

September 2020

www.newlifeallergy.com

"To be a source for optimal health for those who wish to seek it naturally"



SEPTEMBER SPECIAL!



New Life Natural Health Center is offering **1/2 off computerized sensitivity testing** for any family, friend or co-worker who are tested in September. (Reg. \$95)

Note to patients who have not been in for a while:

To continue with your treatments, you can pick up where you left off. It is not necessary to be retested. Terry will review your health history and discuss any changes.

Ask Terry about treatments and tips to help prevent and/or reduce symptoms associated with allergies, colds and viruses.

SAME DAY APPOINTMENTS MAY BE AVAILABLE

(248) 792-2229

Don't be like this gal!



Call now to get relief!

September Hours
Closed Labor Day, September 7th and
September 21st - 23rd

Open Mondays and Wednesdays 7:30am - 6:00pm

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Important: Please read how we are keeping you safe during your visit

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Healthy Recipe: Salsa

Ion Gut Health (Formerly Restore) (New Life carries this)

How NAET can help you manage

Clean Eating Magazine: Great recipes and meal plans, free on-line.

Our Practitioner



*Terry Robinson, RPN
NAET Allergy Specialist
Natural Therapist
www.newlifeallergy.com*



How we are practicing safely

Since reopening on June 1st, we have been successful in treating clients in the lowest risk possible. We have put procedures in place to create an environment that is safe for all. Your health and the health of our staff is our number one priority. Below are the new policies we have put in place for patients.

past 2 weeks. If you answer yes to any of the questions, we will reschedule your appointment.

- If you are not feeling well (even mild symptoms) on the day of your appointment, please call the office to reschedule.
- When you arrive for your appointment, you will be asked to call the office from your vehicle to let us know that you have arrived.
- You will be asked to come into the office or wait in your vehicle until the treatment room has been sanitized and Terry is ready to see you.
- We ask that patients come alone for their treatment. Minors may bring in one other person.
- If several persons in the same household are being treated, they may all come in together.
- All patients entering the office will wear a mask at all times while in the office. If you do not have a mask, one will be provided for you. Young children are not required to wear a mask. The Adams Square Office building now requires mask wearing when entering the building.
- Your temperature will be taken with a touchless thermometer.
- Patients will then be instructed to either wash their hands or use hand sanitizer then go directly into the treatment room.
- Touchless checkout for treatments and products will be provided.
- The office will be cleaned and sanitized after every client.
- Staff will wear face covering and gloves.

Call New Life Allergy Treatment Center today to get your health back on track! 248-792-2229



Client Success Story!

NAET successfully helps with inflammation and allergies.

Symptoms before treatment:

A friend recommended Terry and NAET to me at a time when I was suffering from chronic inflammation, environmental asthma, bloating, weight gain, congestion, fibromyalgia, itchy watery eyes, sinusitis and seasonal allergies. I felt like I was 15-20 years older than what I was.

Results after treatment:

The inflammation that debilitated me is nearly all gone after 6 weeks. Fibromyalgia is a thing of the past. I have lost 13 lbs. My belly is nearly flat. I feel so much younger and much better. I no longer suffer from sinusitis, congestion, itchy watery eyes or any environmental allergy symptoms. I am very pleased with the restored health I am now experiencing. This treatment works!

From JC, Sterling Heights

Call New Life Allergy Treatment Center today to get your health back on track! 248-792-2229

Proud to Carry Genestra Brands Probiotics



PURCHASE OF PROBIOTICS via phone and free shipping will continue to be available. If you would like to order any products, please call the office and leave a message indicating that you would like to place an order. We will return your call within 24 hours or the next business day to

Genestra Brands Quality Control

For Proven Quality, Purity and Potency on Label Claims

Rigorous manufacturing standards are instituted from start to finish, utilizing ingredients sourced from trusted global industry-leading suppliers, and avoiding unnecessary agents in order to meet the needs of physicians treating patients with chemical and allergen sensitivities. These standards include:

- Triple checking: Each and every one of our products is tested a minimum of three times - first as a raw material, second during the manufacturing process and finally as a finished product.
- Independent testing: validates the quality, stability, potency and purity of the products from manufacturing to preparation, bottling and storage. Objectivity is ensured during testing by contracting government-approved and/or accredited independent laboratories. These testing laboratories employ some of the most precise equipment and analytical methods available in the market to validate the safety and efficacy of the products.
- Global supplier qualification program: We evaluate the documentation and standard operating procedures of each supplier to confirm that proper quality systems are in place before any raw material is used in manufacturing, and final products are handled appropriately through manufacturing quality controls. We also perform on-site audits to further ensure that suppliers comply with our strict quality control standards.
- For more information: <https://www.seroyal.com/our-products/genestra.html>

