



Hi Everyone,

Anyone getting the sniffles? Colds have already reared their ugly heads in my household. It seems once the weather cools off and the kids go back to school, sharing of viruses begins. Although exposure is simply unavoidable, being sick is definitely avoidable. Everyone knows about the basic preventative measures (hand washing, clean diet, ample rest), but I've noticed quite a few people are not aware of what you can do to knock these viruses and bacteria out once they start to multiply in your system.

In case you haven't been to my office as a patient, I'll tell you, when I'm doing my work as a chiropractor, it's not as though I'm sitting across a big desk from my patients. I have the distinct pleasure of being up close and personal with them, some of whom are coughing, wheezing and sneezing right into my airspace. Given that, you might expect that I get sick a lot. Nope! Not one sick day in 15 years! Dumb luck? I don't think so.

**Here's my secret:** Mega dosing vitamin C. By mega dosing, in my case I'm referring to 1-2 grams/hour. Now, like anything else, this topic is steeped in controversy. The conservative medical community is skeptical. (What else is new?) Members of the alternative health care community are open to the idea because they have seen convincing research and seen results with their patients. I am obviously in the latter group.

This month, we're offering a great deal on Ultra Potent C (a more expensive but much more effective form of the vitamin) and another great herbal immune system supporter, Immunocare. **For October, if you buy a bottle of Ultra Potent C, we'll give you another Ultra Potent C at half price.** Please consult us for specific advice on how to best use these supplements and look forward to a winter without being sick!

Yours in good health,

Dr. Venske and Staff, Kettle Moraine Health Center

**October Promotion:** Purchase one bottle of Ultra Potent C and receive a second bottle at half price of Ultra Potent C. Oct. 1<sup>st</sup> – Oct. 31<sup>st</sup>, 2011.