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'Tis the Season

Getting ready for the holidays



Healthy Holiday Eating

Whether it's Christmas, Hanukah, Winter Solstice, Kwanzaa, or New Year's Eve, winter holidays are traditionally celebrated with food. But no matter how delicious, not every holiday morsel provides the best nourishment for your body. [Nourish both your body and soul with these tips for healthy holiday eating.](#)

Healthy Travel this Holiday Season

Traveling is fun and exciting, but being prepared for minor ills along the way can help prevent your vacation from turning south. Feeling well and maintaining your health can be challenged by jet lag, motion sickness and travel-related illness. [Fortunately, there are things you can do to help minimize these threats from ruining your well-deserved vacation.](#)



Organic
Apple Cider
@ Nature's
Health



Reference Room

[Click here for common health conditions and relevant nutrition](#)

Essential Oils for Winter

Remember the smell of summer? The scent of wildflowers on the breeze, the dew lifting off the forest floor, and the smell of rain. If you long for the easy warmth of summer instead of the cold of a Canadian winter, then invite uplifting essential oils into your life. [Click here for essential oil recipes for energy and winter blues.](#)



ESSENTIAL OILS FOR JOINT,
MUSCLE & BACK PAIN
RELIEF FROM OCCASIONAL
PAIN WITHIN MINUTES

Have a Green Holiday Season without Spending Lots of Green

There is a noticeable global shift in attitude about the holidays. With an increased focus on having more personal fulfillment and a less-stressful holiday season, this attitude is reflected in family traditions and gift giving. Sometimes the most treasured gifts we can give are our time, love and energy. [And when we do spend the green on presents, we can be more conscious about finding green gifts for our friends and loved one.](#)

Health Tip

Hydrate Amidst the Winter Chill

Volume 2, Issue 5, Dec 2008



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Reduce indigestion,
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Health Tip

Hydrate Amidst the Winter Chill

Water truly is the stuff of life. Every cell in our body requires water to perform the necessary functions that keep us going, and without water we would only survive a few days. Our bodies range from about 78% water when we are babies to about 55-60% as adults. And when it comes to answering the question "[How much water do I need?](#)" there is no one answer that fits all people.



The information provided therein is for educational purposes only and is not intended to diagnose or treat any particular illness or condition. You should always consult your healthcare provider prior to making changes in your health care routine.

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