September Superfood: Tomatoes



<http://www.oprah.com/food/secret-superfood-tomatoes-dave-liebermans-blog#:~:text=Secret%20Superfood%3A%20Tomatoes%201%20Buying%20Tomatoes.%20Finding%20fresh,...%204%20Getting%20Kids%20to%20Eat%20It.%20>

Whether they know it or not, kids love eating tomatoes—I'm talking about pizza, of course! Every kid I've ever come across adores a slice of pizza. Fortunately, it just so happens to be a wonderful vehicle for consuming lots of cooked tomatoes. Studies show that people who eat pizza regularly reduce their rates of heart disease and cancer. The one trick is you have to make sure it's Italian-style pizza with a nice, thin crust, good-quality cheese and lots of tomato sauce.

Getting Kids to Eat It

When it comes to canned tomatoes, the options are limitless. For one of the quickest soups ever, just sauté some garlic in olive oil and whip it up in a blender with a can of tomatoes for a zesty cold soup. Or, simply transfer it to a saucepan, heat it up and serve it with some crusty bread for a cold-weather comfort dish.

Let delicious, fresh tomatoes shine through by preparing them as simply as possible: Slice them, arrange them on a plate and drizzle them with some good olive oil, a dash of herbs (fresh or dried) and a sprinkle of salt. Shave some good Parmesan cheese, or another favorite hard cheese, over the top for a special treat.

Preparation

Never store fresh tomatoes in the refrigerator! The cold temperature ruins their flavor and texture. Instead, keep them on the kitchen counter until you're ready to use them—even if they're ripe when you buy them, they will stay good for up to a week.

Storing Tomatoes

Canned tomatoes are cheap, delicious and you can use them in everything from soups to pasta sauces. Canned tomatoes come in all kinds of textures from a completely smooth, sauce consistency to whole peeled plum tomatoes. I find the chopped variety most versatile.

Finding fresh tomatoes that taste good out of season is a tall order. Hot-house, vine-ripened tomatoes are a decent substitute for summer-fresh tomatoes, but they are very expensive. That's why I focus on canned tomatoes in the winter and save fresh tomato salads and the like for summer.

This incredible fruit (yes, it's a fruit!) is chock full of micronutrients, vitamins and antioxidants that work together in a way that can ward off cancer, heart disease and other ailments. Scientific studies have shown that the more tomatoes you eat, the better. Cooking tomatoes is best of all because simmering them along with some heart-healthy oil, like olive oil, makes it even easier for the body to absorb all of the beneficial properties.

?Why Tomatoes

In his expert series on affordable, accessible superfoods, author Dave Lieberman reveals the power of tomatoes, dispels tomato myths and shares simple preparation tips for deliciously nutritious meals.

RECIPE: Canned Summer Salsa with Lime Juice



Makes 7 half-pints

Ingredients

- 8 cups diced fresh tomatoes**
- 1 cup jalapeno peppers, seeded and minced**
- 1 large white onion diced**
- 6 cloves garlic, minced**
- ½ cup chopped fresh cilantro**
- 1 Tbsp unrefined sea salt**
- 1 chili pepper minced (optional)**
- 1 tsp ground cumin**
- ¾ cup of apple cider vinegar**
- ¼ cup fresh lime juice**
- 2-3 Tbsp tomato paste to thicken if necessary**

Instructions

- 1. Combine all ingredients in a large pot.**
- 2. Bring to a boil over medium high heat.**
- 3. Reduce heat and simmer for about 10 minutes.**
- 4. Add tomato paste if desired to thicken. Stir to combine.**
- 5. Pour hot salsa into hot sterilized canning jars leaving ¼ inch space at the top.**
- 6. Add lids and process jars in boiling water for 15 minutes.**
- 7. Cool completely and be sure lids sealed properly. Store at room temperature.**

**Announcement: RESTORE is now ION*Biome, Intelligence of Nature.
Same great product.**

**Reawakening nature
to restore health.**

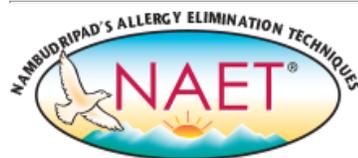


ION*Gut Health is a gut-strengthening, brain-boosting mineral supplement sourced from 60-million-year-old soil that naturally supports your microbiome and defends against toxins such as glyphosate. It goes beyond the scope of probiotics to support gut health, mental clarity, and immune function.

