

HEALTH IMPROVEMENTS HOLISTIC CENTER NEWSLETTER



**Crystal of the Month: Green
Aventurine**

**Herb of the Month: Marshmallow
root**

**Benefits of a Massage
Benefits of Homeopathic Salt Bath**

Green Aventurine: The healing comforting crystal

The health benefits of Green Aventurine

Aventurine comes from a place that have high natural energy and in the Amazon it was called "The Stone of The Amazon". It has been said it is the stone that guarded and protected the Amazon warrior tapping into divine feminine energy, fierce power and protection.

The spiritual meaning of the stone is a Heart healer and harmonizer. It is associated to the Heart Chakra the love activator and spleen. This stone will help listen to our inner voice more, trusting our intuition strengthening our heart-mind connection which allows us to maintain our inner peace. Aventurine's connection with nature helps keep your emotional body calm with soothing energy that is highly beneficial to those suffering from anxiety, fear, and restlessness. Its not the universes job to be in harmony with you, it is you that must be in harmony with the universe.



Wear Green Aventurine to strengthen eyesight or establish what makes you happy or unhappy. The benefits of this stone covers a wide range of benefits as negative emotions and thoughts, malignant conditions, nausea, stress, eyes, heart, balancing male-female energy, prosperity, leadership, decisiveness, compassion, empathy, irritation, creativity, stuttering, severe neurosis, nervous system, heart attacks, cholesterol, metabolism, anti-inflammatory.

Marshmallow root: The cold eliminator

A herb that's native to Europe, Western Asia, and Northern Africa. It's been used as a folk remedy for thousands of years to treat digestive, respiratory, and skin conditions.

Its healing powers are due in part to the mucilage it contains. Marshmallow forms a protective layer on the skin and lining of the digestive tract. It also contains chemicals that might decrease cough and help heal wounds.



Marshmallow leaf and root are used for pain and swelling (inflammation) of the mucous membranes that line the respiratory tract. They are also used for dry cough, inflammation of the lining of the stomach, diarrhea, stomach ulcers, constipation, urinary tract inflammation, and stones in the urinary tract. People sometimes apply marshmallow leaf and root directly to the skin for pockets of infection (abscesses) and skin ulcers; and as a poultice for skin inflammation or burns, and for other wounds. Marshmallow leaf is used topically as a poultice for insect bites. Marshmallow root is applied to the skin as an ingredient in ointments for chapped skin as well as for pain and swelling of the feet and hands due to exposure to the cold (chilblains).

- **Burns.**
- **Wounds.**
- **Insect bites.**
- **Chapped skin.**
- **Diarrhea.**
- **Constipation.**
- **Stomach and intestinal ulcers.**
- **Irritation of the mouth and throat.**
- **Dry cough.**
- **Sores.**
- **Skin inflammation.**



Benefits of a salt bath

Bath salts are known for relieving stress and boosting overall health. Salt baths relieve stress, ease achy muscles, treat irritated skin, stimulate circulation, builds immunity when our body absorbs the minerals in the salt eliminating toxins.



How to take a Salt Bath:

1) Add 1/4 cup of sea salt to a bathtub filled to your comfort.

2) Make the water temperature 99 degrees, 2 degrees warmer than your body temperature.

3) Soak for 15-20 minutes

4) When finished dry off, don't rinse and apply moisturizer.

Taking a salt bath can boost your immunity because of the absorption of minerals that in your skin creates a stronger resistance to illness.

It helps with congestion, circulatory nerve function and removing mucus.

Benefits of a Massage



Massage addresses with pain management to increase circulation to your pain points that are blocked. With your vessels opened up more blood flowing means more nutrients and oxygen flowing. Your range of motion is improved with massaging the nutrients in you to the problem areas. You will drastically reduce your stress hormones.

The purpose of a massage is designed to relax the entire body by rubbing the muscles in long, gliding strokes in the direction of blood returning to the heart. It may help with increasing the level of oxygen in the blood and can improve circulation which can help you heal an injury quick or stay active longer.

