IS YOUR VITAMIN D LEVEL SUFFICIENT OR DEFICIENT?

WHAT IS YOUR BLOOD TYPE?

DROP IN TO DR PENNY’S GARDEN

ANYTIME BETWEEN 12PM AND 4PM

ON SATURDAY MAY 21ST TO FIND OUT

WE ARE CELEBRATING NATUROPATHIC MEDICINE WEEK 2022!!

Dr Penny Seth-Smith ND is offering these tests in her garden: no need to enter the clinic!

The address is 2518 Blackwood St. There are helpful directions on Dr Penny’s website [www.naturaldoctor.ca](http://www.naturaldoctor.ca), on the contact details page.

FREE BLOOD TYPE TESTING: Are You Type A, B, AB, or O?

If you are interested in the blood type diet, but don’t know your blood type, here’s your chance to find out!

Get your result immediately, and take home a blood type diet sheet for that’s right for your blood type.

Or if you are just interested in knowing what your blood type is, feel free to come and find out. It doesn’t change, so once you learn which type you are, that information lasts a lifetime.

IS YOUR VITAMIN D LEVEL IN THE NORMAL RANGE, OR TOO LOW? only $15

This rapid-test will let you know whether your Vitamin D level is in the normal range, or is below normal, either in the insufficient or deficient range. It only takes about 15 minutes to see your result.

Please note that this test doesn’t tell you your absolute level, or whether you are in the optimal range. That blood test costs a lot more and is only available when ordered by a doctor. But this test lets you know whether you are in the insufficient or deficient ranges, or doing OK.

We don’t make Vitamin D in Canadian winters, because the angle of the sun is too low, so if you have not been supplementing, you may well be in the deficient or insufficient range. After such a grey spring, you won’t have had much of a chance to build your levels up, so this is a good time to check how you are doing.

Important note: If you supplement with Vitamin D and want to check whether you are taking enough to bump you up into the normal range, you should not take any Vitamin D on the morning of the test. If you do, it will temporarily raise the levels in your blood stream, and not give a result you can rely on.

If you would like to know more, feel free to contact us at

250-361-9888 or admin@naturaldoctor.ca