

# July 2019--Happy July 4<sup>th</sup>! Wellness Warrior Dispatch

*Your Source of Natural Health News & Tips*  
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526 Bailey Road, Crystal City, MO 63019  
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**Natural Health and Home will be CLOSED on Thursday, July 4. Happy Independence Day!  
Please Celebrate Safely.**

Dear Wellness Warriors,  
July already! Half the year is gone.

I have terrific customers! Knowing I enjoy reading great books, Lillian lent me *Coyote Medicine* by Dr. Lewis Mehl-Madrona (MD and PhD). The author is part Native American. In his book, he explains that he really struggled as an intern when he saw patients being treated disrespectfully in many ways while in the hospital. His Native American upbringing had taught him to respect not only a person, but a person's body and spirit, and to honor death to make it a peaceful passage from this life to the next. In his book, he shares his journey through med school and as he became a wholistic healer. The story reads like a novel! I could hardly put it down, except to take copious notes. If you're looking for an excellent read this summer, this is a winner! The healings he witnessed and were a part of are nothing short of miracles.

Some customers have been asking about **electrolyte recipes**, so here they are. Into a quart jar, put 3  $\frac{3}{4}$  cups water, the juice of a lemon (two if they're small), pure maple syrup (for the minerals—do not use honey or stevia, it must be maple syrup), and about 1/8 tsp Celtic or Himalayan salt to form the electrolytes. As an alternative, you may use 3 cups water, 1 cup concord grape juice, a squeeze of lemon, and 1/3 tsp of salt.

If you spend too much time in the sun and get a burn, customers use either aloe vera gel (some customers mix just a drop of peppermint oil (available at Natural Health and Home) to help cool less serious burns), or Dr. Christopher's Complete Tissue and Bone massage oil or ointment. My customers have told me they've seen fine results with either one. Be careful in the sun—20 minutes is about the max for most people. After that, make sure you use a natural sun screen (I carry several brands), wear light colored clothing, a wide brimmed hat, and light-weight long pants, or stay in a shadier area. Avoid sunburns to prevent sun damage. Make sure your pets have shade and water, too! Have a fine Fourth of July!

Capt. Nan, Wellness Warrior

## New Products

**Solaray Leaf Therapeutics CBD** formulas for sleep and stress. Full-spectrum hemp extract is blended with other herbs for their synergistic effects.

**St. George Medicinal Deep Skin Infection Relief:** Yes, this is the same company that makes St. George Nano Silver, so you know this will be a real winner! The product is for topical (on the skin) use, though it may be swabbed into the mouth to help with infections (viral, bacterial, or yeast).

Also by St. George, **Nature's Magic Elixir** for both internal and external use. Pick up a flyer to read its many uses!

**Canine CALM** by Vital Planet. With firecrackers and other fire works exploding, dogs can feel frightened. These chicken-flavored herbal chews should help calm your canine friend during storms or fireworks. Grain, gluten, and soy free. Non-GMO.

North Coast organic apple cider—so tasty and healthful all year 'round!

**Coming Soon:** Hemp infused honey!



## Facial Care from Your Kitchen in Minutes!

To give yourself a simple facial, you'll need the following: a large mixing bowl, steaming hot water, essential oil of either lavender or chamomile, a lightweight bath towel, a clean washcloth, either crunched up uncooked oatmeal or fine ground corn meal, honey, and a small piece of raw pineapple or papaya.

**1. Steam:** Steaming helps your skin sweat out impurities. Wash your face first using a natural soap or cleanser. Dampen the washcloth and put it in your freezer for use later. Next, pour steaming hot water (it doesn't have to boil) into the large bowl. Add 6 drops of pure lavender or chamomile essential oil. Lavender or chamomile are gentle and soothing to the skin. Lean over the bowl, and cover your head with a bath towel to form a tent over your head. Let your face sweat. When your face stops sweating, pat it dry and slap on the cold, damp washcloth. This will both force the last of the impurities out of the pores as well as close them. This just takes a few seconds.

**2. Honey Mask and Massage:** Tie back your hair or wear a kerchief to keep your hair out of the honey. Using your finger tips, dab a small amount of raw honey (use Manuka honey if you have troubled skin) onto your face. Dab some on your chin, nose, cheeks, and forehead. Avoid massaging the tender skin under the eyes, but you may dab a bit of honey on the area.

