



Spring Newsletter 2018

Take advantage of our extended hours!

Monday: 10:00 AM – 6:00 PM
 Tuesday: 2:00 PM – 6:00 PM
 Wednesday: 10:00 AM – 6:00 PM
 Thursday: 10:00 AM – 2:00 PM

Dr. Ward will only be in the office Monday & Wednesday, however Hayley will be in the office Tuesday & Thursday for equipment use and additional store hours.

Fight off seasonal allergies!

Seasonal Allergies, or Respiratory Allergies, are caused by an overly sensitive immune response reacting to environmental substances. As the immune system reacts to neutralize irritants, it causes mast cells to burst which releases histamine into the respiratory tissue. This can cause congestion, sinus discharge, sneezing, watery eyes, itchy eyes, sinus pain and pressure, coughing and /or sore throat.

Gut Health is imperative to stabilizing immune reactions to environmental substances. Eliminating gut damaging/inflammatory foods from the diet is very helpful to the immune system. These foods include, but are not limited to, Gluten, Dairy and Sugar. General detoxification of the body, especially the colon and liver, will also help desensitize the immune reactions in the respiratory membranes. There is a strong connection between the health of the digestive membranes and the respiratory membranes.

What Dr. Ward Recommends:

Physica Aller-Tox II



Airborne Allergy Detoxifier supporting Asthma, Hay Fever, Sinusitis, Sneezing, Itchy eyes, Runny nose and Wheezing

Recommended Dosage:
 15-30 Drops daily in warm water

Physica Glutamine Complex PLG-U Powder



- Fights colds and flu
- Passive leaky gut & food allergies
- Reduces sugar and alcohol cravings
- Balances blood sugar
- Prevents immune weakness
- Gastrointestinal problems
- IBS
- Candida
- Immune system weakness
- Chronic fatigue
- Respiratory
- Promotes healthy acid-alkaline balance

Recommended Dosage: 1 scoop in water or juice 1-2x daily, or as directed by a Health Care Practitioner

Physica Nat Colon CLR



Colon Cleansing & Detoxification

Recommended Dosage: 1-3 capsules 1x daily