



Happy New Year!

Chinese New Year (also called the Lunar New Year) this year falls on January 23rd. This is the beginning of the **Year of the Dragon**.

Chinese New Year is a time to welcome longevity, wealth and prosperity and to **eliminate any negative chi (energy) from the past**.

Chinese New Year traditions generally begin with a **cleaning** of the house. The belief is that this cleaning eliminates the preceding year's bad luck and prepares the house for good luck. Fish is the featured meal at New Year's Eve dinner, and citrus fruits and sweets are given as gifts during the 14 day celebration.

In keeping with the spirit of these traditions, Red Dragon Wellness is offering **15% off the following products** this month:

Designs for Health PaleoCleanse. PaleoCleanse contains the nutrients needed to support and balance liver, intestinal, and kidney detoxification.

pHresh Ph Test kits and **pHresh Balance**, a great tasting beverage that helps quickly restore natural body balance by neutralizing harmful acids in the body.

BioGenesis Omega 3-6-9 Emulsion – Sweet Lemon Flavor. This supplement is a fish oil liquid that tastes great and provides the necessary fatty acids for optimal health.

Metagenics High DHA Lemon Flavor softgels. Perk up your brain with this high quality fish oil softgel. It provides the essential oils for optimal health and has added DHA necessary for optimal brain and nervous system function.

More about Detoxification:

The Problem of Toxicity

A grand total of 2,433,506,582 pounds of chemical pollutants were released into the environment we eat, breathe, and live in, all in just one year!

Toxicity presents a threat to the vibrant level of health that we would all like to enjoy.

Do all you can to **purify** your work and home environments. Eat a good **diet** with plenty of fresh foods. Avoid eating excess fat, refined sugar, and foods high in additives and preservatives. Eat moderate levels of protein (15% to 20% of your calories) and fat (20% of calories) while increasing your levels of complex carbohydrates (60% of calories). Buy organically raised animal proteins and organically grown vegetables and fruits whenever possible. Drink plenty of **water**.

Even doing all of the above, it is impossible to avoid toxicity completely.

Nutritional cleansing supplements help fuel the natural **detoxification** mechanisms in our organs of detoxification: our liver, intestinal tract, and kidneys.

PaleoCleanse contains a plant-derived pea protein isolate/rice protein blend designed to fuel detoxification pathways. It contains the nutrients need to support and balance liver, intestinal, and kidney detoxification.

Mix up to two scoops in 8 ounces of water (or any other beverage) per day.

Vitamin D3

Sunshine is the best source of Vitamin D3. In Colorado, we can only create Vitamin D3 in our skin between April and September. This is due to our northern latitude and the change in the sun's ultraviolet rays we receive from October to March.

We can make up to 20,000 IUs of Vitamin D3 in 20-30 minutes of sun exposure without sunscreen. Optimal sun exposure is from 9am to 12pm between April and September. The body uses between 3,000-6,000 IUs of Vitamin D3 per day. Absorption of Vitamin D3 is compromised by obesity, illness, and certain genetic factors.

Vitamin D3 is helpful in regulating over 30,000 genes, and in treating the following: cardiovascular disease, depression, eczema, macular degeneration, seizures, infertility, migraines, osteoporosis, prevention of cancer, and many more.

Supplemental dosing orally of Vitamin D3 is generally 1000 IUs per 25 pounds of body weight. This may vary depending on the stress of the body and its absorption capability.

Vitamin D3 blood tests are now readily available, cost effective, and will help identify any deficiencies. **If you are interested in finding out if you have vitamin or nutritional deficiencies, we can order the appropriate lab tests for you. We are contracted with Community Reference Laboratory in Boulder.**

High quality supplements of Vitamin D3 are available in liquid or capsules at our office.