



Fall 2018

Chantelle is coordinating the Bridge Card/Double Up Food bucks, WIC and Senior Project Fresh programs at the market again this year. The program will run until December 29th Saturdays 7-12. Monroe Farmer's Market open year round.

www.farmersmarketmonroemi.com

Gift Certificates Available for Purchase

Natural Health Consultations with Maurine-1/2 hour \$30.00; 1 hour \$50.00

Call 734-240-2786 to make appointment

Ionic Foot Bath now available by appointment-1/2 hour \$35.00; 1 hour \$50.00 Now get 5 foot baths and get the next one free.

Family Farms Co-op: familyfarmscooperative@gmail.com

Orders due via email **October 17, November 15, December 12** by noon; Pickup **October 19, November 17, December 14** from 2:30-3:30 at VFW Hall 1620 Dix-Toledo, Southgate

First Friday Downtown Monroe Bonus Discount Day 5% off for ***First Friday***

Transitions for Women a support group for women that have lost their partners-Next Meeting **October 20, November 17**
Meeting at Health Matters 3:00 PM

Yoga with Shannon: Saturday sessions Christ Lutheran Church 8:15-9:15 AM

Yoga with Chantelle-Tuesday- Calendar available at the Store

Health & Wellness Classes

Cancer Prevention October 10 6:00 PM; October 17 12 Noon

Diabetes October 24 12 Noon or 6PM

Homeopathy November 7 12 Noon or 6 PM

Vitamins Help or Hype November 14 12 Noon or 6PM

******Store Update: To celebrate Non-GMO month we will be giving a portion of our sales for October 15^h thru 20; we will have a drawing for 5 reusable grocery bags at the end of each week in October.**

Healthy Happenings: Boosting Immunity

Children are back to school and bringing all kinds of viruses' (colds & flu) home with them. Beginning with Halloween and ending with New Year's Day, fall marks the onset of the holiday season that includes an increase in consumption of sugar. Did you know that 30 minutes after eating simple sugar items they cause a 50% reduction in the white blood cells' ability the kill germs? I have been learning so much from ***Elisa Song, MD*** she is a holistic pediatrician and she has a wealth of information on her web site. I have noticed an increase in overall illness in children and adults, which leads me to believe there is a serious problem with immune function. In the past, people were exposed and infected with various viruses and bacteria, which when they recovered they had naturally acquired immunity. Due to the body creating antibodies to the virus or bacteria you have been exposed to, this type of immunity is very long lasting. This arms you immune system with antibodies to that specific antigen. The problem is they are soooo many different cold and flu viruses that change every year. This is one of the problems I have with the flu vaccine. The overall effectiveness of the 2017-2018 vaccine was reported to be 40 % by the CDC. I have some tips to arm you and your family with natural remedies that can prevent infections in the first place. If you happen become exposed and develop symptoms, these remedies can significantly reduce the duration and severity of the infection.

1. Prevention:

- ❖ #1 for my prevention is Influenzinum 30c. Take 1 dose daily during the flu season. This will often eliminate the flu altogether. However, if a person happens to become infected, it will prove to be a milder version because of the Influenzinum's protection.
- ❖ Remember to wash your hands frequently with natural nontoxic soap. A few years ago, I discontinued use of antibacterial soaps containing triclosan when I learned that they might be linked to disturbance in gut bacteria. Triclosan may be involved in creating antibiotic-resistant bacteria.
- ❖ Eat lots of colorful fruits and vegetables for their antioxidant properties.

- ❖ Drink ½ to 1 cup of bone broth daily for their easily digestible protein and mineral content. Bone broth is also a great source of the amino acids glycine and proline which have anti-inflammatory properties. I use bone broth to make soups any recipe that calls for chicken or beef broth.
- ❖ Eat fermented (natural probiotic) foods like sauerkraut, “real” pickles, kombucha, and whole plain yogurt or kefir. Fermented foods have amazing immune boosting powers. Dr. Mark Hyman reports that your gut wall houses 70% of the cells that make up your immune system. Remember the quote by Hippocrates “All disease begins in the gut.” Taking a probiotic supplement is suggested if you do not consume fermented foods.
- ❖ Stay well hydrated, drinking filtered water, coconut water, herbal teas, and bone broth. A good rule is to drink half your body weight in fluid ounces daily. For example, a 180 lb. man would consume 80 fluid ounces of water daily.
- ❖ Avoid simple sugars and processed foods.
- ❖ Get fresh air and moderate daily exercise to boost the production of macrophages, the kind of white blood cells the “eat” bacteria and viruses.
- ❖ Get adequate sleep. The right amount of sleep increases the number of white blood cells.
- ❖ Minimize stress. Emotional stress creates physiological stress that lowers our immune defenses. Magnesium rich foods before school can be helpful. Using lavender oil in a diffuser at bedtime or add to a Epsom Salts bath can help you relax. Homeopathic or Bach Flower remedies can reduce stress.
- ❖ Vitamin C is a powerful antioxidant and natural anti-histamine which can assist our ability to ward off and deal with infection.
- ❖ Supplementing with adequate amounts of vitamin D3 during cold and flu season can significantly lower rates of infection. Getting a blood test (25 Hydroxy Vitamin D Level) is used to gauge an individual’s status. I try to keep my level between 40-70.
- ❖ Zinc is required for the normal functioning of the white blood cells.
- ❖ Using a Neti pot or saline nasal spray daily will flush out airborne viruses, bacteria, and pollen.

