



The LORIEEN B U Z Z

"The first Wealth is Health"
-Ralph Waldo Emerson

Vol. 2 Issue No. 7

Enjoy Winter by Staying Healthy

Most people make sure their cars are ready for the winter season, but how many of us do the same for our own bodies? It is important we prepare ourselves for the rigors and added stress that the onset of colder weather often brings. By boosting our immune systems so we can fight off invading germs and viruses before even noticing them, we will help ourselves prepare for winter. A good place to start is to take a high quality, non-synthetic, multi-vitamin. Also take some additional Omega 3 oils from flax or fish oil. In past studies, Omega 3 oil has been shown to be effective for fighting the winter blues while also helping with mental alertness. Carlson's Fish Oil is very high on my list for not only boosting my resistance to colds, but for fighting the dry skin effect that the winter usually causes.

By staying far away from artificial surfactants, deodorants, and chemical perfumes found in common commercial soaps and choosing a more natural soap, you can help avoid the skin irritation winter brings. Here at Lorien, you will always find a selection of high quality natural soaps that are gentle to your skin.



In most of our soaps you will find olive, palm, coconut, and other oils known for their skin calming qualities. Whether you are looking for a locally hand made soap or national or international brand, our selection of soap has met the highest standards. We have used all our soaps ourselves and have found them most beneficial.

The use of a high quality shower or bath filter will also remove chlorine and other harmful chemicals and reduce the skin irritations associated with them. Adding moisture to your environment with a humidifier will make you more comfortable and allow you to lower your thermostat to save energy. A humidifier will also help to keep your nasal membranes moist and healthy.

Staying healthy through the winter also requires good nutrition for your body. Try to eat whole grains, raw foods, fresh seeds and nuts, and fruit. There are a lot of different ways to cut costs, but staying robust and healthy over winter is a must. 🌱

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Far better to rely on your own immune system than to get a flu shot that has not yet proven to be effective. I would not like the cocktail of toxic and hazardous chemicals injected into my body. A flu shot will often contain one or more of the following: Thimerosal (mercury), often up to 250 times the EPA's own safe limit; Formaldehyde, a known cancer-causing agent; Aluminum, a neurotoxin that has been linked to Alzheimer's disease; Triton X-100, a detergent; Phenol (carbolic acid); Ethylene glycol (antifreeze); and various antibiotics including: neomycin, streptomycin and gentamicin. Any and all of which can cause allergic reactions in people.

Thanks to "natural health" promoter Dave Kazda for the breakdown. You can read Dave's latest health newsletter by emailing him at:

knowledge_quest2002@yahoo.com

(continued overleaf...)

Feel Good Shopping

While there are plenty of places to shop in Spokane, for over 30 years there has only been one Lorien



Herbs and Natural Foods. Though we are often asked by customers to establish another store in the valley or elsewhere, we are happy to be as we are.

Since the beginning, our specialty has remained the same; we are proud to offer our customers the finest quality health giving products and faultless service at a competitive cost. Parking is usually always easy and convenient at Lorien so you can be in and out of our shop as quick as a flash if you wish.

Those that like to linger are encouraged to browse as long as they please. We offer a wide range of books and information for people who are looking to better their health through self-education. All questions about our lines of supplemental vitamins, minerals and natural herbs and remedies are always welcome.



Having served people at Lorien for over 20 years, Chris is always eager to assist folks and to share her wealth of knowledge about herbs and nutritional supplements. 🌿

New Products at Lorien

Dr. Schulze's
ORIGINAL CLINICAL FORMULAE
Since 1979



Superfood Plus -

Nourishes every cell in your body with nutrient-rich organic vitamins and minerals to give you more energy than ever before.



#1 Intestinal Formula -

Eliminates constipation and promotes regular, healthy and complete bowel movements.



#2 Intestinal Formula -

Detoxifies your body like a powerful intestinal vacuum that draws out old fecal matter, toxins, poisons, bacteria, drug residues, mercury and lead.



Echinacea Plus -

Builds a powerful immune system that protects you from disease. Fights colds, flu, allergies and infections.

© Written by Roger W. Imes