

LOTUS NOTUS

"Optimum Health Naturally"

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WORLD PREMIER!

Welcome to the first issue of Lotus Notus! There is a lot happening at Lotus Path Wellness Center and Clear View Thermal Imaging, and it is a good time to fill you in on some of the latest news.

OFFICE CLOSED FOR VACATION

We will be closed from Friday August 21 through Sunday, August 30. We will re-open on Monday, August 31. Clarice Ventrone, our licensed massage therapist, will be open for business during that time, and can be reached at 920-3278 to schedule a massage. You are welcome to leave messages on our telephone during that time, but please keep in mind that we will retrieve messages on Monday, August 31.

For those of you who usually cannot come during work hours, **we are currently planning to be OPEN on Labor Day, Monday, September 7.** Please call as soon as possible to schedule an appointment for that date.

FLU, SWINE FLU, AND PREVENTION

Again this year, we will offer the homeopathic oral flu vaccine for the 2009-2010 season. The CDC and WHO are currently determining final recommendations for strains to be included. The product is usually available in October. Please stay tuned for more details.

Meanwhile, use good common sense to minimize your exposure to the flu and other illness:

-Wash your hands frequently, especially after being in public places. Use soap and water and wash for at least 20 seconds.

-Keep your hands away from your eyes, nose and mouth.

-Stay on top of your vitamins, minerals, and healthy diets to keep your immune system strong.

-Drink plenty of water.

-Get adequate rest each night.

-Avoid people who are sick.

-If traveling by plane, use saline spray or gel in your nostrils to create an unfriendly environment for germs and to keep nasal membranes from becoming dry and inflamed.

NEW ALLERGY ELIMINATION PROCEDURE IS OFFERED

We are offering a new service to help with your allergies. It is called the Nambudripad Allergy Elimination Technique, or NAET for short. This technique can literally eliminate allergies. There are no needles involved, minimal supplements, and usually only temporary diet changes are required. **Dr. Belluccio will be conducting a seminar about NAET on Wednesday, Sept. 23, 6:00 - 7:00 p.m. at Maggie's Miracles Tea Room.** The tea room is located in New Tampa, at 10335 Cross Creek Blvd., Suite H. If you or anyone you know suffers from allergies, it will be worth your time to learn more about this process. You can also enjoy a pot of tea during the talk, or come by 5:30 for dinner. Please RSVP at 964-0847.

NEW PRODUCTS

We now carry Clinical Essentials Omega Fusion omega oil blends. This product is the consistency of a smoothie, and comes in amazing flavors like strawberry banana and lemon zest. It is so delicious that it is hard to believe you are getting the daily dose of essential fatty acids. We are offering sample tastes in our office for a limited time. Please try them. This product is especially great for kids. Teresa considers it "dessert".

We stock several brands of delicious protein powders. They are all pharmaceutical grade and come in a variety of flavors.

Thanks for letting us serve you. We look forward to seeing you again soon!

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