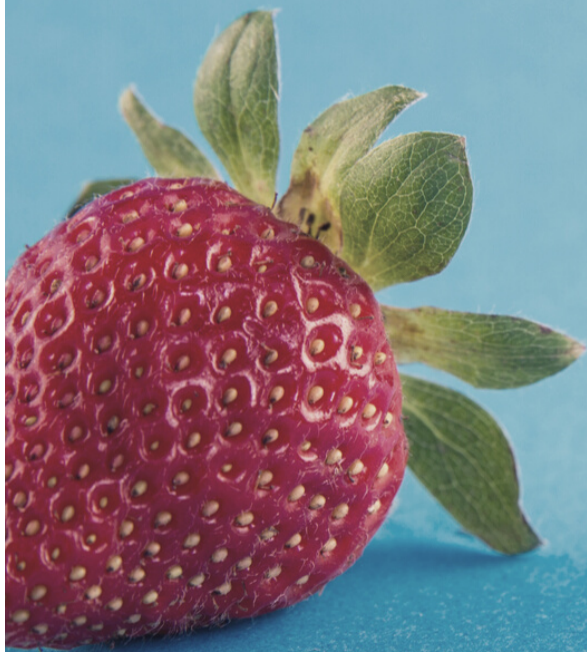


WELLNESS

JUST BREATHE YOGA



STAY
STRONG
&
HEALTHY
AMIDST A
HEALTH
CRISIS



THE BEST DEFENSE

Prevention

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus.

However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often.

CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.

Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).

The bottom line

The United States may soon see widespread transmission of the new coronavirus (COVID-19) activity. Health officials are urging citizens not to panic but to prepare.

In the meantime, stock up on soap, food, and medications. Talk to your work and kids' school about potential closures, and put a plan in place.

Pay attention to local health authorities. If an outbreak hits your community, they'll have up-to-the-minute guidance on how to avoid getting sick.



THE POWER OF SAGE

Sage (*Salvia*) has been used in traditional medicine as a spice and also as a way to improve health. It has a long history of use in Egypt, Rome, and Greek medicine, as well as within Native American healing traditions. As far as burning sage is concerned, dried sage is burned as a possible way to heal, protect, increase wisdom, and boost defense against disease.

The antiviral properties of sage are mostly attributed to compounds called saffinolidide and sage one, which are found in the leaves and stem of the plant. Test-tube research indicates that this herb may fight human immunodeficiency virus type 1 (HIV-1), which can lead to AIDS. In one study, sage extract significantly inhibited HIV activity by preventing the virus from entering target cells. Sage has also been shown to combat HSV-1 and Indiana vesiculovirus, which infects farm animals like horses, cows, and pigs.

Types of Sage

What are the different types of sage? Sage is also known as common sage, garden sage, true sage, Spanish sage, and Chinese sage. The botanical term for common sage is *Salvia officinalis*.

Benefits of Using Sage

Internally Sage is used today for numerous purposes depending on the method of use. Sage used internally may be taken for any of the following purposes. Sage can also be taken internally as a liquid, spray, lozenge, capsule, or tablet. Note that while there is some research evidence to suggest the benefits of sage for each of these uses, it remains preliminary and more research is needed to define the benefits of sage for each of these purposes. Overall, it is thought that the phenolic and flavonoid compounds present in sage are helpful in terms of having an antioxidant effect and reducing free radicals.

Below are some of the purported benefits of using sage internally.

- pain relief
- reducing oxidative stress on the body
- protecting against free radical damage
- reducing inflammation
- protecting against bacterial and viral infections
- treating minor illnesses
- as a dietary supplement for digestion
- sore throat relief
- protecting against memory loss
- reducing depression or improving mood
- preventing obesity for chronic diseases such as diabetes, heart disease, cancer

Benefits of Burning Sage

The purpose of burning sage differs slightly from the reasons for taking it internally. The burning of sage is a historical spiritual ritual also known as smudging. Poor air quality may be linked to various health conditions. In this way, burning sage is seen as a cost-effective way to purify the air (to an extent). This is because sage is thought to have antimicrobial properties that help kill bacteria, viruses, and fungi. That being said, it's important to keep in mind that burning sage will create smoke, which can cause health problems for individuals who are prone to asthma and other respiratory conditions.