For more information: <https://ionbiome.com/>

New Life Allergy Treatment Center is proud to carry ION*Biome products.

Call New Life Allergy Treatment Center today to get your health back on track! 248-792-2229



What is NAET and How Can It Improve Your Overall Health?

by Ann Boone on 02/04/16 09:00 (Excerpted from: <https://www.relieffrompain.org/blog/what-is-naet-and-how-can-it-improve-your-overall-health>).

NAET – Nambudripad’s Allergy Elimination Techniques – is a natural, non-invasive and painless treatment for allergies. Hundreds of people find it difficult to enjoy everyday life because they cannot seem to overcome the adverse reaction to allergens.

It feels like an insurmountable obstacle – nothing works quite well enough, and you’re left stuck inside, waiting for the season to pass. But you shouldn’t have to live that way.

Instead, consider using this complementary therapy. You may feel amazed by how well it provides relief from the pain of allergies.

How Does NAET Work?

The method uses applied kinesiology – muscle response testing – to detect the imbalances within your body caused by various allergens. Once they’ve been identified, it’s time to start ridding your body of the undesired reaction.

This happens through Oriental medical techniques. Specific acupuncture points associated with your body’s major organ systems are stimulated. Then, a small amount of pressure will be applied to different points along both sides of the spine. When completed, this process will redirect your energy pathways to eliminate the blockages.

“The theory behind NAET is that allergies are the result of energy blockages in the body due to contact with opposing energy of other substances. When energy is freely flowing along the energy pathways, an allergic reaction is impossible,”

– McMahon King, registered pharmacist and certified acupuncturist

After the treatment, you’ll need to completely avoid the allergen for 24 hours. After that, most people can start having casual contact with the allergen without adverse reactions. You’ll start out with approximately 10 initial treatments. These will clear most common allergies, though sometimes additional sessions are needed.

NAET has a success rate of 80% to 90%, according to practitioners that use the treatment. As an added bonus, the results are typically permanent – meaning no more allergies!

When our body faces regular allergic reactions, we find ourselves wasting precious energy. Everything is out of sync, and your body will work tirelessly in an effort to achieve balance again. But it's not that easy in most cases – as most people deal with chronic allergy symptoms.

By finding and eliminating the blockages, you're on a path of healing.

Your body can stop focusing on the allergy, and instead use that energy to return to a balanced, normal, metabolic state of homeostasis. No wasted energy means putting it to better use in other aspects of your life.

Would You Like to Live Without Allergies?

There's no reason to live stifled by everyday life – and why should you, with treatments like NAET? Yes, going to the sessions is a bit of a commitment, but the results would be well worth the time you devote to the treatment!

Call New Life Allergy Treatment Center today to set up your appointment. (248) 792-2229



Clean Eating Magazine

Clean Eating takes you beyond the food you eat, exploring the multitude of health and nutritional benefits that can be yours when you subscribe to a clean lifestyle. In every way, clean eating is all about consuming whole food in its most natural state, or as close to it as possible. Taking a creative yet doable approach to cooking, you'll find it easy to enhance the natural flavors of any meal without compromising the integrity of your food. When it comes right down to it, *Clean Eating* is not a diet; it's real food for a healthy, happy life.

The magazine is available for free on line at <https://www.cleaneatingmag.com/>

OFFICE POLICIES

Referral Reward

- Refer patients and get \$10 off of your next treatment.

Family Plan

- If three patients from the same family are seen in one visit, charged for two.

Cancellation Policy – 24 Hour Notice

- In order to honor our patients' time and scheduling needs, we will be enforcing our cancellation policy.
- All rescheduled or cancelled appointments require **24 hours notice**.
- You will be charged for missed appointments if 24 hours notice is not given.
 - First missed appointment: no charge
 - Second missed appointment: \$25 charge

(See receptionist for more details)

For more information regarding the Corona Virus: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>



Newsletter special!

Refer a friend and receive \$10 off your next treatment!

* call USA 248-792-2229 or Canada 519-962-8754

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