

**Stay Well** with **TASTY HERBAL TEAS**

[www.herbsforhealth.com](http://www.herbsforhealth.com)

# Herbs *for* Health

*Being Well the Natural Way*

## Fight the Flu

- ◆ Staff Picks: Remedies that Work
- ◆ Reduce Symptoms with Natural Alternatives
- ◆ Best Herbs for Your Immune System

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- PLUS**
- ◆ Make **Weight Loss** Fun
  - ◆ Relieve **Pain** Naturally
  - ◆ Prevent **Heart** Disease

# Product Showcase

✓ Our picks for healthy living



## Tasty Vitamins for Healthy Kids

Fun for kids, these multivitamin and mineral supplements from **Nature's Plus** are animal-shaped and are available in orange, grape and cherry flavors. Just two Animal Parade Gummies provide 20 essential vitamins and minerals. A pack of 50 costs \$14.95. Available at health-food stores; [www.naturesplus.com](http://www.naturesplus.com).

## Build Your Immunity

Rainforest Treasure Tea from the **Amazon Herb Company** is a blend of the rainforest's most helpful herbs. With *jatoba* for stamina and energy, *chuchuhuasi* for joints, and *tahari* for immune support, this tea is meant to benefit the entire body. Forty tea bags cost \$21. Free sample available by calling (866) 424-3727 or e-mail [naturalrichard@mac.com](mailto:naturalrichard@mac.com).



## Keep Your Skin Soft

**Bee Naturals'** Skin Crème Bars were developed by a nurse to protect, heal, soften and moisturize dry, rough, chapped or exposed skin. Because the bar doesn't contain water, the ingredients bond with skin, providing protection that lasts through several hand washings. A 1-ounce bar costs \$5. Available at health-food stores or by calling (877) 499-3897; [www.beenaturals.com](http://www.beenaturals.com).



## Sayonara, Sinus Congestion!

Find relief from winter's stuffy sinuses, and spring's coming allergies, with **Clear My Head** and **Clear My Head 2 Go**. These products use powerful essential oils and natural herbs to relieve nasal congestion and de-fog a tired, cloudy head. Clear My Head's decorative herbal jar works for office desks or bathroom décor and costs \$18. The smaller "2 Go" option can be carried in a purse or pocket and costs \$12. Available by calling (937) 293-2222; [www.clearmyhead.com](http://www.clearmyhead.com).



## Fight the Flu, Fast



If you feel a cold or flu coming on, try warding it off with **Boiron's Oscilloccinum**. This homeopathic medicine acts as a preventive, decreasing the duration and intensity of flu symptoms if taken at the first sign of illness. A six-dose pack costs about \$15. Available at health-food stores or by calling (800) 672-4556; [www.boironusa.com](http://www.boironusa.com).

Know of a great new natural product? Please send submissions to Herbs for Health/Product Showcase, 1503 SW 42nd St., Topeka, KS 66609, or e-mail us at [editor@herbsforhealth.com](mailto:editor@herbsforhealth.com) for information and specifications.