

NUTRITIONAL INSIGHTS

December 2010

Happy Holidays To You
and Yours from the
Natur-Tyme Family!



Holiday Hours:
Closing at 5 PM Dec. 24th
Closed Christmas Day
Closing at 5 PM Dec. 31st
Closed New Years Day

Natur-Tyme: Your One-Stop-Shop for all Your Holiday Gift Needs!

With a fragile economy again this year, we recognize that gift-giving may prove challenging. With this in mind, we have designed a program to help you out!



We are proud to introduce the **CNY Beauty and Wellness Gift Certificate Headquarters**, right here at Natur-Tyme. The following gift certificates will be available for you to purchase for your family, friends, neighbors, teachers, or even yourself! These gifts include packages and/or discounts exclusive to Natur-Tyme.

We feel that these stress-reducing and feel-good options offered at phenomenal discounts will allow you to give a gift that shows your commitment to the health and wellness of those you care about, without hurting your pocketbook!

Yours in Health,

The Natur-Tyme Team



Paparazzi Day Spa
(315-451-9509/
www.paparazzidayspa.com) is an award-winning, full-service day spa, salon, and boutique offering spa services and products that strengthen and nurture one's entire being - mind, body, and spirit.

Unwind with Nature's Indulgence, a special package that includes a

one-hour aromatherapy massage, followed by a Peppermint Patty express pedicure. This amazing package is available for just \$85.

Laura Hudson

(315 391-9949/
www.laurahudsonLMT.MassageTherapy.com) is a licensed massage therapist and is also a Reiki Master; offering classes and healing sessions. Additionally, she is trained in CranioSacral Therapy, a gentle therapy that can help restore your nervous system to optimal functioning.



Indulge in your choice of a one-hour massage, Reiki treatment, or Craniosacral therapy session! This special offer is only \$50.



CNY Yoga (315-461-Yoga/www.cnyyogacenter.com) conducts yoga classes that include beginning, intermediate, and advanced levels. CNY Yoga has two locations: Downtown Syracuse and Liverpool.

Enjoy six weeks of unlimited yoga!
This great gift is available for only \$110 for the Liverpool location, and \$92 for the Downtown location.

Are you tired of what's in YOUR closet? Shop at **Showoffs Boutique** (315-471-4636) and create a wardrobe that makes your life your own!

Enjoy \$50 in merchandise and also receive 20% off any clothing or handbag purchase!
This gift certificate is available for just \$50.



Harmonious Holistic Acupuncture (315-559-7876) is a unique business founded by Lora Lolane Glundal, BS, MSAOM, L.Ac. They offer acupuncture, oriental medicine, wellness education, massage, luxurious corrective and relaxing body treatments, facials, and more!

Receive a one-hour relaxing acupuncture treatment and your choice of a complimentary 15-minute

Reiki, Amma facial massage (Oriental body work), or Eminence Organic Tea Tree & Mint hand massage.
This great package is available for only \$60.

Kelly's Massage & Holistic Health Spa (315-682-7323) offers therapeutic massage, body contouring wraps, ionic foot cleanses, acupuncture, organic facials, personal wellness programs, and much more.

Enjoy a 60-minute therapeutic massage with a complimentary jar of our M'Lisa Soothe-Anti-Inflammatory Gel.

This massage experience is available for only \$75.



Laurie's Therapeutic Massage (315-440-5858) uses a variety of massage modalities for an effective and relaxing experience.

Melt into relaxation with a one-hour massage and get a complimentary hot-stone foot massage!

This dual massage offer is available for only \$60.

Visage (315-251-2121/www.visageskinspa.com) understands that looking and feeling your best, goes hand-in-hand. Visage is CNY's ONLY state-of-the-art medical aesthetics facility with the comfort of a total luxury spa.

Rejuvenate with a 30-minute massage, an express facial, and an express manicure!
This three-pack is available for only \$50.



Barbara Peklo's Energy Therapy (315-637-4586) is a holistic practice utilizing Reiki, Healing Touch, and Reconnective Healing energies to restore harmony and balance in your energy system so you can SELF-HEAL.

Relax with a one-hour Reiki session!
This special treatment is available for only \$45.

All of your senses will be heightened by the relaxing atmosphere at **Benoits**, an Aveda-concept salon (315-488-0923/www.benoitscoiffures.com) They offer hair, skin, and nail services.

