

SEPTEMBER 2010 NEWS & NOTES

from Deborah Austin & KCRH

Hello, Clients & Friends:

PERSONAL CATCH UP: July and August were a whirlwind of activity with 2 garage sales and one estate sale, each 2 weeks apart, first in Friendswood, then Bellaire, and back in Friendswood. I have learned to drive large trucks and which moving company is good. The great news is that Dad's house in Bellaire was empty of occupants and FOR SALE in early August. To help me with merging back to keeping my belongings and sleeping ONLY in Friendswood, my kids helped me clean up the landscaping at the house, front and back, so we can qualify once more for Yard of the Month. The storage tubs are almost sorted, emptied, things run to donations/consignment, and our house that was remodeled in 2007 starts to look as though a family lives in it again, rather than a storage unit. If that wasn't enough, I rejoined the Garden Club, after an 8 year absence, started having lunch with friends and generally getting a personal life back. I share this, as many of you have told me of increased feelings of stress and uncertainty, and in my experience the easiest way to alleviate that is to spend time with people who truly love you and value your company.

SERVICE OF THE MONTH: I wouldn't remain in business without loyal clients and their referrals. I believe in expressing "Thank You". So for the remainder of this month - Buy One Regular Price, Get A Second Service One-Half Off. This can be same service done as 2 separate appointments, share one with a family member or friend, or enjoy a spa day and keep both for yourself! First service must be scheduled during September. *Expires 9/30/10.*

PRODUCTS OF THE MONTH: Liver Support Herbs by Gaia, Standard Process, Rainforest Remedies and Banyan Botanicals. You may have had a stressful summer, not been eating well due to heat and activities, and constant storm warnings are wreaking havoc with your plans. Get your liver back in good health *BEFORE* cold and flu season.

Visit Kamala Health on Facebook and become a Fan for access to discounted services each week, starting 10/1.

YOURS IN OPTIMAL HEALTH, NATURALLY,

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EVERY RELATIONSHIP WE HAVE IS A JOURNEY TOWARD HEALING AND TRANSFORMING THE SOUL.