

We enjoyed a great turn out last Tuesday for our Open House on “Creating a Healthy Home.” Our goal was to empower you with knowledge and resources to make healthier choices for you and your family.

In case you missed it, or you’d like more information, here is a re-cap:

### **CLEAN YOUR HOME NATURALLY**

Most cleaning products are full of toxic chemicals that overload our system. Kristin Shirley of Norwex shared her personal story of needing a chemical free home due to her daughter's respiratory illness. Her research led her to Norwex cloths as a powerful way to clean thoroughly without the chemicals.

Norwex is the global leader of microfiber technology. Their high quality microfiber removes 99% of contaminants from a surface making cleaning fast, easy, and safe. The cloths then self purify as embedded silver eliminates all bacteria from the cloth. If it sounds like magic; it’s not— it’s science and Kristin would love to show you how it works at your own demo!

If you are skeptical and you missed this demonstration then you definitely want to see one in person. She will make you a believer! These cloths are powerful!

You can contact Kristen and find out more about these amazing cloths at:

**Kristin Shirley**

**Vice President Sales Leader for Norwex Georgia**

**678-378-9271**

**[Kristinshirley.norwex.biz](http://Kristinshirley.norwex.biz)**

**Kristinshirley1112@gmail.com**

### **ONLY THE BEST ON YOUR SKIN**

Most of us have no idea what is in the products we put on our largest organ, our skin, every single day. Shayla Raymond shared that many ingredients commonly used in the personal care industry have been linked to cancer, hormone disruption, infertility and other health issues.

Because of this, the European Union prohibits the use of more than 1400 ingredients from personal care products. The U.S. however, has only banned or restricted 30 ingredients, yes you read that right, only 30.

Beautycounter created the “Never List” of more than 1500 questionable or harmful chemicals that will never be used in their products.

Shayla also demonstrated an excellent resource if you want to know the safety of the products you use. Check out [www.ewg.org/skindeep](http://www.ewg.org/skindeep) You can enter in an item in the search bar and it will tell you the risk level of each ingredient so you can make safer choices.

Small changes make a big impact. Start with one product, the one you use the most and replace it with a safer one. You can contact Shayla to switch to safer products at:

**Shayla Raymond**

**678-276-9663**

**[www.Beautycounter.com/shaylaraymond](http://www.Beautycounter.com/shaylaraymond)**

**[shaylaraymond@gmail.com](mailto:shaylaraymond@gmail.com)**

### **COOKING WITH ESSENTIAL OILS**

Darlene Whitis with Doterra shared with us how we can also use essential oils in cooking and in our beverages for flavor with added health benefit! She even made a pumpkin pie for us to try using clove, ginger and cinnamon bark oils.

When using essential oil in recipes here are some measurement guidelines. Remember You can always add more so start with less. A good rule of thumb is 1 drop = 1-2 Tablespoons of dried spice and 1 drop = 1-2 teaspoons of fresh spice. You can add the oils to your recipes using a toothpick, a drop from the bottle or a spoon.

Ways to add flavor and support to water:

- Add some Cassia oil for hydration.
- A drop of Cinnamon oil with honey to hot water to soothe the throat.
- Lime oil for antioxidant support.
- Combine Melaleuca, Peppermint, Lemon oil to freshen breath.

Doterra PROMOTIONS - Good only until OCTOBER 30TH any purchase of \$100 receive any oil up to \$30 wholesale value FREE. Purchase \$200 receive any oil up to

\$50 wholesale value FREE also receive a free 5ML Red Mandarin, 5ML Kumquat, 5ML Clementine, and car diffuser.

**Contact Darlene Whitis**

[my.doterra.com/ProActiveYou](http://my.doterra.com/ProActiveYou)

**678-428-8456**

### **GET THE BEST SLEEP OF YOUR LIFE**

Sleep has been proven to be the single most important factor to determine how long you will live, more important than diet, exercise, and genetics. Adults need 7-8 hours and children need 8-9 hours. As important as sleep is for our bodies to repair and recover it is a priority to invest in our sleep environment.

Sherri Danzig shared how Nikken has spent tens of millions in research and development in their sleep technologies.

A patented magnetic mattress topper made of organic latex with the most advanced magnetic technology in the world. It resonates with the earth's magnetic field and simulates getting a passive massage and acupuncture treatment while you sleep.

The Comforter cocoons you in far infrared technology which both balances your temperature while you sleep and helps your body detox while relaxing the mind.

Lastly, the pillow is customizable and magnetic. There are pillowcases with far infrared and negative ion technology.

Sherri is offering a huge discount on the Sleep Technology Packs in December! Also, the same big discount on the Water Technology Pack as well!

And by the way, water is the most important nutrient we need. You are what you drink!

**Contact Sherri Danzig**

**404-431-1682**

[www.EmpowerTheWorldWithWellness.com](http://www.EmpowerTheWorldWithWellness.com)

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Thanks to all of you who came out and to each of our presenters for sharing with us.