Some of the purported benefits of burning sage include the following:

- removing bacteria from the air
- repelling insects
- improving intuition
- purifying specific objects
- improving mood and reducing stress and anxiety

What you need

The practice of burning sage or smudging is fairly simple, with few necessary tools.

Basic tools include:

a sage bundle (or smudge stick)

some recommend a seashell or bowl of ceramic, clay, or glass to hold burning sage or capture ash

some recommend matches over a manufactured lighter

optional feather or fan for fanning smoke

Of course we have all in ample supply at The Moonstone Boutique.

DYI: THIEVES SPRAY



Thieves essential oil is well known to reduce stress, neutralize bacterial and viral pathogens, improve digestion, strengthen bones and reduce inflammation, as well as lowering fevers, healing skin conditions, aiding weight loss and strengthening the respiratory system.

Thieves essential oils is a blend of five essential oils, which include: clove, rosemary, lemon, eucalyptus and cinnamon bark essential oils. It has a rich, spicy and earthy aroma. This essential oils has potent antiseptic, disinfectant and antibacterial properties.

It is commonly used as a home remedy for colds & coughs, as well as for domestic purposes such as house cleaning.

Thieves is one of the oldest and most interesting oils, based on the unique history of how and why it was developed.

Legend has it that in the 15th century, when a terrible plague spread like wildfire across Europe claiming more than millions of lives, four thieves from Marseilles were busy notoriously robbing people, who were dead, of all their possessions. The thieves themselves did not contract any infection as they had applied a powerful herbal blend of natural oils on their bodies. This came to be known as thieves essential oil.

Make Your Own Thieves Spray

Dilute 5 drops of Thieves with 8oz of Witch Hazel or Vodka. Pour in your favorite spray bottle and use often!

Although we can't keep the flu and germs from spreading we can help you and your family stay as healthy as possible!

You can find Thieves and many other essential oils at the Moonstone Boutique



DYI RECIPES FOR PROTECTION

Handwashing is one of the best ways to protect yourself and your family from getting sick. Learn when and how you should wash your hands to stay healthy.

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

Use Hand Sanitizer When You Can't Use Soap and Water

You can use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available. Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label. Sanitizers can quickly reduce the number of germs on hands in many situations. However, Sanitizers do not get rid of all types of germs. Hand sanitizers may not be as effective when hands are visibly dirty or greasy. Hand sanitizers might not remove harmful chemicals from hands like pesticides and heavy metals. Caution! Swallowing alcohol-based hand sanitizers can cause alcohol poisoning if more than a couple of mouthfuls are swallowed. Keep it out of reach of young children and supervise their use.

How to use hand sanitizer

- Apply the gel product to the palm of one hand
- Rub your hands together
- Rub the gel over all the surfaces of your hands and fingers until hands are dry.

The rapid spread of coronavirus (or COVID-19) has people clearing out shelves of hand sanitizer across the US. And if you try to buy it online, good luck -- most of it is out of stock or marked up on Amazon, Walmart.com, Bath and Body Works, Walgreens and other retailers. Target and regional grocery store Kroger now have limits on how many "anti-viral" products you can purchase at a time. So before you go on eBay to buy an overpriced item, make it for yourself!

Make Your Own Hand Sanitizer

Ingredients

- 1 TBSP rubbing alcohol.
- 1/2 tsp vegetable glycerin (optional)
- 1/4 cup aloe vera gel
- 10 drops cinnamon essential oil
- 10 drops tea tree essential oil
- distilled water
- colloidal silver/ionic silver if available
- other essential oils (just for scent)

Make Your Own Anti Bacterial Soap

Ingredients

Container(s) – Glass hand pump

Distilled water (or boiled H₂O)

Castile Soap

Almond Oil

Vegetable Glycerin

Essential Oils: Lavender, Cedarwood Atlas, Tea Tree

Make It

Add the following ingredients in the order they are listed below...

