



# Quintessential Health Care

*An Integrated Health Resource*

## The COVID-19 Issue

### Message from Milly

My goodness, what an unusual couple of weeks it's been for us all!

Firstly, we'd like to extend our gratitude to each one of you who has continued to support our little clinic during these uncertain times. We appreciate our community so much!

Secondly, out of concern for our clients and team members, we will not be seeing clients in-person until further notice.

**However, we are still here for you via phone consults and to fulfill product orders.**

Yes, we sold out of several remedies last week but we have re-stocked and are able to fulfill orders via mail. To order product, call the clinic and leave a message or email: [info@quintessentialhealth.net](mailto:info@quintessentialhealth.net) and Holly will take care of you.

We can also provide phone consultations. To schedule a phone consult with Milly, contact us at: **770-446-1140** or email: [info@quintessentialhealth.net](mailto:info@quintessentialhealth.net).

Until we meet again take care of each other, breathe deeply, and enjoy the newsletter.

Blessings to all,

-Milly



### Tip #1 (for your body): Tried and true immune support remedies not everyone knows about

**Lemon balm:** available in tincture, teas, or in bulk, lemon balm has incredible immune support properties that easily rival echinacea\*. And since less people know about it, it should be easier to find.

**Ginger:** available at your local grocery store fresh or powdered, ginger is a powerful lung support herb that has also been proven to help ease upper respiratory infections\*\*. Grate it fresh to make a hot or iced tea and sip on it all day.

**Thyme:** with proven antibacterial, antifungal, and antiviral properties, this spice cupboard staple is one of

nature's most powerful immune boosters. Dried or fresh thyme is delicious combined with mint or lemon balm and served as a tea, and the essential oil can be used as a therapeutic air freshener. It's also very easy to grow and will come back year after year.

\*<https://www.sciencedirect.com/topics/agricultural-and-biological-sciences/melissa-officinalis>

\*\*<https://www.ncbi.nlm.nih.gov/pubmed/23123794>

\*<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5206475/>

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## Tip 2 (for your home): Easy on the disinfectants

Cleanliness is essential in preventing the spread of disease.

However, over sanitizing with harmful chemicals, like bleach and antibacterials, is NOT a good practice for a few reasons:

#1: Chemical-based disinfectants and sanitizers are lung irritants...and we all want healthy-as-can-be lungs right now, don't we?

#2: Many antibacterial cleaners are not effective against viruses, and those that are require long periods of dwell-time to work.

#3: Over-sanitizing is what's created the superbug, antibiotic-resistant crisis we now find ourselves in.

So, what should you do instead?

Use a natural soap-based cleaner on surfaces (like Dr. Bronner's or Branch Basics) and soap and water on your hands to effectively *remove* germs (not kill them).

[Read why soap is effective on coronavirus, and other viruses, here.](#)

If you must sanitize, consider using a non-lung-irritant such as hydrogen peroxide, but it is really not necessary for everyday cleaning.



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## Tip 3 (for your mind and spirit): Remember that LOVE replaces fear

There is so much fear going on right now it can feel overwhelming.

**Yet, we all do have a choice whether to adopt an attitude of fearfulness OR an attitude of love.**

It's been proven beyond a shadow of a doubt that fear causes stress which lowers our immune systems, disrupts our sleep, imbalances hormones, and degrades our mental and emotional health\*.

So, how can you begin to replace fear with love?

- Forgive yourself, and forgive others
- Spend more time in nature and get plenty of uplifting sunshine
- Give your full attention to the task at hand (instead of hopping all over news sites)
- If you're fortunate enough to be locked-down

with family, friends, or pets show them you love them

- Show *yourself* some love by taking a long hot bath, exercising or cooking your favorite meal
- Talk to your other friends and family members on the phone daily, *and listen more than you talk*
- Take a break from social media (you know it's stressing you out)
- Choose optimism, it can't hurt!
- Meditate on what you're grateful for, however big or small
- Find creative ways to be generous while practicing social distancing...whether that means making a donation to a good cause or mowing your neighbor's lawn, it will do your heart good
- Get creative, as creativity breeds happiness and happiness breeds love

Let your light shine!

Source:

\*<https://www.apa.org/research/action/immune>

*As always, the information in this newsletter is provided for educational purposes only and is not meant to replace the advice or care of your medical provider.*