

Thyme For Me/August

Aroma Therapies Spa/814-443-1217

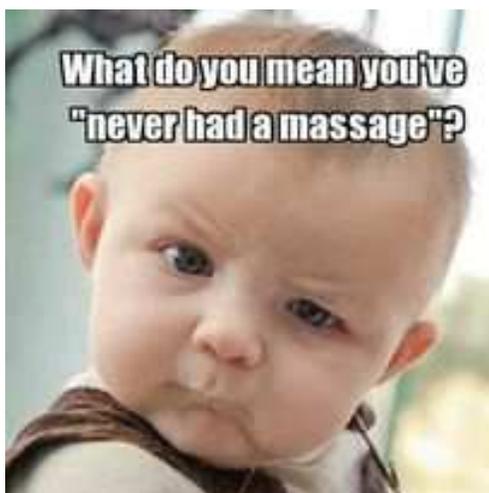
Kathy's Blog

CASCARA SAGRADA BARK is one of my favorite herbs. The Indian name for it is SACRED BARK. It is a small flowering tree that grows in Northern Idaho, and west to the Pacific into Northern California. The Spanish and Mexican explorers discovered that the Native American Indians had many medicinal uses for this tree bark. Its popularity spread quickly and was later adopted into the US and European Pharmacopoeia.

Cascara Sagrada is a thoroughly established agent for treating habitual constipation, colon related indigestion and hemorrhoids. It produces large, soft and painless evacuations and after the extended use and routine has been established, the bowels will function normally. Remember to increase the fiber in the diet as well as the liquid intake.

SENNA is another laxative herb that I like to use. It must be used with Ginger to prevent gripping. You can take up to 30 drops of tincture three times a day, but start off with 5 to 10 and increase as needed.

Unfortunately, most people do not have a normal colon. The colons become problems because of a poor diet, improper eating habits, nervous conditions and so on. A great many of the health problems today start with a toxic colon. To keep harmful organisms out of the colon, it must be kept clean, and this is done by regular bowel movements and the occasional enema or colonic.



Take a stroll under a moonlit canopy of Maples with the enticing scents of doTERRA Whisper® and Sandalwood. This aromatic blend will help to enhance mood and to intrigue the senses and will be diffused all month long at the Aroma Therapies Spa. Whisper and Sandalwood will be 10% off during the month of August.



NEW PRODUCTS FROM WATKINS 1868

Cream of Tartar

A staple in the kitchen, Watkins Cream of Tartar keeps texture structure in meringues and adds volume to a variety of favorite baked goods. Non-GMO.

Suggested retail price is \$5.99
(Expected availability early autumn, 2021)

New! Coming Soon

Organic Meatloaf Mix

Suggested retail price is \$1.59
(Expected availability early autumn, 2021)

New! Coming Soon

Organic Garlic Herb Seasoning

This all-purpose blend of organic garlic and herbs including rosemary, coriander and thyme brings a savory and warm layer to any pasta, dip or marinade. USDA Organic, Non-GMO.

Suggested retail price is \$5.99
(Expected availability early autumn, 2021)

New! Coming Soon

Organic Au Jus Gravy Mix

Suggested retail price is \$1.59
(Expected availability early autumn, 2021)

New! Coming Soon

Organic Pot Roast Mix

Suggested retail price is \$1.59
(Expected availability early autumn, 2021)

New! Coming Soon

Organic Beef Stew Mix

Suggested retail price is \$1.59
(Expected availability early autumn, 2021)

New! Coming Soon

NEW! **WATKINS** Since 1852
CHILI
ORGANIC GOURMET SEASONING MIX MILD



Organic Mild Chili Mix
 Suggested retail price is \$1.59
(Expected availability early autumn, 2021)

New! Coming Soon

Organic Popcorn Seasonings

- Ranch
- White Cheddar
- Butter/Salt

Suggested retail price is \$3.99
(Expected availability early autumn, 2021)



New! Coming Soon

Nonpareils Rainbow Sprinkles

Suggested retail price is \$5.99
(Expected availability early autumn, 2021)



New! Coming Soon



For the 2nd year, we will be opening our 2nd location from June 15th through September 15th, by appointment only! 'The Ranch at Weatherby Biblical Garden' is the perfect place to relax and enjoy the outdoors. Whether you're looking for a relaxing reflexology session, a quiet place to meditate or a place for your small group to gather for a class or workshop the garden will provide the perfect setting! After your spa sessions, you can spend time on the deck under the pergola surrounded by a beautiful pond with koi fish then take a stroll through the garden featuring over 60 biblical plants with scriptural identifiers! Contact us today to get your appointment scheduled or to discuss ideas for how we can help with your group sessions! (814) 443-1217

