



# Knee Deep in Cold Season?

AAAACHOOOOO. This year make all your get togethers one to remember, not one laid up in bed.

St. Francis's Deep Immune is our 2013 top choice for protecting our immune systems. It uses a combination of traditional Chinese medicine to help keep you in the best of shape for this

There is nothing like the holidays! Especially when you are out doing some Christmas shopping and all you hear in your ear is



*A sneeze travels at 100 mph and adds approximately 100,000 germs into the surrounding environment.*

year's cold and flu season. This product is not only fantastic for protecting against colds and flus but it has also been proven effective for chronically run down exhausted types, people recovering from surgery or injuries, and people battling cancer or undergoing chemotherapy. This product's main ingredient includes Astragalus which acts as an antibody producer, a white blood cell stimulator and an amazing adaptogen. Traditional Chinese medicine believes that changes in the weather are the largest stressor on the body testing our immune functions. Astragalus is what helps us adapt to the extreme weather changes that bring on so many symptoms such as nasal discharge, tickling or deep barking cough and the red Rudolph nose.

This amazing combination can be seen increasing energy

(stamina and endurance), repairing and restoring fatigued adrenal glands, increasing the rate of healing, improving digestion and absorption, and supporting proper detoxification of the liver and kidneys.

Another reason why we choose this product to be the must have for the medicine cabinet is because on top of all of the great healing properties it has, it is a liquid. It has superior absorption and uptake in the body making it fast acting when you need it most. It also makes it very versatile in how it can be taken. You can put it in water and swallow it, or you can put it in water and hold it in your mouth for a few minutes allowing it to go directly into the bloodstream for even faster absorption instead of only digestion absorption. For some children who are very young or are a little fussy the liquid can be brushed onto the

bottom of the feet allowing for it to be absorbed into the blood through the 2000 pores we have on the bottom of our feet. But for those who prefer to have a capsule, St. Francis has made it available in that form as well.

From Mom and Dad, to Grandma and Grandpa, to infant and child, let St. Francis make your holiday season be remembered as joyous as it should not dampened by sniffles and coughs.

*The staff at Paris Natural Foods would like to wish everyone a safe, happy and healthy holiday season.*

*Jessica Ernewein*  
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Homeopathic Practitioner

  
SUDBURY HOMEOPATHIC CLINIC

[www.sudburyhomeopathicclinic.com](http://www.sudburyhomeopathicclinic.com)

## It's Time For Your Winter Tune-Up

### We Can Help Get Your Immune System Back on Track!



Deep Immune  
For Adults

- The premiere herbal formula in support of a healthy immune function
- Decreases the tendency to frequent colds, flu, and infection
- Acts as a qi tonic for fatigue and exhaustion
- Used adjectivally during radiation and chemotherapy to mitigate immune depression in cancer patients

(available in 50ml, 100ml, 250ml and capsules)



Deep Immune  
For Kids

Great tasting and safe for kids. This uniquely blended herbal combination stimulates improved immune function in children who suffer from recurring colds and flu.

(available in 50ml, 100ml)

*Photos by: Oussama Bouhedda*

**PARIS NATURAL FOODS**

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Mon - Fri: 9:00 am - 9:00 pm  
Sat: 9:00 am - 6:00 pm  
Sun: 11:00 am - 6:00 pm