

September 2007

Greetings!

Well September has finally arrived ! I wish everyone a happy and smooth beginning to the new school year. With the Fall approaching, we all know how important it is to keep our Immune System strong... Below are some simple suggestions to keep us in tip top shape:

- A. Get a good night sleep
- B. Eat a balanced diet
- C. Reduce Sugar Intake
- D. Drink plenty of purified water
- E. Wash your hands regularly...especially around those with the sniffles
- F. Try using Aromatherapy in the bedroom at night for easier breathing (The Essence in Northport Village)
- G. Choose various foods according to the current season -- try some great fall veggies (see attached recipe)
- H. Change your pillowcases frequently
- I. Reduce Stress - With the cooler weather approaching try de-stressing in a nice hot bath with [Israeli Dead Sea Salts](#) and a nice relaxing [CD](#)!
- J. Increase [greens](#) daily to keep the body alkalized
- K. Take your daily multivitamin
- L. To help keep the immune system strong here are some items to keep in the medicine chest:

[Vitamin C](#)

[IGG 2000](#)

[For Upper Respiratory/Lung support: OregaResp](#)

[Olive Leaf](#)

[Sambucol](#)

[Flu-Ban](#) / [Oscillococinum](#)

[D-hist](#)

[X-Lear](#)

Try the Cold/Flu Fighter Fresh Juice:

1-2 Carrots

1 Grapefruit

1 Orange

1/2 Lemon (peel yellow)

Fresh Ginger (as desired)

Feed all ingredients through your favorite juicer and enjoy! Rich in Vitamin A and C.

With the Summer BBQ's ending and with the Fall season approaching, we tend to do more home cooking.... Why not try some delicious inexpensive [organic fresh herbs](#) in your daily cooking.

Have a Great Month! And a Healthy Autumn!

Wishing you all the best,

Trish

Correction: Esther and Jerry Hicks changed locations and will be in Stamford, CT on Saturday October 6th not the 12th....

NOTE: For those of you that are interested, check out the Michael J. Losier Radio Show on the " Law of Attraction" on Wednesdays at 10 am

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Quotation: "We must become the change we want to see"
~Ghandi

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