



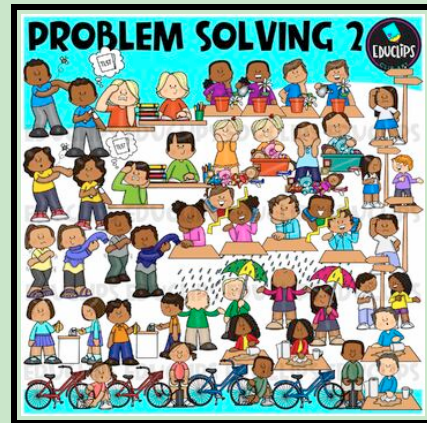
"Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God."
1 Corinthians 10:31

Health & Wellness: Skin Problems

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How many of us have heard the term, "you are what you eat?" The phrase "you are what you eat" emphasizes the connection between diet and health. It suggests that the food we consume has a direct impact on our physical and mental well-being. A nutritious diet can lead to better health outcomes, while unhealthy eating habits may result in negative effects on our bodies and minds.

We have discussed it multiple times that what we put in our bodies affects our overall health. When we have health problems (mental, physical), the last signs to usually show up are loss of hair, skin rashes, headaches, and muscle tension. Therefore, if we are finally seeing what is on the outside then what is going on the inside of our body? Visible symptoms such as hair loss and skin rashes can often indicate underlying health problems. These external manifestations may be linked to various internal conditions, including:



Common Internal Conditions Associated with External Symptoms

- **Stress:** Chronic stress can lead to hair loss and skin issues, as the body reacts to prolonged tension.
- **Mental Health Disorders:** Conditions like depression and anxiety can manifest physically, resulting in symptoms such as hair thinning and skin rashes.
- **Autoimmune Disorders:** Diseases like lupus or psoriasis can cause skin rashes, eczema, rosacea and hair loss, reflecting systemic inflammation or immune response.

Unknown author (copied verbatim):

"I had eczema on my hands for 15 years. My doctor never once mentioned my liver. Then someone explained it like a car engine. Everything changed. I want to think about your car for a second. Your car has an oil filter. Its only job is to catch everything that should not be circulating through your engine. DIRT. Metal Shavings. Contaminants that would destroy the engine if they kept running through it unchecked. The oil filter catches all of it. Holds it. Keeps the engine clean. Now imagine what happens when that filter gets clogged. The contaminants do not disappear. They have nowhere to go. They keep circulating. Through the engine. Through every system the oil touches. And your engine starts announcing that something is wrong. Warning lights. Strange sounds. Performance dropping. The car is trying to tell you in every language it has that something inside it is not completing its job. **Your liver is your oil filter.** Every single day your liver catches the toxic load your body has accumulated. Processes it. Packages it into bile. And send it toward the exit with one job. Leave permanently. Take the contaminants and never bring them back. When your liver is overwhelmed and your gut lining is compromised, that exit gets blocked. The bile gets reabsorbed. The contaminants keep circulating. Through your bloodstream. Through every system the blood touches. And your body starts announcing that something is wrong. In whatever language it has available. For me that language was my hands. Cracking. Splitting. Burning. Every Canadian winter worse than the last. Fifteen years of my body

trying to tell me in the only language I could not ignore that the oil filter was clogged and the contaminants were still circulating. My dermatologist never looked at where the warning light was flashing and prescribed something to make it flash less. Steroid cream does not unclog the filter. It just dims the warning light while the contaminants keep running. Soluble fiber foods unclog the filter. It forms a gel in the gut that physically intercepts that bile before the body can reabsorb it. Binds to those contaminants. Escorts them out permanently. Filter clears. Circulation cleans up. Warning light stops flashing. Not because it was dimmed. Because there was finally nothing left to warn about. My hands cleared after fifteen years. The oil filter analogy was the moment everything finally made sense to me. And I have never been able to explain it any other way."

