

Seasonal Wellness



An ounce of prevention is worth a pound of cure.

*Wash your hands... Wash your hands...
Wash your hands!*

Medicine Cabinet Must Haves

- Vitamin D - 5000 IU with K (*unless on blood thinners*)
- N-Acetylcysteine - 900mg
- B-Supreme Methylated B-Complex
- Omega-3 (EPA - 800mg, DHA - 800mg)
- Zinc (30mg as needed when exposed, not continuously)
- Vitamin C - 500mg
- Homeopathic Oscillocoquinum (*when traveling*)
- Diffuser with essential oils
- Oregano essential oil mixed in organic coconut oil (*put on the bottom of your feet with socks on*)

Tea with ginger eases congestion, warms the body and fights infection!

Simmer fresh ginger for 20 mins or steep a ginger tea bag for 5-7 mins. Strain/remove bag and add a touch of raw honey and lemon.

↑ Increase

- Room temperature water intake (*8oz every hour*)
- Eat a rainbow of color every day (*something red, yellow, green, purple, and blue*)
- Grass-fed meats
- Raw nuts and seeds
- Ancient grains and beans (*soak, rinse, cook per these guidelines:*
www.weedemandreap.com/guide-soaking-sprouting-grains)
- Hand Washing
- Nasal Irrigation (*rehydrate nose with unrefined sesame oil or extra virgin olive oil*)
- Cardio Exercise (*30 minutes per day*)
- Deep Breathing (*5 minutes per day*)
- Epsom Salt Soak with Essential Oils (*Lavender and Eucalyptus, Lemon*)
- Get your Nervous System checked by your Chiropractor
- Balance your Chi with your Acupuncturist
- Get outside for at least 30 minutes

↓ Decrease

- Sugar (*it weakens the immune system*)
- Processed Foods
- Buffet-style Meals
- Stress
- Touching your Eyes, Nose, Mouth



For more information please call or visit:

YourWellnessConnection.com • (913)962-7408 • 7410 Switzer Rd. Shawnee, KS 66203

Special Offers for Cold/Flu Season

Did you know if you are vitamin deficient and/or your systems aren't functioning well, you are more vulnerable to viruses during cold/flu season? Now is the time to invest in your well-being to prevent your susceptibility this season. A simple blood draw at our location can give you an overview of how to prepare your body.

All lab panels include a 10-minute coaching session to review your lab results. One of our providers will help you address any deficiencies and/or imbalances to help boost your immune system.

Seasonal Food Sensitivities + Vitamin D Special

Cost: \$108 (regularly \$135)

Lab draw with panel for IGE corn, IGE wheat, milk, peanut, almond, egg, and vitamin D with Coaching Review

Seasonal Iron Panel Special

Cost: \$70 (regularly \$87)

Lab draw with panel for iron, TIBC, and Serum Ferritin with Coaching Review

Seasonal Thyroid Special

Cost: \$140 (regularly \$175)

Lab draw with panel for TSH, T4, T3, and TO with Coaching Review



Before your blood draw, please remember to:

- Fast for a minimum of 8 hours leading up to the draw.
- Drink plenty of water!
- No vitamins/supplements for 2 days leading up to the draw.



Blood draws can be scheduled in our phlebotomy lab on Tuesdays and Thursdays. Call the front desk to make an appointment. (913) 962-7408

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