2. Remedies:

- ❖ Echinacea-(I like Esberitox) can be helpful if you are exposed or if you develop symptoms
- ❖ Elderberry syrup, also known as Sambucus, can be used to boost the immune system. (see recipe below).
- ❖ ColdCalm can be used to relieve cold symptoms such as sneezing, runny nose, nasal congestion, and minor sore throat.
- ❖ Oscillococcinum 30c is used for flu-like symptoms such as body aches, headache, fever, chills,

3. Essential Oils:

- ❖ **Now Saline Nasal mist combines xylitol with several essential oils, including: eucalyptus oil, tea tree oil, thyme, peppermint, spearmint and wintergreen oils. The xylitol in this remedy has been used to coat the inside of the nasal passage to prevent bacteria and viruses from getting into the system.**
 - ❖ **Several essential oil companies have blends that help eliminate air borne bacteria and viruses when used in a diffuser. Thieves and Now’s Nature’s Shield are examples.**
 - Rosa’s blend is used in our diffuser during the cold and flu season**
 - 20 drops clove oil**
 - 18 drops lemon oil**
 - 10 drops cinnamon oil**
 - 8 drops eucalyptus oil**
 - 5 drops rosemary oil**
- Mix together oils in a glass bottle and use 5 drops in your diffuser. Or you can make a spray using 30 drops of the blend in 1 ounce filtered in a spray bottle.**

Maurine is happy to provide her opinion on diet and nutrition, supplements and lifestyle choices. This information is for educational purposes only. It is not meant to replace the advice of your physician and is not to be considered medical advice, diagnosis or treatment. Should you have any concerns please contact your physician directly. As always, contact your pharmacist regarding any potential vitamin/drug interactions. Notify physician regarding any alternative remedies.

Raw cow & goat milk and Amish grass fed meat e-mail familyfarmscooperative@gmail.com or call 1-269-476-8883

Store News:

- ❖ **Bridge Cards** accepted at the store.
- ❖ **Local Delivery to shut-ins available**
- ❖ **Family Discount Day:** Every Wednesday get 5% off of entire order.
- ❖ **Free Muscle Testing**
- ❖ **Ionic Food Bath** available by appointment only; 1/2 hour \$35.00; 1 hour \$50.00

Save the Earth Curb your can consumption Seventy-five percent of the millions of canned drinks sold each day come in aluminum cans. Mining aluminum causes severe environmental damage, resulting in smelting that uses huge amounts of energy. Worldwide, the aluminum industry uses as much electric power as the entire African continent. So try to choose drinks in refillable glass bottles. If you need to grab a can, make sure you recycle it! Recycling aluminum saves 95 percent of the material needed to make one new can.

Words to Live By: "Love is everything, it is the key to life, and its influences are those that move the world." *Conrad Hilton*

Rosa's Elderberry Syrup

½ cup dried elderberries

3 cup filtered water

½ Tbsp. Vitamin C Powder

¾ cup raw honey

Bring elderberries and water to boil, simmer ½ hour. Cool, then strain and squeeze juice out of the berries. Cool to room temperature then add honey then add vitamin c powder.

Store in refrigerator for several months.

Doses recommended

1 Tbsp. Syrup 3 times a day-Children can take ½ adult dose

Recipe of the Month (I used vegetables purchased at Monroe Farmer's Market)

Red Cabbage and Apples, from ALLRECIPES.UK

2 Tablespoons olive oil

7 7/8 cup red cabbage (shredded)

1 onion (chopped)

2 tart apples (peeled, cored, and sliced)

2 Tablespoons filtered water

¾ teaspoon Celtic sea salt

Ground black pepper

3 Tablespoons sugar (I used 2 Tbs Xylitol)

3 Tablespoons raw apple cider vinegar

Heat oil in a large skillet. Stir in cabbage and onion, fry until wilted. Stir in apple and water, salt and pepper. Cover and simmer about 25 minutes.

Pour vinegar and sugar or xylitol into mixture while tasting for desired sweet and sour taste. Cook another 5 to 6 minutes.

Maurine Sharp *Natural Nurse*

Health Matters Herbs and More 17 E. Second St. Monroe, Michigan 48161

734-240-2786 <http://www.monroehealthmatters.com/>

Store Hours: Monday –Friday 10:00-5:30; Saturday 10:00-2:00 e-mail maurine@monroehealthmatters.com

Summer 2018 Real Food Revolution

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