



PHYSICAL AND EMOTIONAL WELLNESS KIT

Use the information in this Winter Wellness Kit to support your health and well-being this season. During this season, it is a time to nourish your body, nourish your adrenals and let go. Let go of people who don't serve you in your life. Let go of old habits you have been wanting to change.

It is time to put yourself FIRST. This allows you to be your best in life.
It is time to create rituals that support your inner and outer beauty.
This season is a time for nourishing your body.
Do not permit yourself to feel guilty when it comes to self-care.
Your happiness depends on it.

Use this guide to:

1. Add superfoods to your diet, boost your immune, reduce aging and find the foods that truly give you energy and fuel.
2. Use the physical and emotional support tools to lessen stress in the body and the soul.
3. Use the guide as your seasonal wellness kit.



PHYSICAL SUPPORT FOR THE BODY

OIL PULLING

Oil pulling removes unwanted bacteria and yeast from the mouth, which is critical considering germs from your mouth can get into your bloodstream and/or travel through your digestive system and cause health issues.

To start, put 1-2 tablespoons of coconut, sesame or light olive oil in your mouth and swish the oil for 5-20 minutes. Then, spit the oil into the trash to avoid it hardening and clogging up your sink. Rinse your mouth with water and sea salt then brush your teeth.

Note: You should do oil pulling on an empty stomach. If you are doing both oil pulling and tongue scraping, I suggest you start with the oil pulling.

TONGUE SCRAPING

I suggest scraping your tongue daily in the morning and before bed. This removes mucus, yeasts and buildup from the surface of your tongue.

Use a tongue scraper or a spoon to reach to the back of your tongue and pull forward, scraping off the white film and repeating. My favorite tool is Dr. Tung's Tongue Cleaner. You can buy this on Amazon or at your local natural food store.

SKIN BRUSHING

Skin brushing is easy to do, feels good and supports your lymphatic system, kidneys, and liver. Skin brush in the morning before your shower and at night.

How to skin brush:

1. Use a dry brush (made for this purpose). My favorite by Yerba Prima, available on Amazon or local natural food store.
2. Always brush toward your heart with the flow of the lymphatic fluid.
3. Start with the soles of your feet, move up your legs using a circular motion.
4. Brush from fingertips to shoulders, then chest toward your heart in long strokes. Use small, gentle circular strokes in your armpits.

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5. Move in a circular motion counterclockwise on your stomach to respect the direction of digestion and encourage detoxification.

CASTOR OIL PACK

This detox support tool is my all-time favorite! Please do not be afraid by the instructions because once you master the castor oil pack, you will never look back.

There are two ways to do a pack:

1. Rub castor oil on your stomach, the right side of your liver, and upper abdomen. Some people prefer to soak a cloth, towel, or old shirt in the castor oil, wrap the pack in plastic wrap (BPA-free preferred) and then apply over the desired organ. You can lay a hot water bottle or a heating pad on the top of the pack and relax as you release toxins for about 45 minutes

OR


2. Lay down on a towel and rub castor oil on your stomach, the right side of your liver, and upper abdomen. Then re-apply every 15 minutes until you've reached the 45-minute mark.

CONTRAST SHOWERING

Contrast showering is easy to do and requires no extra purchases!

In the shower, alternate between hot and cold water to support lymphatic drainage. The hot water brings blood flow to the skin's surface while the cold water brings blood flow inward to the organs. This is beneficial for detox and circulation.

I recommend three minutes of hot water, one minute of cold, three minutes of hot, etc. You can repeat this for 15 minutes, always finishing with cold water. If it's too much to alternate, try easing the water temperature down as you are finishing your shower and then do one go of about 30 seconds



under cold water before getting out and towel drying off! I can almost guarantee that you won't need as much coffee if you embrace this practice! It's invigorating!

PHYSICAL TOOLS FOR WELLNESS

TONGUE SCRAPING

Tongue scraping eliminates toxins from your mouth. Use a tongue scraper or a spoon to reach to the back of your tongue, pull forward, and scrape off the white film, then repeat. My favorite tongue scraper is Dr. Tung's Tongue Cleaner. You can buy this on Amazon or at your local health food store. You can tongue scrape in the morning and evening before you brush your teeth.

