

June 2019



Health Hutt

Your Haven for Healthy Living

Love Your Health Newsletter

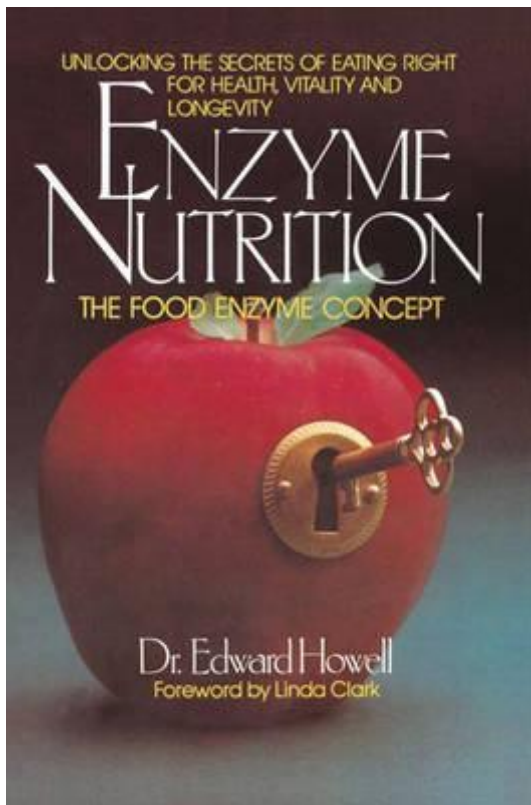
Hello Health Hutt Community,

The current Newsletter format is still very new. For this month we have added our Card Member list to our Newsletter list. In the past you may have signed up for a newsletter but have not received one recently. We must apologize if you did NOT subscribe to the newsletter. If you would like to continue receiving card member monthly specials but not the newsletter, please respond to this email with 'No Newsletter'.

Happy Summer Solstice!

The World of Enzymes

While people are often talking about digestion when referring to enzymes, and this connection is totally right, the world of enzymes extends beyond digestion too. An enzyme pioneer, Anthony J. Cichoke, DC, PhD famously coined enzymes as 'Sparks of Life'. "Enzymes are all around us – in every animal and every plant. In fact, anything that is



Mythical Bone and Herb Stock and Broth

Just in case you haven't heard the good news, bone broth is reported to promote overall wellness, healthy skin and bones, improve gut health, and provide bioavailable minerals. It is a whole body tonic.

So what's the secret? Is it difficult to obtain bone broth? Likable products are starting to become available but making bone broth is quite simple. One must first acquire a nice sized stock pot, slow cooker, or pressure cooker and a pile of bones. Then set aside time you'll be home as the broth will be cooking for a long time. Put the bones (possibly veggies and herbs) in a bunch of water, bring to a boil, reduce to simmer and let it go.

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

alive needs enzymes to function". Enzymes cause biological reactions in the body - breathing, digestion, growth, reproduction, blood coagulation, healing, combatting disease. They are constantly regenerating, repairing and protecting us.

While there are 6 classes of enzymes in biochemistry and a lot of research to cover, a mental map of three main categories of enzymes can be helpful when considering supplementation and diet: Systemic, Digestive, and Food

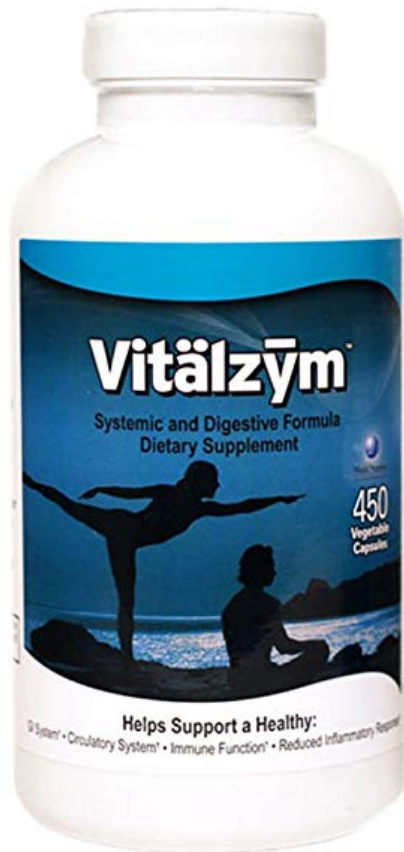
[Read the full blog post here.](#)



[Here is a Traditional Chinese Medicine recipe for PMS relief with both herbs and poultry.](#)

