



## SYMPTOMS

Do you suffer from seasonal allergies? The following symptoms are most indicative of seasonal allergies:

- Runny and stuffed up nose
- Thin, clear discharge from nose
- Sneezing
- Red and watery eyes
- Itchy nose, eyes, roof of mouth and ears
- Pressure in nose, forehead and cheeks
- Ears feel plugged

## TREATMENT

There are natural treatments available for allergy sufferers without the side effects common with taking prescription or over-the-counter medication. At Herbal Magic, we want to make sure you are at your best through the upcoming allergy season and recommend the following products (available at your local Herbal Magic centre). Note: If you have questions about these products, please call the Herbal Magic location nearest you.



**Fruits & Veggies Capsules:**  
 Loaded with powerful anti-oxidants, allergy and asthmatic symptoms may be significantly reduced.

### MSM-Flex™ Advanced:

Research has shown that MSM creates a shield so that allergens are prevented from entering the tissue to cause an allergic reaction.



**Protozyme Forte:**  
 The anti-inflammatory and immunity enhancing properties are useful for mediating the body's response to all types of allergens and allowing distressed tissues to heal.

*Recent studies have shown that, even if exposure to environmental allergens cannot be eliminated entirely, reducing the body's inflammatory response through diet and supplementation will help to alleviate allergic symptoms.*  
 By Dr. Julie Chen BSc, ND  
 Herbal Magic Scientific Advisory Team

# Spring Cleaning

## for your body.

Did you ever stop to consider that your body deserves the same sort of seasonal attention you give to the clutter in your closet? Spring cleaning takes on a whole new meaning with Purify, Herbal Magic's all-natural cleansing kit. A proper detoxification of your gastrointestinal system will help you lose weight and maintain and support your body's natural ability to rid of the breakdown products that bog you down, leaving you feeling fresh, clean, healthy, and with enough energy to tackle that cluttered closet.

**Talk to a Herbal Magic health counselor today about the Purify Cleansing Kit!**

**This is the first time in years I have been excited about summer...**



Lisa before

**Lisa lost 70 pounds and 72.5 inches**

*"After having two children within two years, I hit a breaking point with my weight and decided that I needed to do something. I didn't want to be a poor influence on my children. I wanted to be more involved with them instead of feeling self-conscious all the time. After looking at many weight loss programs, I decided that Herbal Magic made the most sense for sustainability and healthy weight loss. I visited the Herbal Magic centre several times and struggled with making the commitment. I had a fear of what I believed to be handing over control of my lifestyle. With having two small children and a full-time job, I didn't have time to spend on a weight loss program. What I didn't realize was that I was not handing over control to Herbal Magic, but they would teach me how to regain control of my life. After reaching my goal, I now feel like a new person. I feel more confident, I am relaxed, I sleep better and I have a lot of energy. I am doing activities that I would not have done a year ago. I went tobogganing with my kids this winter, went on a canopy tour in Costa Rica, and I have signed up for the 60km walk for breast cancer this September. This is the first time in years that I have been excited about summer! Herbal Magic has taught me a lot about portion control, how to make the right food choices and now to modify recipes. With the centre being open six days a week, support is always there. I would recommend this to anyone who is struggling to lose weight. The counselors are very supportive and encouraging. The one-on-one environment allows you to discuss things openly and not feel intimidated."*



Lisa now

**It's not just what you lose, it's what you gain**  
**Join now & lose up to 25 pounds by summer!**

**Herbal Magic**  
 WEIGHT LOSS & NUTRITION CENTRES

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