Pour Castile Soap into your bottle until it is 1/4 full

Add 2 T of Almond Oil

Add 1 T of Vegetable Glycerin

Add the following essential oils:

Lavender – 15 drops

Cedarwood Atlas – 8-10 drops

Tea Tree – 8-10 drops

Fill to the top with distilled H₂O



SUPPLEMENTS

THE HEALING POWER OF HERBS

The best way to protect yourself from getting sick is to find proactive ways to keep your immune system at an all time high. Here are some natural supplements that can increase your wellness.

Elderberry

While there is no one-size-fits-all remedy for illness, supporters of elderberry say the fruit is one of nature's most versatile solutions for what ails you. There are about 30 types of elder plants and trees found around the world. The European version (also known as *Sambucus nigra*) is the one most closely tied to your health and healing. Its history dates as far back as 400 BC, and Hippocrates, the "Father of Medicine," called the elder tree his "medicine chest." In folk medicine today, the elderberry is widely considered one of the world's most healing plants. Benefits: The berries and flowers of elderberry are packed with antioxidants and vitamins that may boost your immune system. They can help tame inflammation, lessen stress, and help protect your heart, too. Some experts recommend elderberry to help prevent and ease cold and flu symptoms. It's also been used as a treatment for:

- Constipation
- Joint and muscle pain
- Infections that affect how you breathe
- Headaches
- Fever
- Kidney problems
- Epilepsy
- Minor skin conditions
- Stress
- HIV and AIDS

Oregano

Oregano is a popular herb in the mint family that's known for its impressive medicinal qualities. Its plant compounds, which include carvacrol, offer antiviral properties. In a test-tube study, both oregano oil and isolated carvacrol reduced the activity of murine norovirus (MNV) within 15 minutes of exposure (1 Trusted Source). MNV is highly contagious and the primary cause of stomach flu in humans. It is very similar to human norovirus and used in scientific studies because human norovirus is notoriously difficult to grow in laboratory settings. Oregano oil and carvacrol have also been shown to exhibit antiviral activity against herpes simplex virus type-1 (HSV-1); rotavirus, a common cause of diarrhea in infants and children; and respiratory syncytial virus (RSV), which causes respiratory infections.



Written by Jillian Kubala, MS, RD on October 21, 2019

Many types of basil, including the sweet and holy varieties, may fight certain viral infections. For example, one test-tube study found that sweet basil extracts, including compounds like apigenin and ursolic acid, exhibited potent effects against herpes viruses, hepatitis B, and enterovirus. Holy basil, also known as tulsi, has been shown to increase immunity, which may help fight viral infections. In a 4-week study in 24 healthy adults, supplementing with 300 mg of holy basil extract significantly increased levels of helper T cells and natural killer cells, both of which are immune cells that help protect and defend your body from viral infections.

Fennel is a licorice-flavored plant that may fight certain viruses. A test-tube study showed that fennel extract exhibited strong antiviral effects against herpes viruses and parainfluenza type-3 (PI-3), which causes respiratory infections in cattle. What's more, trans-anethole, the main component of fennel essential oil, has demonstrated powerful antiviral effects against herpes viruses. According to animal research, fennel may also boost your immune system and decrease inflammation, which may likewise help combat viral infections.

Garlic is a popular natural remedy for a wide array of conditions, including viral infections. In a study in 23 adults with warts caused by human papillomavirus (HPV), applying garlic extract to affected areas twice daily eliminated the warts in all of them after 1–2 weeks (1). Additionally, older test-tube studies note that garlic may have antiviral activity against influenza A and B, HIV, HSV-1, viral pneumonia, and rhinovirus, which causes the common cold. However, current research is lacking. Animal and test-tube studies indicate that garlic enhances immune system response by stimulating protective immune cells, which may safeguard against viral infections.



Peppermint is known to have powerful antiviral qualities and commonly added to teas, extracts, and tinctures meant to naturally treat viral infections. Its leaves and essential oils contain active components, including menthol and rosmarinic acid, which have antiviral and anti-inflammatory activity. In a test-tube study, peppermint-leaf extract exhibited potent antiviral activity against respiratory syncytial virus (RSV) and significantly decreased levels of inflammatory compounds.

Rosemary is frequently used in cooking but likewise has therapeutic applications due to its numerous plant compounds, including oleanolic acid. Oleanolic acid has displayed antiviral activity against herpes viruses, HIV, influenza, and hepatitis in animal and test-tube studies. Plus, rosemary extract has demonstrated antiviral effects against herpes viruses and hepatitis A, which affects the liver.

