

THE HERB COTTAGE NEWSLETTER

BANT COURSES: Instead of doing a workshop this Spring, I am offering the **BANT courses, Levels one, two, and three, as correspondence courses.** This will reduce the cost of the courses for people who would otherwise have to travel to attend a workshop. For those of you who don't know what the BANT courses are all about, it is a comprehensive course on natural, commonsense healthcare for the home. There are four stages, from the basic course, to the advanced. You can take just one course, two, three, or go through all four. If you want to become BANT Certified, there are tests to take, but these are not required for those who just want the information, and not the certification. For more information about the courses, or to sign up for one or more of the courses go to the **BANT** website www.bantpractitioners.com

The next Certified BANT Practitioner Workshop, for BANT Practitioners, will be held in Omaha on July 24-25th. We have lots of new information, products, news, and homeopathic remedies to share.

LOCAL CLASSES AND MORE

Once a month, on Thursday evening I am holding a **muscle-testing / natural healthcare class** in my home. The first one is June 18th from 7-9 p.m.

Also, Beginning June 18th Marshall will be here to work with me for the rest of the summer. He does what I do, but in Tx., so he and I will be working together in my office.

FOR YOUR INFORMATION:

Probiotics / flora can't live beyond a few days without dairy fat.

Probiotics are live microorganisms referred to as flora, that naturally thrive in the intestines of people. However, when antibiotics are taken, the internal environment of our intestinal tract changes to a non-hospitable environment, causing the natural flora to die. If the environment of the intestinal tract doesn't recover (which it can't without help), flora won't survive more than three days, even when supplemented in the diet.

There are two things we can do to help the intestinal tract recover from the ravages of antibiotic poisoning, and regain a good amount of its natural environment and normal function.

First is Concord grape juice. Drinking a small amount of concord grape juice with, or after, the evening meal can support the intestinal tract in restoring its natural environment. It may even help the brain recover from damage done to its environment after antibiotics. Good results are noted when 2-4 ounces is taken daily, in the evening, for approximately 4 weeks.

After the first 2 weeks of the grape juice, probiotics (flora) can be reintroduced. **However, probiotics need to be fed to be any good.** If *they aren't fed before they are taken*, then again on a regular basis after they are taken, there is a good chance they won't survive beyond three days. What does this mean to us? We will have to keep taking probiotics (at least every three days), for the rest of our lives.

How to feed probiotics: Probiotics thrive on dairy fat. This doesn't mean low fat milk, or whole milk. There isn't enough fat in these products. Probiotics need fat that is healthy and whole, so you will have to use natural, *organic* heavy whipping cream, or the cream top off of *organic* yogurt. **I feel best results come from using the top fat layer of organic yogurt, because it already has live microbial culture in it. Remember, non-organic dairy is loaded with antibiotics that were fed the dairy cows, so it is counter-productive, and in my opinion, unhealthy to consume.** After you get the organic yogurt, the top 3 tablespoons is scooped off with a plastic spoon (metal damages the flora), and put in another container. To this yogurt, three or four capsules, or teaspoons, of probiotics is added. Gently stir them into the yogurt. Let this mixture set at room temperature for 4-6 hours to allow the probiotics to feed and begin multiplying before consuming. This can be repeated daily for 4-5 weeks to completely restore flora to the intestines. Another option is to mix a larger batch, with extra dairy fat, let set at room temperature for several hours, then refrigerate up to four days to preserve it. After four days, a new batch should be made.

SWINE FLU

I hope you are reading the email forwards I have been sending you regarding the political issues and the Swine flu. Thank you to everyone who is doing the research on these topics and keeping us informed about what is going on. If you read Dr. Tenpenny's email, you know that she suspects the information on the Swine flu may all be a ploy to sell the flu vaccine they manufactured but couldn't sell, many years ago. Without a good scare, people tend not to comply and pharmaceutical money isn't made. I would caution you about what you believe when it comes to the media and medical community.

Otherwise, **remember the health rules governing viruses: Eat wholesome foods, avoid ALL white sugar, and junk food. Take immune supporting supplements and enzymes, drink lots of purified water (not distilled), and get enough salt in your diet.** I always increase the salt when I have been exposed to a sick person because the body uses it to kill pathogens.

Keep virus homeopathics on hand, including the Swine Flu remedy. **Did you know that during the Swine Flu pandemic that occurred in the early 1900's, that supposedly killed thousands, people still used homeopathy at home and in the hospitals? There was not one flu-related death with those that used homeopathy. All deaths were related to conventional medical doctors / hospitals, and those who did nothing to help themselves. The same thing happened with the Polio epidemic in**

New York in the 40's. Is it any wonder conventional medicine is trying to gain control of homeopathy!

VIRUS SUPPORT - SUPPLEMENTS

If you already have symptoms of a virus, I would use a homeopathic virus remedy. If you have a homeopathic kit, it will guide you in choosing the appropriate remedy for your symptoms. If you can't decide from their list, try **Complete Virus remedy**. This one is a combination of several virus remedies. It is available from any one of the Certified BANT Practitioners.

Fighting off a virus you already have:

These are old solutions that have been used with success on viruses: **Raw Apple Cider Vinegar**, Emc it into the body and/or bathe in it; **Red wine**, sip on it. **White onion**, used as a compress during respiratory viruses; **Salt** supports the body in killing off most pathogens, including viruses. It is Emc'd into the area of the body where irritation is felt, and/or used as a compress; **Dry cocoa**, can be Emc'd into the stomach even after vomiting has ensued with a stomach virus; **Ginger tea**, sipped hourly until symptoms subside; **Traditional Medicinal tea** company has several wonderful teas that can be taken during a virus. My kids grew up using these teas.

