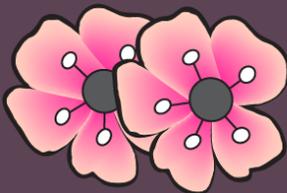




FALL & WINTER NATURAL GERM-FIGHTING, IMMUNE ENHANCING THERAPIES

- Natural Therapies that are gentle but effective for ALL AGES •



Catawba Natural Healing



Catawba Natural Healing

FALL & WINTER NATURAL GERM-FIGHTING, IMMUNE ENHANCING THERAPIES

Say **NO** to being sick!



- Kick being sick to the CURB -

Benefits:

- Learn natural therapies that will get you feeling better, faster ***without relying only*** on hand washing, covering coughs, taking Tylenol or ibuprofen
- Learn ways that will **stop your Cold or Flu in its very early stage**
- Learn ways to **decrease the severity** of sickness
- Learn natural therapies that **even your children will approve!**

www.catawbanaturalhealing.com

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Who needs to boost their immune system?

- If you are sick or you get sick often
- If you are around someone sick and want to prevent being sick
- If when you are sick and you are down & out for quite some time
- If you need ways to get your children to say yes!
- If you are a human!

If you answered yes to any of the above then this is a must read for you!



Teas/tinctures and their benefits



**Continue reading to see what my
favorite herbal teas are when it
comes to boosting your immune
system and getting you to feel
better!**



Teas/tinctures and their benefits

These are by far my favorite herbs to use!

- Ginger rhizome - warming, improves congestion, anti-nausea, chest and abdominal pain & distension.
- Galanga rhizome - milder than ginger with similar properties.
- Peppermint leaf - cooling herb, treat flu and colds causing fever, headache, cough, inflammation of mouth or throat & red eyes; improve gas, bloating & nausea; soothing to skin rashes.





Teas/tinctures and their benefits

- Thyme leaf - anti-oxidant, anti-viral, anti-septic, bronchial anti-spasmodic and expectorant.
- Rosemary leaf - anti-oxidant, anti-viral, anti-bacterial. Tincture can be applied to muscles to relieve soreness.
- Elderflower - anti-inflammatory, anti-viral, anti-bacterial, fever reducer
- Eucalyptus leaf - affinity for the respiratory system in improving coughs, asthma, bronchitis, sinusitis. Enhance immune system. Oil applied topically can reduce inflammation, increase blood flow & relax muscles.





Teas/tinctures and their benefits

- Chamomile flowers - mild, relaxing sleep aide, restlessness, cooling so can reduce fever, anti-bacterial, anti-fungal, anti-inflammatory and muscle relaxant, soothing to skin rashes.
- Chrysanthemum flowers - improves heat patterns in body such as fever, headache, red painful eyes, dry eyes, skin rashes, dizziness.
- Purple perilla fruit - stop coughing and wheezing with copious phlegm; improve constipation.





Golden Milk Paste Recipe

Benefits: anti-inflammatory, anti-oxidant, warming, immune boosting, increase blood flow, improve nasal congestion.

I've used the recipe from Adina at Where Is My Spoon blog and love it! You can access the blog for this recipe at: <https://whereismyspoon.co/turmeric-paste-for-golden-milk/>



Image from whereismyspoon.co

My preference: I like to use soymilk instead of the other types of milk available just because I prefer its taste and silky texture.



Essential oils and steam inhalation

Steam inhalation is a great way to help improve your respiratory system when it feels like you may be getting sick or that you are sick already.

Breathing through your nose during the steam inhalation will help deliver the herbs to where they need to be, so that you can start feeling better!





Essential oils and steam inhalation



Instructions: 2 drops of essential oil into your boiling bowl of water. Place your face over the bowl and close your eyes. Drape a towel over your head and bowl to contain the steam. Inhale/exhale through your nose.

Duration: 5-10 minutes. Set your timer.

Caution: Use caution when working with very hot temperature water. Have everything ready and minimize distraction to avoid any accidental burns from the water.

Use caution when working with essential oil steam inhalation. Be sure to close eyes to avoid burning from the oils.



Essential oils and steam inhalation

- Rosemary leaf
- Thyme leaf
- Eucalyptus leaf
- Oregano leaf
- Peppermint leaf
- Lavendar buds





Hydrotherapy: Foot Soaks



Foot soaks are a great way to deliver therapeutic effects to your whole body conveniently, effectively and in a very short amount of period. Water therapy can be very healing.

Most medicinal plant constituent will pass through the skin and the absorption rate is increased with the application of heat.



