

CLASSES AT NUTRIFARMACY

ESSENTIAL YOGA WITH DR. DAN WAGNER

2012 SCHEDULE

Thursdays 12:00 - 1:00pm

\$8 per session, \$7 for Club Members

Call NutriFarmacy at (412) 486-4588 to register!

STILL TIME TO SIGN UP.....ADULT ONLY 'HOLISTIC & HEALING' EXPEDITION TO THE ECUADORIAN RAINFOREST... FEB 27-MARCH 9, 2012...CALL DR DAN OR EMAIL FOR DETAILS AT dtwherb@gmail.com

"HOW TO READ AND UNDERSTAND YOUR BLOOD WORK"

By Dr. Dan

Most people get their complete blood work done from time to time and outside of the simple things to understand (i.e., glucose, cholesterol, TSH, LDL, HDL) they are oblivious to what it all means. Unfortunately, we find that many people who receive their blood work from their physician, nurse or hospital, are not always given an adequate explanation of "highs" and "lows" and what are the concerns and/or dangers. Please attend this free lecture on 'clearing up the mystery' of your blood work, and what natural supplements and dietary changes can make a difference! (Donations will be taken for the benefit of *World Health Mission*).

WEDNESDAY, JANUARY 25, 2011 at 7 P.M. in the NutriFarmacy Building. Please call 412-486-4588 to pre-register, but walk-ins accepted.

YOGA SCHEDULE WITH LISA AND BEV

Gentle Yoga with Lisa

Mondays and Wednesdays 10:00am - 11:00am

Yoga with Bev

Thursdays 8:30am - 9:30am

Intermediate Yoga with Lisa

Thursdays 7:00pm - 8:00pm

THE NEW BOOK HAS ARRIVED!

"The Exquisite Zodiac:

Why the Signs Are the Way They Are"

With RICK DICLEMENTE

After many, many years of research and sweat and tears, the new book by Pittsburgh's favorite astrologer RICK D. has arrived, just in time for the Holidays. It will be available here at Nutrifarmacy for \$16.95, but it will also be available on Amazon and hopefully for Kindle. All of the questions about your SUN signs and others are addressed. This book is the consummate guide to astrology.



FROM AFRICA TO AMERICA. HERBS TO HELP ASSIST IN COPING WITH STRESS AND DEPRESSION

by Olatokunboh (Ola) Obasi, Medical Herbalist

WEDNESDAY, JANUARY 18th from 7-9 PM

Medical Herbalist Ola Obasi will discuss a comparison of the manifestation of depression of people in Western societies and those in African societies. How coping mechanisms, lifestyle and healing methods differ. She will offer botanicals not just for ingestion but inhalation, as well as wellness suggestions to assist people with depression. Cost: \$20.

For more info call 412-685-4016 or

email olasherbshop@gmail.com.

Check out her website at

www.nourishingbotanicals.com

Chakras and Their Role in the Body

Join Colleen Lynch and Lynn Wagner for an introduction class on the Chakra System. Learn the importance of these 6 energy centers in the body. Topics include reviewing each Chakra and exploring ways to open blockages. There will be a demonstration using essential oils on each Chakra. Colleen will discuss and demonstrate the role of Yoga and Meditation in Chakra health.

January 12th at 7:00pm, NutriFarmacy Skin-care Centre. Please call 412-486-6263 for more information and registration.

LIFE 3.0 - AFTER "THE SHIFT" by Frederick Geiger

Life Stages today are different than our grandparents and parents; "Retirement" needs to be rethought - it is longer than it used to be and needs to be purpose driven in order to provide a life of deep satisfaction. This early retirement stage as Life 3.0 - the period of time from about 50 to about 80 - a time of great promise for ourselves and for society in general. This lecture will give the participant insight into what "the SHIFT" really is and how it can affect your life course in this period.