Enjoy a manicure and pedicure using custom-blended essential oils of your choice. You will receive your custom scent to bring home so you can continue your spa experience.
This lovely package is available for only \$75.



Holiday Gift



Over a
\$35
value!

Momma and Baby

This is great for all you moms out there with infants! It includes moisturizers and cleansing products for mommas and infants alike, cute eco-friendly little ones' tees, an infant toothbrush and toothpaste, an organic cotton washcloth, and more.

\$19.99



Over a
\$40
value!

Spa Splurge!

Give your loved one (or yourself) a gift of a spa day at home! In this gift basket, you will find a variety of tasty tea, awesome loofahs and scrubbies, beautifully scented soaps and body polishes, a wonderfully fragrant Way out Wax candle, and more!

\$19.99



Over a
\$30
value!

Snacky Goodness

It's hard to find healthy snacks that are actually yummy! We've found them for you! This basket includes nut butter, crackers, fruit leather, tasty granola bars, candies, and more!

\$19.99



Over a
\$20
value!

Mini Spa!

For a smaller-scale spa day, this gift basket is a great choice. Loofahs, scrubbies, sample teas, lovely soaps, body polish, and more!

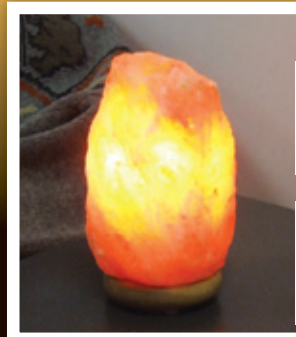
\$12.99

Gift Baskets Galore!

We can CUSTOMIZE Gift Baskets too!

Purchase your Natur-Tyme gift selections and we'll dress them up for you, at no additional cost! Give us 48 hours and our decorating professional will package together your items in a beautiful gift basket, with dazzling accents, wrapped in cellophane, with a pretty bow attached!

Salt Lamps **Wide Array of Styles and Sizes to Choose from!**



MSRP \$10.00
Sale Price \$6.99
30% Savings



MSRP \$26.00
Sale Price \$17.99
30% Savings

The glowing orange hue of the Himalayan salt lamps will help transport you away from our frigid winters! Best of all, these lamps are scientifically proven to relieve fatigue and depression!

Giving with Pizzazz!

More
promos
on pages
6 and 15!

The first **100 lucky ladies** who purchase Jane Iredale mineral makeup products totaling **\$75** or more will get a **free goodie bag** of fun pampering products **valued at almost \$60!** (1 per person please)

Products include:

- 1 Natur-Tyme Facial Wash – **\$13.95 value!**
- 1 Alaffia Body Milk Shea Butter – **\$2.99 value!**
- 1 Mychelle Deep Repair Trial – **\$5.00 value!**
- 1 Naturally Knotty corn husk tote – **\$4.99 value!**
- 3 organic cotton washcloths – **\$8.25 value!**
- 1 Natur-Tyme Lip Balm Vanilla – **\$2.49 value!**
- 1 Earth Therapeutics Loofah Sponge – **\$1.99 value!**
- 1 Jane Iredale Putty eye shadow – **\$17.50 value!**
- Plus two Bonuses – One Jane Iredale Madrid sample and One Jane Iredale lash conditioner sample



**New to
Natur-Tyme**

Gorgeous
cashmere
scarves **ON
SALE** for
\$24.99
(an \$89.99 value).



We're making your Holiday & Personal Shopping at Natur-Tyme this Month Super-Fun!

Mark your calendars for these unbeatable specials!

- Calling all chocoholics! **On December 4th from 9:00 AM – Noon**, you will get a **FREE Chocolove candy bar with a special prize attached to it.**
- Don't miss our **FIND THE SNOWMAN riddle week.** The first person to find our snowman each day will get a **\$25 Natur-Tyme gift card.** All others who find the snowman throughout the day will get a **\$5 Natur-Tyme gift card.** All snowman finders will be entered into a raffle to win a **\$100 Natur-Tyme gift card!**
- On **December 15th**, fill your Natur-Tyme bag or buy one for just \$.99 and you get **10% off everything you can fit in it!*** (limited to one bag per customer)
- On **December 20th**, we'll have a great big snowman in the store for you! **If your purchase totals \$50 or more, you get to pick a snowflake off of him for a special prize!**

