

Don't let the Holidays Turn your World Upside Down!

WHAT'S INSIDE?

Learn How to Manage
Holiday Stress

Plus...

Learn Benefits of a Natural
"Cure-All"



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A Bumpy Ride?

We all have one thing on our minds- the **imminence of the holidays**. Family gatherings, gifts, and mom's homemade apple pie may be a welcome part of the equation—the extra planning, money spent, and stress— not so much.



Since Thanksgiving is right around the corner, we thought it important to address the most common difficulty most people go through at the onset of the holiday season- stress.

It is **perfectly normal to feel a little stressed** when faced with an endless list of things to do, but there are ways to **minimize the negative effects of holiday madness**, as is evidenced in this month's issue.

Also in this month's issue, since we always tote the benefits of natural remedies, Chamomile came to mind as the **perfect stress reducer**. Not only does chamomile help you get a good night's sleep, it's also known to promote healthy digestion, and that's not all...

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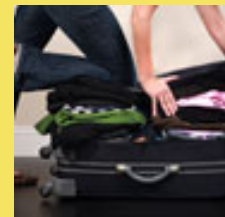
Getting sick (or at least pretending to) was sort of fun back in the old da

Finally, since **holiday stress often leads to extra pounds**, we provide you with simple tips to avoid (or at least minimize) holiday-related weight gain.

Squeezing Stress & Sickness Out of Seasonal Travel

How to stay sane AND healthy

Whether you plan on traveling by car, air or sea to visit loved ones for Thanksgiving, one thing is guaranteed-- unpredictable events are bound to happen, sometimes adding tension to an already stressful time of the year.



In addition, many families may already be **suffering the effects of anxiety and stress** due to the recent wave of economic problems- but as the saying goes, "you cannot change the wind, but you can adjust your sails."

Keeping this in mind, there are many things we can do to minimize the chances of a stressful situation arising. Of course, organization and itinerary planning are key. When traveling by car, **give yourself plenty of extra time** when calculating distance and travel estimates, since traffic can be pretty heavy.

Also, make sure you have an **emergency road kit** handy, and don't forget to include plenty of warm clothing for you and your family if you plan on venturing into colder climates. Autumn weather can be especially fickle, and sudden temperature drops can translate into snowfall in a matter of minutes.

When planning air travel itineraries, also give yourself plenty of time- especially if you have a lay-over, since increased flight volumes combined with the possibility of bad weather conditions are bound to cause delays.

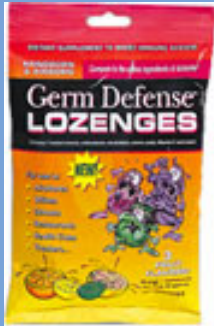
Also, a few days before your trip, make sure to **double-check all necessary documents and essentials**, since at the last moment things can get pretty hectic and it is easy to overlook important details-- which can wreak havoc on your nerves.

The most crucial thing to care for before traveling though is the health of you and your family. With **cold and flu season revving up, boosting**



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the immune system should be the primary focus. Herbal supplements that include Echinacea are excellent all-natural immune system boosters.

Taken a few days before traveling, herbal remedies can do wonders to help you **fight off potentially dangerous bugs**. Conventional flu shots as well as homeopathic versions are also readily available to protect those who are at high risk from the potentially deadly influenza virus.

Chamomile can help **induce calm for those prone to nervous tension**. At night, it can help ease tension and promote restful sleep. Because of its calming properties and since we know that stress is detrimental to our immune system, chamomile is also well-known for **keeping the immune system in balance**.

Before traveling, prepare a ginger infusion to settle upset stomachs or for those prone to nausea during travel. Nature provides us with **many affordable aids** to make the most out of our holiday travel; it's up to us to make use of them and enjoy their numerous benefits.

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"Last year, I had a conventional flu shot before winter and had some nasty side effects. This year I ordered [[BaniFlu™](#)], and what a difference! Wish I'd known about this years ago!!!" —Simon J.

"I hate dreary weather-- every winter I get low, and nothing seems to cheer me up. This year I tried [Melancholy Lift™](#) the moment I started to feel blue. My husband even noticed the difference – he says I seemed more grounded, and we ended up playing in the snow! Thank you for helping me see the silver lining! Much love."— Glenda

"My God-daughter just turned 16 and lives on the coast. I refused to go – it meant I had to board a plane!! My husband found your site and bought a bottle of your [[Easy AirTravel™](#)]. He knows I don't like to take sedatives or tranquilizers, and he knew this product was natural. I was skeptical, and spent the night prior to leaving dreading take-off.