THURSDAY, JANUARY 26TH FROM 7-9 PM, in the NutriFarmacy Building. FREE!!!

www.frederickgeiger.com

JUICE YOUR WAY TO BETTER HEALTH- INTUITIVE HOLISTER HEALTH with JEFF BERKOWITZ

WEDNESDAY FEBRUARY 1, FEBRUARY 22 & MARCH 21 7-9 PM at NutriFarmacy Building.

Learn the benefits of drinking fresh vegetable juice - gain lots of energy - "beet" the 3:00 o'clock crash - dump the craving for soda, coffee, and sweetened soft drinks - get your micro-nutrients and live enzymes from vegetables - see what perfect hydration feels like!

Jeff Berkowitz CHHC, CEC will show you how fun and easy it is to get great tasting, fresh vegetable juice and juice your way to better health.

For INFO call 412-513-5963.

Cost: \$25 per person...lots of samples and recipes.

Your Good Health by Dr. Lisa Bernardo, PhD, RN

I am very blessed to be the NutriFarmacy's Registered Nurse. In the past 6 months, I have had the privilege of talking with our clients about their health and answering their questions and concerns. Coming from hospital and public health settings, I am learning that our clients are active participants in their health. All of you take control of your health, ask questions and participate in the decisions that affect your health. Many people do not follow this process, relying instead on having a health care professional tell them what is best for their health.

What exactly is health? The World Health Organization defines health as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." How does one achieve such a state of well-being? Here are a few actions:

1. be curious. Many clients call us with questions about supplements or clarification on news articles and reports. Learning something new every day about health topics, such as nutrition and exercise, sharpens our minds and promotes our well being.
2. be careful. Only you know what is best for you! Stay away from practices that cause you pain or discomfort. Thoroughly research a practice before you decide it is right for you.

be concerned. There are many environmental practices that are not safe for us, such as air pollution, genetically modified foods, and social stressors. Do your best to avoid pollutants and be active in helping to resolve environmental issues. Stay positive and hopeful when coping with everyday stressors. Seek guidance from others as needed.

Contemplate what health means to you. Evaluate your current health practices and identify where improvements can be made. Share your good health with others, being an exemplar of what curiosity, care and concern can do for a person!

NEW!

NEW PRODUCTS

NEW!



RESVERATROL by Youthery

A new dietary supplement that actually supports anti-aging! Recent studies regarding resveratrol proves that it helps promote heart health, support the immune system, reduces cellular oxidation, and protects from environmental stress. This new company is dedicated only to supplying quality resveratrol. 160 tablets only \$20.95. They also make a COLLAGEN advanced formula with 18 amino acids for creating strong and healthy nails, bones, tendons, hair and skin. 290 tabs only \$21.95.

RATH'S HEALTHY BLOOD PRESSURE from Cellular Health Formulas

This is a new and unique synergy formula, that has been scientifically formulated by world-renowned nutrient researcher Dr. Mathius Rath. The specific micronutrients in this formula support the contraction and relaxation cycle of blood vessel walls and thereby help to retain blood pressure within a normal range. \$39.90/ 120 tabs.



PREVAGEN NEW EXTRA STRENGTH

This popular dietary supplement that has been successfully marketed across the USA for a healthier brain, a sharper mind, and protecting memory, has a new EXTRA STRENGTH formula. This product, synthesized from jellyfish, really works to create more calcium ions in the aging brain. Only for people over 40 years old. 30 caps \$69.98.

MUSCLE POWER BOOST by Premier Research Labs

For the first time, a pure, efficacious dietary supplement that will help improve muscle strength and definition support. This unique formulation of creatine ethyl ester and monohydrate along with FOS is a pure vegan product and guaranteed to help boost muscle power. 255 grams \$25.99



ACTIVE UBIQUINOL CoQ10 with RESVERATROL by Resverage Organics

A new company has blending the purest form of CoQ10 (Ubiquinol) with resveratrol (from the purest form of French grapes) in a patented liquid cap gel for enhanced delivery and maximum absorption of these important nutrients. One liquid cap gel gives 100mg of Ubiquinol, 40 mg of resveratrol and 115mg of French grape pro-longevity factors. This product is a winner! 60 caps for \$54.99

HAIR RENEW FORMULA by Terry Naturally

A new formula that is unconditionally guaranteed to sustain healthy hair growth and help to prevent age-related hair loss. This unique formula combines millet seed oil extract with horsetail, and a blend of vitamins and nutrients vital to hair growth. 60 soft gels, \$40.95.



