



Cold and Flu Protection Protocol for Your Family this Fall and Winter

with Tania Heinemann, RNCP, RHN

**\$59 plus GST per
family protocol**

**Mention this flyer
when booking your
consultation to
receive the offer!**

Phone
Consultations
or in person
appointments
available:
Eaton Family
Health Care
38 Queen St
West
Cambridge,
ON



Many families have already experienced the latest cold and flu virus running through our community and know how disruptive being sick is to sleep, well being and using up precious sick days at work.

Many people are asking—how do I avoid the cold and flu and serious side effects and how do I reduce the amount of days it affects our family? Often, the state of our digestive system and immune system will determine the answers to these two questions.

- Learn how to avoid or manage this year's cold and flu season more effectively (reducing the amount of time you are away from work and daycare!)
- Learn about safe and effective supplements to support your family's digestive and immune systems. What is safe for a baby/toddler/preschool/older child and adult.
- Receive a customized nutritional and supplement protocol for your entire family!
- Get to know which healthy snacks and foods your family will need this winter!



Phone: 519.220.1519 / contact@yellowood.org / www.yellowood.org

...A Path to Wellness