

LYNNE WARD, N.D. M.H.

704-948-0173



## BAKING CLASS

**FRIDAY, MAY 2 - 6:30 P.M**

This class will focus on fun snacks made BY kids FOR kids! Eating healthy and finding healthy options is not hard! Come and watch as Lyndsie, age 11, shows you some fun recipes for you and your family! The menu is planned and cost is \$10 per person. Please RSVP by April 30. Class will be from 6:30 - 8:00 .p.m.

## BREAST THERMOGRAPHY

**Friday, May 16 9 a.m. - 5 p.m.**

I am thrilled to partner with Holistic Breast Health in offering Breast Thermography in the Lake Norman area! Gaye Walden, CHC, CMT will be providing thermogram appointments on Friday, May 16 at Foundations For Health. Please call 704-948-0173 to schedule your appointment!

## WHAT'S NEW?

### **MASTER HERBALIST**

I have recently completed my Master Herbalist certification! This program is focused training in the medicinal use of plants and herbs.

## NOW AVAILABLE

### **EGGS**

My family is raising free ranging, organically fed chickens and have eggs for \$4 per dozen. We will also recycle egg cartons!

## RECIPE CORNER

One way to reduce the toxic load on your body is to eliminate all chemicals being put ON your body! Here is a great recipe for a natural, non-toxic deodorant:

3 T coconut oil, soft but not melted  
2 T shea butter  
3 T Bob's Red Mill baking soda (do not use cheap brands!)  
2 T arrowroot powder  
20 drops of Cypress essential oil

Mix well and store in a small container or glass jar. Can refrigerate to harden if needed.

### OFFICE HOURS:

Tuesday - Thursday  
10:00 a.m. - 6:00 p.m.  
Additional appointment times available upon request

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TAKE CHARGE OF YOUR FOOD SUPPLY!!

## PLANT A GARDEN!

Benefits: YOU have control over chemicals and GMO's in your foods AND you get the benefit of being outside to increase your vitamin d levels :)

## ALLERGIES

It's that time of year again, and many people are struggling with seasonal allergies. While allergies have become "normal" to our society, the immune reaction that the body is having is anything BUT "normal." The body has a very complex system of signaling one when something is going wrong inside. Modern culture has taught us that any time the body sends us a signal, we should cover it up as quickly as possible with the least amount of discomfort as possible. While this may provide temporary relief, it actually causes the body's signaling system to become confused. Contrary to what one might think, allergies are not CAUSED by pollens and molds. They are caused by the immune system being hyper sensitive from what could be a host of issues going on internally. Pollens and molds are just triggers, but one's reaction is a clue into possible internal issues. Some possible underlying causes might be food sensitivities, liver congestion, toxic overload, intestinal inflammation, adrenal insufficiency, or nutritional deficiencies. Popping allergy medications do not address the underlying causes. In order to TRULY be healthy from the inside out, the body needs tools to help realign the imbalances that are creating the symptoms. For more information or to schedule an appointment to get on the road to better health, please call 704-948-0173.