

**Perfect timing! Right before Flu season!**  
**From the official Journal of the American Academy of Pediatrics**

<http://pediatrics.aappublications.org/cgi/content/abstract/124/2/e172>

\*Probiotic Effects on Cold and Influenza-type Symptom Incidence and Duration in Children

\*CONCLUSION\*

Daily dietary probiotic supplementation for 6 months was a safe effective way to reduce fever, rhinorrhea, and cough incidence and duration and antibiotic prescription incidence, as well as the number of missed school days attributable to illness, for children 3 to 5 years of age.

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**Another Germ Fighter ~ Essential Oils**

*Remember ALL essential oils are anti-bacterial ! !  
So I'm enclosing the "**Study Buddy**" recipe here.*

*9 drops pink grapefruit*

*4 drops pine*

*2 drops rosemary*

**NOW**

**Wipes:** *put the oils into 1 tsp glycerin, then add 1 ounce water.*

*Fold 30 heavy-duty paper towels into quarters and place into a quart **freezer bag**.*

*Pour the liquid in and you have anti bacterial wipes PLUS.*

**NOW**

*When the kids study they smell the study buddy formula.*

*Educate them to always wipe their desk before a test and it will help the recall ability.*

*Neat ~ NO Bugs and Good Grades too!*

**Roll on:** *put the oils into a 1/2-ounce roll on bottle.*

*Fill with massage oil.*

*Apply to pulse points & massage in with hands.*

*Then take a deep breath to feed the brain.*

**Spritzer:** *Put the oils into a 2-ounce spray bottle*

*Fill with distilled water.*

*Use as a body mister and spray the hands.*

**Diffuser:** *Put the oils into the chamber.*

*Turn on were the kids study and fill the air with the fresh*

*smell of study buddy and debug the air TOO!*

*The whole family will be so smart this way. You will be creating an*

*atmosphere of positivity in their sub conscience as well*

*as a positive environment for health ~ how cool is that!*

**Way to go MOM**

We sell these oils plus 75 other oils for your personal recipes. We also have a mixing station back in the body care department of the store. Most oils are 25¢ a drop this way. So bring your own bottles or buy some of ours and refill as you need or call us ahead and we will mix it for you.

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**Mimicking Einstein: Harnessing the Energy of the ADD Brain**

Many of our inventors and famous people who made change happen in the world have been treated as ADD. To the common person, these people seem to exhibit an unfocussed behavior. In most cases their brain is traveling much faster than ours . . . always wondering how something works . . . touching, feeling, observing all that is around at all times. They seem distracted - until you ask them a question, which they usually can answer.

Because of their brains rapid activity level they do grow if not fed enough protein and healthy oils. The best breakfast for them is Protein. In fact, what you had for dinner is better than cereal for these people. Or a protein shake with Udo's oil or Flax oil. Protein and vegetables, no wheat, corn & dairy, has been our observation. Munching on nuts and seeds thru out the day for steady drip of oil and protein is beneficial. Mineral rich foods found in many vegetables is also very important for brain fuel, so 2 - 3 cups of vegetables is their goal.

Want to really set them off? Red dye - seems to short out their transmitters and cause a hyperactivity problem and really unfocus the brain. Or how about a high carb breakfast of cereal or poptarts? This is designed to provide high amounts of energy, so if they DO NOT need to sit still for the next 3 - 4 hours it's a good choice. However, most teachers DO want them to sit still, so it's a BAD choice.

There are exercises to help the brain as well, called Brain Gym. If you or your children use video games a lot come in and ask for a demo of 2 of the most important ones to integrate the right and left brains as well as the eye to the brain and the ear to the brain. Fun and easy. Also working to improve parenting skills for these children is very important to improve their self-esteem and encourage them to work with their minds and hands to invent or create. Most important is using a positive manner of words to correct behavior. Example: "Ron, leave the object alone". . . instead of "Don't touch that." Most children do not hear the first word spoken. So in the last command you were actually telling them to touch what you wanted them to leave alone. It is a challenge that is well worth the molding of a creative being. Studies have found it takes 7 positive statements to overcome 1 negative statement. Work on acknowledging every worthwhile activity your children do. Hugging is also important; hugging actually stimulates the thymus gland for a healthier, happier individual. Everybody needs 7 hugs a day. How many have you given out today, yes, count them and start looking for your children, spouse, or pet to get your numbers up!

#### ESSENTIAL SUPPLEMENTATION

Animal Parade Multi: Good Multiple Vitamin free of Dyes and Artificial ingredients

UDU's Oil/Flax Oil: Kids Choice Barleans Swirl - Best Udo's DHA or 3-6-9. VERY CRITICAL

Focus Attention: capsules or powder - to modulate Brain Activity

Spirulina or Protein drinks: SynerProtein powder with Vegetable concentrates Top Choice - Kids choice Vital-18 chocolate syrup. VERY CRITICAL

Colloidal Minerals: Natures Sunshine sweetened with vegetable glycerin Best

Some additional nutrients to consider for the more complex: Gaba, antioxidants, B - Vitamins, Slippery Elm, & Detox Program

Other factors to consider: Allergy Test, Vaccination Sensitivity, Environmental Sensitivity, Parasites....We would be happy to help on an individual basis to tweak you or your child become an Einstein.