If you are planning a vacation, prepping the kids for college, are a weekend warrior, attending a concert or simply going on a shopping trip then this article is for you.

As vacation time is in full swing, many of our clients ask us what we bring on vacation, short trips to the mall, and exercise outings. So I’d like to give you our list of essentials. These are the items that we do not leave home without when vacationing and some of the items we have with us at all times!

Defense is Your Best Offense

Bacteria, viruses, food poisoning and parasites are just some of the pathogens that you may encounter this summer.
Silver Shield is a patented formula that is unique in that it can be effective against literally dozens of pathogens without the fear of toxicity. This nano-particle silver solution is effective in destroying over a dozen of today’s most dangerous bacteria, including MRSA, Salmonella, E. coli, Pseudomonas aeruginosa and Streptococcus pneumoniae. #4274-1

Use Silver Shield Gel to sanitize hands, face even nostrils. More effective than commercial hand sanitizers and beneficial for those fine lines and wrinkles! #4950-1

Black Walnut – is famous for its cleansing properties. The unripe hulls of the black walnut contain properties that will fight off bacterial and parasitic infection. Take two with each meal for protection while travelling or eating out anytime. #90-8

Thieves – This essential oil blend was created based on the historical account of four thieves in France who protected themselves from the Black Plague with cloves, rosemary, and other aromatics while robbing victims of the killer disease. Thieves has been university tested and found to be highly effective against airborne bacteria. Use internally, externally or in a diffuser. Great for air travel!

Stay Hydrated and Replace Electrolytes

Drinking enough pure water is essential for a healthy life. We drink Kangen water and take these supplements as needed.

Magnesium – Is the central atom in the chlorophyll molecule and in physiology it activates the ATP energy system. More than 300 enzymes require this mineral. Required for metabolism of vitamin C, phosphorus, potassium and sodium. One of the main electrolytes in the body. #1786-6

Combination Potassium – This herbal formula nutritionally supports the body’s enzyme system is a source of trace minerals compatible with potassium utilization. #1673-3

Pain Free is for Me!

Sweet Birch Oil is analgesic, anti-inflammatory, anti-rheumatic, anti-septic, anti-spasmodic, disinfectant, diuretic, stimulant (bone) and warming. This is great for muscular pain, cramps, arthritis, tendonitis, hypertension, and inflammation. Avoid during pregnancy or if epileptic. Test small area before using widespread. Can be mixed with NSP Massage Oil- #3928-7, Peppermint oil #1706-8 or #3910-9.

Devils Claw supports the structural and immune systems. Great for any type of pain management! #255-9

Tei Fu oil was perfected by a Chinese herbalist several decades ago by using an ancient formula that was passed down in his family for more than 1,000 years. Tei Fu contains safflower oil, wintergreen oil, menthol, camphor, clove, eucalyptus and lavender essential oils and can be used for a wide variety of applications where the refreshing, invigorating properties of essential oils are desired. Apply 1-4 drops to skin as a conditioner, apply under nose and on forehead to open sinuses, apply on back of neck and behind ears to relieve
headache pain. Add to carrier oil such as almond or jojoba and rub into sore muscles and joints or use Tea Fu Massage Lotion (#3538-5) for this type of application. #1618-7

*PanAway®* was created by Gary Young following a severe injury to the ligaments in his leg. Containing wintergreen essential oil, which is often used for massage, PanAway is soothing to the skin while providing comforting warmth to muscles after exercise. #3390

*SportLegs* is nutritional support for your body’s lactate energy system. Use pre-sports to avoid the muscle “burn” that you weekend warriors know all too well! It really works.

**Build Your Immunity through Your Digestion**

*Elderberry D3Fense* provides essential nutrients for immune system function. Each capsule contains a blend of elderberry extract, Echinacea purpurea root, olive leaf extract and royal jelly. #868-5

*Probiotic Eleven* supplies a healthy level of probiotics, which the body needs for numerous functions, including metabolizing foods, absorbing nutrients, and maintaining a proper balance of intestinal flora. Use this to keep your immune system and eliminative system in check while away. #1510-1

*Papaya Mints* provides nutritional support for the digestive system. This great tasting formula contains papain that can break down protein while peppermint leaves trigger the production of digestive fluids. Take 2 with each meal or between meals to calm indigestion. #485-6

*Peppermint oil* added to a glass of water or a cup of hot water provides a soothing, refreshing after meal drink. Peppermint has been used to help promote digestion and has cooling and stimulating properties. Place a drop on your temples or one drop under your tongue to protect yourself from germs especially great to use on airplanes. A little goes a long way!

