

Natural Healing Express Weekly

Column 211 Preparing for Winter

As I am writing this, it is a cold and rainy Saturday morning. This means I am a bit late on my deadline but God Bless Mark, Brooke and everyone at the Flash for giving me a little leeway! So, as I am sitting here, cold and wet after a long dog run, I can't help but think I need to get my Natural Medicine Kit prepared for winter because it won't long until that rain turns to snow.

One of the first things I reach for as cold/flu season comes on is our Immune Blend. It is a tincture (a liquid that has been infused with the herbs) that is quite easy to take. The bottle itself contains a dropper and all one has to do is select a carrier liquid of your choice (water, tea, lemonade) and immerse a dropper full of the tincture into your cup.

Immune Blend contains both Echinacea and Elderberry. These two herbs are essential when the body is under stress – especially related to virus or bacteria. If you would like to learn more about these two individually, you can go to www.naturalhealingexpress.com and click on newsletters. You will find several articles there, a few of which are related to the Immune System, possibly titled Cold and Flu, Immune or Echinacea and Elderberry. The Immune Blend tincture is safe for adults and children alike. It is a product of Wisconsin, so if you are a Badger Fan, even better.

The second thing I keep handy is our Minus Sinus Tea. This is also a product of Wisconsin. The Minus Sinus tea contains a blend of mullein which supports a healthy lung function ; nettles, elderflower, and calendula which all aid in providing comfort and soothing to the respiratory system. Additionally, it contains spearmint and thyme which are both warming and expectorants -- meaning things will begin to “move”.

In my purse and most bedrooms, I keep our Breath Deep Chest Rub which contains a wonderful blend of Peppermint, Eucalyptus, Ginger, Clary Sage, Lavender, Black Spruce and Lemon essential oils. They are infused into a non-sticky, easy to apply salve. This works wonders with infants and children. It also helps with those “bigger” people who may be acting like a child. It is designed to relieve congestions, stuffy nose and sinus pressure.

Finally, if you are anything like most of my customers, when the seasons start to change, that darn arthritis and joint pain worsens. For that, we offer a few options. To begin, we like to use a wonderful salve called Joint Support. This product contains Arnica, Hypericum and Calendula. It applies directly to the Joint and provides a constant release of herbs over time, so it is not necessary to continue to re-apply.

We also carry an interesting product called Joint Health. It consists of capsules that contain Glucosamine, MSM and whole host of much needed minerals designed to ease Joint Pain. Additionally, we offer a tea called “Limber” that works wonders.

Give us a call and we will help you build your Natural Medicine Kit for Winter.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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