

INTRODUCING

Self Nurture Magazine

The ENERGY and SELF HEALING ^{Free} Issue

* Energy Flow
Through the Body

* Food Healing

* Mindfulness

* Energy Flow and
Exercise

* REBUILD YOUR
BODY!

* MOVEMENT AND THE RELIEF OF **Dis**-EASE

December 2016

Natural Littles

Natural Germ Evasion

The season is here for virus, bacteria, germs and other slobber spreading infections to set in. The days are going together as they always have and then BOOM! Someone in the house has brought something home that leads to an infectious overtaking of your abode for what can feel like an eternity. How can you protect yourself from an attack without hurting your family?

There are three primary steps that families can take to help lay a healthful foundation for the season that will be less likely to be penetrated by external pathogens (germs.) **ALWAYS check for contraindications of use with your physician before taking/using these or any products.**

Nutrition
Supplementation
Essential Oils

Nutrition

The body is an amazing machine, but can only use what we provide for it for energy and healing. All of the time, really, but especially when sickness is around, we want to make sure we are nourishing our bodies with enough protein and vitamins and minerals in food such as those in vegetables. They are **ESSENTIAL** to our healthful survival. Broth is an excellent source of protein and can also be extremely gentle, warm and soothing.

Vegetables and fruit contain phytochemicals, which have been proven to assist the body in its self-healing process. Another important focus is to remove as much sugar as possible from our children's diet and make sure they are provided with alkalizing and healing foods.

There is a book called **Deceptively Delicious** by Jessica Seinfeld. Look for the link to the book on our website, www.SelfNurtureMagazine.com. The book has amazing recipes for getting your children (and spouses too!) to eat vegetables, and healthy food that our general culture of eating has somehow forgotten is vital to our existence.



Supplementation

Certain Vitamins and minerals can also assist in prepping our bodies to fight off invaders and germs. Common and helpful supplements include:

Echinacea
Zinc
Vitamin C
Elderberry Syrup
Oregano Oil Capsules

*Please refer to supplement guides themselves for the safety and recommended use of the products for the safety of children and adults alike.

As with anything you do to your body, Self Nurture Magazine **always suggests that you consult with your physician if you need diagnosis and or treatment of any disorder. Our articles are informative only and are not meant to be used as diagnosis or treatment for any disease or dysfunction.

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Essential Oils

Oils that are known for their antimicrobial/ Antibacterial properties:

Oregano- this is a HOT OIL! This oil, as any, can harm when used in excess. It is antiseptic, antiviral, antiparasitic, and has even been used for Staph and MRSA infections. This does come in a capsule form that can be found in the healthfood store, which is why it is also listed in the supplementation section.

Lavender- Antimicrobial and antifungal,

Lavender is a beautiful sedative that can ease the nervous system in times of fever and fighting off sickness.

Tea Tree- This oil is great for cleaning and as an antiseptic for the skin

Thieves/ Fighting Five/ On Guard- (a combination of eucalyptus, rosemary, cinnamon, clove and lemon oils that can be made at home and diffused, placed on the bottoms of the feet in petroleum, or a base oil such as Olive oil, Coconut oil, Jojoba, Avocado, and Grapeseed. Thieves is also great for cleaning.

For recipes and uses for these oils, you can perform an internet search using “essential oils recipes” and whatever ailment you have, or whatever you are looking to prevent. There is also a great app for the phone, which you can also look for on our website

www.SelfNutureMagazine.com by Accessing the section “*Blog, Directory of Products.*” There you will also find a links to the essential oils.

There are local dealers that can also assist you in purchasing essential oils. The company you purchase from is your choice entirely.

*As always, Self Nuture Magazine suggests you always consult with your physician before implementing anything suggested in our magazine.



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