



*presents*

## **FREEDOM FROM ALLERGIES AND SINUS ISSUES**

**SATURDAY, MAY 21, 2011**

**3:00 - 4:30 pm**

**FREE!**

**Taught by Dr. Hana Solomon MD** the inventor of the modern Neti!

Pediatrician, renowned sinus expert and author, Dr. Hana R. Solomon M.D. will offer a free seminar on understanding why we suffer from allergies, tips to reduce sinus issues, how to enhance the immune system and improve respiratory health. If you suffer from sinus or ear related allergy issues or if you get sick easily, you don't want to miss this seminar. Dr. Hana will share her research and medical experiences that focused on consumer empowerment and prevention. As a board certified pediatrician, Dr. Hana has demonstrated success in prevention of ear infections, natural approaches to respiratory issues and a reduction of overall medication dependency. You will leave with knowledge and strategies that will help you stay healthy and happy this season.

**Cheryl's Herbs will be featuring Dr. Hana Solomon's Baby Näsakleen™, a nasal aspirator used to remove excess mucus from babies' noses. Unlike traditional baby bulb syringes or electrical aspirators, Baby Näsakleen™ gives the parent continuous and complete control of the suction process for maximum safety, comfort and effectiveness.**

**Did you know Nasopure bottles are NOT another imported item from China but made in Kansas City?**

### **Benefits of nasal washing:**

- Clears out sticky, thick mucus and helps reduce nasal congestion by thinning secretions
- Helps prevent upper respiratory infections like the common cold
- Reduces dependency on medications such as antibiotics, antihistamines, nasal steroids, decongestants and asthma medications
- Helps to prevent ear infections
- Improves sense of smell
- Allows the sinus cavities to drain freely so allergens, irritants, bacteria, viruses and contaminants can be eliminated
- Reduces coughing and other symptoms of post-nasal drip
- May reduce snoring & nosebleeds
- Deeper, more relaxed breathing

**PLEASE CALL IN ADVANCE FOR A RESERVATION**

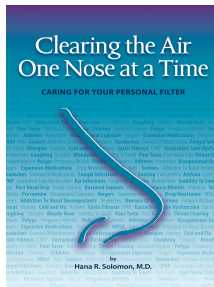
**CHERYL'S HERBS**

**7170 Suite A Manchester Rd., Maplewood, MO 63143**

**314-645-2165**

**800-231-5971**

**[www.cherylsherbs.com](http://www.cherylsherbs.com)**



## ***Clearing the Air, One Nose at a Time*** ***CARING FOR YOUR PERSONAL FILTER***

by Hana R. Solomon, M.D.

**Meet the doctor and get your book autographed.**

**"Let's talk about your nose. Let's talk about your kids' noses and your partner's nose and your grandparents' noses and your friends' noses...In fact, let's talk about *everyone's* nose, because I know noses and what I know can help you. Why do I care so much about the nose? Why should you care? The nose has the power to change your entire consciousness and mood in a single second. The nose is our gatekeeper, our personal filter and our great defender!" Learn how to care for your personal filter, based on science and common sense.**

**"I have spent my life in children's noses and I was thrilled to read this book! Dr. Hana has grasped what all caretakers need to know to provide optimal care of both children and adults. The nose is a phenomenally central organ whose influence spreads dramatically to cause or extend diseases well beyond the nose itself. Understanding the nose is vital to understanding health. This book should be mandatory reading for primary care doctors and nurses. It is extremely beneficial to patients as well. Dr. Hana has grasped what so few have fully realized: the nose is a critical structure that greatly influences wellness and illness throughout the body. If you are a person with a suffering nose, you need to read this book!"**

David S. Parsons, MD, FAAP, FACS, Charlotte Eye, Ear, Nose & Throat Associates, Charlotte, NC  
Co-author of *The International Journal of Pediatric Otorhinolaryngology*; Guest Editor of *Pediatric Sinusitis*; published over 130 medical articles; created three internationally distributed CD-ROMs describing comprehensive sinus care; helped develop the Minimally Invasive Surgical Technique; designed more than 45 surgical instruments; lectured internationally in more than 20 countries on 6 continents.



### **Contact Information**

For information or permission to reproduce selections from this book, please contact Hana Solomon.

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Hana R. Solomon, M.D. graduated from the University Of Missouri School Of Medicine in Columbia, MO in 1986 and was board certified in Pediatrics in 1989. She and her husband George, a family physician, practiced medicine together in a "mom and pop" style clinic for 18 years.

Dr. Hana's focus on disease prevention and patient empowerment through education has always been her driving goal. She has been featured in national publications such as *Parents*, *Health* and *Woman's World*. She currently lectures to both medical and consumer audiences about preventative and natural approaches to nasal health issues.

Dr. Hana is devoted to her community as much as her practice, she has served as a sexual assault forensic examination physician, a volunteer board member of Rainbow House, a community home for abused and neglected children, and as a camp physician in the summer.

When she is not encouraging everyone to keep their noses clean, Dr. Hana enjoys gardening, pottery and being outdoors enjoying nature. She has four children and lives in Columbia, Missouri with her husband, who is also her best friend of 21 years.

**[www.cheryls herbs.com](http://www.cheryls herbs.com)**