

The leaves haven't been the only things changing...



Our newsletters have been gone for a little while but we haven't forgotten you. Based on your feedback and suggestions, we've been making some changes for the better:

New Website

When you visit our new website you will now notice the following additions and enhancements:

- A video product overview to help you to understand our personal health organizers and how you can use them
- Easier access to our store
- Simplified product searches
- Simplified page views
- Additional shipping options
- A shipping charge calculator
- Additional payment options
- Product specials
- Ability to rate and tell a friend about our products

As always, we welcome your feedback!

New Product Launch

In response to your requests, we have made it easier than ever to personalize, privatize and keep track of your health information. **Our simple to use forms are now available in a template format on CD ROM and flash drive.**

This format allows you to either print out information as needed or e-mail forms to your doctor or anyone else who may need the information. You can also download information to the flash drive and carry it with you when you travel or for immediate access in case of emergency.

We developed these products from your input and with you in mind. Whether traveling for business or pleasure, relocating, or simply updating health information, you wanted a faster, easier way to keep track of your information. You asked for high-tech, we delivered. You wanted lightweight and portable, we answered. You wanted private, we kept it all in your hands! Our full product line now encompasses the needs of every individual. Moms, Dads, grads, caregivers, everyone has a format to choose from that will meet their needs.

Home (remedies) for the Holidays

Along with the holiday season comes cold and flu season and here are some simple home remedies to help keep you going. Trying one of these options may even reduce the effects of the common cold.

• **Yogurt** for what ails you... Probiotics (or live active cultures) in yogurt remain in your intestines and can prevent disease-causing bugs from moving in. This can improve digestive ailments, offset side effects from antibiotics, and yes, even minimize the length and severity of the common cold.

• Soothing and tasty too...that irritated throat and coughing can be calmed with something as simple as **honey**, which also has antioxidant and antiviral effects. A study funded by the National Honey Board found that honey worked better than either a honey-flavored OTC cough suppressant or no treatment at all for kids age 2-18.

Doses used in the study:

- Ages 2-5: 1/2 teaspoon
- Ages 6-11: 1 teaspoon
- Ages 12-18: 2 teaspoons

Be cautious giving honey to young children, and **honey should not be given to children under the age of one** because it can cause infantile botulism, a rare but possible life-threatening illness.

WHAT'S HAPPENING...

September:

• **National Cholesterol Education Month:** Keep a copy of your latest lab test result in the **What Do The Lab Reports Say?** section. Visit <http://www.nhlbi.nih.gov/health/public/heart/chol/wyntk.pdf> for information about cholesterol levels.

October:

• **Adult Immunization Month:** For a copy of the current adult immunization schedule recommended by the Center for Disease Control, visit <http://www.cdc.gov/vaccines/recs/schedules/adult-schedule.htm#print>. If you get a flu or pneumonia shot, record the pertinent information on the **Adult Immunization** form in the **What's Your Medical History?** section.

November:

• **National Family Caregivers Month:** If you are a caregiver for someone - child, parent or spouse - you need to take care of yourself in order to take care of your loved one. Reduce stress by using a **SO TELL ME...** organizer to keep track of all aspects of your loved one's health. Visit www.thefamilycaregiver.org for information about education and support resources; www.caregiver.org provides a state-by-state navigator of resources and services. If you are caring for a spouse, visit www.wellspouse.org for additional information

It is not the intent of this newsletter to provide medical advice. Always check with your doctor before taking any supplements or starting any exercise program.