**Promote Healthy Gums and Teeth**

*Xylitol Gum and Mints* – Are an excellent way to promote good oral health throughout the day. The gum and mints slows the destructive effects of bacteria by not allowing plaque-forming microorganisms to adhere to the surface of your teeth. They are sugar free, safe for diabetics and non-carcinogenic. Mints come in three flavors: Lemon #5415-1, Peppermint #5410-7 and Berry #5412-2. Gum comes in Spearmint #5405-0, Cinnamon #5400-8, Peppermint #5408-4 and Green Tea #5403-3.

*XyliBriteToothpaste* – As part of an oral health program, xylitol may help create an unfriendly environment for harmful bacteria and may improve overall oral health. Baking soda and silica powder act as mild abrasives to clean and polish teeth, leaving them smooth and clean. XyliBrite is flavored with natural spearmint, cinnamon and anise, leaving your mouth fresh and minty. **Does not contain fluoride or preservatives.** #5420-2. *This is the most popular all natural toothpaste that we have ever sold!*

**Cuts and Abrasions**
Tea Tree Oil is from the melaleuca tree in Australia and has been used by the Aborigines for centuries to heal cuts, wounds, and skin infections. With twelve times the antiseptic power of phenol, it has some strong immune building properties.

Lavender Oil is most effective when applied immediately upon injury. If used the swelling is minimized and very little bruising occurs. Great for burns too!

Give Me ENERGY!

Solstic Energy – Convenient drinkable ENERGY! Convenient individual serving stick powder packets. Reduce physical fatigue, increase mental clarity and focus, help the body mobilize fat stores to be used as fuel, increases exercise endurance and stamina. #6521-2

Solstic Twenty-Four – 24 Hours of Nutrition! Convenient individual serving stick powder packets. Provides at least 100% of the Daily Value for 13 vitamins. Supports the immune and cardiovascular systems. Offers bone support through calcium absorption and may improve energy and stamina. #6525-7

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Do You Feel Tired, Lethargic, Overweight?

Do You Suffer From Migraines, Allergies, Eczema, Back Pain?

Let Us Help You!

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Advertisements
Allergy season is fast approaching. In fact, on the news recently they spoke of winter pollen! Plus we have had one of the wettest winters in a long time adds up to an allergy season may turn out to be one of the worst.

Allergies are caused by the body’s hypersensitivity to various substances, which can be inhaled (environmental), eaten (leaky gut syndrome) or contacted by the surface of the skin. In some people the offending substance triggers the immune system, which in turn produces histamine and serotonin causing inflammation.

Airborne particles are everywhere. When particles enter the respiratory system via the nose or the mouth, the body turns on its cleansing mechanisms, and the immune system is put on active duty. So to keep this post fast and easy, here are the Top 10 Best Solutions to Environmental Allergies that I know and use. Ala Dave Letterman, let’s start with number 10!

10. Is your mucous thick? Do you have itchy, watery eyes and nose? Then try Fenugreek and Thyme.
   • This will thin mucous to flush toxins out and soothe irritated tissues especially bronchially and in the throat.

9. Are you just totally congested? Use Breathe Activator TCM.
   • Is xuan fei, which means “ventilate the lungs.”
   • Clears waste from the entire respiratory system.
   • Energizes the lungs.
   • Enhances feeling of wellbeing.

8. Do you need a healthy alternative to menthol chest rub? Slather on Raven Essential Oil.
   • Raven™ is a combination of deeply soothing therapeutic grade essential oils that provide comfort when applied topically to the chest and throat or diffused.
7. Need fast relief to open up the sinuses? Apply Tei Fu Essential Oil.
   - Apply topically over sinus passages and under nose to open nasal passages.
   - May also be diffused or placed in a vaporizer.

   - Use silver shield liquid in a nasal sprayer (one spray each side) to get fast sinus relief.
   - May also place 1 tsp. (per side) in your Neti pot saline water.
   - A patented colloidal silver product that supports the immune system.
   - Is non-toxic; poses no risk of heavy metal contamination.

   - Supports the respiratory system, especially when pollen levels soar.
   - Encourages proper nasal function.

4. Are you a chronic allergy sufferer? Try ALJ liquid or capsules.
   - Soothes irritated tissues.
   - Encourages the entire respiratory tract to gently cleanse itself.
   - Supports healthy lung function during seasonal changes.
   - Assists the body in neutralizing allergens by nutritional means.

3. Need a fast way to quell that dry hacking cough? Use R.C. Essential Oil.
   - R.C.™ contains powerful therapeutic-grade essential oils that are invigorating when applied, especially to the chest and throat area.
   - R.C. is a wonderful blend to diffuse during winter.
   - May also place one drop in a bowl of (4 cups of) boiling water and inhale with a towel over your head and the bowl.

