

Homeo Tip

Make sure you and your family are protected from winter illness by insuring the right homeopathic cell salts are a mainstay of their daily regimen. Instead of multivitamins that can cause an imbalance of nutrients, look to *Bioplasma* made by Hylands. Four little pills 1-3 times daily will ensure a high level nutrient intake and since it's homeopathically prepared, it's gentle.

The information provided in this article is for educational purposes only and may not be construed as medical advice. The reader is encouraged to make independent inquiries and to seek the advice of a licensed health care provider.