



*Why Suffer? Get Healthy! Get Homeopathy!!*

## ***It's Detox Time Again !!!***

**January 2010**

Heel Detox Kit™ is a homeopathic oral drop product designed to eliminate toxins and stimulate the natural cleansing process. Based on three complimentary formulas, Heel Detox Kit™ is said to relieve the symptoms of illness caused by unhealthy living. Such living might include drug abuse, improper diet, a lack of exercise, allergies, and exposure to various toxins and pollutants. Over time, the results of these factors can build up in the body, creating an unhealthy and unfriendly environment. In many cases, this situation leads to feelings of heaviness, sluggishness, lethargy, and general ill health.

Many people believe cleansing the body of harmful toxins, pollutants, and other substances can greatly enhance general wellness and attempts to live more healthily. When a good cleanser is combined

with regular exercise, healthy food choices, and smart lifestyle decisions, the cleanser can do a lot of good.

Heel Detox Kit™ consists of Nux vomica-Homaccord®, Lymphomyosot®, and Berberis-Homaccord®.

Nux vomica-Homaccord® is good for the treatment of indigestion and nausea.

Lymphomyosot®, on the other hand, is good for the treatment of hypertrophy of the lymphatic organs as well as the susceptibility to infection. The blend is good for treating glandular swelling, tonsillar hypertrophy, and chronic tonsillitis as well. The associated benefits of Lymphomyosot® are wide ranging, from liver support to eczema treatment to facial acne.

## ***Children Need Detox Too***

On any given day, you and your child probably come in contact with dozens of products that contain phthalates. Toys, shower curtains, food containers, cleaning materials, product packaging ' they

all contain phthalates, which are suspected of causing numerous negative health effects.

Phthalates, or phthalate esters, are esters of phthalic acid and are of-

**January Special**

**\$55.00 when you buy 2**

**Compare at \$80.00 ea**

And finally, Heel Detox Kit™ includes Berberis-Homaccord® - a blend good for bladder and urinary system support. It is supposed improve gallbladder function and treat issues of cramping, inflammation, irritation, and general renal discomfort.



## Children Need Detox Too

continued

ten added to plastics to increase their flexibility, transparency, durability, and longevity. They are currently being phased out of many products in the United States and European Union over health concerns.

Children's exposure to phthalates generally is greater than adults. In a 1990's Canadian study that modeled ambient exposures it was estimated that daily exposure was twice that of adults. Infants and toddlers are at the greatest risk of exposure due to their mouthing behavior. Body care products containing phthalates are a source of exposure for infants. The authors of a 2008 study "observed that reported use of infant lotion, infant powder, and infant shampoo were associated with increased infant urine concentrations of phthalate metabolites, and this association is strongest in younger infants. These findings suggest that dermal exposures may contribute significantly to phthalate body burden in this population." Though they did not examine health outcomes, they noted that "Young infants are more

vulnerable to the potential adverse effects of phthalates given their increased dosage per unit body surface area, metabolic capabilities, and developing endocrine and reproductive systems."

A new study from Korean researchers has now discovered a link between exposure to phthalates and ADD in school-age children. Writing in the journal *Biological Psychiatry*, the team reported that children with higher concentrations of phthalate metabolites found in the urine experienced more severe ADD symptoms.

Another new study in the online edition of *Pediatrics* lends addition support to this theory. Researchers from the Cincinnati Children's Hospital Medical Center found that exposure to two environmental toxins ' tobacco smoke and lead ' significantly increases the risk for developing ADD. The study showed that:

1. Children whose mothers smoked during pregnancy were 2.4 times as likely to have ADD.
2. Children with the highest levels of lead in their blood had 2.3 times

the risk.

3. Children with both prenatal exposure to smoke and high levels of lead in childhood were 8.1 times more likely to have ADD.

The research team estimated that eliminating prenatal exposure to smoke could reduce the incidence of ADD by as much as 38 percent in children ages eight to 15. In this same age group, the incidence of ADD could be reduced by about 25 percent if there was no exposure to lead during childhood.

Heel's Lymphomyosot®, is such a comprehensive blend of homeopathic remedies it is the only Detox solution needed for infants and children under three.

As with all homeopathic medicines this product should only be taken under the direct supervision of a homeopathic practitioner.

For more information please contact Lynn Comeau DNM, RNP, HMA, Homeopathic Doctor 519-330-0120

## Remedy of The Month: Hepar Sulph

Ulcers in throat, sensation of splinters or fish-bones in throat, pain extends to ear, on yawning and swallowing and turning the head, ameliorated by warm drinks.

The patient needing Hepar Sulph feels very cold, particularly affected each time he goes out in dry cold winds, or cold east winds. Fever with sweating and a desire to be covered up; profuse perspiration, yet he wants several blankets over him; objects to drafts, open doors and windows.

**Homeopathy For Life** is dedicated to providing you with the best homeopathic and holistic care available. Lynn Comeau has studied with world renowned homeopaths for the last decade. As part of her dedication to herself, homeopathy, and **YOU** she continues to keep current with new research and studies. Lynn is committed to providing answers where no one else can.

For 2010 Lynn will continue to work with her group of homeopaths to provide a solution for difficult and what would be "incurable" cases. Lynn has also been studying with **Dr. Daniel Amen**. Dr. Amen has recently appeared on PBS and is the author of many books including, *Change Your Brain, Change Your Life*. Lynn uses Dr. Amen's proven protocols for treating ADD/ADHD, Depression, Anxiety, Insomnia, and Dementia to name a few, using natural supplements to balance brain chemistry.

## ***I DARE you to Get Healthy - 20/10 Health Challenge***

Many people start off their New Year with making resolutions, from losing weight, stopping smoking or getting more exercise. The common theme tends to be some way to increase overall health. Health concerns are the number one reason resolutions are made each year. However, sadly, these resolutions are usually short



lived, leaving one with a sense of failure. Why is this so? What I have heard over and over in my practice is that we don't give ourselves enough time and we lose steam because we do not have the support.

This year you CAN make those healthy changes and you don't have to do it ALONE!

I encourage you to take the **20/10 Health Challenge**.

For ten months we will work together to achieve our own personal goals for health.

### **Benefits of being part of the 20/10 Health Challenge**

- ✓ **Support** - You don't have to go alone. Support works because you play an active role in encouraging others and have to maintain a degree of accountability for yourself.
- ✓ **Education** - Each month we will have a professional from the holistic field give a presentation on a specific modality.
- ✓ **Individualized Therapeutic Treatment** - We all get sick in different ways and our healing takes different paths. You will be monitored and maintained on your personal course toward health by having your own private consultation.
- ✓ **Savings** - You will receive 20% off all supplements for the du-

ration of the **20/10 Health Challenge**.

### **What does it cost me?**

- ✓ **Commitment** - You need have a level of commitment to yourself; your health is important and so are you.
- ✓ **Time** - Two hours or more each month. Time will vary depending on your personal health plan.

### ✓ **\$10 Membership Fee**

### **Excited?**

### **We knew you would be!**

Join us for an orientation night on January 19, 2010 at 7:00 PM for more information.

Please register with The Sarnia Holistic Healing Centre 519-336-7944 546 Christina St. 6th Floor, Sarnia, ON N7T 5W6.

## ***In 20/10 Get Your Health Back Again!!!!***

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