

Hello Friends of Infinity Health Center,

Happy 2010! We are thrilled to say that we are here – healthy, happy and full of new and exciting products for you to experience. Infinity is moving toward more raw foods, more gluten-free foods, and healthy, Kangen water for everyone! More and more, we are hearing about the dangers of tap and bottled water and feel a commitment to help people find healthy options for themselves and their family. Below is an article excerpted from Dr. Mercola's newsletter:



Your Tap Water Is Legal But May Be Unhealthy

of

“The 35-year-old U. S. federal law regulating tap water is so out date that the water Americans drink can pose what scientists say are serious health risks, even if it meets all legal standards.

Only 91 contaminants are regulated by the Safe Drinking Water Act, yet more than 60,000 chemicals are used within the United States. Government and independent scientists have . . . identified hundreds associated with a risk of cancer and other diseases at small concentrations in drinking water.

You'd think people would realize that if chlorine is toxic enough to kill bacteria and other potentially infectious life forms when added to water, it might not be the safest thing to drink. In fact, if you drink water disinfected by chlorine while pregnant, it can increase your child's risk of heart problems, cleft palate or major brain defects.

In addition to this problem, cancer-causing agents are created when disinfectant chemicals like chlorine come in contact with organic materials already in water, among them trihalomethanes. And, that's why washing dishes with antibacterial dish soaps in tap water isn't safe for you either.

Fluoride can be every bit as toxic as chlorine. Fluoride is a toxic industrial chemical. Although it has been widely promoted as being healthy for the public, in reality, fluoride is a poison that may harm your health. It is even used in rat poison.

Fluoride accumulates in your bones, making them brittle and more easily fractured, and in your pineal gland, which may inhibit the production of the hormone melatonin, which helps regulate the onset of puberty. It has also been found to increase the uptake of aluminum into your brain and lead into your blood.”

Is your drinking and bathing water safe or is it making you sick? Are you still drinking acidic bottled water out of plastic? Are you interested in protecting yourself and your family from toxic drinking water? Is purified tap water really safe enough, or could it be creating more health problems for you?

Come to one of our Water Awareness Parties to learn more about water restructuring devices and how to obtain clean, clear water for your home and business.

What: Water Awareness Programs

Where: Infinity Health Center and Health Food Store

When: Tuesday, January 12, 2010 – 6:30 – 8:00

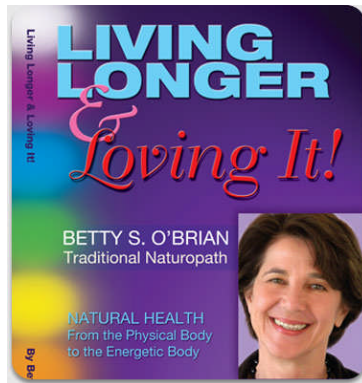
Tuesday, January 26, 2010 – 6:30 – 8:00

Call our office if you'd like to sample ionized, alkaline water before the meetings!

Infinity: 228-392-5559

Betty Sue: 228-392-5542

****Please be sure to print out our calendar of events****



Imagine knowing what is right for your body and feeling years younger! Join Betty O'Brian

(Naturopath, Herbalist, Iridologist, and Natural Living Educator) for a three-week workshop and you'll have a toolkit and instructions to continue with a healthy lifestyle.

January 20 - Week 1 - *Personal Care: water, skin, teeth, nails, hair & ears*

This segment will include information on caring for your largest organ - the skin - as well as treating problems such as nail fungus, acne, rosacea, gum and tooth problems and body odors.

January 27 - Week 2 - *No fats; Know fats*

The skinny on the diets out there. Alkaline lifestyle program with recipes. Unraveling the candida/fungus connection to weight gain, fibromyalgia, and chronic fatigue. Maximizing your diet. Eating raw and learning about some nourishing traditions.

February 3 - Week 3 - *Having a healthy home*

Detoxing your home and body! Creating a healthy environment for you and your family and how to convert to a less toxic indoor environment. Handouts and information on total body and deep tissue cleansing. Exploring the many options available to detoxify and strengthen the internal body.

Instructor: Betty S. O'Brian

January 20, 27, & February 3

Wednesdays, 6:00-7:30pm

Member rate: \$50 / Non-member rate: \$60



Save the Date! Please. . . .

Special Events at Infinity Health Center

Tuesday January 19th

Is Candida Sabotaging Your Health?

6:30 p.m. to 7:30 p.m.

\$5.00 donation for Health First

Every Saturday in January

Teresa Williams will be available for massages in addition to Wednesdays.

Call for an appointment or a list of massages available.

Wednesday January 20th, 27th and February 3rd

Living Longer & Loving It

6:00 p.m. to 7:30 p.m.

Mary C. O'Keefe in Ocean Springs

Member rate: \$50 / Non-member rate: \$60

Saturday January 23rd

Living Rainbows: Colors of Your Aura

Mary J Frost

9:30 a.m. to 1:30 p.m.

\$65.00

Tuesday January 26th

Water Awareness Program

6:30 p.m. to 8:00 p.m.

Saturday April 10th

'A Taste of Health'

*All Day Health Talks, Cooking Demonstrations
and so much more.*

Thursday February 18th

Do something for heart this Valentines. . . .

Billy East will be offering Cardiovascular Testing

\$25.00 per person

New Year, New Products, New Sales

January 12-31st, 2010

Amazing Grass Kids Smoothies

Berry and Chocolate

Reg \$24.99

Sale \$19.99

Black Bean Chili

1/3 cup olive oil
2 onions chopped
1 1/2 tablespoon cumin seed
1 1/2 tablespoon oregano
3 teaspoon sweet paprika
3/4 teaspoon cayenne
3 tablespoon chili powder
3 cup canned tomato, drained and coarsely chopped
5 garlic cloves, minced
2 jalapeño peppers, peeled and minced
3 cup dried black beans
2 bay leaves
1/4 cup chopped fresh coriander
1/2 cup raw organic Monterey Jack cheese grated

Heat oil in large skillet. Add the onion and sauté for 5 minutes. Add cumin seed, oregano, paprika, cayenne and chili powder. Sauté 5 minutes more. Add the tomatoes, garlic, and jalapeño pepper. Simmer for 15 minutes. Put all ingredients in 5 quart stock pot. Add black beans, bay leaf and 3 cups water. Bring to boil, and then simmer on low until beans are very soft. Add more water to keep beans covered. When ready to serve, stir in coriander. Divide grated cheese among serving bowls. Ladle chili over cheese,
Freeze leftovers for another day.

Tuesdays are Senior Day at Infinity

If you are over 65
receive a **15%** discount

Earth Balance Soy Free Butter

Reg 5.19

Sale \$4.15

Eden Organic Dry Black Beans

Reg \$3.99

Sale \$3.19

Synergy Raw Kombucha Drinks

#9

Grape

Trilogy

Reg \$3.79

Sale \$3.03

Alternative Baking Co. Vegan Cookies

Lemon Poppyseed
Cranberry Orange
Double Chocolate
Peanut Butter Chocolate
and more.....

Reg \$2.99

Sale \$2.54

Kaia Raw Gluten Free Foods includes

Sprouted Sunflower Seeds
Buckwheat Granolas
Fruit Rollups
15% off

Lara Bars Raw Gluten Free Snack Bars-all varieties

Reg \$1.79

Sale \$1.43

January is "Get to know our customers" month so log on to our website and send us your Kangen Water testimonial to receive a FREE Suncllick Health Screening

Can't wait to hear from you!
www.infinityhealthcenter.net