



You're Invited to our Flu Prevention Workshop

By Susan Higley

"An ounce of prevention is worth a pound of cure." How many times have you heard or made this comment? Most of us don't know how to prevent the flu, or if we do, we fail to take action, and then when exposed, we are unable to fight it off. This is what happened to my husband last summer. The Asian flu invaded his body while he was on vacation in Thailand.

He stayed two weeks touring most of the country. Unfortunately, he was also sick most of the time he was there. He said, *"Never in my life have I felt a flu virus attack my body as aggressively as this one did."*

I was miserable. Who would have thought I'd catch the flu in the middle of summer." He didn't implement a prevention plan ahead of time. Thank God it was just a common Asian influenza and not the **Avian Flu**.

Medical experts have been warning us about the potential of a deadly Avian Flu virus for almost ten years. They say it will be comparable to the Flu Pandemic of 1918 that killed tens of millions of people worldwide, and they expect it any time. It will be deadly for people of advanced age or the very young; people who have weakened immune and respiratory systems. After ten years of warnings, isn't it time we take action?

To prevent influenza, you must have a workable plan. Your plan should include these steps (PDGI):

1. **Prepare** yourself by acquiring the knowledge
2. **Define** the process; identify all the parts
3. **Gather** your resources, acquire the missing parts,
4. **Implement** the plan without delay.

Are you elderly, sick or infirm? Do you have a weakened immune or respiratory system? What about your children, will they survive the coming flu pandemic? These are questions we should all be asking ourselves. Are you ready for it or are you going to be caught unprepared like my husband. With the Avian Flu, the consequences could be **deadly**.

We want to help you acquire the knowledge; the **P** in your prevention program by sharing with you information you can use to prevent or minimize any flu virus using all **natural products and methods**. You're invited to our Flu Prevention Workshop:

Title:	Preventing Influenza the natural way
Purpose:	To acquire the knowledge
When:	Saturday, January 3rd, 2009
Place:	1234 Wyoming Street in Boulder City
Cost to Attend:	Free
Time:	Registration 10:30 a.m. To 11:00 a.m. Workshop begins 11:00 a.m. To 1:00 p.m.
RSVP:	293-3169
Instructor:	Susan Higley

Mark you calendar, plan now to attend, and call 293-3169 to RSVP.



"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."