



DIVING DEEPER WITH DR. DEAN

Nov. 8, 2022 / Vol 16

Did you RSVP?

Let's chat about the cold and flu season and what we need to have on hand to be able to battle it naturally! We will also be talking about ways to mineralize our bodies and sampling a variety of nutritious beverages and foods (recipes included).

Saturday, Nov 12

9am - 11am

Cost is \$60*

(or bring a friend and save
\$\$)

rsvp 616-570-8886

Grandville Office

(185 44th st, suite E)

Anxiety

This is a big emotion that plagues all of us.

Some momentarily or circumstantially and others may struggle daily.

Some symptoms may include a cold swear, heart palpitations, trembling, chest pressure or dry mouth.

Those who are of blood type A may tend to struggle with this more because their bodies have a harder time breaking down stress hormones.

Stimulants such as caffeine tend to make this even worse.

Looking at this from a naturopathic perspective, if we can calm down the body's sympathetic nervous system (fight or flight) we can relieve some symptoms.

Diffusers -

Wellness Family!

Anyone who wanted to try a young living diffuser at a low cost... this is for you! Desert diffuser or feather the owl

(sound machine & diffuser) on SALE now!

\$15 each or buy 2 for \$20... limited supply so first come first serve (must pick up)



Relieving Anxiety

Herbal Tea or Tincture - Kava Kava, Passionflower, St. John's Wort, Blue Vervain

Essential Oils - Bergamot, Lavender, Patchouli, Ylang Ylang, Roman Chamomile

Minerals - Magnesium (helps the body to relax)

Vitamins - B6

Bodywork - CranioSacral (provides deep relaxation and calms the nervous system, making sure it is communicating properly with the body)

Dietary - decrease refined sugar consumption (and caffeine or stimulants) and increase good healthy fats (nuts, seeds, real butter, ghee, fish oil, avocado, olive oil, coconut oil)

Hydrate!

Flower Essence - Rescue remedy (calming in times of stress)

Natures Sunshine Supplements - Adrenal Support, 5-HTP, Anxieousless, Gaba Plus



He restores my soul

Thanksgiving Foot Soak Sale!

Don't forget to schedule your dual ionic foot soaks today! Now through thanksgiving when you book a deluxe foot soak with a friend, you'll only pay the price of the regular soak. This is a \$30 savings and gives you almost TWICE as much soak time as well as an automated foot massage to complete the experience!

Located @ 185 44th St. Suite E in Grandville

www.WellnessBodytoSoul.com I 616.570.8886