



# Quintessential Health Care

*An Integrated Health Resource*

## The BEST Natural Remedies for Acute Illnesses

### Greetings!

Do you wish you knew more about how to treat common ailments at home (especially this time of year)?

Our ancestors used herbs and home remedies successfully for years...we've just forgotten how.

If you'd like to learn how to rely less on the pharmacy and more on traditional healing methods, then read on for our best tips, tools, and natural remedy resources.

### Message from Milly

After nearly 40 years in medicine as a RN and BioEnergetic Practitioner, I am constantly grateful for two indisputable truths:

#1: The body will heal itself.

#2: That, despite countless attempts to thwart it, we still have the means to naturally assist in this healing process.

The ancient knowledge of herbs and natural medicines has remained with us down through the ages—although it came dangerously close to extinction in the last century.

**But how much do we trust in our body's ability to heal and this precious knowledge that has sustained us through all these generations?**

Even though "natural therapies" are more commonly accepted these days, I'm often taken aback by how many people still default

### In This Issue

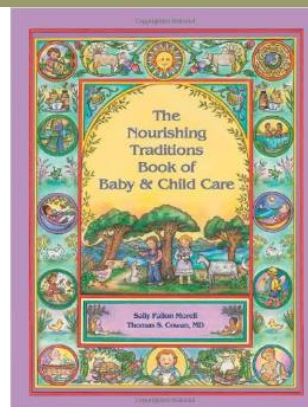
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**[Heal Thyself and Never Stop Learning](#)**



**Book Pick of the Month #1:**  
**["The Nourishing Traditions Book of Baby and Child Care"](#)**

This book is an indispensable guide to forgotten home remedies and balanced medical advice for families.

Written by Sally Fallon and Thomas Cowan, MD this book walks you through natural solutions for everything from the common cold to whooping cough.

It also has recipes for homemade formula and great

to the old antibiotic/steroid route any time an acute illness rears its head.

**I remember the days when the use of steroids was always considered a very last resort**

because doctors were acutely aware of the potentially dangerous side effects.

Even now, despite all we know about the human microbiome and the very real threat of antibiotic resistance, the average person insists on antibiotics for every little thing.

Can I let you in on a very real secret?

Modern medicine is amazing for emergencies and traumas...but can do very little for the common cold, coughs, flu, and aches and pains.

**For acute illnesses you are much better off relying on rest, hydration, good nutrition, and natural/home remedies.**

Case in point, recently I heard an interview on National Public Radio where a doctor was saying that there is documented evidence that **Tylenol taken even just once or twice a week can lead to hearing loss.**

I also remember a few years ago a friend of mine who had lung cancer got bronchitis and I took her to the Urgent Care for some much needed antibiotics.

She was also given a steroid prescription, but what astounded me was that she was prescribed morphine as well.

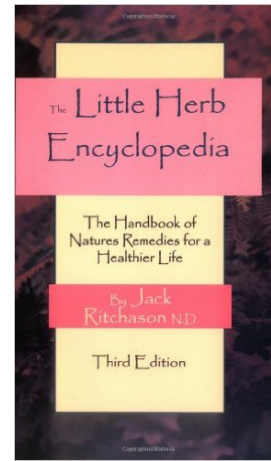
**I was horrified because not only did she not have any pain, but the morphine could have compromised her cough reflex resulting in pneumonia.**

I mention this not to negate medical practices, but to emphasize the point that we have to be aware of what we are putting in our bodies.

**And that even an over the counter medicine like Tylenol/acetaminophen can have some pretty devastating consequences.**

Sadly in medicine today "blind trust" and over-reliance on medications can be lethal to one's long-term health.

advice on fertility, pregnancy, and infant care.



**[Book Pick #2: The Little Herb Encyclopedia](#)**

If you want to learn more about herbs, this little book may be all you need.

Written by a Naturopath, it is chock-full of unfiltered information on the world's most common and beneficial herbs for modern ailments.

And, you can get it for under \$4.00 on Amazon.



**[Homeopathic.com](#) takes the mystery out of homeopathy**

Homeopathy is one of the most popular forms of alternative medicine in the world...

...yet few of us really understand how it works, why it works, or the research behind it.

Dana Ulman's site: [homeopathic.com](http://homeopathic.com) offers a wealth of articles, books, videos, research and courses to help you learn how to use homeopathy at home.

I recommend instead, that you fully acquaint yourself with some natural alternatives to the common medications you have become reliant on.

A good reference book on natural remedies and at-home care is so helpful in this regard, and we have included some in the "Heal Thyself" section that will be of great value.

Again, medications and doctor visits have their place. But, we could all stand to put a little more trust in our body's ability to heal, and the amazing natural remedies that have helped heal and sustain us through the ages.

Read on to learn more about how you can manage minor ailments with confidence using natural medicine.

Blessings to all,  
-Milly

### *The Attitude of Health Why Angry People Get Sick More Often*

We all know anger can be emotionally unhealthy, but did you know it also weakens your immunity?

It's true!

According to this study published in ["The Journal of Advancement in Medicine"](#), **even a 5-minute bout of anger can suppress your immune system for up to 6 hours...which is plenty of time for a virus to take hold.**



Prolonged feelings of anger have also been associated with high blood pressure, adrenal fatigue, anxiety, headaches, and other stress-related diseases.

All the more reason to practice stress relieving activities like exercise, meditation, journaling, and spending time in nature.

If these don't resolve your anger, be sure and seek help...your immune system (and your heart) depend on it.

Dana is considered "homeopathy's foremost spokesperson". He's authored 10 books and 3 medical textbooks, and lectures at medical schools around the country.



### *Ancient Wisdom Modern Medicine 3 Must-Haves for your Natural Medicine Chest*

Not sure where to start when it comes to supporting your body's healing process?

Start here with our top 3 must-haves for your natural medicine cabinet.

#### **1. Activated Charcoal**

Inexpensive, safe, and easy to find. Activated charcoal is a must-have for occasional stomach upset.

It works by absorbing toxins in the gut and shuttling them out of the body.

Activated charcoal is available at natural foods stores everywhere.

#### **2. Inflamma-Tone**

A homeopathic remedy ideal for acute ear infections, fevers, and sick days.

Tastes great and kids love it.

#### **3. XenoForce Tea**

A soothing remedy for sore throats and the sniffles.

XenoForce is loaded with immune-loving zinc (proven to shorten a cold), wild cherry

bark, vitamin C, echinacea, ginger, and licorice.

**To make a comforting cup,** open 3-4 capsules into a mug and add hot water, a squirt of lemon, and raw honey.

To order products call: 770-446-1140, [email us](#), or [stop by](#).

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