soon!

Brookline 617-505-3585 or Holden 857-891-0991

All the best! Dr. Karen Clickner

Join us for our next
Tea & Conversation



Get on our Fabulous Flu Fighter and use our proven ideas for a healthy winter!

Whether you have or have not gotten a flu shot, you need some flu protection, and our natural flu fighter will do exactly that. It supports your body's immunity and helps keep you flu-free even in the face of illness



**Sunday
November 15th
2-3 PM
Holden, MA**

Winter Immunity 101

Tea provided by local
herbalist
Hillside Herbals
of Jefferson

**Watch An Interview
with
Dr. Karen Clickner
on WCC-TV**

**Click here to watch
the 30 minute
interview on
Ramona
Interviews...**

**Herbal Approaches
to Healthy Gut
Mucosal Immune
System**



The microbiome of the
gut has been
characterized as a
"forgotten organ".

in everyone around you.

What can you do naturally? Our annual perfect solution is
Immuplex and Echinacea Premium tablets. 2-4 of each every
day throughout the winter and you'll be in great shape!

Are you prone to sinus infections?

Try our Sinus Salvation: 4 Euphrasia Complex, 3 Iplex and 3
Cataplex ACP.

But immunity is not just about preventing the flu. Here are some
other important healthy habits to develop for the winter:

Daily **HLC Maintenance** capsules for healthy gut flora, much
stronger than yogurt and clinically proven to prevent illness.

Mother Earth Syrup is the best remedy for parents and kids alike
to soothe the throat and prevent respiratory illness.

Our incredible **Extreme Cream** from Phyto has been used by
everyone to protect their face during winter sports and even
snowblowing the driveway. Nothing makes your skin feel so great
during the winter.

Our **Decongestive Lymph Drainage** is the perfect remedy for
preventing illness in sedentary people, which is most of us in the
winter. It mobilizes toxins from cells, and propels immune cells
into all the tissues of the body.

***Call us today at 617-505-3585 to
get your supplies for winter!***



**Meet Michael
Turcotte, Naturopathic
physician ...**

Recently we have opened our
doors to a new practitioner
fresh from his busy practice in
Connecticut. Michael Turcotte
is a traditional Naturopathic

physician, Certified Herbalist and a holistic drugless practitioner.
He has been in private practice for over 15 years, consulting with
individuals regarding dis-eases and health conditions.

Because he also has done extensive studies in bodywork
techniques, he includes physical aspects in his treatments when
needed, including Neuromuscular Therapy, Fascial work and
Orthopedic assessment. As many of our clients have already

Read the blog by Michael Turcotte to learn more [Click here](#)

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Winter Teas for Health

There is nothing like hot tea through the winter. You can make your tea the healthiest thing you do with these great tea ideas:

Elderberry boosts immunity

Ginger tea heats the body & improves circulation

Peppermint tea is perfect for upset stomachs and gallbladder trouble

Have a sore throat? Try **Marshmallow Root and Licorice Root**

Winter alleriges? **Nettle Leaf** Tea is the answer

Too much food & eggnog? Try our **Detox Tea Recipe:**

Add to 4 cups of boiling water, 1/2 teaspoon each of split cumin seeds, split coriander seeds and fennel seeds. Simmer for 5 minutes, then strain and add 1 tsp of Milk Thistle extract. Cover for 2 minutes, then drink.

discovered, he is great at treating stress, injury and pain.

He is taking new patients at Conscious Body on Mondays, Tuesdays and Wednesdays. **And through December 31st he is offering \$25.00 off your initial assessment or come in for an hour of deep tissue bodywork for only \$65.00. ***Please bring this newsletter to receive your discount.*****

For more information about Michael, please visit his webpage by [clicking here](#).

Call us today to schedule an appointment at our Brookline location 617-505-3585



Finally, a natural solution for every eye problem you have!

Thanks to the diligent research of two of our favorite patients, we have begun to carry a completely natural, homeopathic group of professional eye products. And believe me when I tell you they are amazing! One cataract sufferer said his vision improved in just two days! Preservative - free and perfectly safe with prescription drops and treatments.

So the eyes have it!

- Women's Tear Stimulation Dry Eye Drops
- Tear Stimulation Forte Dry Eye Drops
- Allergy Desensitization Eye Drops
- Day & Night Drops for Contact Lens Wearers
- Anti-Inflammatory Eye Drops
- Cataract Crystalline Lens Eye Drops
- Total Ocular Function Oral Spray
- Floater Oral Pellets for Macular Degeneration
- Cataract Oral Pellets
- Eye Fatigue Oral Pellets
- Post-Surgery/Injury Healing Oral Pellets

We also recommend checking out OCuSoft Lid Scrub Plus which is a great eyelid cleanser for stubborn blepharitis or lash issues.



Why do we get so sick in the winter?

Many people get sick year after year. Even children go



**If there is one
thing you do this
winter for your
immunity,
make it
Lymph Drainage**

Every immune cell you have moves around your body through your lymph.

When your glands swell, when you get congested, when you have a lot of mucous, then your lymph isn't moving and your immunity is stopped dead in its tracks.

Lymph drainage with our patented gentle Swiss machine will reduce swelling, ease congestion and boost immunity.



through rounds of antibiotics for ear infections and tonsillitis. Why does the winter knock us for a loop?

There are many reasons, but a few are:

- * Dirty air vents and poor circulation which allow too many allergens and bacteria in the air we breathe, especially while sleeping.
- * Dehydration which weakens our blood and our kidneys and causes excessive mucous.
- * Chronic allergies can deplete your immunity and cause a lot of chronic mucous which can give you a perpetual sore throat.
- * Poor nutrition is more important in the winter when you need all the vitamins and minerals you can get.
- * Not enough rest is a huge problem because it's during sleep that all of your immune cells are at work.
- * Too much stress can cause the body to drop its defenses and prevent healing.

Now you may be saying, "Of course!" but think about how much more of this is true in the winter, during the holidays, following you down the ski slope and after the fifth glass of eggnog.

Eating well, getting enough sleep, keeping the stress at bay and taking daily immune support will make all the difference this season.

To Contact Us:

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Please visit our website at www.consciousbodynatmed.com

Thank you for choosing Conscious Body Natural Medicine

**Get 1
Free
Product!**

Book your Lymph Drainage treatment or an appointment with Michael Turcotte and receive any one product mentioned in this newsletter for free.

*This is limited to a small size when more than one size is available and cannot be used for Phyto Extreme Cream. Please bring in this coupon to redeem.

Offer Expires: December 31, 2015

Conscious Body Natural Medicine, 63 Highland Street, Holden, MA 01520

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