SKIN BRUSHING

Skin brushing is wonderful for stimulating your lymphatic system. Here's how to do it:

Skin brush with a dry brush (made for this purpose) before you shower or bathe. My favorite by Yerba Prima, available on Amazon or at your local natural food store.

Always brush toward your heart with the flow of the lymphatic fluid. Start at the soles of your feet and then move up your legs, brushing in a circular motion.

Brush your chest and shoulders toward your heart in long strokes, and then start at the fingertips and brush toward your body. Use small, circular strokes in your armpits.

Move in a circular motion counterclockwise on your stomach to respect the direction of digestion and encourage detoxification.



EPSOM SALT BATH

Epsom salt, or magnesium sulfate, is wonderful for:

Lessening muscle cramps

- Adding magnesium to your body (one of the most important minerals for sleep, healthy bowels and brain function)
- Improving nutrient absorption
- Easing stress

Here's how to make an Epsom salt bath:

Add 1 cup of Epsom salts, ½ cup baking soda, ½ cup sea salt, and ¼ cup Bragg's raw apple cider vinegar (optional) to a warm bath. You can also add a few drops of essential oils, such as lavender or another favorite essential oil.

EMOTIONAL TOOLS FOR WELLNESS

ONE-MINUTE MEDITATION

This meditation was created by one of my favorite Ayurvedic doctors named Dr. John Douillard. By doing it often, you will reset your nervous system and step away from the "flight and fight" mode you normally operate in. For more information, see:

https://www.youtube.com/watch?v=BmAZb_ShNqk&feature=youtu.be



Write and Burn

Grab a piece of paper and set aside 10 minutes to reflect. Allow your mind to let go and write down emotions or memories that are not serving you. After 10 minutes, take the paper and find a safe place to burn it. I suggest burning the paper in a fireplace or outside.

As you burn the paper, you are releasing the energy of those memories, which will release the memories from your cells. I suggest doing a write and burn at least four times during this program.

VISION BOARD

A vision board is a collection of your goals and dreams. It is made from pictures cut from magazines, printed images from the internet, and/or photographs from your life that inspire you to be the best version of yourself.

TO BEGIN YOUR VISION BOARD:

1. Think about your desires, goals, and dreams, both in the long-term and in the short-term
2. Think about what inspires you to reach those goals and dreams

TO CREATE YOUR VISION BOARD:

Get a large poster board, corkboard or wall space. Use pushpins, tape and glue to display all of your images together.

If you are a techie, you can also look for a vision board app such as Jack Canfield's Success Vision Board.



WINTER BEAUTY BOOSTING FOODS

Eating for sexy skin, stress relief and immune health couldn't be tastier or more colorful!

While the bounty of summer may not be seasonally available in your locale, there are winter crops indigenous to every community. Root vegetables are most notable. But you can branch out and enjoy growing spouts or microgreens to expand the variety of fresh options!

ACTION STEP

1. Read the lists below.
2. **Check off** the focus foods that you already incorporate in your healthy diet.

If there are things in the skip column that you currently eating, **check them off** so you know what things need to go during this detox.

Foods to focus on:

- Greens
- Veggies
- Fruits
- Fats
- Ferments
- Proteins
- Superfoods

Foods to skip:

- Dairy
- Sugar
- Alcohol
- Caffeine
- Processed foods
- Fried foods
- Wheat and grains

The next few pages explore reasons why we are focusing on some foods and skipping others.

Tip: If you're short on time, jump to the ones that you need to add and the ones that you need to ditch.

Understanding WHY can help you take action!



GREENS

Calorie for calorie, dark leafy greens are one of the most concentrated sources of nutrition. They are high in chlorophyll, rich in minerals (iron, calcium, potassium and magnesium) and vitamins (K, C, E and some B vitamins), and they provide a variety of phytonutrients, including beta-carotene and lutein.