2. Are you hypersensitive to allergens of all types? Have some HistaBlock.
   - Reduces swelling of mucous membranes
   - Stabilizes mast cells that react to allergens
   - Opens airways.
   - Supports the body in times of respiratory stress.
   - Supports free breathing and may help reduce unpleasant symptoms associated with irritants.

1. Are you a long-term sufferer of respiratory issues of all types? Then the Respiratory System Pack is for you.
   - Take three Respiratory Packs in sequence and your respiratory world will thank you.
   - Strengthens and supports the lungs and sinuses.
Strengthens the bronchial system.
- Contains Lung Support TCM, Bronchial Formula and ALJ.

With allergies conquered, you can enjoy your spring and summer!

Sunlight and Essential Oils

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Don’t Let Seasickness & Other Stomach Upsets Affect You This Summer!

Posted on September 9, 2013 by NancyWharton

Stay Healthy Naturally With Our Summer Survival Kit

Thanks for joining us in the seventh and final installment discussing the best all natural summer survival remedies to the common issues we all experience in the hot summer months.

Topic seven in our summer survival kit series is Nausea, Vomiting, Food Poisoning and Motion Sickness.

Motion sickness refers to a condition which manifests in certain people when they travel by car, plane or boat. It is created by conflicting sensory input to the eyes and the brain when rapid or irregular motions are present, such as the rolling sensation found when onboard a ship. It can affect adults as well as children and may also be from an inner ear imbalance. Nausea can be caused by a number of factors, but most likely results from the presence of food poisoning, an intestinal bug, drug reactions or pregnancy.

External Remedies for Motion Sickness, Nausea and Vomiting:

Tei Fu Essential Oil may be massaged into the base of the neck, between the shoulder blades and into the temples of the head to alleviate feelings of nausea.

Peppermint Oil (5 drops) mixed with Massage Oil may be rubbed on the chest and throat. Massage mixture (or straight peppermint oil) firmly on the web of hand between thumb and first finger until relief.

Apply a cold pack to the abdominal region.

Essential oils to apply externally to feet, head, neck, back and stomach and to inhale are DiGize, Ginger, Peace and Calming and Lavender.

Internal Remedies for Motion Sickness, Nausea and Vomiting:

Give Rescue Remedy every 10 to 15 minutes until crisis has passed.

Ginger capsules are effective in quelling motion sickness, morning sickness and settle the stomach during times of nausea. Open two capsules and add to one cup of hot water to drink as a tea.

Hydrated Bentonite (1 tsp.) in 4 oz. of water with 2 tsp. of fresh lemon juice and sip slowly for vomiting and nausea.

Anti-Gas with Lobelia, Stomach Comfort Chewable Tablets and Papaya Mint Chewable Tablets may help with occasional nausea.

Essential oils to ingest in empty gel caps are Ginger, Peppermint and Lavender.

Rescue Remedy
Rescue or Distress Remedy should be in everyone’s herbal first aid kit. Administer this flower essence upon injury and continue to do so every 10-15 minutes until symptoms improve.

Food poisoning is a term used for the consumption of foods contaminated with salmonella or E-coli. These bacteria can be contracted from eating undercooked meats or other types of food that have come into contact with raw meat or fecal matter. If you have a healthy immune system you are likely to recover quickly, however the very young, the very old or the infirm are at a higher risk of developing a more severe illness. The diarrhea that occurs from food poisoning should not be stopped with antidiarrheal medications. It is extremely important to drink fluids that contain electrolytes to prevent dehydration.

**Internal Remedies for Food Poisoning:**
Salmonella homeopathic remedy is an easy and effective way to quell the nausea, vomiting and diarrhea quickly.
Silver Shield is also great for killing off the offending bacteria in the gut.
Activated Charcoal will absorb the toxins in the gut and expel them via the bowel as well as slow down diarrhea.
Once vomiting has subsided, take a strong Peppermint and Ginger tea to calm the stomach.
It is always wise to drink plenty of pure water with an electrolyte powder such as Solstic Revive.
Slippery Elm and Milk Thistle will soothe the irritation in the gastrointestinal tract and support detoxification of the liver.

**External Remedies for Food Poisoning:**
Apply Thieves and or DiGize essential oils to bottom of feet, along spine, over stomach, intestines and liver.

**Sunlight and Essential Oils**
Please note that certain essential oils react to sunlight. Since we use Young Living essential oils the list herein contains those oils. Allow 12 hours after applying the oils listed below before coming in direct contact with sunlight.

**Single Oils to Avoid in UV Rays** are Angelica, Basil, Bergamot, Dill, Fennel, Grapefruit, Lemon, Lime, Orange and Tangerine.

