

Eating Right- *Is that a piece of candy?*

Halloween is rolling around: we all know its coming. Something every parent or older sibling is guilty of; snitching the little one's candy. Eating healthy is one of the most important things we can do for our body to maintain our health. With Halloween coming, we need to prepare ourselves not to indulge in the late night foraging through trick-or-treating candy. Here are some tips to make sure you are eating what's right, while occasionally sneaking what's wrong:

- Eat plenty of fruits and vegetables. We might think refraining from sweets is the only thing to do to remain healthy but the right amount of fruits and vegetables will also keep you healthy.
- Take a multivitamin. Where the fruits and vegetables fall short, a multi vitamin is just what your body needs to support with the nutrients the vegetables don't have.
- Get rest. Making sure your body has enough sleep is just as important as eating healthy.

Featured Products- Diggesta

Di-Gessta helps the body's own digestive mechanisms and stimulates efficient nutritional assimilation of food. This product incorporates a blend of enzymes, anti-inflammatory and soothing herbs and form codes for pancreatin, oxbile and liver which sends the body an energetic message to direct the herbs to these areas for action.

- Provides adequate amounts of multiple source plant enzymes.
- Helps the body's own ability of digestion and assimilation of food.
- Supports the functions of the stomach and the small intestine.
- Acts as systemic enzymes which work at the blood level.
- Builds no dependency.

Warm Apple Cider Recipe

Ingredients

- 6 cups fresh apple cider
- 1/4 cup pure [maple syrup](#) (more or less, to taste)
- 2 cinnamon sticks
- 6 whole cloves
- 6 whole allspice [berries](#)
- 6 strips orange peel
- 6 strips lemon peel

Directions

Pour the apple cider and maple syrup into a large stainless steel saucepan. Place the cinnamon sticks, cloves, allspice berries, orange peel and lemon peel in the center of a washed square of cheesecloth; fold up the sides of the cheesecloth to enclose the bundle, then tie it up with a length of kitchen string. Drop the spice bundle into the cider mixture.

Patient Testimonial

I had been concerned my digestion and felt like my food wasn't breaking down properly. I had also noticed my hair seemed thin and brittle and my nails cracked and had deep ridges. During my chiropractic adjustment, I mentioned this to Dr. Giles. He suggested I take Di-Gessta with every meal. I feel so much better and my hair is shiny and strong and my nails look better too. Randi S.

HAPPY HALLOWEEN



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