Now, roll your fingers over your face, spreading the honey. Don't try to rub it; just roll your fingers lengthwise. The honey will get tacky and begin pulling your skin. This not only massages your skin, it also pulls off dead skin cells. After a few minutes, rinse your fingers. Lie on your back and let the honey work its magic to moisturize and nourish your skin. After five or ten minutes, rinse your face with warm water. Some people enjoy putting a slice of raw cucumber on their eyes while resting.

3. **Exfoliating scrub (optional):** Mix a small amount (about ½ teaspoon or more if needed) of either oatmeal or corn meal with enough honey to make a paste. Add a few drops of water to thin it just enough to gently rub it onto your face. Rub in little circles all over your face, avoiding the tender skin just under the eyes. Rinse with warm water.

4. **Raw pineapple or papaya finish:** Gently rub a small piece of raw pineapple or papaya all over your face. The fruit acids “loosen the intercellular bonds between ...corneocytes—the dry, densely packed cells that make up the outermost layer of ...skin. Once the bonds are loosened, corneocytes shed easily, revealing the newer layer of skin beneath. The dull cells that were once piled up are not gone, and the resulting smooth surface reflects light instead of absorbing it, which is why skin appears so luminous. The dull cells that were once piled up are now gone, and the resulting smooth surface reflects light instead of absorbing it, which is why skin appears so luminous” (www.slkclinic.com). Let the fruit juice rest on your face for a few moments before rinsing with warm water.

5. If you'd like, you may **tone** your skin with alcohol-free witch hazel or aloe juice with a few drops of essential oil, then moisturize with your favorite natural moisturizer or light oil, such as olive oil, or Dr. Christopher's Complete Tissue and Bone massage oil. These are available at Natural Health and Home.

**Nutrition tips:** For beautiful skin all your life, drink distilled water to hydrate and detoxify every day. Also, take a high quality vitamin C daily, as it helps make collagen to keep skin plumped as we age. Beef gelatin is also helpful for skin, nails, hair, and joints. You may use it daily in juice or soups, or purchase it in capsules. Be sure to supplement with a plant-based mineral complex, too.

### **Healthy Blood** David Christopher, M.H.

The hemoglobin in a single red blood cell can carry one billion oxygen molecules. This oxygen is delivered to the trillions of cells in our bodies to keep them alive and functioning properly. There are 5 million blood cells per microliter of blood (one millionth of a liter) these cells have a life span of 120 days and when worn out are broken down by the spleen or the liver. Some components of this breakdown can be reused but most are discarded, which requires a constant supply of nutrients to manufacture new blood cells.

The principle nutrients needed are protein, folic acid, vitamin B-12, vitamin C, iron and copper. Many foods supply the nutrients needed for healthy blood. Specific nutrient dense foods are beets and pomegranates for iron, cherries for copper, red peppers for vitamin C, green leafy vegetables for folic acid, and fermented foods for the vitamin B-12. Vitamin B-12 is not made by plants, and animals do not produce this vitamin. Humans and animals rely on intestinal flora for this vitamin. This flora consumes our mucosa and then excretes Vitamin B-12. For this reason, we consume fermented foods, because of the vitamin B-12 producing bacteria. Many chemicals can destroy our friendly bacteria (flora) especially anti-biotics.

The incomplete burning of fuels creates carbon monoxide which blocks the hemoglobin in blood from carrying oxygen. For us, CO is principally found in auto exhaust and cigarette smoke. For all of our health stop smoking and own cars that don't smoke. In 1855 a Doctor Verdel noted the similarity between chlorophyll and hemoglobin. The only difference is in the almost identical porphyrin rings. Iron is in the center of hemoglobin and magnesium is in the center of chlorophyll. Over the years a number of studies have shown the blood building characteristics of chlorophyll rich foods. In conclusion, if we want our red bone marrow to produce healthy blood, we need to constantly supply it with the required nutrients which are readily available in fresh organic produce, especially red and

green produce. David Christopher is a Master Herbalist and the director of The School of Natural Healing. He also co-hosts the popular radio show "A Healthier You" and is a popular international teacher and lecturer.

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