

# FEBRUARY/MARCH 2018 NEWSLETTER

IMPORTANT  
DATES:

**RECITAL**  
**June 3**

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## **Flu season's coming to an end, now allergies**

I want to introduce you to a small business owner I met at a Vendor Expo who specializes in natural health. I have personally experienced and learned so much from her, most recently when she gave a remedy to heal my daughter from the FLU...NATURALLY! I asked her to give us some tips on staying healthy throughout the year, enjoy!

## IMMUNE HEALTH

By: Jami Oles

We are at the tail end of a very rough flu season. Experts agree that the worst should be over. However, there is still some flu, other viruses and strep circulating locally. We always need to keep our immune systems strong because our immune system is our only defense against illness. On top of that, we will now be moving into Spring which brings on more allergies. Even more reason to get a good regimen going for immune health.

Here are some very basic tips for you and your family to keep your immune system healthy:

### **Nutrition is key!**

No supplement can ever replace the power of a healthy diet.

“Let thy food be thy medicine and let thy medicine be thy food” is a famous quote by one of the most outstanding figures in the history of Medicine. The food you eat can either be healing and helpful to the body or it can be a harmful, slow poison to it. So, choose wisely. Focus on lots of fresh fruits and vegetables and other high antioxidant foods like sweet potatoes quinoa, nuts, seeds and beans. Your diet is key to your health! A good rule of thumb is to feed your body high quality, nutrient dense foods 80% of the time. Since life is hectic and there are parties and gatherings to attend, you can enjoy life with that other 20%. When that balance starts to tip towards a higher percentage of more unhealthy, processed foods, that is when disease can occur. Remember, illness and disease is cumulative, the damage is done over time. So, taking control of your diet is one of the best ways you can prevent both chronic and acute illness.

## **Take A Quality Multivitamin**

Most experts agree, it is very hard to get all of the nutrients that we need with the standard American diet. Even for those that eat a very healthy diet, researchers have found that the food itself is not as nutrient-dense as it once was due to poor soil conditions. A good quality whole food based multivitamin can help fill in any nutritional gaps. This is crucial because any nutritional deficiency can cause a cascade of health problems and lower immune function.

## **Take A Quality Whole Food Based Vitamin C**

Vitamin C is an antioxidant that is water soluble which means it needs to be replaced every single day. Unfortunately, studies show that absorption of C is not always so great. Therefore, the best way to ensure you keep adequate vitamin C levels up to protect yourself is to take a quality whole food-based vitamin C once a day paired with eating vitamin C rich foods throughout your day. This will help you maintain adequate levels of vitamin C. There is so much science on the benefits of Vitamin C, it really needs to be a daily staple in everyone's health regimen. There are some great and very affordable brands for both adults and children in every health food store, grocery store and online. One last note: When something is “whole food based” it just means that the company extracted that nutrient from food, therefore, it is not synthetic aka “fake” and your body will absorb it just as if you were eating it in food form.

## **LIMIT SUGAR INTAKE!!!!**

Yes, I am shouting that!

Sugar has been proven to suppress the immune system, T lymphocytes in particular, for up to 6 hours after only one teaspoon. T cells are extremely important immune cells and you definitely don't want them sleeping on the job if you come in contact with a "germ".

The only exception to this is sugar from fresh fruit. There is a lot of misinformation out there about fruit. Fruit sugar works very differently in the body and cells than other processed sugars. So, do not fear the fruit, but definitely stay away from unnatural processed sugars. They are not only harmful for your immune system. They are highly addictive and also harmful to the brain and gut. Again, this goes back to how powerful our diets influence on our health is. Fresh fruits are one of the healthiest foods you can eat!

## **Probiotics**

This is a subject that can quickly get very complicated and confusing. Just know that probiotics are the good guys that literally keep your entire body functioning. Yes, you heard me right! Bacteria keep you and me alive and healthy (or unhealthy). We have over a trillion of them that perform hundreds of different biochemical processes in the human body. Everyone thinks they are just for digestive health. However, they could not be more wrong. Science is pouring out at an extremely fast rate and it is telling us that probiotics are directly related to immune function, mood, brain function, gut health, nervous system health and more! These little buggers do so much to keep us healthy. We have not even scratched the surface on everything they do. Sadly, a lot of the foods we eat (meat, un-cultured dairy, highly processed foods) and medications we take, can "kill off" or decrease these MVP's of the human body! Taking a quality probiotic can keep your immune system strong and also benefit your entire body in the process. Just for example, did you know that kids that have chronic conditions like allergies, asthma, chronic ear infections, frequent colds and coughs, etc...all either had dramatic improvements in symptoms or their symptoms were completely resolved in some of the studies when given probiotics! Probiotics are a MUST when you want to keep your immune system strong. A little trick to save you a few bucks, probiotics do not always need to be taken daily. I only recommend taking them daily when a person is actively sick or has a chronic illness that requires therapeutic levels of probiotics.

