



*"O give thanks unto the Lord, for he is good: for his mercy endureth for ever."*

Psalm 107:1

## **Health & Wellness: THANKFUL**

November 2025 | Issue 5

This month's newsletter is on being Thankful. I panicked a little and sat down to write it multiple times but did not know how to begin. I thought this repeatedly, "what do I say?". Well, then it dawned on me to be vulnerable and just tell Steve's and my testimony. We must be patient with our progress, it is not an instant miracle. It took years to get to this level and it will take time to heal completely. We believe that God has made everything in nature perfectly for us.



I cannot just begin without giving you a little background.

*Thessalonians 5:18, "In everything give thanks: for this is the will of God in Christ Jesus concerning you."* I have said that my experiences have been a blessing in disguise.

I lived in California my entire life until 2018 when I moved across country to be with Steve. I had everything at my fingertips: family, friends, and work but realized I was lost. Most people would see this happy person on the outside, but I look back and I was depressed and going through a lot (divorce).

My journey began in 2016 when I decided to take my life back. I made the decision to get healthier but still I did not feel loved. One day in February of 2017, there was a man who reached out to me online and wanted to talk. My first thought was, "why would I want to talk to someone in North Carolina?" His first thought was, "she is 3000 miles away, what could hurt?" Well, to make a long story short, the Holy Spirit told me to call him in June of 2017 and I did. Steve talked to me every day on the phone, prayed with me and listened to me cry every night for the first 3-4 months of us getting to know one another. He was a God send. This is how I ended up in NC with Steve, for which I am very thankful.

Along with the move, my eating habits changed to Steve's eating habits and boy did the weight come on. So, now WE need to take our lives back. We needed to give up that southern comfort food and get healthier. Unbeknownst to me until I moved, Steve had diabetes, hypertension, kidney disease and high blood pressure. He would always wake up in fight mode (military ready). To say the least, I was nervous and did not know what direction to go at first. I knew what foods to give up but did not know how to deal with the medical sides of things. And, by the way, trying to tell a grown man how to eat and drink is VERY difficult. I got a lot of this, "you ain't my momma!". However, I am truly thankful we started this journey several years ago. Steve's A1C was 15.3 (normal is below 6.5), his BP was 200/110 and he weighed 240 pounds, now you know where it all began.

We gave up pasta, sweet tea (YUCK!! How anyone drinks that is crazy), processed food (we thought we did enough), carbs, and wine. Well, we thought we had it under

control; A1C would fluctuate between 8 and 10 and he was eating much better. He never told me about his daily numbers for his bp nor his blood sugars because he is a grown man. He felt better than he had felt in years, but stress plays a part in your life.

How do we deal with that? We need to love but let go of things we have no control over. Easier said than done!

Now fast forward to 2024... my mom died in October of 2024. Steve loved my mom and when she passed, it brought up a lot of memories of his first wife, Michele, who passed in 2016. In December of 2024, Steve had a major stroke. Come to find out, he had been having mild strokes for about a year prior to that. We thank God we had been on the "healthy" living journey for several years.

Steve lost all movement of his right side, his dominant side, and he could not get out all his words properly. Now what do we do? We thought we were taking all the right steps. We are truly thankful to Dr. Hakimi (our naturopath) who started this journey a few years earlier and said to continue to give him all the natural supplements while he is in the hospital (I snuck them in), along with a few more to help stimulate brain activity.

What do I do from here? Ok, I had to put my big girl pants on and start doing research because the VA was not much help.

We have been blessed this year. God doesn't give you more than you can handle. *1Cor. 10:13 says, "There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it."*

As of today's date: Steve is now off of all but ½ a pill for blood pressure, his blood sugar is below 200 on a regular basis and getting better, he is walking without any extra help, his balance is better, his words have come back to him, he has lost weight, and is a walking/talking testimony. We are constantly learning and growing, keeping our eyes and ears open, and being receptive to new teachings. There is no quick fix, there is no one way that is perfect for everyone; we need to be open to trying new ways that will work for ourselves. Be patient because our bodies were made perfectly to heal themselves if given the right nutrients.

We are truly thankful for ALL the family members, church family, friends, and co-workers who have prayed for, called, visited us and supported us. We would LOVE to name everyone, but don't want to forget ANYONE.

I, personally, have been blessed with a man who loves me, unconditionally!!

Happy Thanksgiving everyone, we love you and pray you are blessed.  
~ Sandy & Steve

## Kathy's Korner

### Sage

*Salvia officinalis*, *S. spp.*

### Giving Thanks

One of my favorite holidays is Thanksgiving! Unfortunately, our society tends to put more emphasis on Halloween and then Christmas without pausing to give thanks.

So, let's pause . . . what are you thankful for?



First and foremost, I'm thankful for my salvation in Jesus Christ. For my husband, our families and friends all over the world. My health, garden and chickens.

Give thanks to the Lord, for he is good! His faithful love endures forever. (1 Chronicles 16:34)



Free **Sage masterclass** with Heidi Villegas, Healing Harvest Homestead

When you smell sage what comes to mind?

I always think of Thanksgiving. Turkey and my mom's **cornbread dressing**. My favorite!

A few years ago, I asked that she write her recipe down for me as she is slowing down a bit, and I know that one day I will need to remember how to make "mom's" dressing. To remember and be thankful for all the wonderful meals she cooked through the years and our time together as a family.

We are familiar with sage being used as a spice, but it also has many health benefits. **Sage** is good for oral and throat health. It's high in antioxidants and helps with memory and focus.

Sage is a perennial that is very easy to **grow**. Mine is growing in a self-watering planter on my front porch. The leaves can be harvested and used fresh or dried.

I pray that you will have a blessed Thanksgiving and treasure your time with family and friends.



### **Uses and benefits**

cold and flu care first aid  
mouth care digestion stress relief  
memory and focus

### **Ways to prepare**

Tincture  
tea  
glycerite  
infused oil capsules  
herbal syrup

### **Sage and Salt Gargle**

This will help bring down swelling in your throat.



- First, boil about 1/2 cup of water.
- Add a tablespoon or two of dried sage leaves to a clean jar (a pint Mason jar is perfect)
- Add a tablespoon or two of salt
- Pour the boiling water over the top
- Add 1/4 cup apple cider vinegar

Allow this mixture to steep for 15 to 20 minutes. Strain out the herbs into a clean jar.

Gargle with a mouthful every hour or so until you feel relief.

Don't swallow this!

Swish it around for as long as you can handle it, then spit it out.

You can store this in the fridge, and it will keep up to two days.

**How did you like this email?**



[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email & social marketing for free!