

MY PLACE MILDURA HEALER'S GROUP

IMAGE FROM YES! MAGAZINE

My Place Mildura Healer's Group Mission Statement

Is to support our **CommUNITY** on their path to wellness by sharing knowledge of **Ancient Herbal Remedies, Natural Treatments, Frequency Healing Technology and Holistic Healing Modalities.**

The Healing Power of Plants

Before big pharma created a multi-billion dollar drug industry and dominated the world, our ancestors relied on a wide range of medicinal plants found freely in nature for their health and well being. We tend to forget that in all but the last 70 years or so, humans have relied almost entirely on plants to treat all manner of illnesses; such as cuts, removing splinters, coughs, cold and flu, fighting off infections and some major life threatening diseases such as tuberculosis and malaria. Unlike modern medicine, herbal remedies in the form of tincture, tea, syrups, tonics, decoction, ointment, lotions, poultices and balms work at treating the root cause of illness; not just alleviating the symptoms. Each month we will include some safe and effective remedies that you may find beneficial. Remember to read the disclaimer on page 3 before you start any new health protocols. Reference: Encyclopedia of Herbal Medicine 4th Edition

Do you know the benefits of Garlic?

Garlic is a potent anti-bacterial agent that is most active when eaten raw, fresh and crushed, as an oil (for ear infections), syrup or poultice. It's effectiveness is reduced by cooking as the heat destroys the active ingredient allicin. Garlic is best used for: colds and flu (as an expectorant), bacterial and fungal infections (Athlete's foot), reducing clotting and thins blood, expelling worms, lowers cholesterol, reduces blood sugar.

History Fact: Garlic was used in World War 1 as an antibacterial prior to the discovery of penicillin, garlic is an ancient heal-all and one of the most powerful and valued herbs in the World. Reference and Image: A modern reference guide to medicinal plants and home remedies. More information can be found at the My Place Healer's Group Library and on the internet.



This issue:

My Place Mildura Healer's Group Mission Statement, The Healing power of plants and Healing Benefits of Garlic

PAGE 01

Parasite Cleanse and Heavy Metal Detox

PAGE 02

Natural Remedies to help overcome the Winter Illnesses

PAGE 03

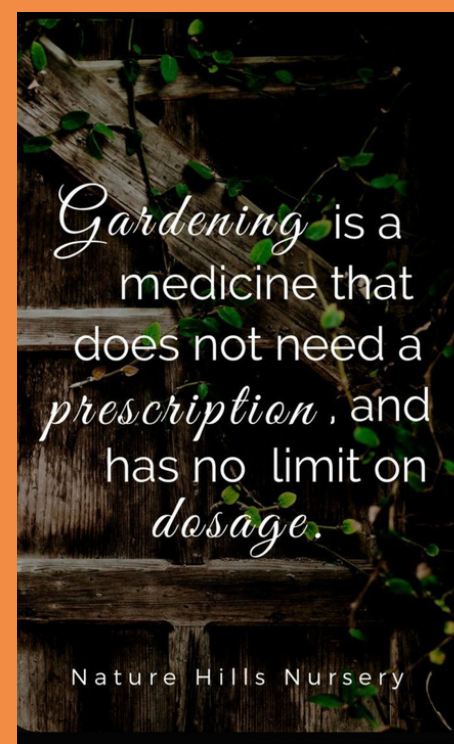




IMAGE FROM OURINSPIREDROOTS.COM

What are Parasites?

A parasite is an organism that lives on or in a host and gets its food from or at the expense of its host. In other words, the parasite uses the resources of the person it's living inside of, such as the very food that a person eats, in order for it to survive.

Parasites can cause disease in humans. Some diseases caused by these organisms are easily treated, while others are not.

Parasites are generally acquired from consuming contaminated food or water, but people with imbalanced gut flora, leaky gut syndrome or a weakened immune system may be more susceptible. If you've established that you have a parasite, you're probably looking for the best parasite cleanse to help you recover. Part of the healing process is following a parasite cleanse diet, while another important part is supplementing with herbal remedies.

A parasite cleanse diet helps kill harmful organisms living in your digestive system by fighting bad bacteria and fungus that these parasites live off. This type of cleanse involves following a diet that is free of all sugar and all grains, which is pretty close to a Paleo diet.

Some other anti-parasite foods include:

Garlic and onions, both immune boosting. Oregano and ginger can help increase the production of stomach acid, which in turn kills parasites and prevents infections.

For more information please visit www.draxe.com Dr Axe - Co-Founder of Ancient Nutrition, visit the My Place Mildura Healer's Group Library or find more information on the internet.