Foot Soaks



Method for medicinal herbal foot bath/soak, per quart:

- Heat water to boiling
- Allow to stand 5 minutes
- Add 1/4 - 1/2 cup chopped, grated, or crushed herbs
- Allow this to infuse for about 4-5 hours

Note: Soaking time varies based on the type of herb and the effects you want.



Foot Soaks



Here are a few medicinal herbs that I love to utilize in a foot bath:

Garlic, Eucalyptus, Peppermint, Thyme, Mullein.

Vinegar foot bath:

1 part vinegar, 2 part hot water.

8-10 minutes: cooling and relaxing effects on bronchial tracts



Contrast Hydrotherapy

Another very effective way to boost your immune system, alleviate symptoms, decrease duration of sickness & to increase blood flow to the body area of interest.

- Washcloth variation: 2-3 times daily
- Take two washcloths and fold them into strips. Prepare one bucket of hot water and one buck of ice cold water. Soak 1 cloth in the hot bucket and the other in the cold bucket.
- Wring out the hot cloth just so it's not dripping but still kind of wet. Apply it on your skin where you need therapy. Allow 5 minutes to pass before removing the cloth and placing it back into its bucket.
- Wring out the cold cloth like above and apply it to the same area for 1 minute.
- Repeat 3 times: 5 minutes hot application followed by 1 minute cold application.
- Note: The last round of cold cloth should be left on your skin for a few minutes to allow your body to heat up the cloth. The side of the cloth touching your skin should begin to feel warm before removing it.



Nutrition

What does nutrition have to do with boosting your immune system? **EVERYTHING!** Immunity & Nutrition are like sisters!

If you are chronically sick or when you do get sick you stay sick for a long time then you should definitely be considering how nutrition can help boost your immune system.





Nutrition

- eat with the intent to heal -

Some foods to avoid:

NO

- Dairy foods increase mucous production and congestion
- Food sensitivities increase inflammation
- Foods hard to digest can impede your digestive system from functioning properly
- Processed foods
- Greasy foods
- Foods or juices with high sugar content
- Strawberries have a high content of histamine
- Avoid excessive amounts of raw, frozen, cold or chilled foods.

Food sensitivities can be revealed through a few different ways. If you're interested in seeing if you have food sensitivities, give us a call.



Nutrition

- eat with the intent to heal -

Foods to consider:

YES

- Broths/soups - easy on the stomach & packed with nutrients
- Congee - harmonize digestion, demulcent & nourishing
- Foods cooked with turmeric, garlic, ginger and/or lemongrass
- Superfoods high in antioxidants - listed in order of highest to lowest total antioxidant capacity per serving

1. Berries (Wild blueberries, cultivated blueberries, cranberries, blackberries, raspberries and strawberries).

Serving: 1 cup

2. Red apples, granny smith apples and gala apples.

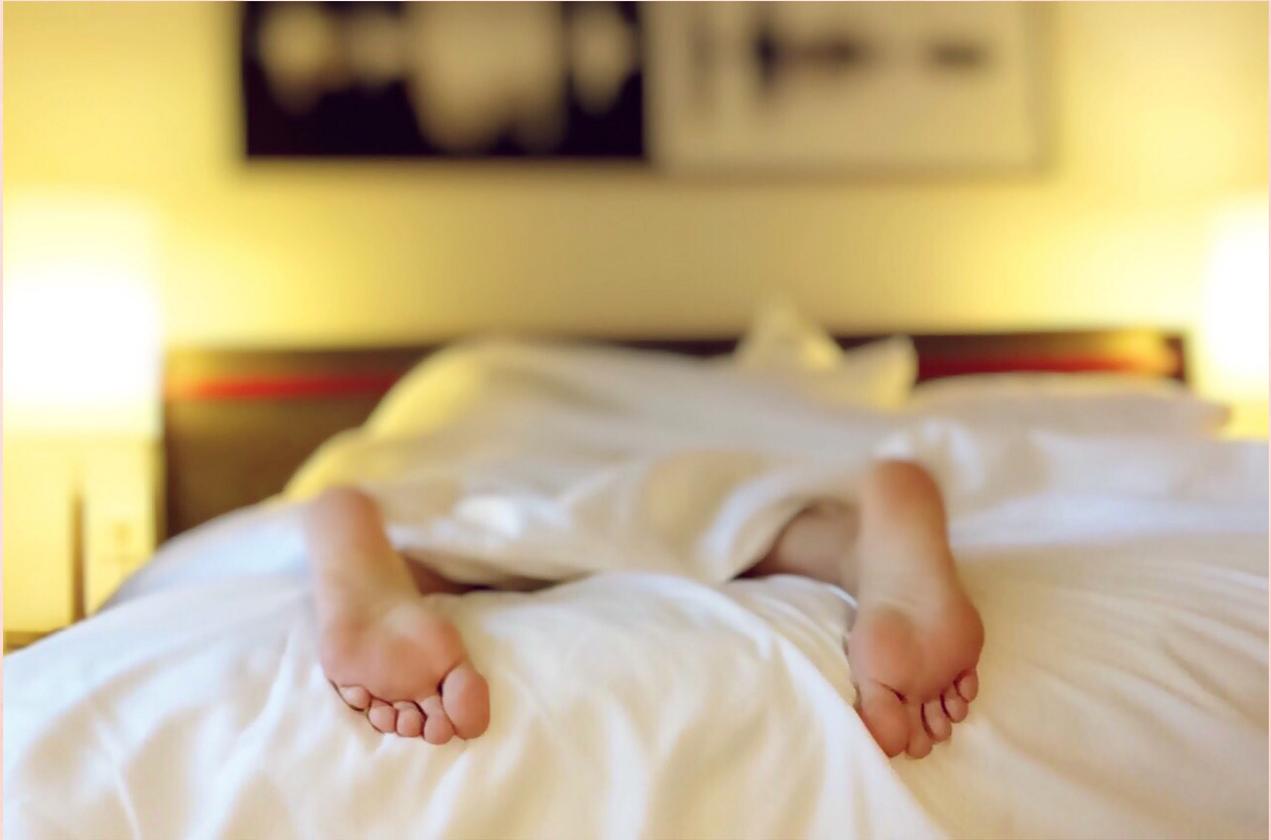
Serving: 1 whole apple.

