

*Just because someone tells you to do something, do you believe them? Don't conform to the values of the world, but be transformed by renewing your mind and body.
Romans 12:2*

Health & Wellness: Autoimmune Disease

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Do you know when I mentioned, most if not all, diseases lead back to what you eat? Your gut health? The underlying cause of many of these **diseases is related to your immune system: the mechanism in your body designed to protect you is so OVERWHELMED, it is unintentionally doing you a lot of harm.** A person can go a lifetime with the earliest symptoms of autoimmunity-which can include: joint pain, weight gain, brain fog, gut imbalances, depression, mood disorders, and fatigue-without ever receiving a diagnosis of a disease. Doctor's probably tell you "all you need to do is 'lost weight', 'get more sleep', 'eat cleaner', or 'reduce stress'. Or worse, take this prescription and never get to the root cause of it all. Although eating cleaner, losing weight, and getting more sleep are important; we need to find out what causes the inability to do any of those. You don't just one day wake up with diabetes, it slowly develops over time. You don't just wake up with Alzheimer's disease either, it is decades long process with many steps of progression over the years. The process a lot of times starts when we are in our twenties and thirties, if not much younger. Right now, there are over 80 autoimmune diseases. Our immune system, which was made so beautifully, is trying to protect us when we get sick and eventually die from a disease.

You don't have a medication deficiency.
You have a **nutrition deficiency.**
Your body wasn't designed to run on **chemicals.**

Have you heard "you are what you eat" Or "eat everything in moderation"? Our environmental exposures can have a silent but profound impact on our health. We ALL are facing challenges, please don't get discouraged because there are ways to work through it. We need to ask ourselves, why does my body feel the way it does? Start listening to and trusting **YOURSELF.** Write down what has affected you (illness, exposures, vaccines) during your lifetime?

How can you change?

- Eating: Eat fruits and vegetables in season and NOT GMO (genetically modified). What does that matter if it is GMO? Because they are watered down nutrients, and besides the seeds are good for us!!
- Drinking: Make electrolytes drinks from natural and pure fruit. Add a little salt to your water, wake up and have your lemon water.
- Environment: Ground yourself! I use to think tree huggers were a little cooky but they had it right!! Hug a tree, walk barefoot on the grass or on the beach, sleep on linen sheets, wear linen clothes and so much more.
- Take Care of You: Who will you be able to help, if you cannot take care of yourself? Get a massage, go for walks, enjoy the sunshine, have an infrared sauna, see a chiropractor, stretch, and on and on....

Like most of you will say, "But Sandy, this costs so much money!" Yes, I know it does, that is why I added in things that are FREE.

Take Back your LIFE!! I am here for you; if you need something, do NOT hesitate to ask.

The Powerful Health Benefits of Borax: Natural Remedy for Wellness

Borax is an all natural mineral salt that contains the mineral boron. Borax has been used as a natural remedy for over 30 years. If you are interested in finding out more **YOU MUST do your research** and **do NOT just jump into this**, contact me and I will send you the protocol on how to begin.

Boron binds to and detoxes your body. It has so many incredible benefits!

- Arthritis
- Trigger Finger and Trigger Thumb
- Osteoporosis
- Osteoarthritis
- Bone Spurs
- Calcium Deposits
- Lupus
- **Autoimmune Disease**
- Hormone Imbalances
- Fungal Infections (Candida, Ringworm, Tinea Versicolor)
- Insomnia
- Skin Conditions
- Impotence

The body relies on essential nutrients, including vitamins, minerals, enzymes, and amino acids, to function properly. Boron, a trace mineral in borax, is necessary for proper hormone function and calcium-magnesium balance. Many diseases today are related to simple nutritional deficiencies, and restoring a low nutrient like boron can significantly improve overall health.

Click on the link below for a YouTube channel playlist for the miracles of borax. Before you jump into taking borax, there are some side effects. Here are a list of common reactions when getting started. Herxheimer (healing) reactions might experience temporarily.

1. Worsening arthritis for the first few weeks
2. upset stomach, chills, muscle aches, skin flushing, rapid heart rate from candida die off
3. kidney pain from toxins being flushed out of the body
4. muscle cramping due to calcium being pulled from the soft tissues and moved to where it belongs
5. nerve and circulation related issues, such as numbness in the feet or hands die to calcium buildup being corrected
6. skin rashes due to toxins being pushed to the surface and eliminated from the body
7. headaches

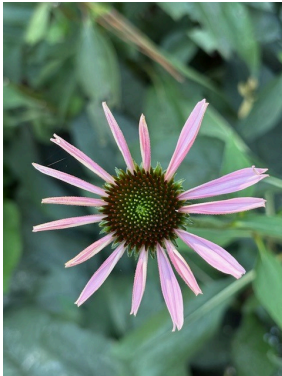
These reactions are signs of healing. If you find yourself unable to tolerate the discomfort, you can temporarily reduce your dose or stop the borax all together until you feel ready to start again.



[The Borax and Boron Miracle](#)

Echinacea

(E. angustifolia and E. purpurea)



Are you ready?

Now is the time to prepare for cold and flu season. Boost your immunity and help your body be prepared for those cold, darker months.

One tool is [Echinacea](#), otherwise known as the cone flower. It has great immune boosting properties and should be used at the very onset of cold/flu like symptoms. However, it is not recommended that you use it on a regular basis.

Echinacea does contain antibacterial components, but its primary action is as an immuno stimulant, which is why it is recommended that you use echinacea at the first sign of symptoms. (Bone, 1997). ([Source](#))

This year I started some Echinacea from [seed](#) and moved the plants to my garden in the spring. They are so beautiful and easy to grow! (See pic above) Throughout the summer I was able to gather some leaves and flowers, but I will have to wait four years before I can harvest the mature roots.

For everything there is a season, ...a time to plant, and a time to pluck up what is planted. (Ecclesiastes 3:1-2)

Immunity

What should you do if you feel a cold coming on?

According to [Dr. Barbara O'Neill](#) you should:

- Stay hydrated
- Consume vitamin C-rich foods (such as citrus fruits)
- Use immune-supporting herbs like echinacea or elderberry
- **Rest** and proper sleep are crucial for recovery



» **LEARN MORE**

In this video Heidi Villegas explains how to make an [Elderberry and Echinacea tincture](#).

Uses and benefits:

- cold and flu care
- first aid
- exhaustion
- wounds, burns
- venomous bites

Organic Herb Source

- tincture
- Tea
- glycerite
- capsules
- steam
- infused oil
- herbal syrup
- hydrosol

Organic Herb Source

It is impossible for me to grow all the herbs I need, but I am working on it. One source I can recommend for organic herbs or food is [Azure Standard](#).



Immune Boosting Tincture or Tea

Ingredients:

- 3 parts echinacea root (flower pictured)
- 2 parts astragalus
- 1 part nettle leaf
- 1 part ginger root

Directions: You can [tincture](#) each herb separately or mix together as a blend

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