

Total Body Harmony

Exclusive Fall Savings!



Dear Vivian,

Fall is here and I am so excited. Growing up in New York the Autumn was my favorite season. The weather was cooling and change was in the air. The leaves were transforming into their bright fall colors and everything smelled like cinnamon and apples. Living in Florida I am becoming more in tune with its own version of seasonal change. I already feel the temperature cooling (which is great for our electric bill), new plants and flowers are blooming and it's time for buckling down to business, meeting deadlines and preparing for the Holidays. Unfortunately, the change in weather also kicks up new **Allergies, cold/flu season**, aches and pains related to colder weather. You may have already noticed achy joints and headaches with all the low pressure fronts and thunderstorms. Total Body Harmony is here for your **Wellness** and **Alternative Medicine** needs. **Plus!** In this newsletter; fun inexpensive DIY holiday projects and gift ideas, health tips to help combat cold/flu season and yummy fall recipes.

AhhhhChu! It's all about prevention

Allergies, and colds haunting you? This time of year can be very hard on some people. It can be quite frustrating when you catch every bug and suffer longer than everyone else, especially when Health Insurance, and medication costs are consistently rising. Some products, and good preventative measures can be very helpful to battle what ails you.

For Seasonal Allergy Sufferers:

- Invest in Hypoallergenic Bedding covers (mattress, and pillow covers)
- Change bedding 1-2x's a week
- Take shoes off before entering main part of the house and change clothes to avoid spreading pollen.
- Change AC filters monthly
- Avoid dairy, and sugar (Dairy promotes phlegm and sugar is inflammatory and damages the immune system)
- Recommended product: [Aller-Ease](#) available online or at most local Health Food stores.

Cold/Flu:

- Manage stress! Stress is a big enemy to immunity. Get a massage at least once a month, meditate, go to the gym or yoga class etc.

Soup Recipe:

- **2 garlic cloves**
- **2 slices fresh ginger**
- 1tsp dried thyme 1TBLS fresh (sore throat)
- 1 tsp dried rosemary 1TbIs fresh
- 1tsp turmeric
- 1-2 green onions diced(scallions)
- (Optional) 1TBLS Dried Linden flower (fever)
- Do not add sage (stops sweating)

Stove top: Add all ingredients to 2 Cups of water or broth. Cover, heat on high, bring to a boil. Take off heat, keep covered and let sit for 20min. Strain if desired, drink one cup every hour or until you break a sweat. Get plenty of rest and drink clear room temperature fluids. Contact your doctor if symptoms persist or you have respiratory difficulties.

Holiday shopping already causing you stress? Need fun projects with the kids? I've got some great DIY homemade gift ideas for you to check out [here](#).

Total Body Harmony offers many therapeutic services including Full Body Massage, and Chinese Herbal Consults. For more information visit www.TotalBodyHarmony.com

Sincerely,

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