

## PRODUCT SPOTLIGHT: BEE'S AID

I must admit I wasn't sure if I would need Bee's Aide as I have so many essential oils and honey and whatnot for sore throats. But as it turns out Bee's Aide is quite a blessing. It is a tincture like spray containing: raw honey, propolis, purple loosestrife, and Usnea lichen (in pure grain alcohol) and water. When I got the call that dad needed something for laryngitis I immediately thought of it knowing the actions of the herbs contained. I looked up laryngitis and sure enough, this is what would do the trick, I was sure of it. I was happy to find out my hunch was correct and Bee's Aide gave speedy relief to the symptoms associated with laryngitis and more than

likely killed a few hundred germs along the way. I myself found it to numb a sore throat better than traditional chloroseptic sprays.

Regular price \$12. On sale now for \$9.50.



“BELOVED, I WISH ABOVE ALL THINGS THAT THOU MAYEST PROSPER AND BE IN HEALTH, EVEN AS THY SOUL PROSPERETH.”  
3 JOHN, 1:2

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BACK TO BASICS  
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# BACK TO BASICS

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The other day, I was remembering what it was like when I first started using herbs for myself and my family. It was exciting and at the same time it made me a little nervous. That has passed over time. Every time I used a remedy and it worked, I would become more confident in the herb's ability. I realized God made all these herbs and, knowing he knows what he is doing, asked for guidance in my choices. I always tried everything on myself first and only after learning about it from someone or somewhere I trusted.

These days, it's normal for me to reach for an herb or pre-made herbal remedy in time of need. Herbs and natural remedies are my first course of action aside from prevention. They certainly are more available to me at any time of day or night than anything else.

It's funny how natural remedies are called "alternative medicine." These days, drugs and the like are my "alternatives" only when all other resources fail, and herbs haven't failed me in many years.

Keep in mind, I am not saying by any means one will never need a surgery or a cast. Doctors are such an enormous blessing for those things we cannot provide for ourselves with their knowledge of the human body. Things like x-rays and blood tests simply cannot be done at home and have aided me many times with figuring out what was wrong. Thus far, since beginning this journey of natural healing, an herb has provided my relief. Prevention, however, still is best.

I think I may still dream about being a doctor someday, but alas, an herbalist is what God has led me to become and I enjoy it thoroughly. I hope to pass that enthusiasm on to readers. You may not turn to herbs first all the time and that is okay, but knowing how to use them, especially if a doctor is not available, can be of great aid. Even during a course of antibiotics or when you have a cast on your leg, herbs can provide more healing than you can imagine.

I would like to go over some of the easiest known remedies: those found in your kitchen.

**Garlic:** Used as an all natural anti-biotic, I have prevented and treated many an earache or infection with plain garlic oil. Any oil will do, but I prefer olive oil. Grape seed

and even vegetable oil will work fine. Garlic contains allicin, a compound that is not only antibiotic but also anti-viral. I make garlic into an oil because straight garlic can burn the skin, but I have been known to use it in a poultice for adults. Garlic oil is what I prefer for the smaller children.

Peel and finely chop your garlic. A garlic press is fine if you own one, but not necessary. Place one chopped clove to one tablespoon of oil. Let sit in a jar (baby food jars work great), for 15 minutes before applying to feet, wrists, behind and in the ears, and all over the neck area focusing on the lymph nodes or any painful areas, avoid your eyes.

**Product tip #5** - Some products can do double duty. One day while out, I was bitten by some small insect. It burned and itched and I didn't have my Miracle Salve. Luckily, I found my Tension Tamer roll on in my purse, applied it and it worked like a charm! This is one of my favorite products.

avoided ever having an ear infection. I delayed treatment on myself once and, lo and behold, ear infection! It took a stronger, longer herbal treatment to rid myself of it. No fun. Treat ASAP and you won't regret it!

**Ginger:** We love it for cooking. It is warming, spicy, and oh-so-yummy ... and good for you. Ginger has been proven in many scientific tests to be better at preventing motion sickness than prescription and over-the-counter medications. You can get a capsule, or preferably a syrup, to take 30 minutes before you drive or fly and you will greatly reduce if not eliminate any ill effects of motion sickness.

This spice happens to be very good for your stomach and

digestion. It is also a wonderful cold and flu remedy. The absolute easiest way to use it for a fever or cold is to mix a tablespoon or two of the dried powder into tepid bath water and enjoy a nice soak. You can also make a tea from the fresh root available at most grocery stores.

### **Guacamole for healthy fats and good health.**

2 ripe avocados (firm but soft, when the seed comes out easily and the browning inside has not begun), 2 cloves garlic, 1 tablespoon lemon or lime juice, cilantro to taste (I use about a half a tablespoon), 1 large tomato seeded and diced, green jalapeno or other spicy green chile of your choice seeded and diced. Mix all ingredients together and mash to your desired consistency, add sea salt to taste and enjoy!

Use this remedy at the first sign of a sore throat (even a slight tickle, prevention is best), any ear pain, swollen gland, or first sign of fever. If you think maybe you're getting sick but aren't 100 percent sure, go ahead and start using the garlic oil. By always using it at the first sign of trouble, my children have

herbal muscle rubs. You can mix some with oil and rub on your skin. Start with a small amount of cayenne and work your way up. It's also great for teeth. Try brushing with it daily to help ward off infections and receding gums. A bit of cayenne can also numb the pain of an exposed nerve on a tooth until you can seek out a dentist.

Cayenne stops bleeding. In an emergency, you can add a tablespoon of cayenne to a little water and drink it down to stop bleeding and gently ease pain before heading to a hospital or while waiting for the ambulance to arrive. What cayenne does is even out blood pressure all over the body so that no point in the body is overwhelmed by pressure or bleeding. It is a popular ingredient in after-birth remedies for home birthing mothers.

We will continue to explore kitchen herbs in the next several months.

**New ordering policies:** All special orders will now be placed on the first of the month to ensure you never pay shipping charges. If you need a product ordered at another time, a \$6 shipping charge will apply. As always, I have a small stock that can be purchased at any time. State sales tax now only applies to products not considered a dietary supplement.

*Disclaimer: These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease. Anything written in this newsletter is not intended to replace the advice of your doctor. These statements have not been read or approved by Beeyoutiful.com. Comments made about other products and food ingredients are meant as my opinion only. You should make the final decision whether or not to use any products or remedy mentioned.*



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