Supplements to support the body in preventing a virus: Elderberry in extract or capsule form; olive leaf extract; Echinacea; Echinacea-Goldenseal extract; Ginger; Capsicum/Cayenne; Zinc; Vitamin C

WHAT HAPPENS WHEN YOU EMC A FOOD OR SUPPLEMENT INTO THE BODY?:

If you have taken classes from a BANT Practitioner, you know that once you Emc (rod) a product into the body, there is nothing left of the product and it should be thrown away. I have an interesting story from Phil, my son-in-law, that illustrates how foods are emptied of nutrients after being Emc'd into the body. Phil, who is a big believer in composting, injured his neck one day and had a couple of apples Emc'd into the injury to support healing. Afterward, the apples were thrown into the compost pile in the backyard. Phil tells me that ordinarily an apple in a compost pile (in Texas) will break down within a week. So much so, they are hardly recognizable as apples anymore. However, **the two apples that were EMC'd into the back of his neck still looked untouched and almost new after being in the compost pile for nearly six weeks.** There wasn't enough nutritional value left in them to attract natural bacteria or microbes to break them down. One more of God's awesome wonders! This works the same with herbs and other supplements that you EMC into the body. There is nothing left, nutritionally speaking.

HAIR CARE

If you use hair gel or mousse on your hair, you might be interested in a product by Kiss My Face Company, called Upper Management Styling Gel. It is a safe alternative to chemical mousse and styling gel products.

Rotate hair products: Regardless of how safe or useful our hair products are, we should change or rotate them every 6-8 weeks. Just like anything else we put on our skin, hair products absorb into the capillaries and from there get

directly into the rest of the blood. As a result, every part of your brain and body are affected by them. By rotating products, we avoid reaching toxic levels of their nutrients and other ingredients.

WEBSITES TO CHECKOUT

www.acresusa.com This is a magazine that covers all of the important issues related to organic and sustainable farming. It discusses many issues, from the practical to the political.

www.thenhf.com The National Health Federation. This was always one of my favorite magazines for keeping informed of the truth about issues related to health care and the government's agenda to take away our health care freedoms.

www.healthfreedomusa.org The Natural Solutions Foundation. They have lots of good information on health freedom, action alerts and an email mailing list.

EXCITING NEW PRODUCTS

Balance Tiles. These tiles are thin boards with a special coating that holds a healthy frequency.

What can they be used for? Place a bag of groceries on a board for 6 minutes and the frequency in the board helps neutralize chemicals, sugars, and other unhealthy ingredients, thereby improving the foods' nutritional value.

To improve safety when working with computers, **place the board under your laptop while working on it. Or, it can be placed on top of a hard drive, under the computer keyboard, or used in place of a mouse pad** when working on desktop

computers. When placed on the floor, the balance board can help antidote chemicals in the flooring or the surrounding air. It can also be used outside on the ground for the same purpose.

Copper 3x3 disc Balancers are made of solid copper and hold the same frequency as the Balance Tiles. These were **made to be placed on large appliances, transformers, or circuit breakers for the purpose of balancing the otherwise harmful electrical or magnetic energy put out into the environment.** These tiles can be used outdoors to support a cleaner environment surrounding your home and land. To support recovery of poor soil outdoors, or toxic land, place (spread) three or four of them around your property.

The 3x3 discs can be placed on or under furniture to help negate harmful chemicals and discourage microbial growth.

Pocket Balancers are small chips of heavy aluminum, imbedded in clay and worn on the left side of the body for the **purpose of supporting the body in its attempt to maintain balance, or equilibrium when exposed to radiation, electrical current, chemicals, or other toxins.**

Shoe Balancers. These are needles that have a healthy frequency added to them. When inserted into the heel of the shoe they support the body in its attempt to remain balanced when faced with unhealthy frequencies.

<p>The Herb Cottage newsletter is not intended to be used as a substitute for professional help, or to diagnose or prescribe for any illness or disease. The author does not dispense medical advice or prescribe the use of diet, herbs, supplements, or other healing modalities as a</p>

form of treatment for any person, or symptom of disease. If you choose to use any of the information contained in this publication without the approval of a health professional, that is your right. If you feel you have a disease you should seek the advice of a competent medical doctor.

Wild rice is high in nutrients that are easy to assimilate, making it a perfect food for people who are weak or sickly. It contains nutrients that support the immune system, adrenals, bones, digestive tract, thyroid, sinuses, skin, kidneys, and brain.

SIX HEALING FOODS

These are apples, asparagus, cream (organic), olives, pomegranate, and wild rice.

Apples contain nutrients that support the adrenals, bones, bone marrow, digestive system, blood, brain, eyes, liver, and muscles.

Asparagus contains nutrients that support the immune system, blood, stem cells, oncogenes (the genes that determine whether your cells will be normal or abnormal), brain, heart, muscle tissue, pancreas, thyroid, and reproductive system.

Organic cream contains nutrients that support the liver, kidneys, nerve and brain development, and function of the nervous system.

Olives contain nutrients that support the brainstem, eyes, occipital lobe of the brain, thymus, bones, connective tissue, and other soft tissues of the body.

Pomegranate contain nutrients that support the blood, pancreas, liver, large intestine, thyroid, frontal lobe of the brain, urinary system, circulation, and the sinuses.