

## Cooking Classes

There will be no cooking classes during the month of January. Our Cooking Department will be taking some time to gather meal plans and recipes for the upcoming months. Beginning in February, we will be kicking off our International Foods series of cooking classes. Upcoming classes will be held once per month and include:

February 19th: Mexican Cuisine

March 19th: Thai Cuisine

April 9th: Italian Cuisine

Dates for Asian, Indian, and French Cuisine are still being discussed.



## Fitness Fact

**Frequent Movement Beats Stress!**

Exercise is a fantastic way to prepare one's body to handle the stressors of day-to-day life. So get moving, and schedule an appointment with Drew today! Call 601-346-9080 ext. 610.

## Massage Minute

There are three major ways depression can affect your body. These include an inability to experience pleasure, an excessive sensitivity to stress, and a negative outlook on circumstances. No matter the reason for the depression or anxiety your body may be battling, massage can help! Massage releases both serotonin and endorphins. The serotonin acts as a calming mediator for the body, while the endorphins act as a happy stimulator for the brain. Together they can bring pleasurable feelings and generally elevated moods in both your body and mind. Call 610-346-9080 ext. 305 to schedule a massage today!

## New Products Available at the Well of Life Center!

The Well of Life Center is pleased to announce that we are now distributors for Norwex Cleaning Products!

Norwex offers a wide variety of products for use around your house, from chemical-free soaps and cleansers to microfiber cloths that will clean and sanitize any surface with just water! Norwex also offers a line of organic personal care products that is sure to leave your skin fresh, hydrated, and glowing with health!

To see all of the products available to you, see the Norwex catalog at our Front Desk.



## Ask The Clinician

**I have been hearing mixed reports about the advantages of agave nectar. Is it good or bad?**

The answer to this question is "both". Agave nectar, depending on how it is processed, may be just as detrimental to your health as high fructose corn syrup. However, after careful research, we at the Well of Life Center can confidently say that Volcanic Nectar Blue Agave Nectar is not only good, but the best agave nectar on the market.

Volcanic Nectar's agave nectar is processed at a temperature no higher than 118° F, which allows for the breakdown of the starchy sap of the agave plant into a low-fructose sweetener. In addition, Volcanic Nectar does not allow any artificial fillers to be included in their agave nectar, and is USDA certified organic.

If you are interested in purchasing Volcanic Nectar Blue Agave Nectar, it is available at our Front Desk!

**Do I need to change my toothbrush after having parasites?**

Any immune stressor, including bacteria, virus, mold (fungus/yeast), or parasite may find safe harbor in your toothbrush. It is a good idea to change your toothbrush after finding your body in effect to any of these stressors.

If that sounds like a daunting task for you, it may be a good idea to look into getting yourself a Norwex Silver Care toothbrush. The silver heads of these toothbrushes make them self-sanitizing, meaning there is no need to replace them after coming in contact with an immune distress! These toothbrushes are available for purchase at the Well of Life Center.

## New Return Policy

The Well of Life Center is implementing a new Return Policy, and we would like to notify you of the changes. We will now be giving a full refund of any unopened product that is returned within 30 days of the purchase. Returns may be made in person or by mail. If the product is defective or you received the wrong product, you may return that item for a full refund.