

# Sharing Great Health, Inc.

Home School Conference  
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As a Christian Naturopath, Master Herbalist, Nutritionist and Aroma-therapist, I am called to help people learn how they can have the Abundant health that has been just a dream. My newest books — *Gentle Babies* helps pregnant and new moms handle the everyday health issues of pregnancy, childbirth and infant care with ease naturally; and *Nutrition 101: Choose Life* the family integrated nutrition program that tells your family how to eat and why. Loaded with tips, charts and recipes.

Even though thousands of people use the products mentioned in this newsletter on a daily basis with only positive results, we are required to state the following: The information herein is for educational purposes only and is not intended to diagnose, cure, mitigate or prevent any illness or disease.

We welcome you to a healthier, more Abundant life.

*Debra Raybern*

## What Dr. Mom & Dad Know

### Foods for Health

Vegetables, greens

Fruits

Nuts, seeds

Legumes

Lean protein

Whole grains

Natural sweeteners

### Foods to Avoid

Alcohol

High Fructose Corn Syrup

Soda Pop

Fried foods

Nitrates

White flour

Trans fats

### How To Use

### Essential Oils

“Microorganisms, however, do not appear to develop tolerance or resistance to the antibacterial effects of essential oils such as clove oil (eugenol) and thyme oil (thymol). Such oils provide an effective, powerful, and cost-effective means of infection control...”

*(Compendium of Continuing Education in Dentistry, Jan. 9, 1988, Harry G. Meeker, DMD)*

### Green Smoothie

In a blender add 2 tbs. Each flax, Chia and sesame seeds and blend until flour consistency. Turn off and scrape sides of blender. Add one cup spinach, 4-5 leaves kale, one peeled orange, one cup water, ½ avocado, ½ banana. Whiz until smooth. Makes a little less than one quart. Optional: add ½ cup berries or a little Agave to sweeten.

### Don't Leave Home Without:

**Lavender** – Cuts and scrapes, burns, calming, blocked tear ducts, cradle cap and allergies.

**Peppermint** – Nausea, stomach aches, constipation, fever, headaches and other aches and pains

**Lemon** – Coughs, immune support, pH balancing.

**Frankincense** – Colds, flu, pneumonia, bacterial and viral infections and the umbilical cord stump.

**Thieves™** – Viral and bacterial infections; anti-fungal and anti-mold.

**PanAway™** – Achy muscles & joints, headaches and arthritis

**Peace & Calming™** – Relaxation and better sleep.

**Valor™** – Backaches; anti-viral, anti-bacterial.

**Purification™** – Insect bites, cuts and scrapes, coughs, bronchitis and viral infections.

**Melrose™** – For earaches; anti-viral, anti-bacterial and anti-fungal.

**R.C.™** – Upper respiratory infections, bronchitis, asthma and congestion.

**Raven™** – Upper respiratory infections and congestion.

**Di-Gize™** – Stomach aches, stomach viruses, excess mucus and constipation.



## *Sunshine, Bugs, Bumps and Burns*

As the days grow longer and the sun shines brighter, we all run the risk of damage to our skin. It may be a simple bug bite or sunburn now, but in the case of sun exposure, it has a cumulative effect on the skin.

Years later, a frequently burned face will show its age through wrinkles and brown spots and in some cases even skin cancers.

So before you venture out this spring and summer, be sure you are armed to take care of yourself and family so you can have all the fun and none of the folly.

**Bug bites**—nothing is quicker than a drop of *YL Purification* at stopping the sting and swelling of a bug bite. Apply at least one drop to the bite area, repeating every ten minutes until the pain and swelling are gone.

**Burns**—for all sorts of minor burns, from a campfire to the sun, ap-

ply a few drops of *YL Lavender essential oil* for quick relief. A great aloe and lavender formula, *YL Lavaderm Mist* cools the heat and speeds healing.

**Bruises and bumps**—rough play, falling off a bike, getting hit with a ball can all be the cause of many tears and discomfort. *YL PanAway* to the rescue. A few drops on the hurting area to soothe away the hurt.

**Cuts & scrapes**—A little Lavender and Purification together will help cleanse the area and get you back into the fun in no time.

**Insect repellent**—to keep the bugs at bay, use this formula for babies to seniors.

8 ounces distilled water in a spray bottle. Add 5drops *YL peppermint essential oil*, 5 drops *YL Purification essential oil blend*.

Shake then spray the torso, arms and legs. Spray a small amount on your hand and apply to the face, being careful to avoid the eyes. Shake to mix well before each spray. Repeat as often as needed.

**Heat**—too much heat and too much fun can overheat a body.

Be sure to have plenty of cool water on hand for everyone. Adding a few drops of *YL Peppermint essential oil* to the water for a cooling effect. A few drops may also be applied to the forehead, wrists and back of neck. Then give the person a packet of *NingXia Red* to replenish the many vitamins and minerals lost to perspiration. Freeze a few packets for the best ever, nutritious and delicious popsicle.

**Soothing the skin**—After too much sun, the skin needs antioxidants to protect and replenish itself. *YL Sandalwood Moisturizing Cream* and the *YL Wolfberry Eye or Wrinkle Cream* can help restore the skins appearance. The *YL A.R.T. Skin Care System* is also very beneficial.

**The ride home**—everyone is sweaty, tired, hungry and sore. Kids want a nap, an of course there is never enough room in the car. Yea for *YL Peace & Calming essential oil blend*. Formulated to bring peace and quiet to your car ride home. Place one drop of the oil on a cotton ball and give to each child to smell while riding home. Be ready to have a most peaceful journey back home.