



Winter 2019

Monroe Farmer's Market open year round 7 Am-12 Noon for more information check out the web site www.monroemimarmersmarket.com or Facebook at www.monroemifarmersmarket.com

Gift Certificates Available for Purchase

Natural Health Consultations with Maurine-1/2 hour \$30.00; 1 hour \$50.00

Call 734-240-2786 to make appointment

Ionic Foot Bath now available by appointment-1/2 hour \$35.00; 1 hour \$50.00

With purchase of 5-foot baths get the next one free.

Family Farms Co-op: familyfarmscooperative@gmail.com

Orders due via email **January 9, February 6, March 6**, by noon; Pickup **January 11, February 8, March 8** from 2:30-3:30-at VFW Hall 1620 Dix-Toledo, Southgate

First Friday Downtown Monroe Bonus Discount Day 5% off for *First Friday*

Yoga with Shannon: Saturday sessions Christ Lutheran Church 8:15-9:15 AM

Yoga with Chantelle- Monday & Tuesday- Calendar available at the Store

Health & Wellness Classes are suspended for the time being.

I have decided to wait until our meeting room upstairs is renovated to hold classes and movie showings.

Healthy Happenings: Protecting Your Vision From Smart Medicine for Healthier Living

I have been diagnosed with glaucoma that is hereditary so I have been on a mission to learn what I can about eye health. Although you can't really do anything about the hereditary issue there is so much you can do naturally to slow the progression of many eye diseases, such as cataracts, glaucoma, macular degeneration and diabetic retinopathy.

1. Dietary:

- ❖ Eat a healthy high-fiber diet, with an emphasis on whole foods.
- ❖ Maximize your intake of organic (if possible) fruits and vegetables that are rich in carotenes. Yellow and orange vegetables and fruits, plus green leafy vegetables great sources.
- ❖ Eat lots of colorful fruits and vegetables for their antioxidant properties.
- ❖ Drink at least 6-8 glasses of pure filtered water daily.
- ❖ Increase the amount of fiber in your diet. Fiber assists the body in eliminating toxins.

2. Supplements:

- ❖ **Flax seeds provide the essential fatty acids that are missing in most people's diets.**
- ❖ **Omega 7 (sea buckthorn oil) is used for dry eye and I use it to keep my eyes healthy.**
- ❖ **Alpha lipoic acid is a strong antioxidant that scavenges for free radicals.**
- ❖ **Vitamin C and bioflavonoids have anti-inflammatory properties, and vitamin c is also important in the manufacture of collagen, which helps stabilize the eye.**
- ❖ **Vitamin A is required by the eyes. To keep the eye tissue healthy.**

3. Herbal Remedies:

- ❖ **Bilberry is beneficial for all conditions affecting the eyes.**
- ❖ **Pine Bark and grape-seed extracts are strong anti-inflammatories and antioxidant action.**

4. Homeopathy:

- ❖ *Euphrasia* is helpful for reducing the sensation of pressure associated with glaucoma. Take one dose of *Euphrasia* three times daily for up to three days. Do this twice monthly for three months.

- ❖ *Naphthalinum* has a clear affinity for the eye. It is commonly used for cataracts and detached retina, but is also useful in reducing the pain associated with glaucoma. Take one dose of *Naphthalinum* three times daily for up to three days. Do this twice monthly for three months. I do not have experience with this remedy but can order if anyone is interested.

5. General Recommendation:

- ❖ Avoid stressing your eyes. Activities that require a steady focus for a long period of time put added stress on the eyes. To rest and refresh your eyes, look away two or three times an hour. Spend two seconds focusing on an object in the middle distance, then an object further away.
- ❖ Don't smoke, and avoid secondhand smoke. Smoke is very irritating to the eyes.

Maurine is happy to provide her opinion on diet and nutrition, supplements and lifestyle choices. This information is for educational purposes only. It is not meant to replace the advice of your physician and is not to be considered medical advice, diagnosis or treatment. Should you have any concerns please contact your physician directly.

As always, contact your pharmacist regarding any potential vitamin/drug interactions. Notify physician regarding any alternative remedies.

Raw cow & goat milk and Amish grass fed meat e-mail familyfarmscooperative@gmail.com or call 1-269-476-8883

Store News:

- ❖ **Bridge Cards** accepted at the store.
- ❖ **Local Delivery to shut-ins available**
- ❖ **Family Discount Day:** Every Wednesday get 5% off of entire order.
- ❖ **Free Muscle Testing**
- ❖ **Ionic Food Bath** available by appointment only; 1/2 hour \$35.00; 1 hour \$50.00

Lessons I learned in 2018

- **I have learned how to live a sugar free life and not lose my mind.**
- **I am practicing energy work at least twice a week, with YouTube video from Prune Harris who teaches the Energy Principles of Donna Eden.**
- **I have learned to meditate using Pure Meditation I learned on a retreat.**
- **I enjoy Biodynamic cranial sacral work with Holly Cramner, Therapeutic Resolution Center. Who knew I could actually lay on a warm table for one hour.**
- **Ancient secrets of the fountain of youth, which is the Tibetan yoga practice I have been doing for several years. Don't we all wish there was a supplement we could take to stay young and vibrant, but alas there is no easy way.**

Save the Earth Everything under one lid. Save time and energy in the kitchen by preparing whole meals in one pot. For example, try boiling rice or other grain like quinoa, in a large covered pan, then adding a layer of vegetables, plus strips of meat or chicken, and steam them. Many people are using Instant pot for this purpose. Whatever the recipe a one-pot meal will generally use about a third of the energy of a meal cooked in separate pans.

Words to Live By: Your life isn't defined by what you do every now and then, it is what you do every day.

***A new habit usually take 21 days to incorporated into your life.

Healthy Recipe
Barley Buttermilk Pancakes

1 cup rolled barley	½ tsp baking powder
1 cup buttermilk	½ tsp baking soda
¼ c spelt flour	1/8 tsp Celtic sea salt
2 Tbs ground flax	2 eggs, slightly beaten
1 Tbs whole cane sugar or Xylitol	¼ cup melted butter, cooled.

Combine barley and buttermilk in a medium bowl. Stir to mix. Cover and let stand for at least 30 minutes or even overnight to ferment. In another medium bowl, whisk together flour, flax, sugar or Xylitol, baking soda, baking powder, and salt. Set aside.

Add the beaten eggs and melted butter to the barley mixture, and stir well. Add flour mixture and stir to blend. (the batter will be thick). Fry in pan with butter or coconut oil. Serve with butter and pure maple syrup

Cottage Cheese Pancakes

1 ½ cup large curd cottage cheese, drain for 10 minutes
3 eggs, beaten
Pinch baking soda
¼ tsp Celtic sea salt
6 Tbs Spelt flour
For sweet pancakes add 2 Tbs xylitol and 1 tsp vanilla extract

Mix together all ingredients. Fry in pan with butter or coconut oil.

Maurine Sharp *Natural Nurse*

Health Matters Herbs and More 17 E. Second St. Monroe, Michigan 48161

734-240-2786 <http://www.monroehealthmatters.com/>

Store Hours: Monday –Friday 10:00-5:30; Saturday 10:00-2:00 e-mail maurine@monroehealthmatters.com

Winter 2019 Protecting your Vision

If you'd like to unsubscribe please [e-mail](#) and I will remove your name from the list.

