

Experience The Natural Way

Helping you feel relaxed and rejuvenated

Anxiety-free life

November Newsletter

Ease of digestion

Improved mental focus

What does Organic really mean?
 What does it take to be organic?
 Are there different levels of organic?

Pain-free activity

Organic farming refers to the way farmers grow and process their crops. It starts with an attitude and preservation of the 'cycle of life' between soil, plants, animals and humans. Emphasis is placed on renewable resources, soil and water conservation.

Conventional Farming	Organic Farming
Apply chemical fertilizers to promote plant growth	Apply natural fertilizers, like manure or compost, to feed soil and plants
Spray insecticides to reduce pests and disease	Use beneficial insects and birds, reproductive disruption, or traps to reduce pests
Use chemical herbicides to manage weeds	Rotate crops, turn the soil, weed by hand, or put down mulch to manage weeds



Aromatherapy Spa Facial



Reiki ∞



Aroma-Reflexology



Aromatherapy Massage



A recent report from The Organic Centre reviewed 97 studies published since 1980 comparing nutrient levels in organic and conventional foods. The conclusion: Organic fruits and vegetable deliver more nutrients per average serving, including protective phytonutrients like polyphenols and antioxidants pigments. Check out their site: www.organic-center.org

Check the label

100% Organic – Product has no synthetic ingredients
 95% Organic – Product contains at least 95% organic
 70% organic – Product contains at least 70% organic material
 Less than 70% -Cannot use the word 'organic' on their label, though they can include organic items in their product.

- Buy products in season, eg. local farmer's markets.
- Wash all fruits & veggies thoroughly under running water.
- "Natural" is not synonymous with organic, though the USDA label may appear on minimally processed foods.

If it is not in the soil..... It is not in your food.

What is your diet like?

For information on Nutrilite Organic Fruit & Vegetable supplements, contact me.

*Yours in good health,
 Christine*



The Natural Way
 Helping you feel good naturally

Located in Burlington

Contact Christine McCombe, RN. RAMT.CR, Reiki 2

relax@naturalway.ca | (905) 634-1937 | www.naturalway.ca

Health ∞
 Mobility ∞
 Serenity

Supplements

