



**Spring 2019**

*We are celebrating our 15<sup>th</sup> anniversary April 8<sup>th</sup> -13<sup>th</sup> with customer appreciation bonus with 10% off your purchase; also, we will be giving away supplements, and grocery items while supplies last. We will have a drawing for \$10.00 gift certificate each day Monday-Friday; with a bonus on Saturday with the choice for either a health consultation with Maurine, an ionic foot bath or a \$25.00 gift certificate. I hope you can find the time to visit.*

**Chantelle is coordinating the Bridge Card/Double Up Food bucks program at the market again this year. The program will start the first week of May with additional opportunities to use the Bridge Cards on Tuesdays from 3-7 PM June 11<sup>th</sup> thru September 17<sup>th</sup>.**

**Monroe Farmer's Market open year round 7 Am-12 Noon for more information check out the web site [www.monroemifarmersmarket.com](http://www.monroemifarmersmarket.com) or Facebook at [www.monroemifarmersmarket.com](http://www.monroemifarmersmarket.com)**

**Gift Certificates Available for Purchase**

*Natural Health Consultations with Maurine*-½ 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

With purchase of 5-foot baths get the next one free.

**Family Farms Co-op:** [familyfarmscooperative@gmail.com](mailto:familyfarmscooperative@gmail.com)

Orders due via email **April 3, May 1, May 29, June 26, by noon; Pickup April 5, May 3, May 31, June 28**  
from 2:30-3:30-at VFW Hall 1620 Dix-Toledo, Southgate

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

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

*Yoga with Chantelle- Monday & Tuesday- Calendar available at the Store*

*Health & Wellness Classes are suspended for the time being.*

*I have decided to wait until our meeting room upstairs is renovated to hold classes and movie showings.*

**Healthy Happenings: Joint Health from Smart Medicine for Healthier Living**

One of the most debilitating health problems is arthritis resulting in the use of anti-inflammatory drugs and pain medications, when symptoms are severe. They even use cancer chemotherapy drugs to try to limit the pain. I believe in prevention because all of the pharmaceutical drugs have unwanted side effects. Many people think arthritis is inevitable. Years ago, I decided to be proactive and work on preventing the degenerative disk disease that affects most of my family. Prevention is much easier than traditional treatments.

**1. Dietary:**

- ❖ Eat a healthy high-fiber organic diet due to chemicals resulting in stress to the body. Maximize intake of fresh vegetables, (reducing or eliminating night shade vegetables, i.e. Potatoes, eggplant, tomatoes, and peppers).
- ❖ Make sure you include wild caught cold-water fish, such as salmon and halibut. If you prefer Omega 3 fish and/or cod liver oil can be helpful supplements for joint health and act as natural anti-inflammatories.
- ❖ Avoid hydrogenated and partially hydrogenated oils, rich fatty foods, fried foods and refined sugars.
- ❖ Avoid alcohol and caffeine, which also create acid.
- ❖ To flush toxins from the body, be sure to drink at least 6-8 glasses of spring or filtered water.

**2. Supplements:**

- ❖ To correct possible nutritional deficiencies, take a quality multivitamin at least twice a day.
- ❖ Cod Liver oil has been a wonderful anti-inflammatory remedy. I like using cod liver oil because it has many health benefits to maintain a healthy heart and to improve moisture in the skin.
- ❖ Bromelain, an enzyme derived from pineapple, has a notable anti-inflammatory action.
- ❖ Black currant seed oil, borage, evening primrose oil, fish oil, and ground flaxseeds contain essential fatty acids that increase the production of anti-inflammatory prostaglandins.
- ❖ Glucosamine, a compound of the simple sugar glucose and amino acid glutamine, has been shown to be an effective natural means of slowing cartilage breakdown and encourage cartilage repair. With continued use, it helps to relieve joint pain and stiffness.
- ❖ Magnesium is essential to the central nervous system and protects against muscular excitability and tremors.
- ❖ Many people with joint pain are deficient in manganese.
- ❖ MSM a natural source of sulfur, can help relieve arthritis pain and maintain joint health.

**3. Herbal Remedies:**

- ❖ Devil's claw is a good anti-inflammatory agent.
- ❖ Feverfew has been used for centuries for arthritis. Some studies have found that the anti-inflammatory effects of this herb are greater than those achieved by NSAID's
- ❖ Boswellia, a supplement from Frankincense, is known in the natural medicine world as nature's Motrin.
- ❖ The newest addition to herbal remedies for arthritis and many more health issues, is CBD oil. That is available in drop form and a CBD balm that is used topically. Many customers have had great success with Plus CBD which is from the hemp plant which does not cause the psychological effect that come from the THC in marijuana.
- ❖ Topical ointments using, Celadrin, capsaicin, menthol, dimethyl sulfoxide (DMSO), and other homeopathic creams are available.

**4. Homeopathy:**

- ❖ *Bryonia* is used for sharp, stitching, or tearing pain that feels worse after activity, such as taking a short walk.

- ❖ *Rhus toxicodendron* is used for rheumatic pain that is relieved by movement, such as taking a short walk.
- ❖ *Newton Homeopathic* has a combination product ***Rheumatic-Joint Care***.
- ❖ *Hyland Homeopathic* has a combination product ***Arthritis***.

**5. General Recommendation:**

- ❖ Studies have shown that exercise can both increase ease of movement and reduce pain and stiffness. Gentle stretching exercises, mild, i.e. chair yoga, and tai chi can be helpful.
- ❖ Although there are no studies to support their use, many people with arthritis claim they get a measure of relief from wearing a copper bracelet.
- ❖ Hot baths or saunas can be used to keep the joints warm.

**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](mailto:familyfarmscooperative@gmail.com) or call 1-269-476-8883**

**Store News:**

- ❖ **Bridge Cards** accepted at the store.
- ❖ **Local Delivery to shut-ins available**
- ❖ **Maurine's availability is limited, please call if you are interested in seeing her.**
- ❖ **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 Face to Face Shopping:** Before supermarkets (or online shopping) shopping used to be a far more sociable experience. Rediscover the friendlier way to shop by buying your groceries over the counter from specialist food stores—or failing that, from the deli counter at your supermarket. That way you can ask for exactly the amount that you need, making it less likely that food will go to waste, and bypass the hermetically sealed plastic packaging to be found in the aisles.

**Words to Live By:** In the middle of difficulty lies opportunity. **Albert Einstein**

**Healthy Recipe**

**Healthier Buns: Thank you to one of our wonderful customers!**

- 1 ½ cup almond flour (or ½ cup coconut flour)
- 5 Tbs psyllium husk powder (no substitutes)
- 2 tsp baking powder
- 1 tsp Celtic sea salt
- 2 ½ TBS apple cider vinegar
- 3 egg whites (or 6 egg whites if using coconut flour)
- 7/8 cup boiling water

Preheat oven to 350 degrees. In a medium bowl, combine flour, psyllium powder, baking powder and salt. Mix until dry ingredients are well combined. Add the egg whites and vinegar and mix until a thick dough. Add boiling water. Mix until well combined and dough firms up. Form into 4-5 mini sub buns (the dough will rise about 2-3 times) or one large sub log and place onto a greased baking sheet. Bake for 55 minutes (45-50 minutes for smaller shaped buns. Remove from the oven and allow the bread to cool completely. Cut open with a serrated knife.

Maurine Sharp *Natural Nurse*

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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](mailto:maurine@monroehealthmatters.com)

Spring 2019 Joint Health

If you'd like to unsubscribe please [e-mail](#) and I will remove your name from the list.

