

## Hello!

October is here, bringing cooler weather and the start of cold and flu season. This month, we're focusing on understanding your natural rhythms and working with your body instead of against it. 🌻

When you learn to sync your nutrition with your cycle's natural phases, you can experience improved energy, better mood stability, and enhanced wellbeing. Let's explore how to harness your body's natural wisdom and prepare your immune system for the season ahead!

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## 🔧 In the News 🔧

### Groundbreaking Kidney Transplant

Scientists have successfully converted the blood type of a donor kidney for the first time, potentially revolutionizing organ transplantation. Researchers from Canada and China used an enzyme to remove type-A antigens from a donor kidney, converting it to type-O.

Currently, organs can only be transplanted into people with compatible blood types because recipients' immune systems can attack organs with different antigens. Type-O organs don't have **A** or **B** antigens, so anyone can receive them.

The converted kidney was transplanted and remained healthy for two days before showing signs of rejection. These results, published in Nature Biomedical Engineering, could dramatically improve access to donor organs and reduce transplant wait lists by eliminating blood type as a barrier. 🥳

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## ? Did You Know ?

### Your Menstrual Cycle Mirrors the Four Seasons

Each week of a woman's cycle can be compared to the four seasons, and understanding this rhythm can help you nourish your body at the right time.

**Phase 1: Menstrual (Days 1-5) - Winter:** Focus on warming, nourishing foods like bone broth and herbal teas. ❄️🌳☁️

**Phase 2: Follicular (Days 6-14) - Spring:** Embrace fresh, vibrant, detox-supporting foods as energy returns. 🌱🌸🌻

**Phase 3: Ovulatory (Days 15-17) - Summer:** Peak energy time. Focus on healthy whole foods and try new recipes. 🌞🍉🌿

**Phase 4: Luteal (Days 18-28) - Autumn:** Choose grounding foods, complex carbs, and magnesium-rich options. 🍂🌅🍁

This is just the tip of the iceberg when it comes to cycle syncing. If you're interested in learning more or know someone who could benefit from hormone health education, please reach out! I host faith-based women's hormone workshops called Holy Hormones where I dive deep into this topic and so much more.

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✔️ **Health Tip** ✔️

Your Cold and Flu Season Immune Support Protocol

As we enter cold and flu season, having the right tools ready can make all the difference. 🤧

I've created a homeopathic protocol that provides targeted immune support to help you strengthen your defenses, respond quickly at the first sign of illness, and reduce symptom severity. 💊 You can access the complete protocol here: [click here](#)

The key to staying healthy is preparation. 💪 Having these remedies on hand means you can act immediately when you need them. Don't hesitate to reach out if you have questions or need personalized supplement support!

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**A Quote to Ponder**

"Take care of your body. It's the only place you have to live."  
-Jim Rohn

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🍂 Wishing you a healthy and vibrant October! 🍂

Dr. Kimber

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Schedule a discovery call 🖱️ [Click here](#)

My website [lifetimeremedy.com](http://lifetimeremedy.com)

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