
The Appomattox Drug Store Times

800 West Confederate Blvd. Appomattox, VA 24522 – (434) 352-7161 – M-F 8:30a-6:30p, Sat. 8:30a-4p
Integrating Traditional, Herbal, Homeopathic and Nutritional Therapies

DECEMBER A special publication for our Very Important Patients from your Neighborhood Health & Wellness Center

Winterize Your Immune System!

Colds, stomach bugs and the flu may all be called by different names, but they all have the same source: *viruses*. The real difference between them is simply the *type* of virus that causes the illness. **Colds** are most often caused by **rhinoviruses** ("rhino" is Greek for nose, so "nose viruses"). **Flu** is caused by **influenza viruses**.

There are other viruses, too, like hantavirus, norwalk virus (the "cruise ship" virus), herpes virus, and varicella zoster virus (chicken pox), just to name a few.

Viruses are not evil, they're merely opportunistic. If your immune system is strong, they can't infect you.

The best way to combat these viruses naturally is to take a two-step approach. Build the best anti-viral you have— your own immune system— **with a good natural remedy— one that has anti-viral properties and also boosts your immune-system.**

The two remedies I recommend most often are:

- **Olive Leaf Extract**, proven to be an exceptional anti-viral, as well as an anti-bacterial, anti-parasitic *and* anti-fungal.
- **KingBio Colds & Flu Homeopathic**, which is so safe that it's even recommended for children and pregnant women.

Ingredients in olive leaves work against those specific microbes causing herpes infections, skin diseases, candidiasis, malaria, arthritis, heart trouble, and yes— colds, flu, stomach bugs and other viruses.

In 1969, research scientists at Upjohn, a major American pharmaceutical company, found that **one ingredient in olive leaf extract, calcium elenolate, destroyed every harmful virus, bacteria, yeast, fungi and protozoa it was exposed to** in vitro (in the test-tube). But because there was no way to patent this particular ingredient, no pharmaceutical antivirals were developed.

Other research shows that other components of olive leaf work in combination to bolster the immune-system. When your immune-system is strong enough, the harmful intruders don't stand a chance.

The other natural remedy I recommend is **KingBio Colds & Flu Homeopathic**.

Homeopathic *Colds & Flu* comes in a convenient pure-water-based flavorless spray that easily fits in a purse or briefcase. When taken at the first sign of symptoms, it can relieve fever, chills, achiness, nausea, fatigue, headaches, congestion, coughs and sneezing.

Best of all, it prevents cold & flu symptoms when taken at the beginning stages! It's hypoallergenic, and so safe, even children can take it— pregnant women, too.

Both Olive Leaf Extract and KingBio Colds & Flu work as preventatives as well as remedies.

I have the combination of Homeopathic Colds & Flu and herbal Olive Leaf Extract at a special price of just **\$29.99** throughout the flu season. Pick some up today, and winterize your immune system, and keep your system running smoothly 'til spring, and beyond!

—over—

Want to live a long healthy life? Stay away from this oil!

Check the labels of the foods you eat. If you see “hydrogenated oil” or “partially-hydrogenated oil” on the package, don’t eat it! Why?

Hydrogenated oil and partially-hydrogenated oil are trans-fatty acids. Basically, the oil, which is usually liquid at room temperature, is mixed with hydrogen under very high pressure. The result is an oil that is solid at room temperature, which tastes great and doesn’t go rancid as quickly as other oils.

However, these benefits have a price: Research indicates that it raises “bad” cholesterol, decreases “good” cholesterol, is very difficult for your body to break down, accumulates more easily in your blood vessels and can cause difficulty in thinking and memory.

According to Walter Willett, MD, a professor of nutrition and epidemiology at the Harvard School of Public Health, “When the hydrogenation process was discovered decades ago, it was considered safe. Now we know that partially hydrogenated oil is a major cause of heart disease, and it should be phased out of the food supply as rapidly as possible.”

Additionally, these trans-fatty acids compete with essential fatty acids for absorption in the body. This blocks or delays the work of the essential fatty acids, creating deficiencies and imbalance throughout the metabolism

The long and the short of it is— read labels. Take a good look at what you eat. Eat less hydrogenated oils... and *more* essential fatty acids.

Our Omega III fatty acids are 90 Soft gels for just \$19.98.

Pumping Iron? Bring Your Peppermints!

Researchers from Wheeling Jesuit University in West Virginia found that smelling peppermint boosts exercise performance levels.

Previous studies have shown that peppermint odor can enhance the psychological aspects of athletic performance. However, the results of this study indicate that actual physical performance can be enhanced as well! Participants who smelled peppermint did more push-ups, ran faster, and showed a trend toward stronger grip strength than those who didn’t.

Apparently, the minty scent alters your perception of how hard you’re working. Consequently, your workouts become less strenuous, slower-paced and easier to complete.

LorAnn Peppermint Oil (3.7 Mil.) For just \$1.29

USDA’s Top Antioxidant Foods

Antioxidants fight damage to cells caused by “free radicals”— rogue molecules that can cause oxidative stress on the body that may lead to the development of cancer, heart disease, Alzheimer’s, Parkinson’s diseases, and even aging.

Using the latest research technologies, USDA nutrition scientists measured the antioxidant levels in more than 100 different foods including fruits, vegetables, nuts, dried fruits, spices, and cereals. The top 20 ranked foods that interfere with or prevent damage from free radicals are:

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| 1. Small red beans (dried) | 11. Strawberries |
| 2. Wild blueberries | 12. Red Delicious apples |
| 3. Red Kidney beans | 13. Granny Smith apples |
| 4. Pinto beans | 14. Pecans |
| 5. Blueberries (cultivated) | 15. Sweet cherries |
| 6. Cranberries | 16. Black plums |
| 7. Artichokes (cooked) | 17. Russet potatoes (cooked) |
| 8. Blackberries | 18. Black beans (dried) |
| 9. Prunes | 19. Plums |
| 10. Raspberries | 20. Gala apples |