Lutein is being studied for its ability to decrease the risk of wrinkles. More importantly, lutein is known to decrease the risk of developing cancer! Dark leafy greens are the richest sources of lutein; **kale, collard greens, spinach and Swiss chard** top the list. Lutein is also plentiful in **parsley, chicory, mustard greens, beet greens, romaine lettuce and endive.**

VEGGIES

Sweet Potatoes


Sweet potatoes have a high amount of beta carotene, which helps even out your complexion. They also contain vitamin C and vitamin A to help repair damaged cell tissue in your skin. The biotin in these beauties is a bonus for stronger nails and hair growth. Enjoy sweet potatoes baked, boiled, grilled, or in just about any other meal. A popular trend right now is having sweet potato toast to replace the bread in your diet and add more nutrients at the same time.

Beets

This veggie is a superfood for beauty! Beets contain vitamin A, magnesium, potassium, beta-carotene, folate and fiber. These nutrients help with anti-aging, stimulate better cell production, and can leave your hair looking its best. The bright pinkish-purple color of beets makes them perfect to add to juice or smoothies in the morning and make them fun to drink. Even if you don't like the taste of beets, it will be covered up by any fruits you mix with it. Apples pair perfectly with beets in juice or smoothies.

Cauliflower, Broccoli and Brussels Sprouts

These cruciferous veggies are rich in sulfur compounds known to support detoxification and overall health. Indole-3-Carbinol is a specific superstar in



these veggies that has anti-cancer, anti-viral and anti-fungal properties¹. From digestion to cellular detoxification, this trio can't be beat.

FRUITS

Citrus

Lemons, limes, oranges, etc. help support immunity, boost circulation and fight inflammation. They also support your liver and digestive system which helps cleanse and revitalize your skin.

Cranberry

Likely no surprise, cranberries are fabulous for the kidneys and for urinary health. Their high antioxidant capacity is responsible for the healthy goodness. Fortunately, antioxidants don't only do good in the kidneys and urinary tract! The benefits offer a boost for your whole bod. Best to enjoy whole cranberries or unsweetened juice to avoid inflammatory added sugars.

FATS

Avocado

Packed with all the right nutrients – healthy monounsaturated fats like oleic and linoleic acids, A, B, C and E vitamins, and minerals like potassium, phosphorus, and calcium. The things that make avocado healthy for your body are the ones that make it good for the skin too.

Coconut Oil

Coconut oil boasts impressive health benefits: from better digestion to a healthier brain and balanced cholesterol to virus and bacteria fighting! An Indian study published in International Immunopharmacology showed that the high levels of antioxidants present in virgin coconut oil reduced inflammation more effectively than leading medications.

Ghee

According to Dr. Axe, clarified butter can boost your intake of CLA, Butyrate, vitamin A, vitamin E and vitamin K (all important nutrients that play a role in everything from healing leaky gut, managing IBS, Crohn's, maintaining healthy vision to keeping your skin glowing).²

¹ <https://www.mskcc.org/cancer-care/integrative-medicine/herbs/indole-3-carbinol>

² <https://draxe.com/nutrition/ghee-benefits/>



FERMENTS

Fermented food supports a healthy microbiome, and a healthy microbiome helps keep the body healthy. We know that our skin is a direct reflection of overall health, so it makes sense that ferments can support gorgeous skin!

Some examples of fermented foods are Raw Sauerkraut, Yogurt, Kombucha

PROTEINS

Every cell in your body needs protein. Protein is the primary substance used to "replace" worn-out or dead cells:

- Skin cells are replaced every 24 days.
- White blood cells are replaced every ten days.
- The cells lining the gastrointestinal tract are replaced every four days.

Skin, hair and nails are made of protein. So are the cells that make up muscles, eyes, liver, kidneys, heart, lungs, nerves, brain, and sex organs!


Protein is needed for hormones production and balance.

Collagen is a form of protein I bet you've heard about! About 30 percent of the total protein in the body is collagen. Collagen strengthens skin, blood vessels, bones, and teeth. It is the cement that holds cells together in organs and tissues. Someone who has been sick or who has been on an extremely low-protein diet or is aging may see the muscles in their arms and legs begin to sag, which is a sign that they have probably lost collagen.