Heavy Metals

Heavy metals are trace elements such as aluminium, arsenic, cadmium, copper, lead, mercury and nickel that cannot be metabolised by the body. We are exposed to heavy metals from the air we breath, water we drink, vaccines and the food we eat. Regardless of our view on vaccines, there's no denying they contain nasty chemicals. Here are just some of the ingredients: formaldehyde,

aluminium, thyme Rosa 1 (a mercury based preservative), antibiotics, 2-Phenoxy ethoanol, FD and C yellow #6 dye, and monkey kidney cells (no joke!). A detox is an effective and natural way to remove heavy metals from the body. Detoxing through the skin includes; baths (see below), skin brushing (always in the direction of the heart) before a bath, lymphatic massage and sweating. Detoxing through the digestive system includes the following herbs: cilantro (you can juice it or chop it up and add to foods), juicing - at least one drink per day ideally with fresh organic vegetables and fruits such as broccoli, carrots, celery, cucumber, cabbage, kale and sweet potato. Complete the protocol with : omega 3 oil, vitamin c, garlic and horehound tea. Follow this protocol for 2 weeks and repeat every 3 months. The good news is there are natural ways to remove heavy metals from you body.

One effective way is to use Dr Carrie Madej's detox bath listed below.

Heavy Metals Detox Bath By Dr Carrie Madej

- 1-2 cups Bicarb Soda
- 1-2 cups Epsom Salt
- 1 cup Bentonite Clay
- 1 Cup Borax

Add all ingredients to the bath and scrub your body for approximately 20 minute, this will remove heavy metals and some parasites, 2 baths per week is ideal

www.carriemadej.com

Then God Said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food".

GENESIS 1:29 NIV

10 FOODS THAT NATURALLY KILL PARASITES



blog.paleohacks.com

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MY PLACE
Mildura

"Putting the UNITY
back into
CommUNITY"

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IMAGE FROM GARDENTHERAPY.CA

Natural Remedies to help over come the Winter Illnesses

Cough Syrup By Barbara O'Neill

Fill a jar by layering alternatively with organic diced-up onion and 1tsp of honey until the jar is full. Put the lid on and sit the jar in a cool dark place until a syrup forms, the liquid can be taken after 1 hour.

Take 1 teaspoon 3 times a day or 1/2 teaspoon for children 3 times a day.

Head Cold or Chest Cold By Barbara O'Neill

Dice up an organic onion, divide into two small bags, place a foot into each bag, twist the top of the bag to enclose the foot, and put a sock over the bag to keep in place. Keep in place overnight, if this is not tolerated for long periods of time, try it for an hour or two at a time.

Flu Bomb By Barbara O'Neill

1 clove garlic, crushed

1/4 tsp finely chopped ginger

Juice of 1 lemon

1 tsp Honey

1 drop of Eucalyptus Oil

1/2 tsp or a light shake of Cayenne Pepper

Mix all ingredients into 1/2 cup of hot water and drink it all.

This should bring 4 hours of relief from a chesty cold, bronchitis, pneumonia, asthma, the flu and respiratory problems.

You can take 2 or 4 a day.

Flu with Muscle Aches and Pains- Encyclopedia of Herbal Medicine

5 g Thyme dried

5g Lemon Balm dried

5g Elderflower dried

Mix the dried herbs in 750ml hot water and let it sit for 10 minutes. Drink the 750ml of tisane throughout the day.

Disclaimer: The information in this newsletter is for the educational purposes, to inform the reader about, ancient herbal remedies, natural treatments, frequency healing technology and holistic healing modalities. The authors and publishers do not accept any responsibilities for loss, harm or damage from the use or misuse of this information or your failure to seek proper medical advice. Health advise: Always consult a doctor first if you have unexplained symptoms, a serious health condition, such as liver or kidney problems, or are on medication. Herbal remedies may be unsuitable for women who are pregnant or breastfeeding, elderly people or children.

Laughter is the Best Medicine

Why did the Gardener Quit?
His Celery wasn't high enough.

Hankintech.com Source Pinterest



MY PLACE
Australia

Putting
UNITY
back into
CommUNITY

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"One of the healthiest ways to gamble is with a spade and a packet of seeds." - Dan Bennett

THE ART OF
Healing
COMES FROM
NATURE,
NOT FROM THE
PHYSICIAN.


THEREFORE
THE PHYSICIAN
MUST *start from*
NATURE,
WITH AN
Open Mind.

-PARACELSUS