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Nutri FARMACY Newsletter

Winter
2011/2012

DR. DAN'S WEEKLY RADIO SHOW

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Hours: Mon-Fri 9:00am - 6:00pm
Saturday 9:00am - 3:30pm
Dr. Daniel T. Wagner, R.Ph.,MBA,Pharm.D.

Have a personal health question? Email Dr. Dan at dtwherb@gmail.com



WESTERN PA'S ONLY ALL NATURAL PHARMACY

A TIME TO GIVE THANKS AND WISH YOU WELL



Dear NutriFarmacy Patron:

It is never often enough that we thank you for your gracious patronage and trust in our natural medicine concept farmacy now entering its 15th year of business. Our "integrative" approach to healing and well-being has been well received and many of you have experienced healthier outcomes. We are committed to improving the health of our patrons and friends in a more natural and "holistic" manner. We have worked diligently to upgrade and evolve our services. The up-graded ETA-SCAN machine has taken us to a level of achieving well-being. We will continue to expand our research in this area.

I want to assure you that we will continue to be here for you, not only with quality supplements, but also with a variety of useful and free health-related material (we have natural protocols for over 120 disease states), alternative medicine testing (including energy medicine techniques), and effective complimentary therapies.

On behalf of our wonderful staff, I want to wish you a Blessed and Healthy Holiday Season and New Year,

Dr. Dan Wagner

What's shaking at Nutrifarmacy?

VIBRATIONAL TECHNOLOGY itself was invented about four decades ago by the Russian space program to help its cosmonauts maintain bone density in gravity-free outer space. But now this new workout machine offers in just ten minutes, a low impact, and gentle way to squeeze in a good workout quickly by working all of the muscles at once. The machine claims to engage 97% of your muscles at once. When you stand on the T-ZONE VIBRATION platform, vertical vibrations (side to side) produce specific frequencies that stimulate and activate your muscles. When the vibrations shift to one side all muscles on the other side contract to keep the balance. Your muscles are forced to contract to maintain stability, building strength and balance. Depending on the speed, the muscles are forced to contract 10-50 times per second.

T-Zone cites research from more than 30 universities worldwide that back up its effectiveness and claims to increase strength, build bone density, increase metabolism (up to 18% from 10-minute sessions 3 times a week for 6 weeks), burn fat, boost energy, tone skin, decrease cellulite (by up to 26 percent in 24 weeks). In addition, some studies have found benefits for ADHD and autism because it has a calming effect, and may even reduce cortisol (stress) levels with regular use.

Who does it? The machine is safe for almost everyone, from people who do not exercise, overweight people, people with gait and walking problems to elite athletes. It's not recommended for women in the first trimester of pregnancy or people with a pacemaker.

Level: Any level of fitness, from absolute beginner to athlete, can use the T-Zone. **What to wear:** Wear comfortable clothing when using the T-Zone, and wear walking shoes or sneakers (no high heels).

What does it cost? There are two ways of doing the T-ZONE. For a regular 10-minute exercise program the cost is only \$7. For the elite program which involves measuring your OXYGEN level with an OXIMETER, supplying pure oxygen to breathe (via a nasal cannula) for the 10 minutes on the machine, then re-measuring your oxygen level afterwards, is only \$12. Come in for a free demonstration, and call if you want an appointment. (412) 486-4588. In a few sessions you will surely FEEL the difference. (visit: www.t-zonevibration.com)



www.nutrifarmacy.com

BULLETIN BOARD

SELENIUM FOR THYROID DISEASE

Selenium is an essential trace mineral that functions as an antioxidant, enhances immune function and has anti-viral activity. Selenium plays a crucial role in the conversion of thyroxine to triiodothyronine (the active form of thyroid hormone). Old research has shown that selenium supplementation (up to 200mcg daily) can decrease the severity of autoimmune (Hoshimoto's) thyroiditis. Recent research has confirmed this finding and has found that selenium can completely resolve autoimmune thyroiditis in a small number of patients. It may also help about half the patients with Graves' disease.