Protein is made up of amino acids. There are 20 different amino acids: 10 can be manufactured in the body. 10 cannot and must be obtained from food sources — these are the ones called "Essential" amino acids because it is essential that we get these from food sources.

All foods -- fruits, vegetables, legumes, greens, grains, meats, fish and dairy – **contain varying amounts of amino acids.** Foods that have all 20 are called complete proteins. **Complete proteins** are most commonly found in animal foods, like meats, eggs, and fish, but there are plant sources too like quinoa, hemp and soy.

Plant-based? According to nutrition and health expert, Dr. Joel Fuhrman in his groundbreaking book [Eat to Live](#), "almost any assortment of plant foods contains about 30-40 grams of protein per 1,000 calories. When your caloric



needs are met, your protein needs are met automatically. Focus on eating healthy, natural foods; forget about trying to get enough protein.”

Like this plant-based whole food detox, eating a balanced diet full of greens, beans, fruits, and veggies is a healthy way to fuel your body with nutrient dense, low calorie, high fiber foods that are rich in amino acids.

CLEAN PROTEIN SOURCES

Plant-based proteins – for our grain-free detox, we can utilize hemp seeds, chia seeds, green pea protein (or 1 cup of fresh green peas), coconut meat, sprouts, vegan protein powder.

Collagen powder -- Collagen powder can be added to soups and smoothies

Salmon is the suggested animal protein for this detox. You can add other proteins, but for health, salmon is your best choice. Meats are heavy on digestion and are more acid-forming which is bad for detoxification.

If you want to include other animal proteins, use this as a guide:

FISH, SEAFOOD

- BPA free canned fish (sardines, anchovies, wild salmon)
- Wild shrimp, scallops, fresh or frozen wild Pacific salmon, Pacific cod, trout, sea bass, mackerel, Dover sole, or albacore

*Make sure the fish you are eating is low in mercury. A list of low-mercury fish can be found here: <https://www.nrdc.org/stories/smart-seafood-buying-guide>

MEATS

- pasture-raised, grass-fed, nitrate-free and organic is best
- Chicken, Turkey, Bison, Beef, Lamb



SUPERCHARGERS


Superchargers for WINTER support great health and boost immunity. These powerhouses can be used in a variety of ways. Choose one or try them all -- experiment and find your perfect partners for winter health!

For more ideas on ways to use these and other skin supportive items, check out your handouts.

- **Vitamin D + K2** – ask your doctor to check your vitamin D level. Anything below 40 usually requires supplementation. Your doctor can advise you based on your specific health, but in the shorter days with less sunshine, the body tends to not make enough Vitamin D on its own.
- **Bone broth and Collagen** – In addition to a collagen supplement, Lycopene's in red fruits and vegetables naturally increase collagen production (and are a great solution for plant-based eaters). Beets and berries are a beautiful choice for winter salads!

Vitamin A helps increase collagen production and slows the breakdown of the collagen and elastin that causes skin aging. Vitamin A thickens and stimulates the layer of skin where collagen, elastin and blood vessels are present. It also helps improve blood flow to the surface of the skin. This is a big benefit to winter skin since dry air and harsh temperature is very hard on the skin's surface. Carrots are an excellent source of Vitamin A and are wonderful roasted with a little salt and pepper or blended into a creamy soup with broth, garlic and turmeric.

- **Flax oil and Ghee** – contain essential fatty acids that help with inflammation and hydration. The Ayurvedic tradition suggests using ghee for seasonal support as a hydrating healthy fat. It is flavorful and can be used in cooking or applied lightly to the skin. Flax oil is a great alternative for a plant-based approach. It is earthy and light when added as a last touch in cooking (flax loses some beneficial properties when heated.)
- **Aloe** – while aloe is renowned for cooling sunburns, it is also exceptional for calming inflammation inside the body and for helping ease discomfort from intestinal issues and stomach bugs. Use pure aloe juice from the natural food store as a tonic for excess heat from fever, heavy winter foods or those GI bugs.

