



# Hands of Health Newsletter

December 2014

Hello, again:

Welcome to the LAST newsletter of 2014 and what a year it's been especially the last 6 months. I decided that after 28 years I needed to move and buy a different house. So at the beginning of the summer I contacted a realtor I've known for a few years and hired her to find me a house. Two of them fell out of contract and well, third time's a charm and we closed escrow on November 19th. Now, as I write this, my handyman is making it move in ready such as putting in doors in the shower!!! The great benefits of this house is it's close to all the shopping I need to do AND an incredible park called Roadrunner Park, THE most complete park. And within a healthy walk or bike ride. I'll let you know more next newsletter.

Oh, and here are a few articles to benefit your health!

**GREEN TIDINGS**  
**NATURAL REMEDY REFERENCE GUIDE**  
[www.greentidings.org](http://www.greentidings.org)      [www.facebook.com/GreenTidings](http://www.facebook.com/GreenTidings)

<h3>Cold/Flu</h3> <ul style="list-style-type: none"> <li><input type="checkbox"/> Probiotics</li> <li><input type="checkbox"/> Garlic</li> <li><input type="checkbox"/> Elderberry syrup</li> <li><input type="checkbox"/> Apple cider vinegar</li> <li><input type="checkbox"/> Vitamin C</li> <li><input type="checkbox"/> Hydrogen Peroxide in ears</li> <li><input type="checkbox"/> Oil of Oregano</li> <li><input type="checkbox"/> Eucalyptus Oil (external)</li> <li><input type="checkbox"/> Peppermint</li> <li><input type="checkbox"/> Vitamin D</li> </ul>	<h3>Anxiety/Stress</h3> <ul style="list-style-type: none"> <li><input type="checkbox"/> L-Theanine</li> <li><input type="checkbox"/> Cherries</li> <li><input type="checkbox"/> Chamomile</li> <li><input type="checkbox"/> Skullcap</li> <li><input type="checkbox"/> Kava Kava</li> <li><input type="checkbox"/> Passion Flower</li> <li><input type="checkbox"/> Valerian</li> <li><input type="checkbox"/> Lemon Balm</li> <li><input type="checkbox"/> Rescue Remedy</li> <li><input type="checkbox"/> 5-HTP</li> <li><input type="checkbox"/> GABA</li> <li><input type="checkbox"/> Magnesium</li> </ul>	<h3>Arthritis</h3> <ul style="list-style-type: none"> <li><input type="checkbox"/> Turmeric</li> <li><input type="checkbox"/> Omega-3 Fatty Acids</li> <li><input type="checkbox"/> Epsom salts (external)</li> <li><input type="checkbox"/> Alfalfa seeds</li> <li><input type="checkbox"/> Bromelain (pineapple)</li> <li><input type="checkbox"/> Cinnamon</li> <li><input type="checkbox"/> Ginger</li> <li><input type="checkbox"/> Vitamins C and D</li> <li><input type="checkbox"/> Olive oil</li> <li><input type="checkbox"/> Green tea</li> <li><input type="checkbox"/> Glucosamine</li> <li><input type="checkbox"/> Selenium</li> <li><input type="checkbox"/> Onions and leeks</li> <li><input type="checkbox"/> Tart cherries, black raspberries, and grapes.</li> </ul>
<h3>Digestive Issues/Ulcers</h3> <ul style="list-style-type: none"> <li><input type="checkbox"/> Probiotics</li> <li><input type="checkbox"/> Digestive enzymes</li> <li><input type="checkbox"/> DGL</li> <li><input type="checkbox"/> Bromelain (pineapple)</li> <li><input type="checkbox"/> Chamomile</li> <li><input type="checkbox"/> Papaya enzyme</li> <li><input type="checkbox"/> Aloe Vera juice</li> <li><input type="checkbox"/> Vitamins A, C, E</li> <li><input type="checkbox"/> Co-Q10</li> <li><input type="checkbox"/> Zinc</li> <li><input type="checkbox"/> Silica</li> <li><input type="checkbox"/> L-Glutamine</li> <li><input type="checkbox"/> Cabbage Juice</li> <li><input type="checkbox"/> Linoleic Acid</li> <li><input type="checkbox"/> Celery</li> <li><input type="checkbox"/> Cucumber</li> <li><input type="checkbox"/> Kale</li> <li><input type="checkbox"/> Peppermint</li> <li><input type="checkbox"/> Ginger</li> </ul>	<h3>Heartburn/GERD</h3> <ul style="list-style-type: none"> <li><input type="checkbox"/> Probiotics</li> <li><input type="checkbox"/> Digestive enzymes</li> <li><input type="checkbox"/> DGL(Deglycyrrhizinated Licorice)</li> <li><input type="checkbox"/> Co-Q10</li> <li><input type="checkbox"/> Chamomile</li> <li><input type="checkbox"/> L-Glutamine</li> <li><input type="checkbox"/> Silica</li> <li><input type="checkbox"/> Aloe Vera juice</li> <li><input type="checkbox"/> Ginger</li> </ul>	<h3>Seasonal Allergies</h3> <ul style="list-style-type: none"> <li><input type="checkbox"/> Probiotics</li> <li><input type="checkbox"/> Quercetin</li> <li><input type="checkbox"/> Apple cider vinegar</li> <li><input type="checkbox"/> Turmeric</li> <li><input type="checkbox"/> Honey (raw, local)</li> <li><input type="checkbox"/> Saline nasal rinse</li> <li><input type="checkbox"/> Omega-3 Fatty Acids</li> <li><input type="checkbox"/> Stinging Nettle</li> <li><input type="checkbox"/> Butterbur</li> <li><input type="checkbox"/> Peppermint</li> </ul>
	<h3>High Blood Pressure</h3> <ul style="list-style-type: none"> <li><input type="checkbox"/> Apple cider vinegar</li> <li><input type="checkbox"/> Celery</li> <li><input type="checkbox"/> Cucumber</li> <li><input type="checkbox"/> Cayenne pepper</li> <li><input type="checkbox"/> Co-Q10</li> <li><input type="checkbox"/> Beets</li> <li><input type="checkbox"/> L-Glutamine</li> <li><input type="checkbox"/> Calcium/magnesium</li> <li><input type="checkbox"/> Garlic</li> <li><input type="checkbox"/> Primrose oil</li> <li><input type="checkbox"/> Cinnamon</li> </ul>	

