

# The **LIPHE BALANCE** Center

*Mind*

*Body*

*Soul*

## **LEARN HOW TO MAKE THE HEALTH FOOD STORE YOUR PHARMACY**

Cold, Flu and First-Aid Remedies for Adults and Children  
With Master Herbalist Andrea Candee

*Did you know...*

a simple homeopathic can stop as well as  
prevent cold and flu

onion stops coughing

ginger opens the bronchials

cayenne relieves headaches... and so much more!

**Your kitchen is a great source of healing remedies!**

Herbs can provide a natural and effective alternative to antibiotics and over-the-counter medications. Explore nature's pharmacy for you and your family for first-aid issues, every day common ailments and cold and flu prevention. Easy to use preparations such as encapsulated herbs, botanical extracts and herbal teas are discussed in this most informative presentation. Bring your questions! Create your Personal Healing Manual.

**Tuesday, November 5<sup>th</sup> 7-9pm**

\$30 with advanced payment / \$35 at the door

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*Andrea Candee, MH, MSC, is a master herbalist with a practice in Westchester County and also works with The Liphe Balance Center coaching programs of alkaline cleanses and lifestyle. She is recognized nationally for her unique and successful approach to addressing chronic Lyme Disease. Andrea lectures throughout the country and at corporate wellness centers about taking charge of your health naturally. She is an instructor for The NY Botanical Garden and Dr. Annemarie Colbin's Natural Gourmet Institute in NYC. Media expert and author, her award-winning book, Gentle Healing for Baby and Child (Simon & Schuster), received The National Parenting Center's Seal of Approval.*

**The Liphe Balance Center of Weston, CT**

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