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“Leaflets three; let it be.”

Posted on August 26, 2013 by NancyWharton

Stay Healthy Naturally With Our Summer Survival Kit

Thanks for joining us in the sixth of seven installments discussing the best all natural summer survival remedies to the common issues we all experience in the hot summer months.
Poison Ivy and Poison Oak refer to a skin condition which usually results when the sap or oily resin of the poison ivy or poison oak plant, called urushiol, makes contact with the skin. For this reason, the ailment is part of a larger category of skin disorders referred to as contact dermatitis. Poison ivy and poison oak can also be contracted by touching an item or pet that has had prior contact with the plant’s resin. There have been cases reported that people have had a reaction by inhaling the smoke of a burning plant. If accidentally eaten, mouth poisoning can result. If the oil is on your hands, then anything you touch will become contaminated.

Note that Poison Ivy is found in the United States east of the Rocky Mountains, where Poison Oak is found primarily in western North America. There are four characteristics in identifying Poison Ivy: (a) clusters of three leaves, (b) lack of thorns, (c) an alternate leaf arrangement, and (d) each stem of three leaves grows on its own stem, which then connects to a main vine. Some additional clues are the leaves are red in the springtime, and mature plants are a hairy, ropy vine found on trees with the poison ivy leaves so high that you are unable to see them.

**External Remedies for Poison Oak and Poison Ivy:**

Run the affected area under the hottest water you can stand for two minutes to stop the itching. Orange Jewel Weed is considered the classic remedy for poison ivy to soothe and promote drying of the blisters. Rutgers University studies showed it blocks the action of the allergic resin. Aloe Vera Gel helps to relieve the itch and pain. Apply from a live plant if you have one available. Herbal Trim lotion relieves itching. White Oak Bark powder mixed with water and the juice of fresh lime to apply as a wet compress. Change as the compress becomes dry. Goldenseal and Slippery Elm powder mixed together as a paste and applied topically to ease inflammation. Essential oils to use are Roman Chamomile, Lavender and Melissa.

**Itch-Control Salve**

Combine the herb powder from 2 or 3 open capsules of Goldenseal, Comfrey, Chickweed, Slippery Elm, Mullein and Mugwort in 1/4 cup of beeswax and 1 Tb. of corn starch and mix well.

**Internal Remedies for Poison Oak and Poison Ivy:**

Give Rescue Remedy every 10 to 15 minutes until crisis has passed. Vitamin C in large amounts. This also works as a preventative. MSM lotion reduces itching and pain. Vitamin E – squeeze out from a capsule and apply to aid healing. Rhus Tox 30c homeopathic remedy promotes healing.

**Rescue Remedy**

**Rescue or Distress Remedy** should be in everyone’s herbal first aid kit. Administer this flower essence upon injury and continue to do so every 10-15 minutes until symptoms improve.
Insect bites and stings can vary in their severity from a mild annoyance to life-threatening. Some insects may carry disease such as the tick carrying Lyme disease. Bites from insects are common in the summer months and can be from mosquitoes, gnats, horseflies, houseflies, fleas, bedbugs, bees, spiders, ticks and mites. Note that if multiple bites have been endured or if any bite results in weakness, difficult breathing, wheezing, hives, fainting, abdominal pain or skin rash, medical attention should be sought.

External Remedies for Insect Bites or Stings
Remove the stinger using a plastic card to scrape it off. Do not use tweezers! Wash with soap and water and then apply a paste of honey and baking soda to the area. Apply an ice pack or cold compress to the area.
Apply Tea Tree (Melaleuca) oil to the affected area several times during the day.
Black Cohosh mixed with a little water to make a paste and apply to the area of involvement.
Activated Charcoal mixed with a little water to make a paste and apply to the area will neutralize poison.

Baths:
For multiple stings, put Activated Charcoal in tub and add warm water and emerge the entire body.

For Itchy Bites:
Combine Aloe Vera Gel, Witch Hazel, lemon juice, Lavender oil and Eucalyptus oil and apply to area.

Internal Remedies for Insect Bites or Stings
Vitamin C with Citrus Bioflavonoids in large amounts.
Pantothenic Acid acts as an anti-allergenic.
Black Cohosh every 15 minutes for the first hour after being stung.
It is always wise to drink plenty of pure water.

External Remedies for Insect Bites or Stings
Lavender oil is great for bites from mosquitos, ants, fire ants, bee stings and spider bites. Used for ticks (after it has been removed) apply 1 drop every 5 minutes for 30 minutes. For Spider bites use 3 drops of Lavender oil with 2 drops of Chamomile oil in 1 tsp. alcohol. Mix well in a clockwise motion and apply to area three times per day.