		1	2	3		
		Riddle Day 1: 5 Follow your nose to a smell so sweet and there you will find a holiday treat!	Riddle Day 2: 6 With a woof-woof here and a meow-meow there is where you'll find your snowman today!	Riddle Day 3: 7 Information galore and a snowman in store for you in this spot where the reading is hot!	Riddle Day 4: 8 Feast your EYES on a snowman prize!	Riddle Day 5: 9 The temperature's dropping with winter so near but this little snowman prefers it in here!
12	13	14	Fill Your Bag Day!* *Limited one bag per customer 	16	17	18
19	 Pick a Snowflake off the Snowman!	21		23	24	25

December Holiday Specials

New Chapter Organics
35% Line Drive



Nature's Way
35% Line Drive



Solgar
30% Line Drive



Nordic Naturals
25% Line Drive



Enzymedica
30% Line Drive



Carlson Labs
35% Line Drive



Enzymatic Therapy
35% Line Drive



Jarrow Formulas
35% Line Drive



Herb Pharm
30% Line Drive



Metabolic Maintenance
35% Line Drive



NOW Foods
35% Line Drive



Natural Factors
30% Line Drive



Pure Essence Labs
30% Line Drive



Natur-Tyme Enhanced Daily Multi
120 Capsules
~~\$29.99~~
\$19.49



Natur-Tyme Prolessterol
120 Capsules
~~\$39.99~~
\$19.99



Natur-Tyme B-Healthy
60 Capsules
~~\$17.99~~
\$8.99



Enhanced Magnesium
120 Capsules
~~\$18.99~~
\$11.39



Natur-Tyme Calcium Magnesium Citrate w/D
180 Capsules
~~\$23.99~~
\$11.99



Sam's Holistic Pet Corner

By Sam Kingsley

How You and Your Pet Can Enjoy the Holidays

Many animals love the festivities and adventures of the holiday season, but they still may show signs of anxiety. Animals know how their people are feeling, and often mirror that. It might behoove you to get one of my favorite items for anxiety and stress for both animals and humans... **Rescue Remedy.** This flower remedy is useful for both you and your pet.


If you plan to board your pet, consider preparing them well in advance by giving them **Vitamin C, Probiotics** (pet-specific ones), **Slippery Elm** powder, and a low dose of **Echinacea** tincture. This will prepare their immune system to fight off whatever might try to get a hold on them in the boarding facility.




Lastly, be sure that your guests do not "share" their holiday meals with your pets. It's never a good idea to feed the cooked, sugar/salt/spice/fat-laden foods that we are eating to our animals. You have a couple options on how to prevent this potential issue. One option is to sequester the animals away in another room with a baby gate or door so that they are not eyeing your company while they eat. The other (preferred) option is to make up a meal for them earlier in the day containing things that would be similar to your meal yet appropriate to the animals. These items might include turkey necks and gizzards, diced or mashed sweet potatoes and peas, 1-2 tbs. of oatmeal, and small chunks of pumpkin, apple, or banana. Pour a small amount of low-salt broth over this and voila!




"I'd like to express my sincere gratitude to our Natur-Tyme family & friends and extend my warmest wishes for a **Happy and Healthy New Year!!**"
~ Shelly



"**Hope you have a magical season and all your wishes come true.**"
~ Trisha



"May your New Year be filled with love, happiness, and the best of health"
~ Christina




"'Tis the season for love, forgiveness, & reflection; Just remember to enjoy your treats in moderation!"
~ Carol




"**Blessings this season and always!**"
~ Laurel




"May the holiday season bring **happiness and joy** to you and your loved ones"
~ Rick




"**Wishing everyone a happy and healthy holiday, from now into the New Year.**"
~ Sally



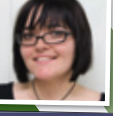
"May this holiday season bring warmth and happiness to all your healthy hearts!"
~ Rob




"The holidays are the one time of year that everyone gets some time off to be with family & friends - Celebrate!"
~ Pamela




"Wishing you only **happiness and good health** this holiday season."
~ Ginnie



"I hope your holidays are filled with **love and laughter!**"
~ Mako



"Wesołych swiat and to all a **safe and wonderful New Year! xoxo**"
~ Yu-Lee



"As you move towards a new year, enjoy your blessings and your family!"
~ Sam R.



Take Charge of your Health... Naturally.



Nutritional Insights
Sundays 10-11 am on 570 WSYR
Anytime at www.natur-tyme.com

Host Wendy Meyerson brings education and information to Syracuse with her weekly interviews with world-renowned experts in fields related to natural healing and complementary medicine.