A NEW SHIFT TO THE STUDY OF 'GERMAN NEW MEDICINE'

Modern medicine is largely based on theories, statistics, and countless 'new studies' that promote the 'latest research' done by sincere medical professionals in hospitals, universities and drug companies alike. Facts are that the concept of 'malignant' cancer and 'metastasizing' cancers, have never been scientifically verified, and that many common medical paradigms have been twisted from theory into 'truths,' leading an unsuspecting public to believe that these unproven results is 'good science.' For example, Yale University (2008) stated, "How cancer cells become metastatic still remains a complete mystery." German New Medicine is founded on natural laws rather than theories, and inductive reasoning rather than postulation. Dr. Ryke Hamer discoveries offer an entirely new understanding of diseases. His Five Biological Laws are the cornerstone in identifying he causes if disease, predicting their development, and recognizing symptoms that indicate healing. Dr. Wagner is committed to trying to better understand this exciting new field of medical study and how to best connect it to energy medicine (i.e. ETASCAN, REBA device). Stay tuned!

ANTIBIOTICS COULD BE TO BLAME FOR SKYROCKETING HEALTH AND MENTAL PROBLEMS

A new report published in the popular journal *Nature* has revealed that antibiotics are permanently destroying beneficial bacteria within the gut, a condition scientists link to a myriad of health problems including mental illness. While it has been known for some time that antibiotics contribute to the development of drug-resistant superbugs and certain gut problems (i.e. IBS, auto-immune diseases, colitis, Crohn's, celiac disease), the link between antibiotic use and mental illness through the permanent destruction of beneficial bacteria only further tops the pharmaceutical paradigm. In fact, the pharmaceutical paradigm set in place by drug makers is so vast that it actually offers drug-based 'solutions' to the very problems that drugs originally created!

The average American kid aged 15 will be on antibiotic therapy more than 30 times in his/her young life. After kids are given excessive amounts of antibiotics that lead to the destruction of their gut health, new research indicates the potential for the subsequent onset of mental illness. They are then given deadly antipsychotics and other psychiatric drugs to 'treat' the condition that originated from pharmaceutical drug use. It is a system that, whether purposeful or not, generates large profits for many prescription-happy doctors and drug manufacturers alike. Be very prudent when giving your child antibiotic therapy, and if needed, always supplement with probiotics during antibiotic therapy and for 1-2 weeks afterwards.

ARE NEWER APPROACHES TO TREATING HIGH BLOOD PRESSURE AN ATTEMPT TO SELL MORE DRUGS?

It has been over 100 years since the blood pressure cuff joined the stethoscope as the most commonly used devices in a physician's 'tool kit.' Fifty years later the term 'hypertension' became commonplace in our society. It was the famous Framingham Study in the 1950s that changed everything. High BP became associated with the likelihood of mortality, especially from strokes. Normal BP readings for years were attaining a diastolic reading under 90 mmHg. Later 'normal' BP was 120/80 mmHg. Today, doctors want to get the systolic under 110 mmHg. Less than 10% of males can attain this without significant drug therapy. But is it necessary? Studies have shown that despite the drug companies pushing excessive (sometimes 3 or 4 drugs) treatment to get BP that low, there are no statistics supporting multiple-drug use unless a patient's BP is over 200/100 mmHg. This means only 10% of people need excessive drug therapy. Hypertension is not a disease, but a physical finding, usually a symptom of some other problem. Many types of new and old anti-hypertensive drugs (albeit effective) have side effects beyond lowering BP, and all of their modes of action are not understood. When prudently compared, nutritional supplements such as magnesium, CoQ10, L-carnitine, Omega 3 fatty acids and L-arginine are as effective as prescription drugs with no side effects.

