

### Houston's Quote of the Week

The top nine sources of calories in the American diet: whole milk, margarine, white bread, rolls, sugar, 2% milk, ground beef, wheat flour, pasturized process American cheese. U.S. Dept. & Agriculture, 1992.

We supply homeopathic, natural remedies & organic foods.

# Houston Central Pharmacy & Health Food

**\$12.99 - 90 caps**  
**Enhanced Echinacea**  
**\$16.99 120's 500 mg**  
**Canadian Echinacea**

## Echinacea

As Spring breezes in, many of us find it difficult to adjust to the change in season. Our immune system seems to lag behind after exposure to many viruses. This echinacea by Organika is a high quality standardized extract, ideal for those seeking to renew their vital defense system.



**\$13.95 - 90 caps**  
**Contains Chromium**  
**shown to help with**  
**sugar cravings**



## SLM plus

For those seeking to shed unwanted pounds SLM plus is designed to increase energy naturally, control appetite and assist the body in burning fat. There are two formulas - one for men & one for women. Both formulas are enhanced with gingseng to help with energy and fatigue.

**THIS WEEK'S**  
**HEALTHY**  
**RECIPE**

## TASTY CARROTS

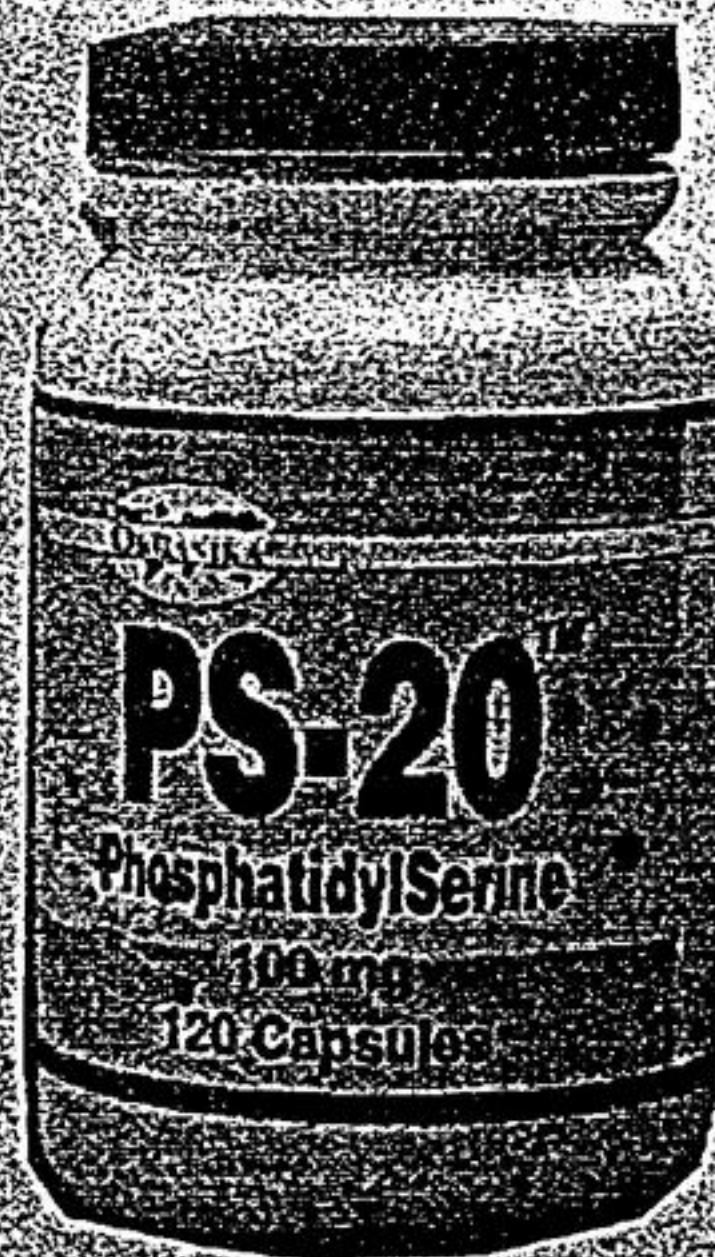
- 4 carrots, rinsed, scrubbed, and cut into 1/8-inch rounds slightly on the diagonal
- 1/2 cup orange juice (or 1/4 cup lemon juice and 1/4 cup water)
- 1 T. maple syrup
- dash cayenne
- pinch sea salt
- 1/2 t. fresh grated ginger (optional)

Put the carrots in a heavy saucepan. Mix the juice and the maple syrup in a cup and add to the carrots. Cook over low heat for about 5-7 minutes or until crisp-tender. Add the grated ginger, if you like the flavour, toward the end of cooking.

**\$27.95 120's**  
**100 mg**  
**\$14.95 60's**  
**100 mg**

## Phosphatidyl Serine

PS-20 is a naturally occurring substance in the nervous system. It is essential for optimal function of the brain. It may be of benefit for someone seeking to improve memory, concentration & enhance overall mood.



**100 mg 120's \$39.99**  
**or 2 for \$69.99**  
**500 mg 120's \$26.99**  
**or 2 for \$39.99**



## Glucosamine Sulfate (Sodium Free)

Glucosamine Sulfate is a naturally occurring component of cartilage and connective tissues in the body. It is ideal for those suffering from age related joint dysfunction, wear and tear, injuries and stiff, aching and cracking joints. Glucosamine Sulfate, taken over a long period of time, may repair and strengthen these vital and damaged tissues.

### STORE HOURS

9 am - 9 pm Monday - Friday  
9 am - 6 pm Saturday

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