I had already prepared my excuses, and was willing to forfeit the airfares! You can imagine my relief when my husband handed me the bottle, and I took the first dose. It was truly remarkable. I could feel myself adjusting and actually enjoyed the flight. Thank you from my whole family!!! "— Hallie

How You Can Capture Calm & Wellness with Chamomile

Have you had your chamomile today? If you haven't, you may be missing out on **one of nature's most powerful healers!**



In Germany, chamomile is known as the "cure-all cure". While most of us are familiar with the relaxing properties of chamomile, the herb has been used since ancient times to

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treat a wide range of symptoms.

Chamomile is known to **boost the immune system, maintain blood pressure** within the normal range, and **eliminate bad bacteria** found in the body. It is also a **natural pain reliever**.

The active constituents found in chamomile have **anti-inflammatory and anti-bacterial properties**. It can be used on wounds to promote healing, on swollen gums, and even to soothe diaper rash in babies.

Chamomile also contains coumarin, a compound that has blood-thinning effects. The homeopathic version of chamomile, known as "Chamomilla," is also used for a number of ailments.

In children, Chamomilla is used for those prone **to tantrums, for babies undergoing teething** and who experience irritability, diarrhea and pain, colic, and for earaches. For women, it may be used to alleviate breast tenderness, menstrual cramps, and other **common symptoms of PMS**.

Both the herbal and the homeopathic versions have **nerve-soothing properties**, which help relieve anxiety and stress. This can be a life saver during the holidays when stress is experienced by so many.

Many times, **stress is responsible for seasonal weight gain**. This can be due to **a break in routines, where exercise is sometimes neglected**, and along with emotional eating related to stress.

Chamomile not only soothes the nerves, it has also been used since ancient times to **treat digestion and stomach complaints**. Combined with ginger, it is an excellent tonic for the entire digestive system *and* the immune system.

This year, there's a resolution you don't have to wait until New Year's to implement. Natural remedies are readily available all year long to help us **promote balance and health**.

Not only that, they are affordable and can be used to treat a variety of complaints as well as prevent others... so many benefits and no side effects!

Chamomile is available in tea bags or loose dry flowers, which can be steeped in water and then enjoyed hot or cold. Here are a few tips to further **enhance the healing powers of chamomile**:

- Don't let the steam from your infusion escape while it's brewing
- Add honey to your chamomile tea- it tastes delicious and honey is another of nature's most generous






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remedies

- Add ginger for digestive discomfort or nausea
- Make tea more concentrated when you need an extra boost
- Buy fresh flowers at a farmer's market or health food store for improved quality

Native Remedies Products with Chamomile

[KiddieVom Sprinkles](#)™ Supports a healthy stomach and digestive system in children

[Congesto-K Pillow Spritzer](#)™ Aromatherapy space and pillow spray supports easy breathing and keep chests open

[Bad Dream Sprinkles](#)™ Provides night-time comfort for young children in a child-safe supplement

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[BioVent Drops](#)™ Supports healthy lungs, maintains open air passages and easy breathing

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The Holidays Don't Have to Start with Weight Gain!

Tips for managing common pitfalls this season

There are a few guidelines you can follow in order to **avoid the emotional eating and overindulgence** often associated with the holidays, helping to **minimize holiday weight-gain** –saving you the burden and guilt of adding "weight-loss" to your list of New Year's resolutions.



- **Learn how to say no:** Most of us will get more invitations than usual during the holidays. This doesn't mean you have to hire an assistant to manage your social obligations.
- Running around from event to event can leave you frazzled and lead to weight gain, as a cocktail here and hor dourve there can easily add up to

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excess calories. **Prioritize** and attend engagements that do not conflict with your schedule or require you sacrifice the healthy parts of your life like exercise in order to attend.

- **Pre-schedule a babysitter:** This can be an enormous help so you can focus on running extra errands, cooking a healthy meal, going to the gym, buying gifts, or simply to take a little break.
- **Drink plenty of water:** While most of us already do drink plenty of water, during the holidays, foods loaded with sodium in addition to an increase in alcohol consumption can lead to dehydration quite quickly. This can turn into feeling bloated and fatigued—the last thing you need this time of the year!
- **Avoid eating out too often:** Yes, it's tempting-- who wants to go home and make dinner after a long day at work, combined with the multitude of obligations that arise especially during this time of the year?
- However, restaurant food--no matter how healthy and low-carb menu items may be- contains an enormous amount of sodium that is detrimental to health and can lead to weight gain.
- **Stick to your exercise routine:** Regardless of choice of exercise-- walking, running, swimming, jogging, or practicing yoga-- regular exercise is a part of a healthy lifestyle. Exercise not only helps keep weight within a healthy range, it also promotes restful sleep and relieves stress.
- **Get enough sleep:** This is one of the most important tips to follow. Research has shown a link between obesity and insomnia. The study showed that people who slept less than 6 hours of sleep a night are at a higher risk for obesity.
- **Be grateful and have fun!** Holidays are a time to cherish the people we love and to honor those who are no longer with us.