



Nevdon® Newsletter

www.nevdon.com

Bi-Monthly Newsletter

May 2011 Issue

N & D Natural Health closed clinic reminder

June, July, August and September 2011 is recovery time for Neville and Donna at N & D Natural Health Clinic. Over this time the clinic closes, however our website www.nevdon.com is always fully operational for product purchases and Distant Help services. Phones will not be answered and faxes will not be received, so please make all contact through the website.

Please be aware that during this time product dispatch will occur twice a week, instead of the usual four times a week. Deliveries may be up to three days longer than usual.

Healing Cream

Ever had a problem with bloating and gas after a meal? Try rubbing Nevdon® Healing Cream onto your stomach. Recently I had this happen to me after dinner. Feeling uncomfortable and embarrassed, I went looking for antacids with no luck. Instead I used a fingertip full of healing cream on my stomach. Within ten minutes the belching stopped and the bloated, uncomfortable feeling was released.



Healing cream has many uses, and may also help in the relief or healing of the following:

- Eczema
- Pulled muscles and tendons
- Broken bones
- Stomach hernias
- Toothaches (external use on the jaw only)
- Open wounds
- Reduction of scar tissue growth (external and internal)

Current Special



One free bottle of Vit C-E

With any two or more 10 ml bottles of Genopathic® remedies purchased per single invoice on www.nevdon.com

This special is current at time of distribution, and is subject to change at the discretion of Nevdon®. Please see website for up to date specials.



For more information on our full range of products, current specials and to order, visit www.nevdon.com today.

Words of Wisdom

The treatment is really a cooperative of a trinity: the patient, the doctor and the inner doctor. - Ralph Bircher

Cold and Flu Oil helping short breathing with winter colds

Use Nevdon® Cold and Flu oil for any age this winter to help relieve a colds short breathing and stuffy blocked sinus, for an easier day and restful night.

Suggested uses:

10 years +: Rub onto the top and bottom of both feet and cover with socks to keep the warmth in and the oil from rubbing off elsewhere. Also try rubbing the oil into the back (across shoulder blades), throat and chest areas, washing hands after so oil is not rubbed into eyes.

0 – 10 years: Add a teaspoon of NEVDON® Cold and flu oil to 500ml of boiling water into an unused container *(dishwasher and microwave safe) and leave in child's room for inhalation. Also give them 5ml of NEVDON™ S.C.A. twice a day to help.



*Please be aware to not use this container for anything else after using it for this purpose.

An Exciting New Find

The New Zealand Journal of Natural Medicine has just released its Launch Issue, May – August 2011. This magazine has sparked our interest with its articles and natural medicine knowledge correctly sourced, examined and explained. Hot topics this issue include:

- The Cholesterol Myth That Is Harming Your Health
- The Statin Scam
- Side Effects from the Consumption of Canola Products
- 8000 IUs of Vitamin D daily needed to raise the blood levels of “miracle” anti-cancer nutrient – Research

This journal can be sourced from any good book store, retailing at \$NZ 9.90 (\$A 8.95).

Basic home remedy: coughs and colds

This remedy is for a chesty cough. For ages 5+

1 teaspoon cinnamon
1 teaspoon sage
1 teaspoon fenugreek
1 desert spoon of Manuka Honey
2 lemons (squeezed juice)
2 clove crushed garlic
1 teaspoon cloves
1 litre of water

Boil for 10 minutes, stirring occasionally.

Strain and drink warm.
Drink morning and night (include lunch if preferred).

Put back any strained herbs to use again.
Mixture may be kept in a pot and re-heated as needed until finished.

We hope you have enjoyed this issue of the Nevdon® Newsletter.

Kind Regards,

Neville and Donna

Words by Jade Love