



The Spring
center for natural medicine

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Dear Friends,

Feeling stressed? Studies show that stress can have dramatic effects on your health and physical body. We live in uncertain and very stressful times right now and I have seen more clients seeking help to cope with it lately than ever before. One very important way to neutralizing the harmful effects of stress is to maintain an ultimate level of health and fitness. If your body is nourished and balanced, stressful situations will take less of a toll.

Some may think pharmaceutical anti-depressants are the answer, but in my practice I have found that maintaining a healthy mind and body and nutritional, herbal, or homeopathic remedies are a better and longer lasting solution.

It is important to support the body while going through a stressful period. Cortisol, the adrenal hormone, can get out of balance and create secondary problems. High or low cortisol can contribute to anxiety, insomnia, weight gain, blood sugar imbalance, insulin resistance, pain, thyroid issues and many more health problems. By supporting our adrenals with natural supplements and procedures, we often find relief for many of these issues.

Adrenal Complex, Drenamin, Licorice, and Org. Bound Minerals, are just a few options to help support the adrenals. Natural procedures such as EHF Acupuncture with Hemi Sync and Roshi glasses can also bring on an immediate and lasting effect.

Unfortunately, stress has become a part of almost everyone's life. If we don't deal with it in a healthy way, our bodies will become dis-eased.

Right now, I am offering a special "stress less" discount - take 30% off your evaluation and 15% off all supplements with the evaluation. This offer will end October 31st so call or email me today.

Health & Happiness,

Elke

(512) 445-7373 or email elke@knissmedical.com

Got Belly Fat? Having Trouble Losing Weight? Attend a Free Seminar and Find Out Why!

If diet and exercise are not working, your problem might not be what you are doing - but more of what your hormones are NOT doing.

Find out which body type you are: Thyroid, Adrenal, Ovary or Liver. Learn how HORMONES can affect weight.

Each body shape requires different solutions. **Most people are attempting to solve their weight problem without ever knowing the real cause.** Before YOU jump to the next solution-diet, diet pill, or exercise program, learn about the missing step and get an understanding of WHY you have stubborn weight in the first place.

Call or email me to sign up for a FREE SEMINAR! 512 445-7373 or email
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