

# Home4Birth

## Monthly Newsletter

SEPTEMBER 2013



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Hello and welcome to our September newsletter! The autumn season is upon us and the children are back in school. So this month, we're going to focus on ways to stay healthy and keep our immune system strong!



If you have any fun pictures, advice or recipes, please submit them to our office administrator, Carrie Bland, at [carrie@home4birth.com](mailto:carrie@home4birth.com).

Please let us know if you do not wish to receive our newsletters, and we will remove you from our list.

Thank you for reading and we hope you enjoy!



## Upcoming Events

### Annual Gathering

Join us for an afternoon of food and fun with our Home4Birth family and friends! Please bring a dish to share. We are also mailing out postcards for the event.



**Date:** Saturday, September 7<sup>th</sup>  
**Time:** 12:00PM-3:30PM  
**Location:** Billerica Park, 12690 Promise Rd.,  
Fishers, IN 46038

## How to prevent colds and flus naturally

Excerpts from an article by Chris Kresser L.Ac

- **A nutrient-dense, toxin-free diet:** avoid the foods that tend to weaken the immune system, such as sugar, unprepared grains, industrial seed oils and processed and refined foods.
- **Fermented cod liver oil/butter oil blend (FCLO/BO):** if there's only one superfood/supplement you take through the winter, this should be it. It's rich with fat-soluble vitamins that regulate and support the immune system, and fatty acids like EPA and DHA that reduce inflammation. It also seems to have some kind of synergistic quality above and beyond the individual nutrients it contains that powerfully boosts immunity. Dosage: 1 tsp/d or 2 caps per day.
- **Liver:** 3 ounces per week
- **Fermented foods and/or probiotics**
- **Vitamin C:** 1 gram per day
- **Vitamin D:** For most people, the FCLO/BO blend should be enough to maintain adequate vitamin D levels. However, some people require higher doses of vitamin D to keep their 25D levels in the desired range of 35-60 ng/mL. This is especially true of those with obesity or inflammation, because these conditions impair the conversion of sunlight to vitamin D. Dosage: 2,000 – 4,000 IU/d depending on beginning level and amount of FCLO/BO you're taking.
- **Sleep and rest!**

For more details, read the full article at  
<http://chriskresser.com/how-to-prevent-colds-and-flus-naturally>



## Natural Hand Sanitizer

www.wellnessmama.com

### Ingredients

- Rubbing alcohol
- Vegetable glycerin (optional)
- Aloe vera gel
- Grapefruit seed extract (natural antibiotic and antiseptic)
- Cinnamon essential oil
- Tea tree essential oil
- Distilled water
- Other essential oils you like the smell of

### Instructions

Mix 1/4 cup of aloe vera gel, 1/2 teaspoon of glycerin and 1 teaspoon of rubbing alcohol in a small bowl. Add 20 drops of grapefruit seed extract, 10 drops of cinnamon essential oil and 10 drops of tea tree oil, along with any other essential oils you would like to add for scent. Mix well and add distilled water to thin and bring to desired consistency. Use a small funnel or medicine dropper to transfer mixture into spray or pump bottles. Enjoy!

## Green Tea Smoothie

www.eatingwell.com



### Ingredients (Makes two servings)

- 3 cups of frozen white grapes
- 2 packed cups of baby spinach
- 1 1/2 cups of strong brewed green tea, cooled
- 1 medium ripe avocado
- 2 teaspoons of honey

### Instructions

Combine all ingredients in a blender, until smooth, and serve immediately.

### Tips & Notes

To brew strong green tea, use twice the amount of tea (or two tea bags), but do not steep for more than 3 minutes.

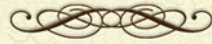
### Nutrition (Per serving)

Per serving: 345 calories, 15g fat, 56g carbohydrates, 6g sugars, 5g protein, 9g fiber, 36mg sodium, 1110mg potassium, Vitamin C 72%, Vitamin A 63%, Folate 36%, Potassium 32%, Calcium 23%, Magnesium 18%



Quote of the Month

“To keep the body in good health is a duty.



Otherwise, we shall not be able to keep our mind  
strong and clear.”



*Welcome to the world!*

Ian Dale  
8/10/13