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- **Probiotics** – probiotics are your immune system's best friend during the winter! Double up when you feel a bug coming on. If you have to take antibiotics, hold off on your probiotic or ask your doctor or pharmacist for instructions on when you can resume. Jarrow, Klaire Labs and Garden of Life are my trusted brands.

PROBIOTICS

Probiotics are allies when it comes to daily detox. They improve the balance of good bacteria in the gut, help us have healthy bowel function, increase the...

Cravings are common in detox because your body is transitioning off processed stuff, releasing stored toxins and kicking out metabolic waste. One of the best ways to beat cravings is to consume probiotic-rich foods and maintain a healthy flora in your gut.

You have recipes for making cultured foods or you can buy them at the store. Include the following:


1. probiotic rich foods
2. probiotic rich drinks
3. prebiotic foods
4. daily probiotic

probiotic-rich foods

Probiotics don't only come in pill form! Fermentation is a natural process that not only preserves food and enhances the taste but also creates foods teeming with good bacteria!

Healthy, natural sources of probiotics include:

- Cultured vegetables
- Coconut water kefir
- Coconut yogurt
- Inner-eco probiotic drink
- Body Ecology probiotic drinks
- Bubbie's cultured foods, available in your local market or health food store



Cultured foods like those listed above can be found in most supermarkets, natural food stores and even online. You can also make ferments at home if you have the time! I've included a few of my favorite recipes in the recipe guide so you can try your hand at it!

TRUSTED probiotic BRANDS


There are so many probiotics on the market. I recommend NeoLife whole food supplements. They are based in science and backed by nature.

PREBIOTIC RICH FOODS

Dr. Axe says. "Prebiotics work together with probiotics (selectively fermented ingredients that produce beneficial bacteria) to allow specific changes to take place, both in the composition and activity of the gastrointestinal system. They play a fundamental role in preserving health by maintaining balance and diversity of intestinal bacteria, especially increasing the presence of 'good bacteria' called *lactobacilli* and *bifidobacteria*."

Add prebiotic foods to your diet daily to help the probiotics thrive.
Eat the following:

- Onion
- Leek
- Garlic
- Asparagus
- Artichoke
- Jerusalem artichoke
- Chicory root



I want your detox beauty routine to become your daily beauty routine for life and I want to show you how easy it can be to shift into using natural ingredients.

Many of these ingredients are probably in your kitchen cabinets... because (get this) they're all edible! Read through the list and then start exploring different ways to use these multi-taskers! Even just a few swaps will reduce the toxins going into and onto your body and that's a win for your skin!

FINE-GRAIN SALT

This pantry item that is very versatile. It can be used on the face or body, cleans deeply, removes dead skin cells, eliminates fluid retention, balances moisture, pulls toxins from pores, and relaxes muscles. Simple and effective for acne or spot treatments during skin flare-ups.

Using salt couldn't be easier: wet your skin, put some salt on your wet hand so it sticks, then pat it gently onto your skin. You can leave it for a few minutes or rinse immediately. You can also mix a little salt into a dollop of coconut oil for a gentle scrub. Make sure to use light, circular motions and don't scrub hard!

RAW APPLE CIDER VINEGAR

Another pantry staple that is perfect for skin care. Its astringent in nature and helps balance your skin's pH which decreases oiliness and dryness! ACV kills bacteria, yeasts, and viruses on the surface of the skin so it is a good choice for cuts and abrasions (though it will sting!) A little apple cider vinegar goes a long way, so make sure to dilute it. Try a mixture of one-part vinegar to four parts water. Apply this your face with a cotton pad or mist it with a small spray bottle. There's no need to wash it off unless you find it makes your skin sensitive.

ALOE VERA GEL/JUICE

You had me at, "Aloe!" (lol) Aloe speeds up your skin's ability to heal, moisturizes, cools, and fights inflammation and redness. Apply aloe topically to any area that needs some TLC. Add food-grade aloe juice to smoothies or infused waters to support digestion and care for the skin/mucosal lining of your digestive tract.

