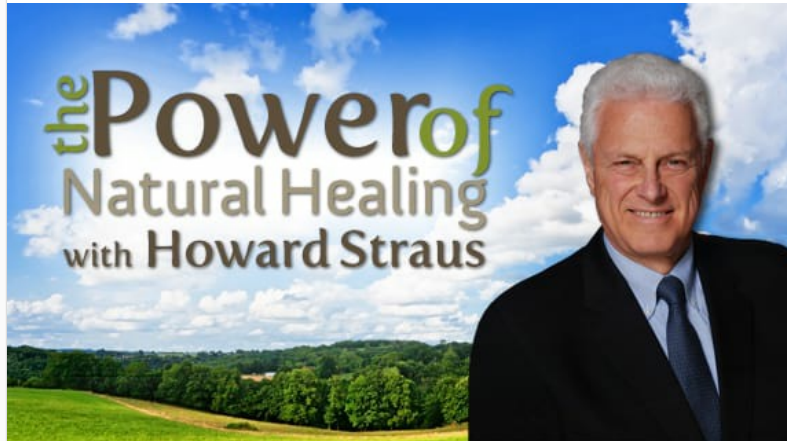


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HEALTH & WELLNESS



The Power of Natural Healing Archives Available

**December 17th 2018: It's that time of year again
... Stay healthy!**

I am sure that many of you have experienced the unpleasant time in late January and early February when you are down with sniffles, fever, cough and worse. Most people attribute it to the stress of the holiday season, the cold winter weather, the financial stress we subject ourselves to in order to provide gifts and parties to our families, travel, and other causes. But I don't believe it! Over the years, I have often worked in close proximity with a work group of six or eight others, all of whom suffer during this period from "the flu that's going around". Since everyone has it, the assum

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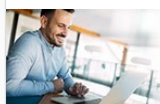
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