



It makes a wonderful difference whether we find in the body an ally or an adversary
- Goethe

NATURE'S MEDICINE CHEST

The Fine Art of Original Medicine

Strengthening Your Ability to Respond, Recover and Stay Well

BEING MINDFUL

Sometimes we need to be sick. It's Nature's way of reminding us we've overextended ourselves or forgotten that we don't control time, only what we do with it. It's also a reminder that burning the candle at both ends isn't the answer to what scares us; more likely it is the reason for what ails us.

As Mother Nature begins her process of shedding leaves and letting go, human beings seem to excel at taking the 'blessings of the harvest' to a whole new level of productivity! This learned imperative to cram as much as possible into lessening daylight takes its toll on the many levels of human experience. What seems like allergies or a simple cold can easily turn into something more annoying when we least expect it. From my nearly 30 years of experience, it takes a village in the world of **Being Well** and **Well Being** to support us. Somehow it all works depending upon... *we each have our own criteria to finish this sentence.*

BEGIN AT THE BEGINNING

- When you start to **feel** run down it's time to stop running.
- **Being** proactive means becoming less reactive.
- Drink more **water** (coffee and scotch don't count!)
- **Watch** your diet. Fatigue entices us towards food with little nutritional value (sugar!)
- Be **mindful** of what you **listen** to and what you take to bed with you (*who is an entirely different conversation!*) As your head greets the pillow, do let the day go. Excess weight on your shoulders absolutely becomes the burden you feel physically and emotionally.
- **Honor** the season and listen more deeply to your body and **spirit**. It will be obvious when you've missed the mark. While the outer world encourages you to speed up, the natural world demonstrates why it's important to slow down.
- And last but not least, **Embrace Gratitude**. Remember how wonderful you are and how wonderful everyone else is (no matter the outward presentation,) and maybe take a walk around a lake.



WHOLE FOOD & HERBAL SUPPLEMENTATION

The Goal

To nourish and strengthen the **organs** that fight infection. Whether we choose from whole foods or herbs, or blend the two, we can effectively support your immune system to rise to its own occasion, supporting your body as it balances the overload of virus, bacteria, fungus or burnout. Whether acute or chronic, there is a plethora of formulations to draw from.

Just to Name a Few

Standard Process • MediHerb
Immuplex, Thymex,
Cataplex C, AC, ACP
Andrographis, Astragalus,
Congaplex, Echinacea Premium,
Viranon, Drenamin, Albizia,
Epimune, Sinus Forte,
Bronefact, Pneumotrophin PMG,
Rhodiola & Schisandra,
Golden Seal, Prosynbiotic...

What to Have on Hand

Schedule a brief consult and through the use of **Zyto**, **Applied Kinesiology**, and **your inner knowing**, we can determine the best 3-4 supplements to have on hand for acute or chronic symptom support. A personalized chart details how to work with those chosen. Caring for ourselves is always easier than we think!

Be Prepared!

Call or email for a Consultation now! **Virtual Sessions** are available.

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AND THERE'S MORE!

FROM YOUR PANTRY

Nearly all upper respiratory and sinus challenges begin in the gut. The following recipe will balance the pH in your intestines in whatever

direction it needs to go in addition to acting as digestive support for occasional irregularity.

1. Baking Soda - Cream of Tartar - Water

In 8 ounces of water mix 1/4 tsp of baking soda and 1/4 tsp of cream of tartar.

Use once a day for 2-3 days or longer if necessary.

2. Apple Cider Vinegar - 1 TBSP a day in a glass of warm water... drink daily.

AHHHJUSTMENTS & Energy Medicine

Getting your spine checked is vital! When it's free of subluxations your body can boost it's own immunity, bringing greater success to your other self-care habits. Greater connection between head, heart, body and brain is always advisable no matter the most pressing complaint you can imagine. You may need to be here more often so ask me how!

FLOWER POWER

How we manage our emotional nature and our response to what we perceive as stressful, are the number one contributing factors for why we succumb to illness. Flower Essences can nip a downward cycle in the bud quickly, gently and easily, harmonizing any emotions that have you bound and wound. 'Counter' consultations, or the more deeply engaging Certainty Session are worth your time and investment. Sometimes the most healing moment is when we are heard.

ASEA

ASEA is the only redox signaling molecule supplement available for use. ASEA effects 5 genetic pathways most notably your immune system. If you are already taking ASEA then double your dose when you begin to feel compromised. You may also use ASEA as a sinus cleanse. If you have questions or concerns, ask me. If you've never tried ASEA and find yourself curious, lets talk.



*A note about **Essential Oils**: While I am not currently partnered with any particular brand, my knowledge is still ever present. I am happy to share what I know and offer suggestions in your search for pure, therapeutic oils.*

If after 1-2 days your immune system is not responding please call for an appointment. We may need to tweak a little bit or discuss other options, however, this is a great place to start!

Disclaimer: The recommendations given are not to replace appropriate medical care should you deem it necessary. Each healing model offers certain benefits that the other cannot. The goal of Original Medicine is to provide you with the most natural resources available to support your body and spirit's ability to respond to it's environment. Witnessing your innate wisdom and desire to be well is the best 'side effect' ever!



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