This Month on Nutritional Insights:

December 5

Have you heard about the CNY Beauty and Wellness Gift Certificate program here at Natur-Tyme? Listen in as Wendy speaks to the people behind each of the companies offering great packages to Natur-Tyme customers.

December 12

Get a head start on your New Year resolutions. Exercise Physiologist Eric Prager will discuss tips for a healthier 2011.

December 19

'Tis the season of sugar overload! Tune in to hear Dr. Teitelbaum, author of *Beat Sugar Addiction Now!*, explain how to manage sugar cravings and avoid serious conditions from obesity to diabetes.

December 26

Wendy Meyerson and her staff will spend this hour reflecting on the year and expressing appreciation for their wonderful customers!

Dr. Oz: As Charming in "Real Life" as on TV!



Our Natur-Tyme raffle winners had a delightful time at the October 29th taping of the Dr. Oz show. Pictured here from left to right are: Peter Kopp, Leslie Kopp, Michelle Handley, Dr. Oz, Natur-Tyme owner Wendy Meyerson, Wendy's husband Andy Fox, and Paula Demm.

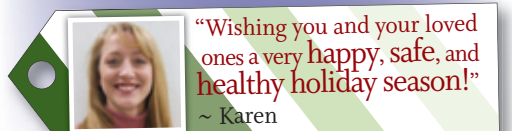
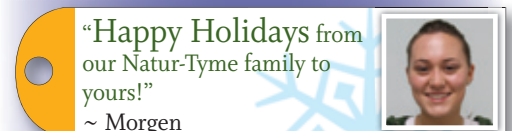
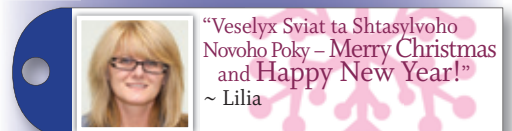
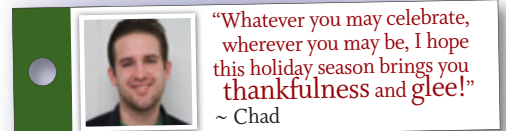


Gluten-Free Demo Day
Tuesday, December 14th
2:00 PM-7:00 PM

This monthly sampling of gluten-free food is facilitated by Julie Procopio, Registered Dietician, who has a Nutrition Science MA, is a member of the American and NYS Dietetic Associations, and the dietician for the CNY Celiac Support Group.

Julie will be available to answer questions about gluten. To arrange an individual appointment or tour of the store and our gluten-free options, call Julie at 671-5183.

This month, Julie will sample her creamy sweet potato soup made with organic sweet potato puree (Farmers Market brand) and mini vanilla-bean cupcakes with candy-cane sprinkles made with Authentic Foods brand vanilla bean cake mix and Tru Sweets organic candy canes. Julie will also sample Rice Nog (Imagine brand) and cheese cake (Pamela's brand).






CUSTOMER RECOGNITION PROGRAM STARTING IN 2011!


With a New Year approaching, one of our resolutions at Natur-Tyme is to do our absolute best at expressing gratitude toward our wonderful customers. Starting in January, we will be implementing our new customer recognition program. This program will be one small way that we express our appreciation and gratefulness toward our loyal customers like you.

Each month, each Natur-Tyme employee will nominate one customer whom he or she feels is very deserving of this honor. Our employees may use any criteria in nominating a customer; they need only explain what their nominated customer means to them. The management team will carefully review all nominations and will select a customer to recognize for that month. This selected customer will have his or her name added to a plaque to be displayed in the front of the store. With the customer's consent, we will also recognize him or her in our newsletter, on our website, on our Facebook page, and on our Twitter account. The selected customer will receive a \$50 gift card and a gift basket filled with some of his or her favorite products!