COCONUT OIL

A little miracle! This natural moisturizer absorbs easily, and hydrates skin all day! Because it's antibacterial and antifungal it can help heal scrapes, scars, infections, rashes and acne. Full of healthy fats and antioxidants, coconut oil provides a moisture barrier and helps nourish the skin layers.



Apply coconut oil when you get out of the shower. Some people find that coconut oil is too heavy for their facial skin but beautiful for the body. Try it for yourself and see how your skin responds.

BONUS – a jar of coconut oil in your bathroom is a good thing. Use it in place of shaving cream. Apply it to warm, wet hair as a deep conditioner – be sure to shampoo well with warm water to get most of the oil out. Try it as a leave in conditioner for damp or dry hair – stay away from your scalp and know that a little goes a long way.

GROUND OATS/ALMONDS

Gentle natural exfoliants that can leave skin super-soft. Both ingredients are incredibly soothing and healing to the skin, provided you use them properly. Make sure to grind the oats or almonds into a superfine powder before applying to your skin. Any rough pieces may scratch and damage delicate skin, so pulse a few extra times when you're processing them.

The simplest way to use oats for silky skin is to pour a heaping cupful of oat flour into a warm bath and soak for 20 minutes. You can also mix a little oat flour with warm water or coconut oil and apply it as a facial mask or over any areas of rough skin.

Ground almonds make a nice scrub. I like to take a spoonful of ground almonds or almond flour and mix it with a squirt of castile soap. That mixture is a beautiful body scrub! Even better – add a drop or two of lavender or peppermint essential oil for a stress busting, uplifting scrub!

BAKING SODA

Natural zit treatment, scalp detoxifier and a fabulous foot odor fighter! For blemishes, make a paste of baking soda and water and dab it on the spot. For your scalp, mix about ¼ cup of baking soda with a few

To banish foot odor, make a paste of baking soda, coconut oil and a drop of tea tree essential oil. In the bathroom, spread the mixture onto the bottom of your feet and gently in between your toes. Wrap your feet in a towel or just set them on a towel for a few minutes to let the mixture work. Step carefully, because your feet may be slippery --- and rinse off your feet in the tub or shower.



RAW HONEY

Thank the bees for this serum that kills bacteria while soothing and moisturizing skin. It's also anti-inflammatory and hydrating to your pores.

Add raw local honey to any exfoliant or mask—it even makes a great stand-alone mask. Rub it onto your face and leave on for 10 minutes, then rinse with warm water. You may need a washcloth to get it all off.

MY SECRET LIP SCRUB RECIPE

Mix 1 teaspoon raw honey with 1 teaspoon coconut sugar and 1 teaspoon coconut oil. Apply to your lips with clean fingers and gently scrub. You can wash it off with a little splash of warm water or just lick your lips (I won't tell!) Follow with a light massage of coconut oil or your favorite lip balm.

ORGANIC COCONUT SUGAR

You may not be eating sugar anymore, but it can get you some sweet summer skin! I love using sugar to make a quick body scrub. It melts quickly in water, leaving the skin clean and smooth. Have you heard of those crazy, expensive glycolic acid chemical peels? That's a synthetic version of sugar! Skip that junk and make your own gorgeous sugar scrub.

COCONUT SUGAR BODY SCRUB

I like to combine ½ cup sugar with ½ cup coconut oil and use it as a scrub in the shower. If you want to try this on your face, choose superfine sugar – anything larger is too coarse for delicate skin!



WINTER SAVVY SELF-CARE

In Winter, self-care seems to fit into schedules a little easier. Sitting by a roaring fire, cozying up with a book, sitting with a cup of warming tea or soaking in a hot bath simply seem like winter fare... am I right?

The energy of Winter is one of grounding, hunkering down and going deep.

Self-care this season is no different.

Tap into the energy of your Root and Sacral Chakras.

Enjoy that cozy, warming feeling and allow yourself to be held securely in self-care so you can emerge stronger and more “you” in the Spring!

On the next few pages, I'm sharing some of my most scrumptious Winter Self-care strategies. During your detox week, explore one or all of them. Slip them into your schedule once this detox is done so you can continue to benefit from the solid support that self-care offers.