For Wasp sting mix 1 drop Basil oil, 2 drops Chamomile oil, 2 drops Lavender oil with 1 tsp. apple cider vinegar. Mix clockwise and apply three times a day.

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Watch for the final Summer Survival Kit Installment #7 on Nausea, Vomiting, Food Poisoning and Motion Sickness.

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Sun Kissed!

Posted on August 12, 2013 by NancyWharton

Stay Healthy Naturally With Our Summer Survival Kit

Thanks for joining us in the fifth of seven installments discussing the best all natural summer survival remedies to the common issues we all experience in the hot summer months.

Heat exhaustion can occur during athletic activities, while gardening or simply at an outdoor party or picnic. Symptoms include nausea,
headache, lack of focus, sweating, rapid breathing and a fast, weak pulse. It is the precursor to heat stroke which is when sweating has stopped and redness in the face can be seen. It can be dangerous if not treated promptly. Wear hats, stay hydrated and avoid undue exposure or exertion in the sun. Externally, use a cold water compresses to the head, neck and chest to lower temperature. Rub Lavender or Peppermint oil on the neck and forehead to cool the body down. Internally, mix 1 tsp. of salt and 1 tsp. of sugar in one cup of water and drink every 15 minutes until symptoms subside. Give Rescue Remedy every 10 to 15 minutes until crisis has passed.

Sunburn is still thought of as a relatively harmless condition, it can cause serious damage as well as predispose the skin to premature wrinkling or the later development of melanoma (skin cancer). Sunburn can occur on cloudy days, therefore we must concern ourselves with ultraviolet rays and their effects daily with the use of all natural sunscreen products.

If you experience sunburn, use this recipe for relief: Combine 1 Tablespoon of St. John’s Wort oil with 10 drops of Lavender oil, 2 opened capsules of Vitamin E, 2 Tablespoon of Aloe Vera Gel and 5 drops of Tea Tree (Melaleuca) oil and apply to affected area.

Other remedies include the application of Lavender oil using a spray bottle or Silver Shield Gel, Silver Shield Liquid or Aloe Vera Gel to the burn area to prevent infection and speed healing. Myrhh or Golden Seal powders can be used to dust a first or second degree burn. White Oak Bark contains tannic acid which helps promote healing of the skin. Can also be made as a compress from White Oak Bark tea. Herbal Trim stops the pain immediately. Can also draw a bath with 2 cups of apple cider vinegar & 1 box of baking soda to relieve pain.

Internally take Combination Potassium if the sunburn is severe. It is always wise to drink plenty of pure water.

Energetically hold both calves of legs with palms of hands for 30 minutes or longer, which is cooling to the whole body.

Rescue Remedy

Rescue or Distress Remedy should be in everyone’s herbal first aid kit. Administer this flower essence upon injury and continue to do so every 10-15 minutes until symptoms improve.

Sunlight and Essential Oils

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Watch for Summer Survival Kit Installment #6 on Poison Oak/Poison Ivy and Insect Bites or Stings.

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Accidents Do Happen!

Posted on July 29, 2013 by NancyWharton

Stay Healthy Naturally With Our Summer Survival Kit

Thanks for joining us in the fourth of seven installments discussing the best all natural summer survival remedies to the common issues we all experience in the hot summer months.

Topic four in our summer survival kit series is burns, cuts, wounds and abrasions. Whenever the skin is broken and bleeding occurs, immediate action must be taken. The first concern is to stop the bleeding and then to clean the wound, prevent infection and minimize scarring. The following treatments are recommended for minor cuts and wounds. Wounds heal much faster when covered. It would be good to have the following items on hand. Bow tie bandages to cover tips of fingers or toes, butterfly strips to pull the edges of a cut together, H-shaped bandages to go over knuckles and gauze pads to apply to larger wounds.
Tip: to remove adhesive bandages without the “ouch” rub olive oil around the adhesive and then pull off.

External Treatments:

For **burns** from hot pans or open flames essential oil of **Lavender** works well! Cover the burn completely with lavender oil. The French scientist Rene Gattefosse was among the first to discover the lavender properties for soothing common cuts, bruises and skin irritations when he was severely burned in a laboratory explosion. He submerged his hand in the nearest liquid, which happened to be a tub of lavender oil and was later amazed at how quickly his hand healed and with very little scarring.

