

HEALTH & WELLNESS

Volume 1 / Issue 1

REMINDER

Please do your research, no one person is alike. Be patient with yourself and the process. Sometimes it will feel like a full-time job. You are breaking old habits and taking your life back.

Sandy

GUT HEALTH

Gut health is crucial for overall well-being, as it affects digestion, nutrient absorption, and immune function. A balanced gut microbiome, with a mix of good and bad bacteria, is essential for maintaining health and preventing various disorders.

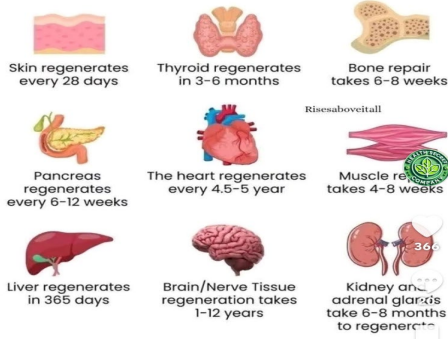
When this ecosystem in our gut is out of balance, we are in a state of *dysbiosis*, resulting in a number of different symptoms throughout our bodies, including:

- Brain fog
- Acne, rashes, and eczema
- Joint pain
- Bloating and gas
- Diarrhea or constipation
- Fatigue
- Chronic congestion
- Leaky gut
- Acid reflux
- H-Pylori

And that's just to name a few. But the good news is, **what we EAT has the power to radically shift our gut flora** and get it back in balance!

“When this ecosystem in our gut is out of balance, we are in a state of dysbiosis”

YOUR ORGANS CAN REGENERATE



“For I will restore health unto thee, and I will heal thee of thy wounds, saith the LORD;” Jeremiah 30:17

NATURAL SUPPLEMENTS FOR YOUR GUT HEALTH

Berberine – antimicrobial from the barberry root

Licorice root – soothes stomach lining, repairs gut tissue

Turmeric – anti-inflammatory, protects mucous lining

Ceylon Cinnamon - anti-inflammatory and helps blood sugar levels

Zinc – repairs damage made from bacteria

PREVALENCE OF PARASITES IN HUMANS

General Statistics

- It is estimated that around **80%** of both adults and children may have intestinal parasites in their gut.
- Approximately **25%** of the global population is infected with some form of intestinal parasite, with rates as high as **50%** in tropical and subtropical regions.

Types of Parasites

1. **Intestinal Parasites:** These include helminths (worms) and protozoa. Common examples are:

- **Helminths:** Roundworms, tapeworms, and flukes.
- **Protozoa:** Giardia and Entamoeba histolytica.

2. **Ectoparasites:** These live on the outside of the host, such as fleas and lice.

Transmission and Infection

- Parasites can be transmitted through contaminated food, water, or contact with infected individuals or animals.
- Many people may not show symptoms, making it difficult to know if they are infected.

Conclusion

While not everyone may be aware of it, a significant portion of the population is likely to have some form of parasites, often without noticeable symptoms. Regular hygiene practices and proper food handling can help reduce the risk of infection.

DETOXING YOUR BODY

Yes, throughout history, various cultures have practiced detoxification methods, including those aimed at removing parasites. Again, your gut health is important.

Reference Files:

- Brief article on the study of 440 versus 432: <https://pmc.ncbi.nlm.nih.gov/articles/PMC9534204/>
- Plants give off a frequency, a sound. It is natural, so why would we want something that is man made when we play music at a different frequency? https://youtube.com/shorts/QojrpoL_9jU?si=v_xcR-v7Qrv3OqRm
- <https://www.youtube.com/watch?v=A2Eq8NSUm7U> The Secrets of Frequencies.
- [WATER has MEMORY](#) on Youtube
- [SALT & WATER](#) on Youtube
- [WATER is ALIVE](#) on Youtube

Next Month? Do you have an idea what you want to see – please send me a note via email. Do you want to add to the newsletter? Do you have something to say? We will be putting together a list of items for sale, if you are interested in adding anything (i.e. eggs, tinctures, deodorant) let us know. Thank you, Sandy



Kathy's Korner

PEPPERMINT

(Mentha x piperita)

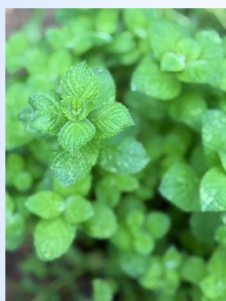
It has been an extremely HOT summer here in NC! With the high humidity and 100+ (feels like) temperatures, it has been a challenge to work in my garden. I have learned that sipping on a cold mint tea after working outside helps to cool my body down.

Did you know that peppermint is a naturally cooling herb?

It is! Peppermint is a powerful herb with high levels of menthol. When you consume a product that contains menthol it triggers a cooling sensation in the mouth and body, so it actually tricks the brain into feeling cooler.

There are over twenty-five species of mint, and they easily hybridize naturally. Peppermint is a cross between spearmint and [water mint](#). There are many fun varieties of mint that you can grow to use in your home. Currently I have spearmint, chocolate, apple (my fav!) and pineapple mint growing in my garden.

😊 However, remember that mint is invasive and is best grown in a container or it will spread profusely through your garden or raised bed. Ask me how I know . . .



(Apple mint growing in my garden)



(pineapple mint)

Peppermint is useful for many ailments. Do you keep mints in your purse to reach for when you have a stomachache or bloating after a meal? Peppermint aids in digestion, helps with inflammation and freshens your breath.

Peppermint has many uses and benefits, such as:

gut health	Headache
respiratory support	cold and flu
menstrual support	achiness
muscle support	toothache
relieve gas	bloating

A few ways you can prepare peppermint:

culinary	tincture
tea	foot soak
herbal steam	hydrosol
compress	

Recipe from Healing Harvest Homestead



HIBISCUS MINT HERBAL TEA

3 PARTS HIBISCUS
3 PARTS PEPPERMINT
2 PARTS LEMON BALM
1 PART ROSE PETALS
1 PART GINGER
1/2 PART LAVENDER
OPTIONAL: GREEN YERBA MATE OR
RED ROOIBOS OR BOTH