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10% Off Mojave Nectar
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Poor Air Quality



important dates

OBSERVATIONS

National Nutrition Month
Colorectal Cancer Awareness
Red Cross Month

Closed Good Friday
March 21, 2008

Open Easter Monday
March 24, 2008

product special

10% Off Mojave Nectar



Made from Mojave yucca (*Yucca Schidegera*), Mojave Nectar is a herbal drink that can help treat headaches, arthritis, rheumatism and

the digestive tract. An abundant source of saponins, it has clinically been shown to be anti-fungal and antibacterial.

Enhance your dietary needs

Panacea Center has a wide range of nutritional supplements for your dietary needs. Consult one of our healthcare specialists who can help make recommendations for your diet.

natural allergy relief

Panacea Center



As winter draws to an end and blooming flowers mark the beginning of spring, the nuisance of allergy season is also around the corner. While antihistamine and decongestant medications provide temporary relief to symptoms of watery eyes, a runny nose, sniffing and sneezing, they eventually weaken the body's immune system. A great, natural way to help fight allergies is to start off by strengthening the immune system. Nutritional supplements such as vitamins and

herbs can be beneficial in providing quick, natural relief from symptoms. Nutritional supplements can be taken orally or administered intravenously with IV therapy.

Some natural supplements to boost the immune system and relieve allergy symptoms include... [more on next page.](#)

feature: ozone therapy

cleanse your body from toxins and other impurities



One of the most pleasant and least invasive ways to use Ozone Therapy is via the steam sauna method. In this treatment, a specially designed steam cabinet accommodates an inflow of medical grade ozone and oxygen that mix with the steam. As the warm and gentle steam vapour surrounds the body, causing the pores to open, both ozone and oxygen enter through the skin to cleanse the blood, fat and the lymphatic system. Toxins are oxidized and immediately perspired out, sparing the kidneys and liver from the task of dealing with them.

New research shows that hyperthermic steam can be an effective treatment for detoxification programs, immune system deficiencies, pain management, cancer, arthritis, stress and muscle tension, increasing body metabolism, elimination of toxins and blood circulation. For more information about ozone therapy or to schedule an appointment, contact us.



natural allergy relief cont'd

Panacea Center

Vitamin C with bioflavonoids work as a natural antihistamine and boosts the immune system while providing adrenal support.

An irritating cough and a runny nose are indications of inflammation.

Vitamin A helps reduce inflammation and boost the immune system.

Vitamin B5 (panthothenic acid) is a good addition to other natural supplements. Aside from providing antihistamine action, it boosts adrenal function and defends against stress.

CoQ10 does more than just boost the immune system and act as an antihistamine; it helps as a stress reliever and can be combined with B Vitamins to counteract symptoms of depression.

Omega-3 Fatty Acids can help reduce respiratory symptoms by reducing inflammation. It can be combined with CoQ10 and Vitamin A to reduce allergic reactions a provide a complete allergy relief plan. Omega-3's are also found in fish, almonds and flax seeds.

Quercitin is a plant compound found in apples and grapes that works as an anti-inflammatory to keep lungs, nasal passages and eyes from swelling. As an antihistamine, it can help prevent symptoms of watery eyes and a runny nose without causing drowsiness or insomnia like over-the-counter medications do.

To learn more about how you can modify your diet or add daily nutritional supplements and herbs to help ease allergy symptoms, consult one of our healthcare practitioners.

health tip: a little bit of soy

Dr. Sanjay Mohan Ram, BSc (Hon.), ND



A little soy goes a long way when it comes to blood pressure control. Adding 40 grams of soy protein to the daily diet (equivalent to a couple servings of soy milk and a couple ounces of soy flour) may help lower blood pressure in people who have mild hypertension or prehypertension, as suggested by a recent study. Edamame, soy burgers and soy-based cold cuts are other great ways to get your daily soy.

Soybeans are high in protein and low in fat, making them a great addition to your diet if you're trying to lose weight or have certain health conditions, such as heart disease or diabetes. In a recent study, participants with mild hypertension or pre-hypertension (average blood pressure 135/85 mm Hg) were given 40 grams of soy protein supplements per day for 12 weeks. Soy supplements lowered blood pressure in both populations by the end of the study. Soy lowered systolic pressure in people with mild hypertension by nearly 8 points and diastolic pressure by about 5 points.

Although diet is an important component of blood pressure control, follow your healthcare provider's advice regarding the types of foods you should eat, as well as his or her recommendations about exercise and medication.

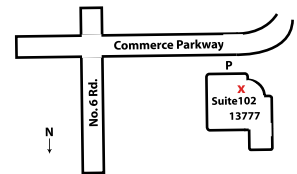
If you have any questions, please do not hesitate to ask us. We are more than happy to assist you.

did you know?

Studies in recent years have found that the air quality inside the average home is up to five times worse than that outside.



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