"Be very merry with people you love, and very tolerant of everyone else!!!"
~ Pam




"Happy Holidays and may you find blessings everywhere."
~ Sam K



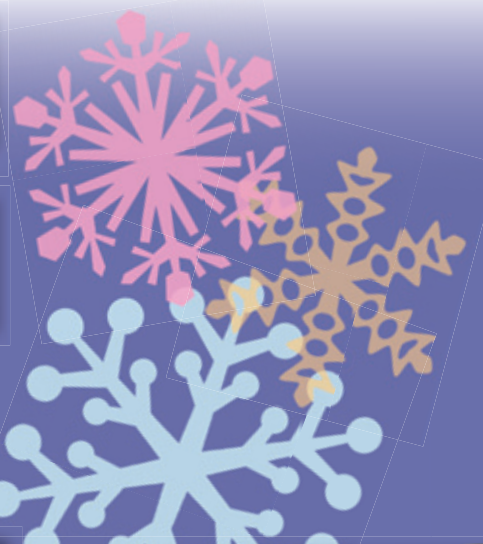
"Wishing the Natur-Tyme staff and customers a safe and happy holiday!"
~ Andrew



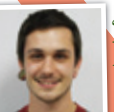
"Have a safe and happy holiday – to you and yours!"
~ Anita



"Happy Christmas and Merry New Year."
~ Laurie


"Have a safe and happy holiday!"
~ Nick




"Wishing everyone a safe and happy holiday."
~ Jene




"I wish you the special gifts of this holiday season – peace, joy, & lasting happiness"
~ Josh



"Embrace and enjoy the winter season – catch snowflakes on your tongue."
~ Genoa




"May your holiday be filled with joy, wonder, and a boatload of presents!"
~ Matt



"Thank you for making Natur-Tyme a part of your life – Happy Holidays to you and your family!"
~ Jeff



"May peace be your gift at Christmas and your blessings all year through!"
~ Ken



Neurofeedback: Training the Brain toward Enhanced Stability and Improved Function



Priscilla Young first learned about neurofeedback when she read Dr. Daniel Amen's book, *Healing Anxiety and Depression*. For three years, she had struggled with anxiety, depression, sensory overload, and declining mental function. She was on psychiatric medication and was receiving counseling, yet she could barely function. So when the world's foremost expert on using brain scans to evaluate and treat psychiatric conditions described neurofeedback as an effective approach to helping people overcome mental health challenges, she decided to try it. She went to see Barry Bates of Syracuse



Neurofeedback.

The power of the technique was clear to Priscilla from her very first session. Never had she experienced the profound relaxation and inner peace she felt during neurofeedback. She progressed from fearing that she had developed a permanent mental disability, which had destroyed her ability to work, to discovering a new career. Recovering from anxiety and depression, Priscilla went through the training required to practice neurofeedback and joined Barry Bates. Today, she and Barry see the extraordinary power that neurofeedback has on all of their patients.

What is Neurofeedback

Neurofeedback is training in self-regulation. Practitioners exercise the bioelectrical function of the brain to help people regain, maintain, and enhance their mental and physical health. Neurofeedback improves mental performance, emotional control, and physiological stability. Strengthening regulatory control helps relieve symptoms associated with anxiety, depression, brain injury, migraines, ADD/ADHD, autoimmune diseases, fibromyalgia, and sleep disorders.

For individuals with developmental disabilities, specific symptoms can be addressed by exercising control centers that relate to his or her specific challenges. Significant developmental gains are seen in areas such as self-control, social and educational skills, sensory processing, speech, and coordination. New protocols developed over the past two years have greatly enhanced neurofeedback's effectiveness with conditions of extreme over-arousal such as autism,



cerebral palsy, and childhood bipolar disorder. Recent research on neurofeedback for autism spectrum disorder found an 89% success rate, with a 40% reduction in core symptoms after 20 neurofeedback sessions.

How it Works

Neurofeedback provides the brain with information about its performance by reading brainwaves through sensors pasted on the scalp, feeding that information through a computer program and giving it back to the individual in the form of a video game that responds to the client's brainwave activity. The brain is receptive to this reward-based learning process and each individual is challenged at his or her own level. The response to this training process is often quick and profound. With adequate reinforcement, the effect can last a lifetime.

Neurofeedback can be successful with such a wide range of conditions because the brain is the central control mechanism of the nervous system. If you impact the function of the brain, you can impact everything from sensory processing, to behavioral and emotional control, sleep, pain perception, and learning. Many clients at Syracuse Neurofeedback are able to avoid, reduce, or eliminate medication.

For a free initial consult with Syracuse Neurofeedback, call Priscilla Young (315-350-8816) or Barry Bates (315-492-3789). For more information, go to SyracuseNeurofeedback.com.



Laurie Flanagan LMT

Laurie's Therapeutic Massage: Managing Pain with Massage Therapy

How many people do you know today that suffer with pain and are missing out on the life they know they should have? How many of you would think of going to a massage therapist to try and get some help with your pain?

