

natural joy healing 



joyous news

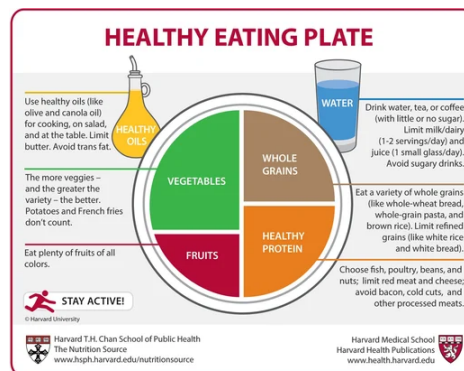
NATURAL JOY HEALING NEWSLETTER

Flu Season

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

[Sign Up Now](#)



Healthy Immune System

How to stay healthy during flu season? Eat the right foods, get enough sunshine and exercise. So simple right?

[Read More](#)



French Onion Soup

One of my all time favorite warming soups! I'm forever adding and changing things... what flavors do you favor?

[Recipe Here](#)



IT'S FLU SEASON

How to Keep You and Your Family Healthy This Winter



Include blackberries in your diet

Blackberries are a great source of Vitamin C which help build your immune system to fight off viruses.



Have an apple a day for an in between meal snack

The quercetin in apples may help bolster your immune system during vulnerable times.



Eat 1 cup of strawberries for breakfast

Strawberries include 160% of your bodies daily needs. It is proven to lessen the intensity of your cold or flu.



Add apple cider vinegar to your water

Adding a tablespoon of apple cider vinegar, or lemon juice to a glass of water helps to alkalinize the body. Creating an alkaline environment helps kill bacteria and viruses.



Drink water with a hint of honey or lemon

Honey is thick and soft meaning it could have a soothing effect on irritated throats. It is also shown to improve the constant cough.

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...
- Ginger strengthens your lungs. Onion pulls toxins out of your body. Elderberry keeps your lungs healthy and fights flu.
- Lemon and honey in tea are a powerful combination for fall.
- Find new ways of incorporating vegetables into your meals - sweet potato chips made in your oven - Roasted vegetables - add kale and spinach to your soups and stews.
- An apple a day does help keep the doctor away! I eat mine after my run.

- 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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