Dear Friends,

I hope that this note finds you all safe and well in the wake of the fires that have burned all around us. We are all breathing in this toxic air and each time I go out for a quick errand, I come back home short of breath, with a feeling of constriction in my lungs and a fuzzy feeling in my head. I wanted to share a few wellness tips with you all to help keep ourselves as healthy as we can at this time.

\* Stay hydrated, drink a lot of water and keep your mucous membranes moist. Traditional Medicinals Throat Coat Tea is also excellent for soothing the mucous membranes.

\* Use a Neti Pot with saline salts to cleanse and rinse out nostrils and flush out the particles from the air.

\* Facial steams to relieve nasal congestion and kill off bacteria. This can be easily done by boiling water and pouring it into a bowl, then covering your head with a towel to breath in the steam. I like to use dried peppermint leaves, but essential oils can also be used. Eucalyptus, lavender, peppermint and tea tree essential oils are all beneficial in dilating the bronchiales. I have been using these oils in a diffuser to keep the house air smelling fresh. You can also apply a few drops to your pillow at night, or apply the drops under the dose diluted with a little oil.

\* Cinnamon sticks boiled in a pot of water on the stove can help to deodorize the air in the house.

\* Keep an air purifier running to cleanse the air within your home.

\* Breathe deep into your belly if your lungs are feeling too restricted to breathe in deep breathes of air.



*An inspiration - a long deep breath of the pure air of thought - could alone give health to the heart. ~* Richard Jeffries