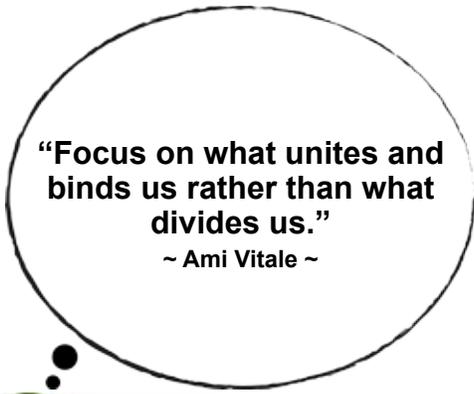




Spelling Error

Help us with our spelling... tell us about the spelling error and your name will be entered for a \$5 gift certificate drawing. You are welcome to leave a message on our voice mail if your call is after hours. Thanks to all of you who participate!

Congratulations to this month's Winner!
Hector



"Focus on what unites and binds us rather than what divides us."

~ Ami Vitale ~



Quote to ponder...



Check out our
SUPPLEMENT STORE
@
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Care To Share

This month's Care to Share winner is
Clare

A **BIG** thank you to this month's winner for referring friends and family to us for care.



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 - ✓ Custom Orthotics

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Mark Your Calendar

Closings:

SATURDAY, DECEMBER 25TH

SATURDAY, JANUARY 1ST



Health HACK 🍌

Stop trying too hard at Christmas



Christmas 'to do' lists can rapidly spiral out of control. Spend half an hour writing down everything you've got planned for Christmas, then grab a (festive) red pen and ruthlessly remove anything that is a 'nice to have' but isn't really essential. The aim is to step back, simplify everything you have to do, and prevent yuletide overload.

Source: <https://wiselivingmagazine.co.uk/health/wellbeing/christmas-stress-tips/>

A New You Starts Now 2022 Detox and Purification Challenge

starts
**Monday,
January 3**

Are you experiencing:

- Fatigue?
- Difficulty sleeping?
- Indigestion?
- Food cravings and weight gain?
- Reduced mental clarity?
- Low libido?
- Skin issues?
- Joint discomfort?

Toxins may be to blame!



Start the new year in a healthy direction

SP Detox and Purification Challenge

You'll choose between two programs that support your body's natural ability to metabolize and expel toxins, which is important to maintaining your health and vitality.*



LET GO OF YOUR BANANA!



One sure way to catch a monkey, according to the legend, is to put a banana in a jar. The monkey sees the banana. The monkey wants the banana. The monkey reaches into the top of the jar and grabs the banana. But then the monkey can't get his hand out.

And so he stays there, caught. Because there's no way in the world the monkey is going to let go of the banana. There is no way in the world the monkey's going to loosen his grasp on the object of his desire.

And so the monkey... stays trapped. As you see, holding on to stuff - even appealing stuff... can hold you back, can trap you. Whether it's an attitude of pride,

or your possessions which are really possessing you, whatever the banana in the jar that you're holding so tightly; maybe you need to see that it's actually holding you.

All the monkey has to do is let go and he'll be free. But he won't let go. Will you?

Source: Phill Campbell www.mpc.org.au