Cleanse your liver naturally:

- To cleanse your liver naturally, focus on consuming foods like cruciferous vegetables (broccoli, cauliflower, cabbage, and kale. They are known for their health benefits, including being rich in vitamins, and minerals - **SALT**), beets, and citrus fruits, which support liver function and detoxification. Additionally, maintaining a healthy lifestyle with regular exercise and hydration can further enhance liver health.

Start your day with:

- *On an empty stomach in a shot glass mix the following*
 - squeeze a key lime
 - 1/16 tsp cayenne
 - 1-2 Tbsp MCT Coconut Oil
 - a pinch or two of GOOD mineral salt
 - DRINK UP!!

Castor Oil:

- Castor oil may help reduce stress by promoting relaxation and improving sleep quality through its anti-inflammatory properties and effects on the lymphatic system. Using castor oil packs can be a supportive tool for managing stress.

It is a work in progress (just the beginning), but I have a website - SerenitySoil.com I will be constantly adding to it and trying to put all the information on there to make it simple for you to find. Please click on links within the NEWSLETTER and the WEBSITE to find out more information!! Do your research, I do not know everything and continue to learn what works for us, myself and Steve. I am not going to agree with everything in any of the videos, articles, and the like that I post, but it might be perfect for YOU. We are ALL different. Feel free to send me an email, text, or phone call - if I don't know the answer, I know a lot smarter people!!

Have a blessed day, week, and month ~ Sandy

Kathy's Korner

Marshmallow

(Althaea officinalis)



I love to work outside in my garden as soon as the temperatures warm up. So, fake spring came early to NC and the pollen count escalated. Soon "real" spring will arrive and the

Food for Thought

I like marshmallows! Think smores around the fire or rice krispie treats. Yum!

Did you know that originally the sap from the **marshmallow root**, had culinary and medicinal uses. While the marshmallow confections we enjoy today are made up mainly of sugar, water, and gelatin, that wasn't always the case. Those sweets once contained sap from the marshmallow plant and were used to treat ailments.

So, what is in our marshmallows today?

corn syrup, sugar, dextrose, modified cornstarch, water, contains less than 2% of gelatin, tetrasodium pyrophosphate (whipping aid). natural and artificial flavor, blue 1.

yellow snow (pollen) will blanket everything. Ugh!

I have always struggled with allergies, however, I have found that herbs make a huge difference in my response to all the pollen. It is best to start a maintenance program (ask me how I know!) months before your peak pollen seasons arrive, so your body is prepared. A great tincture that works well for me is **marshmallow** and **mullein**. (September newsletter)

The leaves of the Marshmallow plant are demulcent, expectorant, diuretic, and emollient. This means they're exceptionally soothing to the mucus membranes in the upper respiratory as well as lower respiratory system. They help the body to expel excess moisture while also being moisturizing to the entire system. ([Source](#))

Try marshmallow in a tea or tincture. Add it to your smoothie or cook with the leaves or roots. Marshmallow plants are fairly easy to grow. I encourage you to buy some seeds and add a few plants to your flower or vegetable garden. They're beautiful and good for you!

Hmm... take the time to look up the ingredients. Phosphate???

Blessed is the one who finds wisdom, and the one who gets understanding. Proverbs 3:13

Tea Recipe



Kathys
GARDEN GOODS

Respiratory Health Tea

This tea will help with dry or irritated lungs.

INGREDIENTS:
1 PART MARSHMALLOW LEAF
2 PARTS PEPPERMINT LEAF
1 PART DANDELION LEAF

DIRECTIONS:
BLEND YOUR HERBS
STEEP 1-2 TEASPOONS IN A CUP OF HOT WATER FOR 20 MINUTES OR MORE

www.kathysgardengoods.com

Herbal Terms

- Demulcent - Relieves inflammation
- Expectorant - Promoting the discharge of phlegm or other fluid from the respiratory tract
- Diuretic - Increases the volume of urine excreted
- Emollient - Making soft or supple.

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