For **cuts, wounds and abrasions**, wash the affected area well with clean water or herbal wash made from steeping **Yarrow** in water and then straining the mixture. **Silver Shield** is patented nano-technology liquid silver which may also be used to prevent infection and scarring. You can either soak a gauze bandage with it, or apply **Silver Shield Gel** directly to the wound in place of over-the-counter (OTC) anti-bacterial gels. Silver Shield liquid has been proven effective at combating anthrax, bubonic plague, mycobacteria bovis, tuberculosis, MRSA (resistant staph aureus), conjunctivitis (pink eye), food poisoning, bacterial infections of the skin, fungal infections of the skin, respiratory infections and vaginal and urinary tract infections. You may also use **Tea Tree (Melaleuca) Oil** and **Aloe Vera Gel**. **Frankincense, Thieves, Melrose, Relieve It** and **Basil** essential oils would be other great choices to apply topically.

**St. John’s Wort** was used by the crusaders on the battlefield for its remarkable healing properties. You can use this herb in either oil form and apply it directly to the wound or sprinkle a powdered form on a gauze bandage and place it on the wound. **Capsicum** sprinkled directly on a cut will control bleeding. It stings less than alcohol and can help promote tissue healing by boosting the clotting of blood. Combine Capsicum with St. John’s Wort for enhanced healing. **Capsicum Extract** may also be used. **Goldenseal** or **Olive Leaf** in powdered form may be applied directly to a clean wound and cover with a gauze bandage.

Internal Treatments:

**Silver Shield** may be used internally to ward off or kill already present infection. **Olive Leaf** with **Echinacea/Goldenseal combination** and **Garlic** would be great choices for infection, as would **IN-X**. **Rescue Remedy** should be given immediately and repeated every 10-15 minutes until person is calm.

**Rescue Remedy**

![Image of Rescue Remedy](image)

**Rescue or Distress Remedy** should be in everyone’s herbal first aid kit. Administer this flower essence upon injury and continue to do so every 10-15 minutes until symptoms improve.

Sunlight and Essential Oils

Please note that certain essential oils react to sunlight. Since we use Young Living essential oils the list herein contains those oils. Allow 12 hours after applying the oils listed below before coming in direct contact with sunlight.


**Limited Time Offer**
Special for this series, become a lifetime member of Young Living and save $30 off the Start Living with Everyday Oils kit (a $150 value) containing 9 of the most popular YL oils! There are only a few coupons available so don’t delay if you would like to purchase the world’s finest oils at wholesale cost! Please note that buying direct is the best, most cost effective method for you to stock up on your favorites!

Use Young Living account # 1306948 to signup. But first contact us at Quantum Wellness for your $30 voucher ID number.

Do You Suffer From Indigestion, Migraines, Eczema, Psoriasis, Joint or Muscle Pain? Let Us Help You! Quantum Wellness has helped many people to regain their health using iridology, health scans and biofeedback modalities. Modulate pain with the cold laser, heal the body with herbs, detoxify with the ion cleanse footbath. Contact us at office@quantumwellnessinc.com or 845/856.2260.

If natural health and wellness interests you, then download my free e-book “Is Your Body System in Crisis?” It will help you to understand the natural alternative health solutions available to you now. You may download it immediately at http://eepurl.com/sFOyn or at www.QuantumWellnessInc.com

Watch for Summer Survival Kit Installment #5 on Heat Exhaustion and Sunburn.

Allergies Got You Down?

Allergies Got You Down?

Our first topic in our summer survival series is allergies. Allergies are caused by the body’s hypersensitivity to various substances, which can be inhaled (environmental), eaten (leaky gut syndrome) or contacted by the surface of the skin. In some people, the offending substance triggers the immune system, which in turn produces histamine and serotonin, causing inflammation.

Airborne allergies can be a real drag especially if you are away on vacation. These can be triggered by pollen, dust, mold, and animal
dander to name a few. Food allergies may occur from any food that the person cannot tolerate, however some common foods are shellfish and peanuts.

The herbal combination HistaBlock is great for supporting mucous membrane health, minimizing the effect of irritants and pollutants and maintaining open nasal passageways. It assists with the effects of too much histamine in the body. Other herbal supplements for environmental allergies are ALJ – a top-selling allergy relief formula, Sinus Support and Fenugreek and Thyme. For those musty hotel rooms, place a cotton ball with several drops of Purification or Thieves on air conditioning vents to purify the air and eliminate musty smells. For air travel, put a few drops of Thieves on a handkerchief and inhale during the flight to combat against allergens and airborne germs. For any type of congestion, you can breathe Peppermint, Tei Fu or Thieves oils. Apply any of these three oils over the sinus cavity including under the nose, behind the ears, and on the soles of the feet. To really open your sinuses, take just one drop of Peppermint oil on your tongue!

For food allergies we use Total Leaky Gut, Intestinal Soothe and Build, Food Enzymes and Probiotic Eleven. Peppermint oil taken internally is great for soothing the stomach, which we’ll discuss further in installment three of our series.