CONNECTION CARDS

Wintertime often means staying indoors when the weather is too cold, or travel is unsafe. Connection may be something that you crave.

For this exercise, you will need at least one notecard, a pen and a stamp.

Think about someone who is important to you. This could be a friend, family member, co-worker, neighbor... choose at least one person who might enjoy receiving a card in the mail. We're rolling old-school with this one... no email, skype, snapchat, Marco Polo, WhatsApp or voicemail for this gig.

Say that you miss connecting. Ask how they are doing. Share a recipe or a quote that you enjoy. Include a photo or a clipping from a magazine or newspaper that you think they will enjoy. Ask them to write back.

This simple exercise brings us back into the action of physically connecting. You may be surprised by who responds and how much joy one little letter can bring.



MILK BATH

This tub time will feel like you are slipping into a cocoon of warm clouds. Your mind will wander as your body relaxes into the warmth and the soft scent of vanilla and lavender. Your skin will emerge silky soft.

For the tub:

4 cups oat milk (make your own by blending 1 cup of dry oats with 4 cups of warm water – strain and the use)

1 cup Epsom salt

½ cup baking soda

1 Tablespoon vanilla extract

2 Tablespoons fractionated coconut oil mixed with 2 drops lavender essential oil

Begin to fill you tub with warm water. The temperature should be to your liking... not too hot (safety first).

Add the ingredients into the stream of running water so everything gets dispersed. When the tub is at the level you desire, shut off the water, test the temperature and slip in.

Enjoy the soak!

ORANGE PEPPERMINT FOOT SCRUB

Winter feet need some TLC. Try this. It's good enough to gift too – just pack the scrub into a cute mason jar and add a tag with instructions!

You will need:

½ cup fractionated coconut oil

1 cup sugar

10 drops peppermint essential oil

10 drops wild orange essential oil

Combine all the ingredients into a small bowl or jar. Stir really well. You want a grainy texture.

To use, scoop out a dollop of the scrub and rub gently into your soles and heels. A circular motion is best for your skin. Go gently on any tender spots. Allow the scrub to sit on your feet for a few minutes, then soak to remove or rinse off. Be careful when you step out as your feet may be a little slippery from the gorgeous coconut oil!



BROWN SUGAR BODY SCRUB/MASK

For a delightful scrub, use this mixture on slightly moistened skin.

For a moisturizing mask, add a little water and use your hands or a soft paint brush to apply it to your body. Allow the mask to dry for about 20 minutes before rinsing with warm water.

While the idea of walking around naked for 20 minutes in a body mask may sound intimidating, I challenge you to try it.

- ✓ Take the time to look at yourself in the mirror.
- ✓ A monthly breast exam could be done as you're working your way around.
- ✓ Take stock of your skin and note any moles or skin changes that might need attention.

For this recipe you will need:

½ cup white clay or french kaolin clay (Mountain Rose Herbs is my go-to source)

¼ cup orange zest

½ cup soft brown sugar

½ cup dry oats

¼ cup fine coffee grounds


Use a spice grinder or a food processor to pulse the zest, sugar, oats and coffee grounds into a fine powder. Mix with the powdered clay and transfer to a mason jar.

To use: wet your skin and massage the scrub over your body in small circles. Rinse with warm water.

For a body mask, scoop out some of the scrub powder into a small bowl and add a little water until a paintable/spreadable paste forms. Apply to your body with your fingers or a soft, clean paint brush.

WINTER AROMATHERAPY

The smells of winter may not include fresh flowers and green grass, but you can curate the scent of your environment and use it to support your wellbeing and boost your immunity! Essential oils are powerhouses for shifting mood and many are known anti-viral, anti-fungal, anti-bacterial agents. Lightly diffusing essential oils can enhance the smell of your space and help stave off winter bugs.



A standard diffuser usually holds ¼- ½ cup of water and would take 6-8 drops of a quality essential oil or essential oil blend. With essential oils, my trusted aromatherapist tells me that more is NOT better. We are not looking to create a strong scent with essential oils, rather, a subtle experience. If you crave something stronger, try simmering a few cinnamon sticks, orange peel, whole cloves and star anise in a crock pot on low heat. Whole herbs and spices create a powerful scent that is safe. Essential oils have the potential to irritate the lungs, eyes and mucous membranes if they are used in too high a strength.

