

...experience

# TRU\*HEALTH

Quality Nutritional Products

## Newsletter

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18001 Bothell-Everett Highway  
Bothell, WA 98012

(24-hr. message center)

### WELCOME TO TRUHEALTH

Welcome everyone to TruHealth a unique health food store, offering the natural way to true health. We provide the newest and most reliable information and offer alternative options to mainstream foods as well as herbs. In addition we provide:

#### Health products

- Herbs – in bulk and capsule form
- Vitamins, minerals and homeopathies
- Good, healthy alternative foods
- And other health products

Our products are all from the pure plants, not synthetically made, and do not contain unnecessary fillers, binders and coatings often found in other products. The brands we carry include Nature's Sunshine (the first company to encapsulate herbs in 1972), NSA, Dr. Christopher, Limited Edition, Awareness, Young Living Essential Oils and more!

#### Education (See our September Classes on page 2)

- Printed information is available on our products for your review.
- A variety of health books are available for purchase
- Educational material on nutrition, diet and different ways of eating for health
- Classes by area health experts– ask for our latest class schedule or see it displayed at our website
- Additional resources to help you make the best choices for your health

#### Newsletter

- Our very own TruHealth newsletter, this being our first issue!

#### Herbal Consultations

Herbal consultations are provided by Kasara D'Elene, Certified Herbalist, Certified Natural Health Professional.

Moving back home to the Pacific Northwest, TruHealth has been helping people achieve their maximum well being and take charge of their health care for more than 12 years. I encourage you to come and visit, meet the staff and get to know TruHealth.

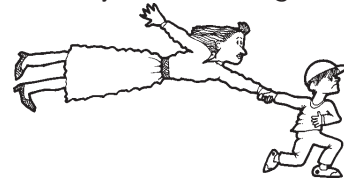
### Come during our Open House on September 24, 5–7 p.m.

**Location: 18001 Bothell-Everett Highway, Bothell**

Sample some of our delicious wheat-free alternatives, have a complimentary chair massage and perhaps win a prize in our prize giveaway!

Sincerely,

*Kasara D'Elene*



### SNEEZING? COUGHING? IT MAY BE WHAT YOU EAT!

Many allergies begin in the digestive system where allergic sensitivities are allowed to build. Congestion in the respiratory system is a sign of a toxic body condition. Foods can create toxic chemicals when they are not digested properly. Often, it is these toxic bi-products of poor digestion, and not the foods themselves that are the cause of the allergic symptoms. The normal channels of elimination (bowels, lymph, kidneys and liver) are so plugged up that the body has to eliminate the excess wastes through the mucus membranes of your respiratory tract. Left unchecked, various partially digested nutrients become enemies to the body and various sensitivities build up over the years.

Cleansing the bowel and removing the toxic waste from the digestive tract can bring fast and permanent improvement. Good digestion will strengthen the mucous tissues through nutrients carried by the blood.

To help cleanse your digestive tract and treat allergic symptoms:

- Change your diet. Eliminate dairy foods, eat fewer proteins and eat organically grown foods.
- Supplement your diet with herbs like Food Enzymes that help your body break down the food so it is eliminated properly.
- Try herbal antihistamines like Four, Fenugreek and Thyme, Histablock and Sinus Support for temporary relief.
- Try Eye and Ear Wash for relief from itchy, stinging eyes.



#### PRODUCT PROFILE

**FOUR** is a nutritional aid for the nervous, respiratory and muscle systems.

**EYE/EAR WASH** is a diluted tincture that is designed as a puller and a cleanser for eyes and ears and ear infections.

**FENUGREEK AND THYME** is an expectorant formula used to treat inflammations and congestion in the respiratory system.

**HISTABLOCK** supports mucus membrane health, minimizes the effects of irritant and pollutants and maintains open nasal passageways.



**A TRULY HEALTHY RECIPE FROM TRUHEALTH  
TOFU CREAM CHEESE**

- 1/2 pound firm tofu
  - 2 tablespoons oil (olive or safflower)
  - 1/4 teaspoon salt
  - 1 teaspoon honey (or other natural sweetener)
- Blend the above ingredients until smooth and creamy. Refrigerate until firm.

**USE YOUR SALT—REAL SALT™**

You've been told many times to watch your salt usage; that using too much affects your blood pressure. Now there is a salt that is actually good for you.

Real Salt™ is a natural mineral rock salt that is used in relieving constipation, bleeding gums, sore throats, toothaches, carbuncles (sores) and cataracts. This is a natural mineral rock salt that is not processed with heat, has no additives or preservatives and won the 2002 American Tasting Institute Taste Award.

Also, it is not bleached, kiln dried, heated or altered with chemicals or pollutants. Real Salt™ also has a full complement of beneficial trace minerals, resulting in a delicate sweet salt flavor the you may not have experienced before.

**Tips for using Real Salt™:**

- Brush your teeth with fine table salt in the morning and evening to stop bleeding gums.
- Mix with vinegar and drink to relieve abdominal pain below the naval

- Massage the surrounding regions of carbuncle and skin eruptions with salt to relieve itching.
- Gargle with salt water to prevent and relieve sore throats.
- Lick a little salt and let it dissolve in the mouth and slowly swallow it to relieve hiccuping due to improper eating.
- Fry salt until brown; mix it with warm water. Drink the salt water to relieve fish and meat poisoning and abdominal pain due to eating the wrong foods.



**Salt Water Cleanse  
Using Real Salt™:**

- 1 qt. Water
- 2 teaspoons salt (or more to taste)
- Drink 1 cup at a time until gone (within one hour)

**For children: adjust to size**

Nausea can be stopped with salt water in small sips (1/2 teaspoon to start), follow with drinking more salt water as tolerance improves.

**FEATURED HERB: KELP**

Yes, we're talking about that stuff you get all tangled in when you're in the ocean. Out of the ocean, it is used as a blood purifier, relieving atherosclerosis and rheumatism, and reducing hypothyroidism and obesity.

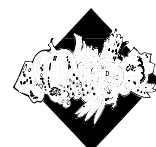
A group of brown algae with large, flat, leaf-like fronds, Kelp is native to the Pacific Ocean and is most famous as a flavoring in soups and sushi in Asia. It works in the body by absorbing toxins from the bowel and is especially effective at absorbing metabolic products produced by yeast.

Kelp offers the following:

- The benefits of viscous fiber
- Lowers bowel transit time
- Regulates intestinal flora
- Demulcent to digestive tract
- Iodine source

So what does Kelp do for the ocean? In its raw form it helps cleanse the sea of heavy metals and other products of man-made pollution.

Put some Kelp in your body but be careful, too much be harmful and other toxins can be present. Call the office and we can help you with how much you should take.



**Two September classes:**

Thursday 26th, 7-8pm  
**What is Naturopathic Medicine?**

Dr. Mark Monwai  
(Naturopathic Doctor)

Saturday 28th, 12:30-1:30pm

**Learn how to Clear and Balance your Auric Field**

Rev. Donna Harris (Reiki, Spiritual Counseling, Dowsing)

**Stop by and get our latest class schedule.**

**TRULY HEALTHFUL SAVINGS**

Bring in this coupon to receive savings:

Our wheat free products:

- 20% off Taro Chips
- 25% off Rice Cream Cheese
- 20% off Spelt Pretzels
- 25% off Soy Sour Cream



And  
25% off Tofu

Good through October 2002



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