



Candice's Corner



**"Love the GIVER,
more than the gift".**

Wishing All a **Healthy** and Beautiful Holiday Season from **HUmineral**

The warmth of family, friends, beautiful decorations, the glow of candle lights, the aroma of the holidays, special goodies filling homes everywhereJOY!

Some have a different experience at this time of year for various reasons. It is a special gesture to extend unexpected invites.

SHARE your blessings, SHARE your joys.

Holiday Healthy Gift



humineral.com

ON LINE purchases through
December receive a Holiday
Healthy Gift with purchase,
from HUmineral

St Louis Aquatic Healing Center

The St. Louis Aquatic Healing Center

*(STLAHC) is a Missouri nonprofit public charity organization founded
by Kathleen Christ.*



STLAHC donates many of its services and depends on community support. Their missions **is to share the art of healing through Aquatic Therapies. They also specialize in Pulsed Electromagnetic Field Therapy (PEMF's).** PEMF's have been successfully used on tens of thousands over 60 years for many conditions. The FDA has Approved many PEMF's and the National Institute of Health, has made research a priority for fusing bones, wound healing, pain/tissue swelling & depression treatment.

All energy is electromagnetic in nature, all atoms, chemicals, and cells produce EMF's. Nothing happens in the body without electromagnetic exchange, and every body has its own signature bio-electromagnetic field. **Active healthy cells are absolutely necessary to slow aging process, reduce the risk of cell dysfunction, to recover from injuries/disease, and so much more.**

Featured Recipe



Practice
TRUE
Kindness

Upcoming Event

January **DETOX** Special

All the holidays festivities can leave us a little more toxic than we like, and perhaps a few extra pounds. No worries

Time to DETOX?

Through January 31st, all orders via **CALL-IN** will receive **15% off Zeolite RAW Liquid Detox**

888-765-0087
humineral.com

For more information: **St Louis Aquatic Healing Center**
Contact: Kathleen at 314-432-5228



Valerie



Candice

A new **HU** in the NEW YEAR!

Do YOU want to be **HealthIER**, and for the long term, so it is truly "your way of life", and not just another temporary change until we go back to ways that dont ultimately make us feel our most dynamic selves? **HUmineral** is starting the new year with our "A Whole New Healthy **HU**" program, beginning January 15th, designed specifically to;

Promote the daily mindset of "Healthy is a Lifestyle". We will focus on Food Choice, Cleansing, Detoxing, and Daily Balance Fitness Routines, that we CAN do in 20 minutes a day and feel fabulous!

The program will last 3 months (Jan 15-Mar 15), and for all those who just can't schedule another commitment, you will be able to participate via email, reading, learning and getting healthy, in your own time, with emailed direction from HUmineral. We will have group monthly check in calls for 15-minutes each month, same time, (January, kick-off call, February, check-in and March, close call). We will also offer 15-minute power calls and 30-minute consultative calls, monthly with Fitness, Dietary & Nutrition Director, Valerie Rutherford, for anyone wanting more one-on-one focused attention.

To register for "A Whole New Healthy **HU**" program, and receive the "get started" questionnaire, please email info@humineral.com, and type, A Healthy New **HU**" in the subject field, include your phone contact information and best mailing and email addresses to receive program materials for this event. We will contact you with further details. Registrants will receive all necessary materials for the program by January 10th, for a January 15 start!

Registration close is December 23rd.

SHIPPING: USPS Priority for Holiday + 2-3 Day US Packages, 5-7 on INTL