## WHY YOU MUST EAT TURMERIC EVERY DAY

[stepintomygreenworld.com](http://stepintomygreenworld.com)

<p><b>CANCER FIGHTER</b></p> <p>The curcuminoids in turmeric fight some cancers including breast cancer</p>	<p><b>LOWERS CHOLESTEROL</b></p> <p>Protects the cardiovascular system by reducing LDL cholesterol (the bad kind)</p>
<p><b>ANTI-INFLAMMATORY</b></p> <p>Anti-inflammatory properties comparable to steroidal and non-steroidal drugs</p>	<p><b>ANTIBACTERIAL</b></p> <p>An ideal antiseptic used in home remedies for wounds</p>
<p><b>ANTIOXIDANT</b></p> <p>Free-radical-scavenging activity exceeds that of vitamin C and most polyphenols</p>	<p><b>PREVENTS ALZHEIMER'S</b></p> <p>Reduces inflammation, oxidation, and amyloid plaques linked to Alzheimer's</p>

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Did you know...  
**WARM LEMON WATER**

- Balances pH
- Boosts immune system
- Aids in digestion
- Acts as natural diuretic
- Hydrates lymph system
- Aids in weight loss
- Helps to purify and stimulate the liver

The Pharmacy

This should give enough to ponder. Hope your Thanksgiving was fun and festive and you ate lots of HEALTHY goodies along with the decadent ones. Now onto the rest of the holidays with more of the same! Just be safe, have lots of fun and I hope you get those special gifts you really want. How about some great stocking stuffers or Chanukah presents with gift certificates for therapeutic bodywork sessions! Healthy gifts are always a great gift. I have a number of gift certificates to choose from and if you buy 4 or more you'll receive a 10% discount! So keep that in mind. OK; that's it for this year and I hope you're looking forward to a great 2015. Have an incredible New Year's celebration and be smart: party hearty, live it up, laugh it up but NO drinking and driving! I want you to be around for a long time as I'm sure so do your loved ones.

Until next time,

Stay healthy, stay well,



*"Take a closer look at your food choices and ask yourself:  
"Did people eat this 100 years ago?" If not, don't eat it."*

# *I Love Referrals!!!*

*Ask me about earning FREE GIFTS for referrals.*