I and I

Interesting and Intriguing new research in the Complementary-Alternative medicine (CAM) field
by Dr. Dan

The National Cancer Institute (NCI) has identified several herbs as areas of priority in regards to an \$8 million mechanistic research project. They include: **Milk thistle**, **Astragalus**, **Ashwagandha**, **Devil's Claw**, **Echinacea**, **Hops**, **Asian ginseng** and **Thunder god vine**.....One of the most important nutrients that has been found to extend the life of your memory is **Vitamin B12**. It should be supplemented by all patients with brain atrophy, dementia and/or Alzheimer's.....Some British pharmacists have disclosed that the cancer preventative **Resveratrol** is converted into an anti-cancer agent.....A chiropractor from England has discovered that **Myasthenia Gravis** was successfully treated with **castor oil packs** and **choline supplements**.....More studies are showing that one of the best herbs to help periodic stress and anxiety is **Holy Basil**.....Low doses of **dark chocolate** can actually lower **blood pressure**. Dark chocolate is high in **flavonols**, whereas white chocolate is low in them.....One of the leading causes of **constipation** in children is **cow's milk**. It should always be considered that these children (at least 6 months of age) take a **probiotic strain** called **lactobacillus**.....A very important function of **Vitamin C** in the body is its role in the production and repair of **collagen**. **Collagen** is the most abundant protein in the body, and forms into fibers which are stronger than iron wire of comparable size.....The **Vitamin C Foundation** recommends perhaps 3,000mg of **vitamin C** per day, taken in divided doses, as a protection against the development of **heart disease**.....The nation's leading pediatrician group says children from newborns to teens should get double the usually recommended amount of **Vitamin D3** because of evidence that it may prevent serious diseases. The new recommendation is now set higher at **600 IU** daily.....The bestselling book *The China Study*, by T. Colin Campbell summarizes research that dietary **animal protein** is associated with an increased **cancer risk**, **heart disease** and **diabetes**.....Dr Campbell also found that oncologists often give patients dietary advice that is exactly to the opposite contained in **cancer-preventive diets**.....**Vitiligo** is a hypo pigmentation disorder affecting 1-2% of the world's population. A recent study showed that the use of **L-phenylalanine** used with phototherapy and oral **Ginkgo biloba** as monotherapy showed promise and warranted further investigation.....According to famed researcher Dr. Abram Hofer, M.D., cancer patients can almost certainly live longer if they know that: **Vitamin C** can kill most types of cancer; doctors who prescribe vitamin C risk punishment from the medical establishment; patients can take vitamin C safely and legally.....**Flaxseed** is a rich source of **alpha linolenic acid**, **fiber**, and **lignans**, making it a potentially attractive functional food for modulating cardiovascular risk. According to Swiss CAM physician Dr. Thomas Rau, it is preferred to taking **omega fish oil**.....According to the *New England Journal of Medicine*, the three leading causes of death in America are from cancer, heart disease, and getting prescription drugs from your doctor....**Bisphenol A** is a chemical used in the manufacture of polycarbonate plastic, a type of plastic used in baby bottles and the lining of water bottles. Ninety percent of the U.S. population has detectable levels. Because of its **estrogen-like** activity it has been connected to **breast cancer**.....**Antioxidant supplementation** can reduce the mortality and recurrence in chemotherapy **breast cancer patients**....Supplementing with **pycogenol** leads to less atherosclerosis and hardening of the arteries according to tests done of the new Eta-scan.....Dr. Alan Gaby reported in the *Townsend Letter* that long-term supplementation of **Coenzyme Q10** decreases the number of hospitalizations by 38% in patients with **congestive heart failure**.

???? ASK DR. DAN ????

