

January 2019

Health Hutt

Your Haven for Healthy Living

Love Your Health Newsletter

Lately the most frequent customer questions we get are about CBD oil and whether we carry it. We do carry it and we would like to provide some information for you. It's become so popular in the realm of natural remedies because of its claimed benefits. If you would like to learn more, read the two blog posts on CBD linked below.

In other news, it's the Spring Equinox! March 20th marks the first day of Spring for 2019. Spring is an excellent time for cleansing and boosting one's immune system. We've also included some ideas for curbing seasonal allergies. We now have a main [Health Hutt brand page](#) and a page for each location. Please follow us and your local Health Hutt location! ([North Muskegon](#), [Downton Muskegon](#), [Norton Shores](#), [Grand Haven](#))



Queen City Hemp derived CBD oil

Quick Guide to CBD Products



Plus +CBD Oil selection at Norton Shores

What's the Hype About CBD?

You've likely seen the letters 'CBD' around or someone has told you about CBD. It seems a lot of people are trying to wrap their head around what CBD is all about and whether or not they would like to try it. The goal of this blog post is to give you a very quick overview in hopes to help you gain some understanding on what CBD is, what it does, and whether you would like to look into it further.

[Read the full blog post here.](#)

and First Time Trying CBD oil.

There are many products containing CBD being released. It is certainly a trend and for good reason. It has been found to promote decreased pain, enhanced sense of well-being, increased calm, improved sleep, and reduced stress. For a quick overview on what CBD is, check out our blog post [What's the Hype About CBD?](#)

One of the main concerns people have about CBD is whether or not it will make them fail a drug test. Other frequently asked questions pertain to usage including dose and frequency. We hope to provide you clear answers here.

[Read the full blog post here.](#)



ALLERGY SEASON ELIXIR

From www.meghantelpner.com [See her full post on allergies here.](#)

Serving Size: 1 Total Time: 5 Min

An elixir rich with nutrition to help you combat seasonal allergies.

Ingredients

- 1 tsp turmeric
- juice of 1 whole organic lemon
- 1 tsp fresh ginger root, grated
- ½ tsp each ground cardamom, clove, and coriander (for extra antioxidant power)
- pinch of cayenne (or more if you can handle it!)
- 2 tsp raw honey (or more to taste)
- 1-2 tbsp of prepared Irish Moss, Aloe Gel or Chia
- 3 cups water or chilled herbal tea

Make It Like So

1. Place all ingredients in your blender and mix until smooth .



Nettles are a great spring-time herb and green. They provide assistance with both cleansing and allergies. From Herbalist [Megan Tardiff-Wooglar](#): *Nettle has been a popular cleansing herb, helping the liver and opening the different channels of elimination within the body. (Helps your liver detox your body naturally) It also helps your body eliminate toxins via the kidneys as a diuretic (makes you pee more). Nettle is fantastic for seasonal allergies when taken year around. Not just during allergy flare-ups. It is a very nutritive plant that contains a lot of protein, minerals and vitamins.*

Nettle has been linked with reducing symptoms of hay fever and has anti-inflammatory action. It can be found as tea bags, in capsules and as loose leaves in the bulk section.

As always, consult with your physician before trying new supplements.

Featured Product: Triphala



We carry a few brands that offer Triphala. From Banyan Botanicals: *'Triphala is recommended and used more than any other Ayurvedic herbal formulation. Popular for its unique ability to gently cleanse and detoxify the system while simultaneously replenishing and nourishing it, this traditional formula supports the proper functions of the digestive, circulatory, respiratory, and genitourinary systems.'*

Spring is traditionally a time to cleanse. Linda Page, ND, PhD, a naturopathic doctor, lecturer, and author of the book *Detoxification* says "Anybody can benefit from a cleansing. The body is coming out of what might be called hibernation. It's a way you can jump-start your body for a more active life, a healthier life."

Banyan Botanicals provides [guides to spring cleansing for your particular body type](#). If you've ever been curious about Ayurveda they also provide a [quiz to find out your own Ayurvedic Constitution](#) (dosha). Triphala is a formulation of three fruits that is good for any body type. Triphala can be taken in conjunction with a cleansing protocol like [Banyan Botanicals has outlined](#), or on its own. Remember, it's up to you how much of a cleansing protocol feels right for you.

Health Hutt

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“Our bodies are our gardens to which our wills are gardeners.”

- *William Shakespeare*

www.thehealthhutt.com

** These statements have not been evaluated by the Food and Drug Administration.*

This information and these products are not intended to diagnose, treat, cure or prevent any disease.



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