

Cooking Class *French Cuisine*

Saturday, July 9th, 10 am

French cuisine is considered by many to be the height of culinary achievement, and is recognized as the most delicious, cultured, and refined cuisine in the world. Come learn how to prepare a menu worthy of Le Cordon Bleu, and experience the joy of this rich cuisine for yourself!

\$25 per person



Introducing...



Dustin Doran

Dustin is the newest member of the Well of Life team, joining our fitness department as a Fitness Instructor.

Dustin, who began at the Well as a client, is excited to begin helping others along their healing journey. He has been shadowing Drew at the Well, and will be fully certified as a Personal Trainer in mid July.

Welcome to the Well, Dustin!

Anniversary Prize Winners ★ ☆ ★ ☆ ★

We celebrated our 5 year anniversary in May by giving back to you, our clients, who have supported us these last 5 years. Congratulations to our Grand Prize Winners:

- Cindy Zimmer** – Well of Life Gift Basket of Goodies
- Tracy Cummins** – Three Personal Training Sessions
- Samantha Dougherty** – One Chiropractic Evaluation
- Michelle Neubert** – Twelve Visit Prepayment Package
- Tim Smith** – One Hour Massage



Ask the Clinician ★ ☆ ☆ ☆ ☆

How are STDs such as HIV handled at the Well?

The first thing to know is that we do not “treat” or “cure” any disease or disorder in the body. When something such as an STD enters in and takes hold, we need to look at why the body was unable to fight it off on a cellular level. Using nutrition, we aim to improve the body’s terrain, going all the way down to strengthening each cell to fight off any virus that has entered in. We have had a number of clients suffering from the symptoms of STDs who have seen amazing results, and who now experience freedom from this symptomatology.

Do you recommend using the alternative water softening systems that do not use salt?

The alternative water softeners work by wrapping a small section of your water pipe in a wire that transmits electromagnetic frequencies through your water as it flows through the pipe. These electromagnetic frequencies change the molecular structure of the minerals in your water, preventing them from sticking to surfaces and building up, thus softening your water. This is a great alternative to traditional water softeners, which dump chemicals into your water supply. You may be wondering about the EMFs being transmitted through your water. Don’t worry! The electromagnetic frequencies are transmitted only through the wire, and are not carried by the water. They will have no affect on you.

These water softening systems are a great choice for those of you who have to deal with hard water. Check them out at www.easywater.com or www.scaleblaster.com.

Keep the bugs at bay! ★ ☆ ★ ☆ ★



Are you looking for a natural bug repellent that will keep the bugs away without all of the harsh chemicals of regular bug spray? Check out Dr. Schultze’s Bug Barrier and Bug Block at www.herbdoc.com. These products are organic, natural, and safe for children, pets, and plants!