



Summer 2019

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 11th thru September 17th.

Monroe Farmer's Market open year round 7 Am-12 Noon for more information check out the web site www.monroemimarmersmarket.com or Facebook at 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

Orders due via email **July 10, August 7, Sept 4, by noon; Pickup July 12, August 9, Sept 6**
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.

Summer customer tip: to repel ticks she used Geranium also known as rose geranium (Pelargonium graveolens). She used Geranium for her dog and her family in a spritzer bottle. One recipe is 8 oz distilled water with 2 tablespoons witch hazel or vodka and mix 10-30 drops of geranium oil. Shake well and spritz on the dogs' legs and tail, for her family she spritzed on her shoes and the bottoms of her pants before venturing out. You can find many recipes on the internet. Good luck.

Healthy Happenings: Chronic Pain *The Chronic Pain Solution* by Dr. James N. Dillard

We are in the middle of a prescription drug and opioid epidemic brought on by indiscriminate use of pain medications by the medical and dental profession. The sad result is addiction to these drugs when there are many avenues to explore when we begin to experience painful symptoms. Although natural remedies have been used for centuries in eastern and middle eastern countries Americans seem to be skeptical. I had a surgical procedure a few years ago and only used Boswellia for pain. There usually is no issue if pain medications are used following surgery, if their use is monitored closely by your doctor and only a few pills are ordered. Another issue with prescription drugs is that left-over prescription medications have a high street value and should be secured and then disposed of properly when no longer needed. We are fortunate to have several natural remedies to deal with acute and chronic pain.

1. Pain Control Diet:

- ❖ Eat fresh, homemade food as much as possible
- ❖ Eat the right fats: Samples of the right fats are eggs, ground flax, pumpkin seeds, mackerel, olive oil, wild caught salmon, sardines, and walnuts.
- ❖ Eat at least six fruits and vegetables every day. Dr. Dillard says *If you don't feed your body well, it will not heal well.*
- ❖ Substitute whole grains for white bread.
- ❖ Avoid alcohol and caffeine, which also create acid.

2. Supplements:

- ❖ CBD oil, is used orally, has been effective for many customers for pain and inflammation. CBD balm has been used topically to relieve pain.
- ❖ B-Complex promote functioning of the nervous system. Best for peripheral neuropathy. I prefer Bio-active forms of B-complex to insure absorption.
- ❖ To correct possible nutritional deficiencies, take a quality multivitamin at least twice a day.
- ❖ Cod Liver or fish oils reduce inflammation. Best for any painful conditions and inflammatory disorders. Initial dosages are higher to begin the anti-inflammatory actions.
- ❖ Bromelain appears to have an anti-inflammatory effect. Best used for chronic sprains and strains.
- ❖ Calcium relaxes smooth muscle tissue and supports the nerves' ability to fire normally. Best for headaches, nerve pain, and pelvic pain, including PMS. I prefer getting most of my calcium from food sources due to the poor absorption rates of most calcium supplements. Best used with magnesium.
- ❖ GLA either borage oil or evening primrose oil has been shown to reduce swelling, tenderness, and pain. Best for inflammatory arthritis, pelvic pain and any inflammatory conditions.

- ❖ Magnesium has been proven to relax the smooth muscles of the body. Best for headaches, chronic muscle spasm, leg cramps, peripheral neuropathies, and any other nerve related pain.
- ❖ Vitamin B2 has been shown, in several medical papers suggested B2 reduces migraine pain.

3. **Herbal Remedies:**

- ❖ Capsaicin or capsicum (chili pepper oil) (Topical) May reduce substance P, a neurotransmitter the facilitates to pain message. The burning sensation blocks the pain signal from traveling up the spinal cord. Best for any pain on the body's periphery- hands, arms, shoulders, feet or legs. Rub the commercially prepared cream onto the painful area three times a day (If you apply less often, you won't get the cumulative effect that reduces substance P.)
- ❖ Devil's Claw used to relieve pain and inflammation. Best for osteoarthritis, inflammatory arthritis, and tendonitis.
- ❖ Feverfew has been shown to reduce the number and severity of migraines, along with the vomiting the accompanies migraine pain.
- ❖ Ginger reduces inflammation and nausea. Best for inflammatory arthritis and nausea from pain medications. You can make your own ginger tea by steeping peeled and finely chopped gingerroot in a cup of hot water.
- ❖ White willow appears to relieve inflammation and pain. Early tests tell us that white willow may relieve low back pain.

4. **General Recommendation:**

- ❖ Distracting your nervous system from pain with, Acupuncture, Aromatherapy, Electrical Stimulation (TENS) units and Energy healing.
- ❖ Energy Healing using homeopathy, reiki, reflexology, tai chi and therapeutic touch.

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
- ❖ 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 Back Door GMO's If you want avoid eating genetically modified organisms, you can look for food that is labeled GMO-free or certified organic. But if you eat meat, eggs or other animal products, you may be eating GMOs unknowingly, as there's currently no requirement anywhere in the world to label products from animals that have been fed on GM feed. If you don't want to be exposed to GM crops by this indirect route, write to farmers and food distributors, asking them to keep GM crops out of animal feed.

Words to Live By: We don't need more strength or greater opportunity, what we need is to use what we have. *Basil S. Walsh*

Healthy Recipe

Stevia Chocolate Almond Hemp Heart Bar

2 cups of Lily's chocolate chips
 1 ½ teaspoon coconut oil
 ¾ cup chopped crispy almonds

½ teaspoon Celtic sea salt
 1/3 cup hemp hearts

Prepare candy molds by spraying with coconut oil spray. Combine almonds, Celtic sea salt, and hemp hearts in a small bowl. Reserve ¾ cup almond mixture. Melt chocolate chips with coconut oil in a double boiler, stirring constantly. Add almond mixture to melted chocolate. Spread chocolate into candy molds. Top with remaining almond mixture and press down with a spoon. Place in freezer for 30 minutes to harden.

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

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