Ginger products, such as elixirs, teas, and lozenges, are popular natural remedies — and for good reason. Ginger has been shown to have impressive antiviral activity thanks to its high concentration of potent plant compounds. Test-tube research demonstrates that ginger extract has antiviral effects against avian influenza, RSV, and feline calicivirus (FCV), which is comparable to human norovirus. Additionally, specific compounds in ginger, such as gingerols and zingerone, have been found to inhibit viral replication and prevent viruses from entering host cells.

CRYSTALS OF DEFENSE



Protection comes in many forms. Emotionally, it means protection from other people's unprocessed pain or anger, judgments, or unregulated states. Protection stones help provide a psychic buffer that keeps you from being overwhelmed by people who may not be grounded or emotionally stable. Empaths especially are vulnerable to picking up other people's feelings and may suddenly find themselves overwhelmed with feelings that aren't their own.

We gathered a list to add to your arsenal to keep you strong and well.

BLACK TOURMALINE

Repels lower, harmful frequencies. If there's one crystal I'd recommend in general for all-round protection, it would be black tourmaline. It creates the equivalent of an electrical force field around your aura so that lower vibes and psychic debris will bounce right off you. This is usually why it's the most commonly recommended crystal for protection.

AMBER

Amber carries the energy of the sun, warmth, and wellbeing. It is nurturing and good for people recovering from illness or who are needing comfort. It can transmute negative or stagnate energies into positive energy like a sunny day lifts the spirits. In this way it can be protective, letting you carry around a bubble of sunshine wherever you go.

AMETHYST

Amethyst is a powerhouse stone with many benefits. It vibrates at a high frequency, creating a bubble of spiritual protection against negative energy. Amethyst awakens higher consciousness and facilitates meditation and intuition. It can help you make wiser decisions free of emotional confusion.

OBSIDIAN

Obsidian is an earth-stone, activating the root chakra and grounding you in your connection to the Earth. It clears the aura of negative energy, and can also be used for scrying.

LABRADORITE

Labradorite facilitates awareness of multiple layers of reality at the same time; thus it is a good stone for shamanic work and those working with the Akashic records. Labradorite is a protective crystal for doing this work, keeping your aura strong and blocking intruders. It can also help you remember your experiences while journeying in other realms, or recall past life memories.

SMOKY QUARTZ

Smoky quartz clears negative energies from the environment by grounding them in the Earth. It also serves as a general grounding stone, helping you integrate insights from higher vibrations by keeping your feet on the ground and helping you handle practical matters.

MALACHITE

Malachite is a classic protection stone. It can help you stay alert and avoid danger, as well as strengthen your boundaries so you are not affected by negative energies. It also activates a kind of protective luck, increasing the likelihood of avoiding being in the wrong place at the wrong time, or having helpful influences show up in the nick of time. (Please don't use this as an excuse to court danger, of course—you still need to do your part to keep yourself safe.

SERPENTINE

The serpent's energy is one of transformation and rebirth, as it releases its old skin and embodies a new version of itself again and again. Serpentine crystals resonate with the timeless rhythm of cyclical change found in nature, helping you accept and embrace the changes and growth happening in your own life.



SUGILITE

Sugilite's special mission is to help you remember your true calling and purpose—the reason you came here to planet Earth. It is especially helpful for Lightworkers who know they are here for a reason but are not sure what that reason is or don't feel confident pursuing it. If there is a longing you feel that your life was meant to be something more, Sugilite will help you dust off your dreams and start making progress toward bringing them to fruition.

JET

Jet helps you face your current situation honestly, while helping protect you and clear negative attachments. If you are stuck in a situation in your life where you suspect you are hiding from reality because it is too overwhelming to face the truth, Jet can provide gentle support to get clear on your own boundaries and find your power in the situation. Ultimately, jet helps you integrate the lessons of the experience so you can move forward.

SHUNGITE

Shungite is also a powerful grounding stone which helps anchor you in your body and strengthen and stabilize your root chakra. The combination of grounding and purifying makes it a steady and protective guide for doing deeper emotional work.



**KEEP
CALM
AND
STAY
CALM**