Massage therapy is more than just a relaxing afternoon at the spa. Many people are starting to realize that massage can help with the treatment of migraines, muscle tension and spasms, scar tissue repairs, fibromyalgia, and so much more.

Deep tissue, sports massage, and medical massage all work on a much different level with the body. These therapies are much more intense and may even leave you sore for a day or two after, but not to worry, that is normal. Remember that you are recovering from an injury or illness and it takes time to heal. Working together with you to come up with a treatment plan that works in your life, is one of the main components of these deeper massage techniques. During the treatments, it is your job to communicate with the therapist about what is going on in your body so that the therapist can make the best assessment and maintain a smooth treatment. Rehabilitation massage techniques have stages, which must be addressed in order to prevent further injuring of the tissue.

In order for a massage therapist to help repair or restore your injury or illness, he or she must follow six steps. The first step is to reduce the muscle spasm; the second step is to get rid of any trigger points, and the third step is to increase the circulation in the area. The fourth step involves correcting any restrictions that are being caused by the injury. These may include, but are not limited to, the ability to walk in a normal heel-toe pattern, the ability to turn your head to look over your shoulder, or the ability to raise your arm above your head. Once the therapist has made these assessments and begins treatment to restore the joint flexibility, he or she will encourage a fifth step, which is to rebuild the strength and endurance that was lost in the muscle. This may be done with the help of a personal trainer or a physical therapist. The last stage is to make sure that the person goes home with a plan to eat properly, appropriate exercises to maintain the range of motion, and a plan to return for treatment at least once a month to maintain muscle flexibility.



Today, insurance companies realize the benefits of massage therapy as an alternative to costly treatments. Workman's Compensation and No-Fault are two that accept massage therapy as a treatment for injuries. Chronic pain is manageable and can be treated with massage therapy. With continued treatment on a regular basis, pain can be kept at bay and normalcy in life can be regained.

If you or someone you know suffers from chronic pain and you think would benefit from a massage, feel free to call Laurie (315-440-5858) or even give them a gift certificate to get them started on their path of recovery. **Check out page 3 to learn about the amazingly discounted holiday gift package for Laurie's Therapeutic Massage available for purchase at Natur-Tyme this month.**

Check out these Local Resources

LOSE WEIGHT!
 • SMOKING • STRESS • OTHER PROBLEMS •
 Your Solution NOW!


Alternative HYPNOSIS
 Control Yourself

(315) 432-1514 ☎
 for a free weight consultation
AlternativeHypnosisNY.com
 director@alternativehypnosisny.com

Mark Briggs, LCSW, CHT
 Director
 4320 Fly Rd., # 114, E. Syracuse, NY 13057

Judith A. Falk, LCSW
 Counseling & Psychotherapy


Maria Regina Center
 1118 Court Street Suite 12
 Syracuse, NY 13208
 315-634-6943
 Cell 315-440-6558
 jaf135@yahoo.com



Infinite Light Yoga

Teacher Training Certification Program
 Multi-level Classes 6 Days a Week
 Retreats, Clinics & Community Presentations
 Employee Wellness Classes and Workshops

NEW: GENTLE YOGA CLASSES
www.InfiniteLightYoga.com



15% Off Massage

Massage Reiki

Laura K. Hudson, LMT, Reiki Master
 The RoseHeart Center, Fayetteville
 Gift Certificates available
(315) 391-9949
www.LauraHudsonLMT.MassageTherapy.com



Harmonious Holistic Acupuncture

L. Lolane Glundal, L.Ac.
 Chinese Herbs & Acupuncture
 Diplomat in Oriental Medicine
 136 West Seneca Turnpike
 Manlius NY 13104

315-682-7323 (Office)
 315-559-7876 (Cell)
 harmoniousholisticacupuncture@yahoo.com



Simply Green Cleaning Crew

Jake & Ashley Hibbert
 Phone (315) 395-0176
 Residential Commercial Insured & Bonded
SimplyGreenCC@gmail.com



Stephanie S. Kochan, MS, RPh, LMT
 springstudio@twcny.rr.com

Massage • Pilates • Aromatherapy

Licensed Massage Therapist
 New York and Nationally Licensed
 Certified Pilates® Instructor
 MS Exercise Science

By appointment only **(315) 422-6967**
 5110 Velasko Road, Suite 1000 • Syracuse, NY 13215
www.springstudio.biz • www.youngliving.com/springstudio