Dear Dr. Dan: I, like many people I know, just don't sleep very well. I've tried a number of products including supplements and drugs, and I can't seem to get anything that works consistently. Do you have any suggestions? -J.R. Pittsburgh

Dear J.R.: Recent studies by some leading naturopathic physicians have tried to better understand and treat the problem of poor sleep by categorizing insomniacs into three types. They first try and interview the person by asking general questions such as: How long have you had a problem? Did poor sleep occur after a stressful period? Does insomnia run in the family? How long does it take to fall asleep and how many hours do you average?

Type-1 involves melatonin/serotonin deficiency. This is the most common cause of insomnia. When levels of the antidepressant neurotransmitter called serotonin are subnormal, there is inadequate surplus to use for conversion to melatonin (the hormone secreted by the pineal gland that puts us to sleep). These people have worries, tension, and/or obsessive thoughts that keep them up (night-owl). They might benefit by supplementing with melatonin (1-5 mg before bed) and Tryptophan (500-2,000mg).

Type-2 involves people with a GABA deficiency. Gamma-amino butyric acid is the brain's primary calming neurotransmitter. It neutralizes adrenalin (fight-and-flight hormone) as a primary factor. These people experience muscle tension, feel overwhelmed, and may have panic attacks. Taking 100-500mg of GABA whenever sleep is a problem can be helpful. These people may respond better to benzodiazepine drugs like *xanax* and *clozapem*.

Type-3 involves people with high cortisol. Excessive emotional and/or physical stress always raises our levels of the stress-coping cortisol- the chief of our stress-response hormones. Chronic stress can lead to a permanent hydrocortisol state- even after the precipitating events have been resolved. In this case adrenal support supplements, extra vitamin C, and phosphatidylserine may help, sometimes in combination with melatonin or 5HTP. Also, herbs can be utilized. Some of the best are Holy Basil, hops, valerian, and passion flower.

In all cases a more careful diagnosis and targeted treatment of the underlying causes of each sleep order can lead to more successful outcomes. At least 50% of people will respond quickly and well to neurotransmitter precursors such as melatonin, tryptophan and/or GABA. Try to minimize Rx drug use, since your body can easily become dependent and future attempts to go off the drugs becomes quite difficult.



Commentary by Dr Dan

LISTENING TO MY INNER VOICE

Many people ask me when, how and why did I transform my career from pharmaceuticals to natural 'farmacy.' It is not easy to explain. While I was leafing through a national pharmacy journal in 1993, I came across a curious advertisement for a first time trip of "pharmacy from the rainforest." The American Botanical Council was sponsoring a 'green' expedition to the Amazon jungle to learn about the 'roots' of our profession- medicinal drugs that are derived from plants. I loved my profession, but I also was drawn to a more *natural* approach to medicines and drugs. It was a dream-come-true trip for me. While in the jungles Peru, it just so happened that I was selected a roommate who had been doing "natural farmacy" for ten years in Vancouver. Upon my return home, I immediately made plans to visit Finlandia Natural Pharmacy in Canada. After seeing the practice setting, learning of the methodology, I was hooked and my professional career has been transformed ever since.

Four years ago my career took another step toward transformation as I was introduced to *energy medicine*, the so-called 'medicine of the future.' The ETASCAN machine has changed the way I practice integrative medicine and has been a source to better serve the public in pathways to health. The energy medicine concept is based on *quantum physics*. It basically states that all things have a frequency, which is an energy wave pattern that is unique to itself. The new technology contends that these frequencies are measurable.

The new 'guru' of energy medicine and how it can relate to modern medical treatment is well-known biologist Dr. Bruce Lipton (*The Biology of Belief*). Dr. Lipton has proven that problems with disease or dysfunction is not so much caused by the breakdown of cells due to negative effects from bacteria, virus, toxins, aging, chemicals, or mal-function, but more likely a breakdown in the *intercommunication* between our physical parts and the energy fields that make up the whole (holistic) being. This is a radical approach but one gaining insight from biomedical scientists and doctors. They now know that "invisible forces" of the frequency spectrum profoundly impact every facet of biological regulation. If this is true, then our "beliefs" and/or "intent" can be a much better healer than drugs, surgery and/or radiation.

