



Lilac Natural Medicine

June 22, 2018

Welcoming Summer

Oh, is there anything better than summer? Gardens flourish, lakes and rivers warm up for swimming, days are long, and vacation awaits. It's as if winter never was!

The summer solstice always reminds me to soak up the light - while we have it - and embrace the hope and newness of the season. One of my favorite herbs for Depression, St. John's Wort, is traditionally harvested at the summer solstice. Ancient cultures believed many herbs hit their peak medicinal value at the solstice. St. John's Wort is thought to also harness the energetic properties of the year's longest - and lightest - day. I always think of this when prescribing St. John's Wort to patients, especially when they're struggling with low mood in the dead of winter. I like to think of St. John's Wort as gracing someone with the light of summer during what can feel like such a dark time.

May you embrace the light of summer and enjoy all that it brings your way. Wishing you and your family much health and happiness!

Dr. Haff



Summer Supplement Sale - Ends June 30th

To welcome summer, we're offering 15% off all online supplement orders placed before the end of the month. Wellevate allows you to shop the entire catalog of Emerson Ecologics (thousands of items), a supplement wholesaler based out of our very own New Hampshire. They carry brands like Gaia, Thorne, Wise Woman, Innate Response (also based in NH), Vital Nutrients, Herb Pharm, and many others. Xymogen is a family-owned company that carries high-quality supplements available only through your doctor; see below for instructions for ordering on their website.



On the home page, click "I have a Referral Code" on the upper left. Use Referral Code LILAC15 for 15% off Xymogen orders through placed through June 30.



You will need to register for an account before placing an order. The entire catalog of Emerson Ecologics products is discounted to 15% off - no Referral Code required.

Dr. Haff's Latest Blog Post

Dr. Haff blogs for [Lilac Natural Medicine](#) and for the popular blog, Naturopathic Pediatrics. [Naturopathic Pediatrics](#) is a great online resource loaded with useful articles written by Naturopathic Doctors on a variety of pediatric topics. Her latest article is about Poison Ivy Prevention and Natural Treatment (for kids and adults). Check it out!

**POISON IVY
IN KIDS**
Natural
prevention and
treatment



Why buying supplements on Amazon is a bad idea:

When you buy supplements through Amazon and other online retailers, you never know just what you're getting. Are the supplements old, relabeled, substituted with other ingredients? Here's a great article detailing [the dangers of buying supplements online](#).

When you get supplements from Lilac Natural Medicine, they come directly from the company or wholesaler, meaning they are new, stored properly, and contain what they should.

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Summer Planning

Will your child need a school physical or sports exam before August?

[Schedule now!](#)

Thanks for checking out our newsletter! We promise not to fill up your mailbox – *you'll* only hear from us about 3 or 4 times a year. Periodic newsletters are a great way to communicate useful health tips, specials, and updates as we grow and change.