

Healthy, Inspiring, Holiday Season Ideas!



Goddess Goods
Let Your Goddess Grow Book, Divine Goddess meditation CD's and other inspirational products to connect you to your Goddess within.

Tea Pots

Ceremonial Sapporo & Kyoto styles. Elegant cast iron.



Salt Rock Lamps, Fountains and Mistifiers



Also check out...

CD sets including Eastern Harmony, Inner Alchemy and Well Being for a Balanced Life.

Potpourri: Create your own from our new Bulk Herb Section

Unique and flavourful teas: Jasmine Dragon Tears, Dragon Pearls, Belgian Chocolate Rooibos, Longing Heart Flower Bud

Chinook Soy Candles

- *Burn longer and cleaner
- *Have cotton, lead-free wicks
- *Made locally in Cochrane

Various unique and seasonal scents (including un-scented) as well as different shapes and sizes!



For more info visit www.chinookcandles.com

Stocking Stuffers!

- 🌿 Ganesha Natural Perfumes inset in hand-carved soapstone boxes
- 🌿 Egg nog, candy cane, gingerbread & pumpkin pie flavored lip balms
- 🌿 Denman Island organic dark chocolate
- 🌿 Chocolate body scrub - Real Chocolate!
- 🌿 Vitamin box or chest
- 🌿 Crystal nail file - never buy another file - ever!
- 🌿 Hugo: All natural handcrafted soaps - smell divine!
- 🌿 Kiss my Face: Cheeky cherry & Vanilla N'ice lipbalm set



Help us support **The Vitamin Angel Alliance**

Who are they? A non-profit organization that supplies vitamins to developing countries all across the globe to help combat nutrient deficiency diseases such as vitamin A deficiency blindness. Millions of children go blind or die each year from vitamin deficiencies.



For every \$2 donation to the Vitamin Angel Alliance in-store, we will enter your name to win one of five healthy gift baskets.

For more information go to: www.vitaminangelalliance.org

Give the Gift of Health!
Gift Certificates
Available in any denomination

Stay Healthy This Holiday Season!

Cold Assist for Energy and Immune Support

Cold Assist is formulated with the naturally grown herb American ginseng (*Panax quinquefolium*). American ginseng is a herbal medicine that has a long reputation as a versatile tonic to combat stress and fatigue and boost immune function. Each capsule of Cold Assist contains 200 mg of American ginseng derived from a 4:1 root extract standardized to 4% ginsenosides. Cold Assist contains the same ingredients as another leading brand, at 1/3 of the price!

Ginseng contains the active constituents ginsenosides, which are thought to fight fatigue and stress by supporting the adrenal glands and to improve the use of oxygen by muscles when exercising. Ginsenosides have been shown to stimulate endocrine activity in the body while promoting a mild increase in metabolic activity.

A number of studies report that ginseng may also stimulate activity of immune cells in the body (T-lymphocytes and neutrophils), improve the effectiveness of antibiotics in people with acute bronchitis and enhance the body's response to influenza vaccines. Research shows that American ginseng has immune balancing activity and can stimulate natural killer cell activity.

Who should use this product: Anyone suffering from mild to severe fatigue, use as an immune builder throughout the fall, winter and spring. 1 capsule - 2X a day. Increase to 2-2x a day at the first sign of cold or flu symptoms such as fatigue, achiness, chills.

Who should NOT use this product: Do not use if pregnant or breastfeeding. Individuals with a bleeding condition, a cardiac condition, or with insomnia, cancer, diabetes or schizophrenia should not use this product. Do not use concurrently with drugs for diabetes, blood thinning, high blood pressure, estrogen therapy or any psychotherapeutic medications such as phenelzine, monoamine-oxidase inhibitors (MAOIs). Do not combine with stimulants such as caffeine. Also not recommended for high strung, wired individuals as it may increase these symptoms. **Only \$10.68 for 60 capsules!**



Children's Wellness Gifts

These gifts are not only fun, but give your child the tools to understand their heart, their feelings, relieve stress, anger and learn healthy boundaries.

Indigo Dreams are unique, story based CD's that teach stress-management techniques, coping strategies and confidence boosters. Also help children to fall asleep faster.

Indigo Dreams CD: 4 stories with soothing music designed to introduce your child to relaxation/meditation techniques. Ages 4-9

Indigo Ocean Dreams CD: 4 new ocean stories that build on the teachings in Indigo Dreams. Ages 6-12

Indigo Dreams Garden of Wellness CD: focuses on food choices, releasing anger, a shielding technique for protection from negativity and also addresses the delicate issue of bullying in "The Perfect Club" story. Ages 5-10

Indigo Teen Dreams: Teens can learn to manage stress, anger and anxiety while increasing self-esteem and self-awareness. This straight forward, easy to follow approach empowers teens to become active participants in creating their own healthy, heart driven, peaceful lives.

Chakra Bear with Colouring Book: this cuddly, empowering new friend is designed to introduce children to the world of color and energy. Now teachers and parents have a tangible tool for children to hold and hug as they explore the world of chakras. Chakra Bear is 12 inches high and made of 100% cotton inside and out. Comes with complementary colouring book.

Feng Shui for Kids gift set: a fun empowering way for children to be active participants in creating an environment in their bedroom that supports their own balance, good health and happiness.

NEW! Druide Baby Care Products:

Druide is a Canadian company and is the first and only baby care line in North America to be certified organic by Ecocert. Ecocert is a European certification organization recognized to have extremely high standards. 100% chemical free, no nut or peanut oil. Organic ingredients derived from the goodness of mother earth.



- *Calming Bath Potion
- *Silky Cleansing Gel
- *Mild Shampoo
- *Protective massage oil
- *Baby Travel Kit

Druide is absolute purity...perfectly pure, gentle and soothing!

Get Stress Support In A Multi!

Many people get stressed out during the holiday season, causing them to get run down and become more susceptible to illnesses. New Chapter Stress Support Multi can help!

This unique multi-vitamin delivers the vitamins and minerals needed for supporting the body when stressed. It also contains botanicals for assisting with a healthy stress response, for a healthy immune system as well as extra antioxidant ingredients to ensure cellular health. The more stress we have, the more vitamins and minerals are depleted from our body, resulting in immune system depletion and getting "run down" in general and the more stress, the more cellular damage occurs in the body.

Stress Support Multi is a whole food multi-vitamin, which means each nutrient it contains is with its natural cofactors (or helpers), so that each vitamin, mineral or plant is completely usable by the body. Each tablet contains healthy superfoods and spices to enhance the formula, and additionally it is certified organic, easy to absorb and easy to digest!

Take it daily for extra defense against stress and to prevent from getting run down!



We are located in Crowfoot Crossing
63 Crowfoot Terrace NW
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 (next to Quizno's and across from Chapters)
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www.nurturehealth.ca

If you wish to receive this quarterly newsletter by email, please email us at: customerservice@nurturehealth.ca