Laurie's Therapeutic Massage
 "Healing Through Touch"
 Laurie Flanagan LMT

Gift Certificates are now available for the holidays. Stop in to Natur-Tyme or call for more specials

Located at 7211 E. Genesee St Fayetteville or 6737 Lonsdale Rd Chittenango
 Call for appointment (315) 440-5858
 Expires 12/24/2010



Dr. Jennifer Goetz
 Complete Conventional, Complementary & Alternative Veterinary Medicine

8160 Canastota Road
 www.manliusvet.com
 Phone (315) 682-2200



SUGAR PEARL supper club
DAILY VEGAN DINNER
PICK-UP OR DELIVERED


INQUIRE AT
SUGARPEARL.LOUNGE@GMAIL.COM
 600 BURNET AVE **422-7464**

315-492-3789
 www.syracuseurofeedback.com

Syracuse Neurofeedback
 Training the Brain Toward Improved Function

Helpful for symptoms associated with:

Migraines • ADD/ADHD • Anxiety • Depression • Stress • Sleep
 Autism • Brain Injuries • PTSD • Disruptive Behaviors • Fibromyalgia



Divine Renewable Energy
 Inspired by Nature, Sustainable by Design

Joe Livingston, EE
 President/CEO

2569 Rolling Hills Road
 Camillus, NY 13031
 315-481-1425

joe@divinerenewable.com
 Solar PV, Solar Thermal Systems



Mary Riposo, PhD
 Reiki Master Teacher, Licensed Counselor

Reiki Sessions & Classes
 Akashic Records Readings
 Spiritual Counseling
 Past Life Therapy

Center for Integrated Energy Healing
 www.integratedenergyhealing.com

DrMary@twcny.rr.com (315) 449-0040
 www.IntegratedEnergyHealing.com



Advanced Thermal Imaging
 Before you can feel it... Thermal Imaging can see it!

Athermalimage.com - 1-866-522-3484

Health Screening for Early Detection!
 Locations in: Binghamton, Clifton Springs, Elmira, Rochester, Syracuse & Utica
 Call for an appointment today!



REIKI HEALING TOUCH RECONNECTIVE HEALING

Barbara E. Peklo
 315-637-4586

HOLIDAY GIFT SPECIAL
ONLY \$45 for one hour session
Gift Certificate Available at Natur-Tyme



ACUPUNCTURE WELLNESS
 @ Vibrational Awakening Institute

Dr. Ewa Lukasik
 M. Ac., Lic. Ac., Dipl. Ac.

Acupuncture
 N.A.E.T. (allergy elimination)
 Energy Therapy
 Spiritual Guidance

Office: 315-446-0535
 Cell: 315-440-8853



Kathy Kouwe
 Young Living Essential Oils
 Available at Natur-Tyme
 Independent Distributor
 Educator/Consultant since 1996

Visit me on the web: **www.oilslady.com**
 Email: **kathy@oilslady.com**
 Ph. 315-365-3739
 Call: 315-246-2592



Back to Wellness
 "a natural health improvement center"

Dr. Anthony M. Alphonso
 323 State Rt. 5 West
 Elbridge, NY 13060
 315-689-6140
www.backtowellnessny.com

"Live Healthier, Live Longer, Live More"



A NEW YEAR...A NEW YOU!

By Julia Havey



Every year, year after year, we spend the final few months reflecting on how successful we have or have not been for the resolutions we set for ourselves. We start to think about what we would like to accomplish differently in the coming New Year...

What would you like to do differently and what are you going to do to ensure you get the outcome you desire?

If your goal is to lose weight this year, and had the same goal last year, then the #1 MOST important thing you must realize before you will be able to reach your goal is that it must be a NEW approach! Why? Because it's crazy to keep doing the same thing ("dieting") and hoping for different results (weight loss!). Let me clarify things a bit, here is the phrase, your new motto that you need to print out, or write on a 5x7 card and keep in your eyesight:

"If you keep doing what you have always done, you will keep getting the same results you have always gotten!"

Regardless of what the goal is, time and time again, people in all walks of life, have proven that trying to realize change without doing anything differently doesn't work and never will! It just won't happen! If you do not change the input, you won't change the outcome! If you don't change the action, you can't realize a different reaction. But...if you just make some simple changes to your formula, miraculous changes can occur.

I am not saying that you have to change everything that you do, nor must you change it overnight, but in the course of the coming New Year, you will need to make simple changes in your life and modify some of your actions...in order to realize the changes that you desire in your life, to your body, and in your health and fitness.