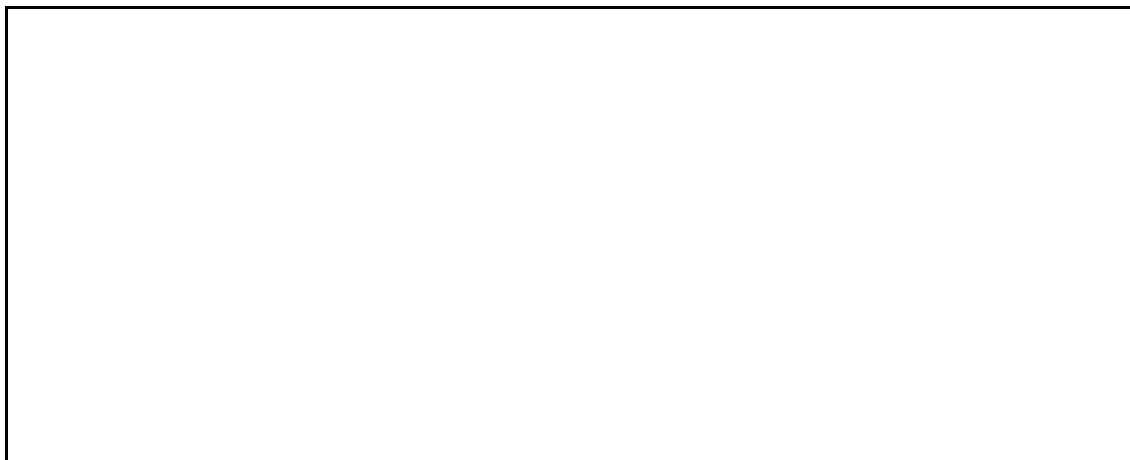
Vitalzym Systemic Enzymes

This month's blog post on Enzymes dabbles in describing systemic enzymes. Enzymes help the entire body. Energetic Nutrition has published a lot of valuable information on enzymes and provides great products.



Vitalzym Original Hybrid is a unique proprietary blend of potent digestive and systemic enzymes to provide total system support. Serrapeptase, the primary systemic enzyme ingredient, is one of the strongest proteolytic enzymes known for its ability to control inflammation, regulate the immune system, remove excess plaque and fibrous tissues, and support the return of healthy blood flow and volume. Vitalzym Hybrid also contains the additional fruit enzymes papain and bromelain, the digestive enzymes amylase and lipase, and the complementary phytonutrients rutin and amla extract.

Hybrid formulas are designed for those looking for both systemic and digestive benefits to provide total system support.*





RAW PROBIOTIC CREAMY CARROT GINGER SALAD DRESSING

From www.untrainedhousewife.com. [See the full recipe here.](#)

Ingredients

- 1 cup homemade raw curds* (Use the cream cheese from this [whey recipe](#).)
- 2 tablespoons raw apple cider vinegar (Use this [Apple Cider Vinegar Recipe](#) or Braggs Brand.)
- 1 teaspoon Celtic sea salt
- 3 tablespoons raw lemon juice
- 2 tablespoons raw coconut sugar
- ½ cup peeled and sliced carrots
- 1 tablespoon raw grated ginger root
- 2 tablespoons white or brown rice miso
- 1 teaspoon sesame oil (optional, try other raw virgin oils too)

Directions

1. Combine all ingredients in a blender and blend until smooth and creamy.
2. Serve immediately.
3. Please keep refrigerated and toss out after three to five days.

**If a vegan dressing is desired, consider soaking a cup of raw cashews or sunflower seeds in water overnight and using them as a substitute for the raw milk curds. Drain them well and add a ½ cup fresh [kombucha](#) or [kefir](#) before blending. Also, using an equivalent amount of raw ripe avocado in place of the raw milk curds will work too, just add the kombucha or kefir in place of the water to add the healthy probiotics.*



Health Hutt
Your Haven for Healthy Living



Love My Health Card Member

June specials

valid June 1-30, 2019



insect repellents

&



proteins & collagen

10% off

green sticker items

&

25% off

white sticker items

from the following supplement companies

Nature's Plus
The Energy Supplements.

HOST DEFENSE[®]
Mushrooms

NORDIC
NATURALS 

gaia
HERBS

Can't find what you're looking for? Ask a Health Hutt employee!

Become a Health Hutt Card Member for these additional savings!
Ask for details at the register.



Annual Love My Health Card membership is \$20. You can start your membership at any time of the year.

Mother Earth's medicine chest is full of healing herbs of incomparable worth.

-Robin Rose Bennet

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.



Share



Tweet



Email

This email was sent to <<Email Address>>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Health Hutt · 3112 Henry St · Norton Shores, MI 49441-4018 · USA