For contact allergies we like to employ essential oils such as Lavender, Peppermint and Purification oil blend. Place a pinch of Epsom salt or 1 ounce of vodka in a spray bottle with 5-10 drops of Thieves oil and fill the rest of the bottle with water. Use this mixture to spray surfaces, hotel bedding, etc. to disinfect.

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Single Oils to Avoid in UV Rays are Angelica, Bergamot, Fennel, Grapefruit, Lemon, Lime and Orange.

Oil Blends to Avoid in UV Rays are Citrus Fresh, Gentle Baby, Joy, Ruta Vala and White Angelica.

Limited Time Offer

Special for this series, become a lifetime member of Young Living for only $10 and receive their starter kit, which is a $40 value! There are only a few coupons available so don’t delay if you would like to purchase the world’s finest oils at wholesale cost! Please note that buying direct is the best, most cost-effective method for you to stock up on your favorites! Use Young Living account # 1306948 to signup. But first contact us at Quantum Wellness for your $30 voucher ID number.

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Watch for our Summer Survival Kit Installment #2 on Bruises, Backaches, Headaches and Migraines!
Is Your Body System In Crisis?

Posted on April 9, 2013 by NancyWharton

This special report reveals the 7 major body systems in trauma which are the cause of most illnesses today.

Discover An Alternative Guide to Wellness

By Nancy Wharton, ND, CNHP, DMN

Now, I don’t wish by any means to shock you or to make you overly concerned by what I have to say (although I’m sure much of what I share with you may do just that). My intention is to make you more aware of how and why your body may be reacting to, or presenting with illness of some form based upon what we consider our normal everyday lifestyle.

In doing so, as you read this FREE report and become more aware, you will begin to understand how and why your body reacts the way that it does. With understanding comes clarity and meaning. This puts you in a position of power where you are then able to make adjustments and choose alternatives that will help you move toward a natural life of total wellness.

You will learn >>>

- 7 Major Body Systems
- The Typical Symptoms That Indicate Their Stress
- The Common Causes of the Distress
- Shocking Statistics
- What You Can Do Today to Relieve Your Symptoms

Get your free download here, and forward this message to others who want to learn how to care for themselves using holistic methods today.

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Have You Done Your Spring Cleansing?

Posted on March 18, 2013 by NancyWharton

The practice of cleansing the digestive system dates back to ancient Greece. In the United States, cleansing became popular in the 1920s and 1930s. Today, it is widely accepted that proper digestion is crucial for health. When digestion is efficient and complete, all of the food you eat is broken down and either utilized or flushed out as waste. When the digestive process is inefficient, partially digested food matter may be left behind in the digestive system. It is theorized that this buildup may produce toxins that can contribute to fatigue and a host of other undesirable symptoms. Sluggish digestion or debris in the bowel may also reduce the efficiency with which the body is able to eliminate toxins and waste products.

CleanStart is a comprehensive approach to cleansing the whole body. It contains laxative herbs to facilitate the cleansing of the intestinal tract. Soothing herbs blended into the formula help support gentle cleansing. Herbs that help rekindle the ability of the digestive system to properly handle digestion, absorption and waste elimination are also part of this product. Because the digestive system is not alone in the waste-elimination process, herbs for detoxifying the accessory organs (liver, gallbladder, pancreas) and the urinary system are incorporated into this formula. Blood purification is also an important aspect of body cleansing; hence, reputable blood-purifying herbs are also components of the CleanStart program.

The laxative herbs in this formula help remove toxic debris that build up in the colon.

Psyllium and fenugreek seeds are high in fiber and have a bulk laxative action, which helps support optimal gastrointestinal transit.1 Cascara sagrada, yellow dock, buckthorn and Turkey rhubarb are high in anthraquinones. These substances act on the large intestines, stimulating colon peristalsis to promote elimination. 2,3

Marshmallow, licorice, aloe and ginger soothe the digestive system while cleansing. Marshmallow root contains mucilaginous polysaccharides that help protect and soothe tissues. Licorice and ginger are reported to have antispasmodic and gastroprotective effects. 4-6

Sarsaparilla, red clover, echinacea, burdock, Oregon grape, couch grass, milk thistle and dandelion are purifying herbs in this pack. They are recommended for periodic “spring cleaning” of the body. Their mild diuretic effects are beneficial in promoting the elimination of toxins via the urinary system. In addition, sarsaparilla, through its sweat-promoting properties, enhances toxin elimination from the lymph and circulatory systems.7 Bentonite and sodium copper chlorophyllin are detoxifying ingredients.

