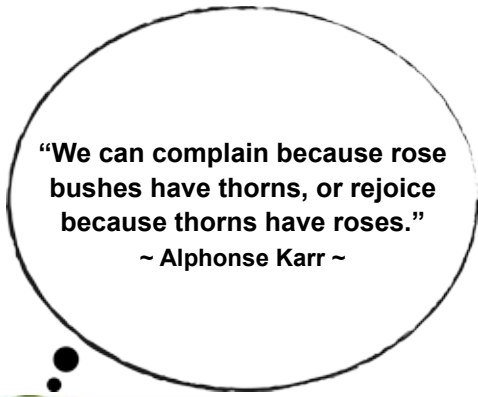


Spelling Error

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!
Sue



**"We can complain because rose bushes have thorns, or rejoice because thorns have roses."
~ Alphonse Karr ~**



Quote to ponder...

Care To Share

This month's Care to Share winner is

Mavi

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



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Pain Relief and Better Health, Naturally.

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The immune system works by identifying foreign intruders and building a defense for itself against them. This biological process uses specialized cells called innate and adaptive immune cells. The innate cells support a healthy stress response. The other set of cells allows for healthy immune function. Immune Resilience contains micronutrients and herbal extracts that support a healthy stress response and thus promote immune and respiratory health.

Source: https://d1tuyey2akk0ec.cloudfront.net/pub/media/productattachment/ImmuneResilience_SellSheet_ND699--.pdf



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Mark Your Calendar

November 2-23
FOOD DRIVE

Donations to benefit the Waukesha Food Pantry

Friday, November 11
VETERANS DAY



Thursday, November 24
THANKSGIVING DAY



NutriDyn  omegaquant

Vitamin D
Test



The Vitamin D Test measures the amount of this important nutrient in your blood.

Why Vitamin D is Important for Your Health?

Vitamin D, like all nutrients, is essential for life. Our bodies need it from our environment (sunlight and food in this case) to function. It also plays an important role in building and maintaining strong bones. But that's not all. Every cell in our body has receptors for vitamin D, meaning it can affect virtually everything that happens inside our cells. Research shows that people with higher blood levels of vitamin D live better for longer, with immune and cardiovascular systems that function better. ♦

A New You Starts Now

Detox and Purification Challenge

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.*



Health HACK



SHARE YOUR GRATITUDE.

Thanksgiving is more than what's presented on the table—it's about the people who surround it. It's an ideal opportunity to help teach, reinforce and remind yourself and your children that it's important to be grateful daily and to express that thankfulness with others.

Source: <https://www.bannerhealth.com/healthcareblog/advise-me/tips-for-a-healthy-thanksgiving>