I believe that the major reason why energy medicine research has been all but ignored comes down to dollars and cents. The trillion-dollar pharmaceutical industry puts its research money into the search for the silver bullets in the form of chemicals because pills mean money. Our drug mania is honestly out of control. Drugs mainly suppress the problem but most never address the cause of the problem. Times have changed. There are exciting new healing modalities on the horizon....and you won't find them in our hospitals and doctor's offices.



Wildwood Wellness Centre AND NutriFarmacy Skin Care Centre

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Detox For The Holidays & New Year

By Lynn Wagner, Licensed Esthetician

Detox is more than having a clean liver and clear, radiant skin. It is also about simplifying, decluttering and clearing away the complexities in our lives, as much as possible.

Toxicity creates a "burden" in our body. It can compromise our immunity, lead to mental fogginess, fatigue, skin disorders, body aches, endocrine disorders, heart disease and over time even Cancer.

Toxins can be ingested, inhaled or absorbed through the skin by means of pesticides, heavy metals, food additives, prescription or recreational drugs, alcohol, cigarettes and chemicals found in household and personal care products. Toxins may also be internally produced by metabolic waste, digestive or hormonal by-products, free radicals along with toxic thoughts and emotions that can create changes in our body chemistry.

Here are some suggestions to try:

1. Reduce exposure to pollution. Diffuse essential oils into your environment. Invest in an air purifier.
2. Eat plenty of fiber. Fiber will bind and remove toxic compounds in the colon while increasing regularity.
3. Eat plenty of organic fruits and vegetables. Strive to eat the deep colored ones. Antioxidants in fruits and vegetables help to neutralize free radicals in the body.
4. Consider juicing. It is an excellent way to shortcut detoxification.
5. Take excellent care of your skin. Try to avoid products with chemicals by reading labels before buying. One third of the body's metabolic waste is excreted through our skin.
6. Get regular massages. Massage optimizes the skin's barrier function, lymph flow (moves toxins out of the system), blood circulation and helps lubricate joint fluids. Massage also has an added benefit to de-knot muscles and release feel-good chemicals into the blood stream.
7. Try a Yoga class. Here at Nutrifarmacy we offer 5 yoga classes. This is a great way to try yoga with classes available day and evening. (Mention this article to have your first class free!)

Additional ideas for detox include enjoying nature, exercising daily, thinking positively, and getting the optimal amount of sleep your body requires. My last suggestions would be to smile and be kind, forgive, quit smoking and try to drink 10 glasses of purified or filtered water daily.

Best Wishes for A Healthy 2012!



DR. DAN'S 'FOOD STATE' VITAMIN LINE CONTINUES TO BE A SUCCESSFUL HEALTHY CHOICE!

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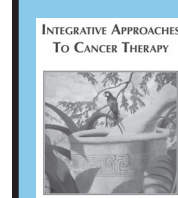
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Dr. Dan is now fully utilizing the NEW ETA-SCAN up-grade. After almost 3 years, ETA-SCAN has a new look. The scan is much more sophisticated, faster, more comprehensive, and has a unique "emotional" component that will better help to facilitate your overall health needs by energizing organs systems, identifying nutritional needs, and presenting a concise plan to help improve vitality and well-being. Same cost, better service for you!!

New test: \$145.00
Expires 3/31/2012



'INTEGRATIVE APPROACHES TO CANCER TREATMENT' BY DR. DAN

Dr. Dan's new booklet entitled "Integrative Approaches to Cancer Therapy" is a well researched, holistic approach to cancer treatment and therapy that encapsulates over 14 years of his experience utilizing natural therapies for this disease. Filled with facts on diet, drugs, vitamins, nutrients, about cancer therapy along with answers to the most common questions asked by cancer patients looking into alternative therapies.

Please call NutriFarmacy to order Dr. Dan's new booklet....(412) 486-4588 !!!