

HEP HEROES

IF YA GOT HEP C

YOU CAN GIVE YOUR LIVER A BREAK

BY TREATING IT TO THESE THINGS

LIKE SHITAKE,

LAVENDAR

IMMUNE TONICS

WILD OATS

GARLIC, OR ASTRALAGUS

ANTI MICROBIALS

LIKE CHAMOMILE, MINT, OR ST JOHNSWORT

AN APPLE A DAY

MISO

SANTA CRUZ NEEDLE EXCHANGE

831-427-4557

LNER LOVER #4