What are some of the things you may want to consider doing differently?

1. Don't allow the scale to be the ultimate determiner of your success: Actions and efforts that are consistently healthy matter far more than the speed at which the scale measure declines.
2. Portion sizes: Even if your food selection is healthy, eating too much of it isn't! If a little is good, it doesn't mean MORE is better! Ask me for my favorite tool to make this tip effortless. Email me at jhavey@pgx.com
3. Food Preparation: Steamed veggies are healthier than fried veggies! Make optimally healthy choices, not just 'better' choices than in the past!
4. Movement: If you aren't getting any exercise, you must begin doing even a tiny bit today! Any movement and exercise is better than none! Move it and lose it!!!
5. Shopping habits: You can't eat a Twinkie unless you first purchase one! Think before you buy!
6. Social life: If your social life revolves around eating, you just may need to decline some of the more calorically-challenged gatherings! In extreme cases, where friends are sabotaging your efforts to be healthy, you may even need some new friends!
7. Eating for companionship: Food is fuel, not your friend! Nor should you "love it," because it will never "love you" back!
8. Boredom: If you eat when you are bored, try doing some volunteer work! It will do you more good than a pastry any day!
9. TV: Turn it off and get busy burning the fat off! Get out of the sedentary lifestyle that TV facilitates! Get up and dance rather than just sitting on the couch watching the "Stars" do it!
10. Eat to live: Don't live to eat!

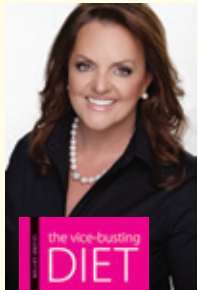
I would love to hear what changes you decide to do, mine or some of your own. Email me at jhavey@pgx.com and let me know what you are going to do with this New Year! Make it your very best yet! I look forward to helping you realize your goals this year and be sure to use my Vice-Busting Diet to help you realize them more easily than ever before! Register for FREE at www.PGX.com

Don't Miss Natur-Tyme's FREE Lecture by Julia Havey!

Thursday, January 13, 2011

7:00 PM-9:00 PM

Drumlins Country Club
(RSVP Required)



Attend this event to learn more about Julia's program and how she and PGX® want to help 1 million people lose weight!



“Since losing 135 lbs myself, I have helped thousands of people to reach their weight loss goals through simple changes in lifestyle, not regimented diet plans. Together with PGX®, I want to help 1 million people to achieve their weight loss goals by making these same changes.”

Julia Havey, author of *The Vice-Busting Diet*

“Julia has walked the walk and shares her insights into how we can join her in gaining wellness through healthy weight control.”



Mehmet Oz, M.D., co-author of *You: The Owner's Manual*

To RSVP, stop by Natur-Tyme,
call us at 488-6300 or
email us at events@natur-tyme.com



Would you prefer your friends or loved ones to select their own gifts? Give them Natur-Tyme gift cards!

For every \$25 gift card you purchase, you get your own \$5 gift card!

**Double
Wellness
Rewards!!**

Shop at Natur-Tyme
this month and reap

**TWICE the
HEALTHY
REWARDS!!!**

Instead of earning 1 point per dollar spent,
you'll earn 2!



5898 Bridge Street.
East. Syracuse, NY 13057
RETURN SERVICE REQUESTED

Store Hours: Mon-Fri 9-8, Sat 9-6, Sun 12-5
Phone: (315) 488-6300
www.natur-tyme.com
Wendy Meyerson, Owner

Courteous, Professional Staff with Health & Wellness Educators, Licensed Cosmetologists, Vitamins, Supplements, Herbs, Foods for Special Diets, Personal Care Items, Bulk Foods, Pet Center

The products and claims made about products throughout this publication have not been evaluated by the U.S. Food and Drug Administration. The material contained is for informational purposes only and is not intended to diagnose, prevent, treat, or cure any disease. Consult with your healthcare professional before undergoing any protocol.



Printed in the USA using Soy Ink on Recycled Paper.



Founding member of
SyracuseFirst
think local. buy local. be local

NUTRITIONAL INSIGHTS

FREE bamboo scarf!
(value of \$39.99) with
any purchase of \$75*
or more!

*While supplies last.. One per customer per day.

And you can buy them too!

What a great gift. MSRP \$39.99

Everyday Price \$15.99