Here are some of my favorites and how I use them:

1. **Thieves Blend.** Depending on which company you purchase this blend from, the name may be different, but you are looking for a blend that includes: clove, cinnamon bark, rosemary, lemon, and eucalyptus radiata.
 - a. Diffuse 6-8 drops in a standard diffuser.
 - b. Add 5 drops into a mister that contains 3 ounces of distilled water and 3 ounces of vodka or witch hazel. Use this as a surface spray or to mist the air in an area if someone has a cold or winter bug.
 - c. Mix 2 drops into ¼ cup of warm fractionated coconut oil and use as a massage for the neck, back and feet.
 - d. Affirm: I am safe. I am healthy, protected and strong.

2. **Peppermint.** Peppermint essential oil has a sweet minty fragrance that can be a real pick-me-up during dark winter days.
 - a. Diffuse 6-8 drops in a standard diffuser.
 - b. Add 1 drop to 1 Tablespoon of coconut oil and rub into sore winter muscles. Make sure NOT to touch your eyes until you have thoroughly washed your hands!
 - c. Affirm: I am focused. I am open to opportunities.

3. **Lemon, Orange, Grapefruit, Bergamot, Kumquat, Tangerine.** Any of the citrus oils are fresh and fabulous in the winter diffuser. Use a few drops to help bring you back into the light when you are feeling low. Where peppermint brings a sense of focus and energy, citrus brings joy and happiness.
 - a. Diffuse 6-8 drops in a standard diffuser.
 - b. Add a few drops to your unscented dish soap for a boost while doing chores!
 - c. Put a drop onto a lava bead bracelet to take the sunshine with you throughout the day.
 - d. Affirm: I am love and light. I release negativity and am a magnet for positive energy.



BONUS RECIPES

GARLIC BROTH

Use this broth for sipping if you're feeling sick or as a base for soups and stews to help keep your immune system strong!

2 quarts of your favorite broth (recipe guide has a few ideas!)
2 heads of fresh garlic, cloves removed and peeled
1 sprig of fresh rosemary

Bring all ingredients to a simmer in a large pot. Allow the mixture to boil for 10 minutes, then shut off the heat, cover and let everything steep until cool. Strain out the garlic and rosemary and pour the broth into clean mason jars and store in the refrigerator or warm and serve.

CHAGA TEA

Chaga is renowned for its immune supportive properties. This needs to be brewed for a long time to extract the beneficial compounds. My favorite way to do it is in a crock pot or instant pot.

Fill your crockpot about $\frac{3}{4}$ full of cool water and add $\frac{1}{2}$ cup chaga chunks or powdered chaga. Set the crockpot on low for 6-8 hours before you cool and strain. The Chaga tea will keep in mason jars in the fridge for up to 2 weeks.



GARLIC HONEY

According to health guru David Wolfe, Garlic is low in calories, but high in nutrients, containing Manganese, Vitamin B6, Vitamin C, selenium and fiber. It's a natural immune system booster that helps the body fight infection. One study found that a daily dose of garlic reduced the number of colds by 63%, while reducing the average length of cold symptoms by 70%.

David suggests that when you combine garlic and raw honey, you end up with an incredible medicine.

Here's how to make it:

3-4 heads of garlic
1 cup of raw honey
a small jar with a lid

Directions

Separate the heads of garlic into individual cloves.

Don't peel the cloves but remove the outer layer.

Fill the jar with the unpeeled garlic cloves.

Slowly pour the honey over the cloves.

Use a spoon to release any trapped air bubbles.

Make sure the cloves are completely covered by honey and put the lid on the jar.

Allow the mixture to infuse for a few days, in the fridge.

The garlic cloves should be removed from the honey at this time. You can store them separately in the freezer for use in stir fry or soups.

Taste and enjoy the honey; use 1 teaspoon at the first sign of a cold or illness. NOT appropriate for children under the age of 2.