

September 2019

Health Hutt

Your Haven for Healthy Living

Love Your Health Newsletter

This month you'll find information, possibly reminders, on natural remedies you might find helpful with the starting school year and transitional Autumn season. Our MVP of the month is Elderberry. This month you may have enjoyed sampling some of Garden of Life myKind Elderberry Gummies in the stores. Keep your eyes peeled or ask at the register - they might appear again!

The website continues to transform and has taken an altogether new look! We are excited to be boosting our online presence. So far it has been a lot of fun. [HiddenWestMichigan](#) Instagrammer and Blogger gave us [a visit and reported on her experience](#). The recipe featured in this month's newsletter is from [RealFoodWithJessica](#) - a Muskegon Blogger!

See you at the Health Hutt!

[I Want Relief NOW!](#) [Easy Remedies for](#) [Cold and Flu](#) [Symptoms](#)

When we're not feeling the best we can sometimes forget what we can do for ourselves to feel better... even though that's when there is the most urgency! Here is a list of easy remedies for Cold and Flu symptoms if you find yourself



with a fever, stuffed nose, sore throat, headache, body-ache, or generally not feeling well.

Garlic and Aged Garlic

When fresh garlic is crushed or chopped alliin is produced. In one study participants taking a garlic supplement with alliin still intact had significantly shorter duration of symptoms and had significantly fewer colds. Aged garlic also reduces severity of cold and flu symptoms.

Elderberry

Elderberry's reputation as an effective remedy for cold and flu symptoms is among the best. In one study, patients given 15 ml of elderberry syrup were relieved of influenza type symptoms on average 4 days earlier than patients given a placebo syrup. In another study conducted during an influenza outbreak, 93.3% of those treated with a standardized elderberry extract had a significant improvement of symptoms and a 'complete cure' was reported in 2 to 3 days.

Propolis

Propolis is a product of honeybees which they use to construct and repair hives. Propolis has many healing properties including antimicrobial, antiviral, and antioxidant action. Its applications include common cold, flu-like infections and upper respiratory tract infections, as well as wound healing, treatment of burns, acne, herpes, gingivitis. With all of its benefits, it's surprising that propolis isn't more popular! There are

- Epsom Salt Bath
- Gargling
- Healthy Habits
- Tea Blends ([more info on blog!](#))



www.backtothebooknutrition.com – Elderberry Syrup Recipe



[Read more about what you can do to help cold and flu symptoms.](#)

also sprays and tinctures of Propolis that we can special order for you.



[Elderberry's Exciting History](#)

Learn more about one of the most effective remedies for cold and flu symptoms!

There is myth, lore, legend and magic associated with Elderberry, in addition to its revered health benefits. Taking a little trip into the history and ethnobotany of Elderberry proves to be a fun time. This small tree has been with humans for a long time. Many Native American nations have reported extensive knowledge on uses for various parts of Elderberry. Seeds found in Switzerland Neolithic pole-dwellings hint that Elderberry was cultivated as early as 2000 B.C.E. and discovered a long while before that time. In written history, Hippocrates (460- 370 BC) and Pliny the Elder both noted Elderberry's medicinal properties.

[Read more on the blog](#)



PALEO WHOLE30 PESTO CHICKEN ZOODLE SOUP

[Recipe by Muskegon Blogger realfoodwithjessica](#)

INGREDIENTS

- 12 chicken thighs, about 3 pounds

- 2 cups chicken broth (homemade for low FODMAP) or water
- 1 teaspoon salt
- 1/2 cup [paleo pesto](#)
- 1 pint grape tomatoes, halved
- 1 cup almond milk or coconut milk
- 4 medium zucchini, made into noodles
- 1/4 cup chopped green onion

INSTRUCTIONS

- Add chicken, broth and salt to the Instant Pot. Put lid on, make sure valve is closed, and cook for 8 minutes on high.
- Hit "cancel", release pressure and remove the chicken. Add in the pesto, tomatoes, almond milk, zucchini, and green onion. Hit "saute" and cook until noodles are tender, about 5 minutes. While that is cooking, chop up the chicken and add it back in. Taste and add more salt if needed.
- Hit "cancel" and serve warm.

NOTES:

*I have only made this in the Instant Pot, but I'm sure it will work on the stove top as well. Add the chicken to the broth, salt and pesto. Cook on medium until chicken is cooked through. Remove the chicken and add in the tomatoes, zoodles, green onion and almond milk. Chop up the chicken and add back in.

MyChelle Dermaceuticals



"With natural products now the expectation, MyChelle's progressive 360-degree approach to beauty is to provide clean, conscious, and comprehensive skin care products that are bioactive, ethically sourced, and formulated with high-performance ingredients for superior results and a lifetime of natural, healthy skin."

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MyChelle gives recommendations [beauty regimens](#) including morning and evening routine - each only 3 minutes. They also give charts for different skin types and people on which kind of products individuals may want to use. Programs are Normal, Dry, Oily/Blemish, Sensitive, Anti-Aging, Brightening, Men.

Normal: This nutrient-rich line balances skin lipids and helps retain natural moisture, controlling oil and promoting rejuvenation and renewal.

CLEANSERS	EXFOLIATORS & MASKS	SERUMS & OILS	MOISTURIZERS	EYECARE	SUN PROTECTION
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Joseph Addison

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