



Give the Gift of Health This Holiday Season

By: Susan Higley

Merry Christmas! It's shopping season again and with it usually comes stress and frustration. Are you still looking for the "right" gifts for that certain person or persons? With so much to choose from, isn't it odd that it's so difficult to find? You want it to be a unique gift, immediately usable, and preferably one that is specially designed. Here's a novel gift idea. Have you ever thought of giving a gift of good health; that is, something to help your loved one **feel better**? We can help you select a gift package of specific food or nutritional supplements, or personal care products that do that. It would be unique,

immediately usable, and personalized; a gift that says: *"I love you and I want you to take better care of yourself!"* You can choose products for diabetics such as alternative sweeteners; Weight loss products, gluten free products such as pastas, rice, bread mixes, pancake mixes; herbal coffees and teas; natural bath and beauty products or personal use items such as shampoos, lotions, or massage oils. To improve mood, behavior or understanding, you might choose from our library of healing music CD's, guided meditations, candles, incense, essential oils, inspirational cards, or from our many books on natural healing. There are many natural health products that are proven effective against common day-to-day ailments. For example, you can select products to help people who suffer with:

- Arthritis pain and stiffness
- Feeling tired and run down
- Constipation or Diarrhea
- Other Chronic Gastro Intestinal Disorders
- High Cholesterol
- Anxiety and Depression
- Gluten sensitivity
- Stress
- Weight loss issues
- Diabetes
- Gas and Bloating
- Elevated Blood Pressure
- Insomnia
- Heartburn
- Acid Reflux
- Chronic inflammation
- Chronic joint or muscle pain
- Osteoporosis
- Irritable Bowel Syndrome
- Candida Yeast
- Other Bowel Disbiosis
- Immune Deficiency Dis-eases

In addition, we have products for the gourmet cook; for people who are stressed; for the new mommy or mommy to be; for that special neighbor, teacher, or homebound person; for construction workers, and manicurists. We have stuff for every body, even that hard to please person who has everything.

Stop by our Vitamin and Nutritional Supplement store and let us help you select a healthy Christmas gift specially designed for that certain person in your life. We provide **gift-wrapping, product literature, and follow-up support** at *no additional charge*; and we're convenient. We're right here in Boulder City; no traffic, no crowds, and no lines of people. From all of us, we wish you and your family a very Merry Christmas season.

Until next time, I leave you with this message. You can develop and maintain vibrant health, abundant energy, and mental clarity. All you need is a little knowledge, will power, and determination, lots of patience, and the daily practice of good habits. Eat Well, Sleep Well, and Be Well.



"We're People Helping People"
We've EXTENDED our hours to 8pm daily for the Holiday Season
 Hours: Daily 10:00 am - 8:00 pm
1234 Wyoming Street, Boulder City, Nevada
702-293-3169 (tel) 702-293-6575 (fax)

"If we don't carry the product you want, let us know and we'll make every effort to get it."