

FOUNDATIONS FOR HEALTH FALL 2015 NEWSLETTER

WWW.FOUNDATIONSFORHEALTHNC.COM

Upcoming Classes

Foundations for Health: “Staying Healthy Through the Holidays”

Friday, November 6th
7:00-8:30pm

Cost: \$10 per person

Location: Dr. Ward's Home

While the holidays are the most wonderful time of the year, they can also be the most stressful!

In this class, Dr. Ward and Aaren will be discussing how to manage stress, build your herbal medicine cabinet, the importance of making good nutritional choices, and healthy holiday treat recipes!

Refreshments and treats will be provided. Seating is limited, so please contact the office to reserve your spot today!

Journey to Wholeness Center: “Unpack Your Baggage”

Monday, November 2nd

6:00-7:30pm

Location: North Charlotte Library

This class, offered by the Journey to Wholeness Center, will focus on eliminating your emotional baggage before the holidays. Contact Lynn Groen at lynn@bridgeofhopecounselingcenter.com to register.



Meet Aaren

Aaren Upton joins our team as Office Assistant and Equipment Manager. In addition, Aaren is currently studying at Trinity School of Natural Health to become a Certified Nutritional Counselor.

Aaren is passionate about assisting people with their health and well-being through nutrition. She looks forward to assisting you in the office, booking appointments, and helping you with your health journey!

Aaren and her husband Drew live in Huntersville and enjoy an outdoorsy life with their furry kids Marleigh, Zipp, and Gunner.

NEW

Referral Program

Beginning October 26, 2015, Foundations for Health will be offering a client referral program. For each client that lists you as a referral source on their new client form, you will receive \$10 off your next appointment with Dr. Ward. For more information on this program, contact the office.

Foundations for Health

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Aaren is now accepting appointments for Nutritional Counseling while she is completing her certification. This will include pantry makeovers, nutritional and recipe consulting, and label-reading instruction. Aaren helps clients create a customized plan to work with individual dietary and lifestyle needs.

Is Technology Making You Sick?

Our environment is filled with electricity due to the cultural prevalence of technology. As a result, human cells are overburdened with positive charges, causing cellular imbalance and a wide range of health problems.

The earth has a negative charge that can help to balance the body's electrical system, but we have become disconnected. Historically, people have been grounded: they slept on the ground, walked barefoot through the grass, and spent much of their working time outside in a world with few barriers to an earth connection. Because of this, people had fewer chronic, inexplicable health problems than we do today.

We must regain this connection to the negative ions emitted by the earth in order to help balance the cellular communication in our bodies. The mission of Foundations for Health is to become a leader in the natural health field, providing you with access to cutting-edge

technologies, such as Grounding, that can reconnect you to the earth's beneficial properties and assist your body's natural healing process.

Foundations for Health offers Earthing Grounding Gear for purchase. This gear, ranging from sheets and blankets to pads for use in your car and office, utilizes silver

thread to conduct the earth's energy to you and recharge your body's electrical system.

From now until Christmas, for every \$150 spent on Earthing Grounding Gear, you will receive a **FREE** bottle of DesBio EMF Protection Homeopathic, a \$20 value (while supplies last)!

Essential Oil Spotlight



ESSENTIAL OIL SPOTLIGHT:

TEI-FU

- Invigorates the mind
- Stimulates the respiratory system
- Is cleansing, refreshing and softening
- Contains mood-enhancing scents
- Great for muscle and head aches
- Comes in oil and cream form

Pick up yours today from the office or order online at naturesunshine.com. To receive a membership discount, place a \$40 minimum order and enter 1090255 in the "sponsor number" field at checkout.

HAVE YOU STARTED YOUR CHRISTMAS GIFT LIST?

Christmas is just around the corner, and with the holidays comes the stress of trying to find the perfect gifts for your friends and loved ones. Foundations for Health can help with those tough decisions! Here are a few ideas available for purchase through the office:

- Earthing Grounding Gear
- Essential Oils and Diffusers
- All-Nutrient Organic Hair Care Products
- Personal EMF Protection Necklaces and Bracelets
- Foundations for Health Gift Certificates
- Equipment Packages
- Spa/Facial Packages
- Phone/Computer Diodes