3. Prune (1/2 cup), sweet cherry (1 cup), black plum (whole) and plum (whole).





Sleeping is nurturing



Resting and sleeping will be your best friend when you are sick or if you want to boost your immune system! Other positive side effect from sleeping: mental clarity, increased energy & better moods :)

This is the time your body is focused on replenishing, recovering and building.

At such a crucial time, do not over-push your body.



Chinese Medical Therapies

The below therapies are very effective in boosting your immune system, alleviating symptoms such as sore throat, fever, congestion, inflammation, achy muscles, headaches, digestive imbalances, poor appetite and lack of sleep.

- Acupuncture
- Pointer-Plus locator and stimulator (very kid friendly)
- Cupping
- Gua sha (spooning)
- Tui Na (Chinese massage)
- Acupressure





Catawba Natural Healing

Must have supplements!

Build your home dispensary

- Black Elderberry Syrup
- IvyCalm
- Probiotics
- Fish oil
- Vitamin A
- Vitamin D3
- Selenium
- Zinc
- Garlic
- Ge Gen Tang
- Yin Qiao San
- Jing Fang Bai Du San
- Ma Hua Tang
- Qing qi hua tan wan
- Bei mu gua lou san
- Huang lian su pian
- Po chai pills





Take care of yourself



At Catawba Natural Healing, we understand that life happens and sometimes we end up pushing things to the side to just keep up. When we do this chronically, stress can definitely take a toll on our health.

Manage your stress and your immune system will also be in harmony.

However, if are ready to make changes to further nourish your body and have long lasting effects then you must take care of yourself.



Testimonials - Children AND Parents Approved!

"It's always so hard to watch my kids when they are sick but since I have been taking them to Dr Amy, it's been so much easier. I was surprised that my kids don't mind the therapies." - Misty R.

"When my baby gets sick, I do the typical things that her pediatrician tells me to do for her. I heard about Dr Amy through a friend and decided to try her out. Since learning about the natural ways to help her, I have found her to be sick less often and less fussier. It's so hard to know what a baby is feeling but I am happy I now have these new ways to help her."

- Tracy H.

" Being a single mom, it can become hard to take care of my children when I am sick. I am thankful I now have someone who can help me get better."

- Melissa C.



Catawba Natural Healing

Author Dr Amy Lor



Dr Amy is the owner, Naturopathic Doctor and Acupuncturist at Catawba Natural Healing. She is licensed as a Naturopathic Doctor in the state of WA and as an acupuncturist in the state of NC.

Dr Amy attended Bastyr University, one of the leading Universities in natural health.

Message from Dr Amy:

"Everyone has the potential to heal. It's already within us. We just need to find ways to remove obstacles/challenges so that we can maximize our health. Optimal health is what I want everyone to achieve. Give your body the opportunity to recover and heal. Your body will take care of you more than you can imagine."

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