



Health Matters

by
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We have more immune challenges than ever these days. Allergic reactions to airborne allergens trigger our immune responses, with symptoms such as itchy noses and throats, watery eyes and sinus congestion, as well as increasing our susceptibility to viral and bacterial infections like colds, flu and sore throats.

Used historically for its anti-bacterial, anti-fungal and anti-viral properties, **Oil of Oregano** has been revered throughout the ages. The ancient Greeks named it "Oregano" meaning "Delight of the Mountain" because of its many therapeutic uses, including not only for respiratory conditions, but skin rashes, burns, acne, toenail fungus and ear infections, as well as chronic vaginal, urinary and/or intestinal yeast infections.

Available in oil, nasal spray or soft gels, **Oil of Oregano** works quickly, safely and effectively. Our immune systems protect us from many pathogens, but it's imperative that we take an active approach to staying healthy.

As always, we guarantee your satisfaction.

Locally owned for 36 years

 **NATURAL
FOODS MARKET**

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