Bentonite adsorbs toxins, facilitating their removal from the bowel. Sodium copper chlorophyllin is a green pigment found in almost all plants. It has been used to aid in the removal of various toxins via the liver and remains a key compound for improving the function of essential detoxification pathways.8

Pepsin, capsicum, potassium citrate and lactobacillus help restore improved function of the digestive system. Anytime a deficiency of proteolytic enzymes exists, bits of undigested protein may remain in the body, causing difficulties. Pepsin supports efficient protein digestion and protects the intestines from foreign invaders. Capsicum is used to improve digestion and relieve occasional gastrointestinal problems. Potassium citrate plays a role in gastric secretion and enzyme reactions, helping to support digestion. Lactobacillus spores were thoughtfully blended into this cleanse to help re-establish the balance of these beneficial organisms.

Ready to aid your intestinal system? Use my account number for a great savings on your Nature’s Sunshine supplements #523390. Not sure which product is right for you? Contact me and we can discuss the best way forward. If you liked this article, you may be interested in my free e-book “Is Your Body System in Crisis?” It will help you to understand the natural alternative health solutions available to you now. You may download it immediately here. To your health!

References

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Has anyone ever told you that you are electrifying? You are an electrical being. Every part of your body is connected by a system of nerve cells that communicate via electrical impulses and chemical messengers. It is the nervous system which wires you together.

The phrase “you are what you eat” particularly applies to the brain. Eating junk food short circuits your brain, causing negative mental and emotional responses. It’s no wonder that nervous system disorders such as stress, depression, addiction, mania, schizophrenia, anxiety, ADHD and insomnia affect millions of Americans. It also contributes to Parkinson’s disease, Alzheimer’s disease and dementia as we age. A good mind is a terrible thing to waste and we need to start caring for our brains and nervous systems better.

Nerves work by a combination of electrical impulses and chemical messengers called neurotransmitters. Some of the major neurotransmitters are serotonin, acetylcholine, epinephrine and norepinephrine, dopamine and GABA (Gamma Amino Butyric Acid). Others include histamine, endorphins, enkephalins, substance P and nitric acid.

Your nervous system is probably the most nutritionally sensitive system in the body. Poor nutrition is first felt in the brain by way of fuzzy thinking or “brain fog”, absent-mindedness, mental confusion and nervousness. If left unchecked these will develop into more serious issues such as chronic insomnia, anxiety, depression and memory loss.

The brain is 70% water, so it very sensitive to dehydration. Drinking one half your body weight in ounces of pure, alkaline, anti-oxidant rich water is the best way to keep the brain hydrated. I use Kangen water.

Along with water, omega-3 fatty acids make up 35% of the 50-60% of the brain that is fat. Nature’s Sunshine Super Omega-3 EPA, and DHA are excellent choices to feed the brain the nutrition it needs.
Additional factors in brain health are toxic load, such as heavy metals and chemicals. For a healthier brain, consider avoiding pharmaceutical drugs, excessive consumption of alcohol, contact with pesticides and herbicides, excessive consumption of caffeinated beverages, white flour products, refined sugar, hydrogenated oils and animal fat from commercially raised animals.

Other products that maintain brain health are Nutri-Calm, Stress Relief, AdaptaMax, Brain-Protex, Focus Attention and Nervous Fatigue Formula.

Ready to aid your nervous system? Use my account number for a great savings on your Nature’s Sunshine supplements #523390. Not sure which product is right for you? Contact me and we can discuss the best way forward.

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To your health!
I can help you to experience the benefits of long-term wellness through alternative health solutions...

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Nature’s Sunshine Products, Inc. – 2500 Executive Pkwy, Lehi, Utah 84043 – rated 4.7 based on 614 reviews “I have been working directly with NSP FOR 19... See more of Nature’s Sunshine Products, Inc. on Facebook. Log In. or. Create New Account. See more of Nature’s Sunshine Products, Inc. on Facebook. Log In. Forgotten account? Nature’s Sunshine Products, Incorporated (NASDAQ: NATR), also known as “NSP”, is a natural health and wellness company that manufactures and markets nutritional and personal care products through global direct sales force in more than 40 countries. Using a multi-level marketing channel, Nature’s Sunshine distributes encapsulated natural health supplements, including herbs, vitamins, minerals, and Chinese and Ayurvedic remedies as well as skin care products. History[edit]. Nature’s Sunshine was founded in 1972 by the Hughes Family, who started encapsulating capsicum in their home kitchen. The company utilizes a multi-level marketing business model. Each distributor markets products directly to potential customers, and can also recruit and train customers to become distributors. Nature’s Sunshine Products, Inc., a Lehi, Utah-based maker of nutritional and personal care products, reported its financial results for the fourth quarter and year ended December 31, 2017. For the fourth quarter, net sales increased 5.0 percent to $88.3 million; for the full...