So, those are my personal foundations of keeping the immune system strong year round but especially during times of the year when illness is more active. There are so many safe and natural ways we can take care of, prevent and heal our bodies, we just have to learn to give it what it needs. Stay Well!

**DISCLAIMER: All information provided, particularly any information relating to specific medical conditions, health care, preventive care, and healthy lifestyles, is presented for general informational and educational purposes only. It should not be considered complete or exhaustive and does not cover all disorders or conditions or their treatment. The information provided by Jami Oles is not intended to replace the advice of your healthcare provider and is not intended as medical advice.**

## **\$20 OFF Consultation!**

Jami Oles is a Holistic Nurse, EMT, Family Herbalist, Natural Health Educator & Mother of 3. She is the owner of “Your Natural Healer” which provides affordable health & wellness services for the entire family. Some of her services include: Holistic

House Calls in your home or via phone, personal shopping, nutritional guidance, vitamin & supplement guidance, natural remedies, holistic life coaching and meal planning. You can contact her via email [yournaturalhealer@gmail.com](mailto:yournaturalhealer@gmail.com) or through her Facebook Page: [Your Natural Healer](#).

## **REFERRALS!!**



Dear Academy Student,

One of the ways that the Academy is able to grow is by enrolling great students just like you. We are on a goal to **100 PRIVATE students** by the end of 2018. Help us reach that goal by letting others know.

The greatest compliment to us is your gift of telling someone else. As a thank you, you will receive 1 lesson FREE or a \$25 VISA gift card!

*Sooo, will you win a free lesson or a \$25 Visa Gift Card?*

***Welcome our NEW students who enrolled in January & February!***

Lora  
Callie  
Olivia  
Amaris  
Bryce  
Blaine  
John-Michael  
Chase  
Miles  
Maliha



**OUR NEW MUSICAL LADDER REWARD SYSTEM!!!!**

**Dear students,**

**I hope you're doing well and having a great year of making music with us!**

**Here at Daytona Beach Music Academy, I'm always looking at ways we can improve your lesson experience and give our students more.**

**The one thing I've learned as a music teacher for over 10 years is that parents want to know 'more' about how their child is doing.**

**I'm excited to announce that we've joined up with a national music lesson award system call the Musical Ladder System® (please see the photo on previous page).**

**This is a proven system that helps students get excited about music and helps keep parents 'informed' as to how they are doing.**

**Similar to karate belt tests, every 3 months or so your teacher will schedule a test for you or your child. If the student passes the test they will receive one of these really cool wristbands for their level. They also get a certificate of achievement.**

**This program has been proven for years to bring a smile to parents and students and we're very excited about enhancing your music lesson experience.**

**At certain levels they also get personalized trophies with their name on it.**

**Lastly later this year, once everyone is up to speed and has had a few tests we will be launching the Musical Ladder System® Parent/Student Portal so you can log in online and see when the next test is, recital, send notes to your teachers, review past lesson notes and more!**

**This will take parent communication to the next level!**

**The best part?**

**It's all FREE for you our valued client.**

**Most karate schools charge their clients \$50.00 per test.**

**PER test!**

**However, all of your wristbands, trophies, certificates and online account are all FREE and part of your tuition.**

**We're working hard to give you more so please send us your feedback on the system, and it's time to start climbing the Musical Ladder!**

## **MARCH STUDENT OF THE MONTH**

**Maya D.**



**1. What instruments do you play?**

Piano

**2. How long have you taken lessons?**

2 1/2 years

**3. Who are your favorite musical artists?**

Beethoven, Mozart, Hugh Jackman & Shakira

**4. What are your other hobbies, besides music?**

Exploring nature, Karate, Girl Scouts & Gymnastics

**5. What is the coolest thing you've learned in your lessons in the past three months?**

Thirds!

**6. Do you have any other performances coming up?**

I think so 😊

**7. Favorite food?**

Red Velvet Cake

## **Important Information!**

**NAME CHANGE**-Angelic Muziki is changing it's name to DAYTONA BEACH MUSIC ACADEMY. Angelic Muziki will soon be the online portal for vocal lessons. However, until the transition is complete, you will see Angelic Muziki-Daytona Beach Music Academy in conjunction.

Remember we offer **drums, guitar, ukulele** in addition to traditional and **gospel piano** and **voice**. Take up a new instrument now & earn double wristbands with MUSICAL LADDER!

Recital is Sunday June 3<sup>rd</sup> @ 4pm. Place TBA. Our theme is Music from behind the screen. This includes music from movies, musicals and even video games! Wear your movie's character if you dare!

We look forward to seeing you at your next lesson!

Musically yours,

Brejoya Perry