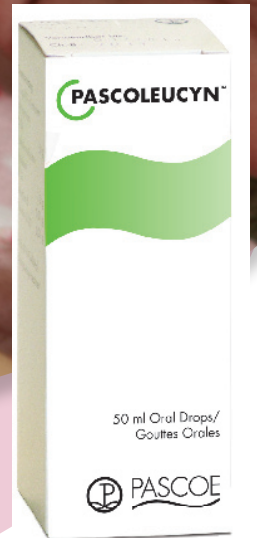


## Attend a Flu Season Seminar

Naturopathic Approaches to Flu Prevention & Protection  
Dec. 10th, 2009 at 7:00pm  
Ottawa Integrative Health Centre

Call to register: 613.798.1000



## Be prepared this cold and flu season.

Having your immune system on high alert – particularly if you are prone to colds and flus – is a good idea throughout the season. The flu shot may prime your immune cells to remember a specific strain of the flu virus. However, for broader protection, consider **PASCOLEUCYN®** which you can take occasionally throughout the cold and flu season to give your immune system a bit of a headstart should any virus breach your primary immune defenses.

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