

natural joy healing 



joyous news

NATURAL JOY HEALING NEWSLETTER

Happy Fall!

Time to do your seasonal deep cleaning! Ensure you are improving your space and your health not creating more challenges.

I still have spaces open for new clients. Don't forget your Initial consultation is FREE. If you don't need help - pass this email along to those that do... Blessings to all <3

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Natural Cleaners

Stop using chemicals and poisons to "clean" your home. Natural cleaners work just as effectively and don't damage your health.

[Read More](#)



Cranberry Orange Bread

Another adjusted recipe. Can be made gluten free and "sugar" free. I love the sweet and tangy flavor - one of my favorites.

[Recipe Here](#)

Your home is an extension of your energy field. This is why practices like cleaning your home, rearranging furniture, organizing your closet, and getting rid of objects that are cluttering your space can have a profound impact on your mind, body, and spirit.

-Maryam Hasnaa



Food as Healing

Food not only feeds your body but your mind...

When you eat, how often you eat and how much you eat plays a big part in your daily health.

Remember:

- Everyone is different. Listen to your body...
- Use essential oils for "scents" within your home. In addition to smelling good, they are helpful healers.
- Use vinegar to help clean your home - it is cheaper and healthier for your skin and air.
- Smudge with sage when needed around your home.
- Grow herbs and "oxygenators" to help clear your internal air from toxins.
- Open your windows! Get fresh clean air in your home regularly.
- Water - stay hydrated to flush out toxins regularly.

- Foods to avoid include processed and prepackaged foods, GMO foods, sugar, alcohol, and caffeine.
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Working with people across the US to spread health, joy and healing!

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