

*natural joy healing* 



*joyous news*

NATURAL JOY HEALING NEWSLETTER

## **I Want to Hear from You!**

I'd like to know what you'd like to find here. Would you like different content? More? Less? I want to make this something you WANT to read each month. I'd also like you to share these messages with those that you think would be interested. I thank each of you for your interest in my blog and natural medicine! I am so blessed!

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

[Sign Up Now](#)

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## **Natural Dental Care**

Have you heard of Holistic or Naturopathic Dentistry? Do you know the dangers of fluoride? How about natural ways to whiten your teeth?

[Read More](#)

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## Quesadillas

Another adjusted recipe. I love these. This recipe allows you to use what you have and enjoy some great flavors! Can be made gluten free and dairy free.

[Recipe Here](#)

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## DID YOU KNOW...

Root canals collect toxins which can not be ejected because there is no vascular system in the tooth to do so.



Bacteria collected in the root travels to other parts of the body through the bloodstream. Contrary to modern dental wisdom, antibiotics can never fight and kill the bacteria in your root canal. Since the dead tooth does not have blood being supplied to it, the antibiotics can not reach the inside of that tooth.

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## 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...
  - Eat raw dairy - milk, yogurt, kefir, yogurt, cheese. The calcium works its way into your bones and teeth.
  - Eat plenty of raw vegetables to work away the plaque in your mouth - specifically celery, carrots and other crunchy vegetables.
  - An apple a day keeps the doctor away but a banana a day (skins) will whiten your teeth! Apples and other crunch fruits have the same benefits as your crunchy vegetables.
  - 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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