



Healthful Tips (*updated March, 2025*)

CreationFamilyMinistries.org

3 John v. 2

Beloved, I wish above all things that thou mayest prosper and **be in health**, even as thy soul prospereth.

While we are not doctors and don't intend these things as "medical advice." We simply desire to share things that we have learned, benefited from, and use regularly.

Water:

One of the most important things you can do to generally improve health is drinking the proper amount of water daily. **Rule of thumb:** use $\frac{1}{2}$ your body weight as the number of ounces of water you need each day (e.g. 100 lb person needs 50 oz of water daily; 150 lb person needs 75 oz).

Websites:

** Sometimes, if I'm not finding a particular product on a site or if the site is out of product, I'll just search on our browser and can often find it from another place. But caution! Be sure you search the specific brand and product you're needing!

NutritionalResources.com

- Order herbs, making sure they are **Limited Edition** brand. These are all liquid herbs with a glycerin base, not alcohol base.
- When ordering herbs, you can get some guidance from the description, but it's BEST to have advice from someone who knows the herbs or has used them. Many herbs have multiple uses and can have different effects on different people.

Vitacost.com

- Order many items, such as soaps, lotions, shampoos, deodorants, liquid chlorophyll, toothpastes, acidophilus, essential oils, etc.

Essential-vitamins.com

- Order most Energique brand items:
 - Cough calm (may or may not be available), olive leaf, rescue 5, and others
 - These are homeopathic blends that are "stronger" than the regular herbs. Often when taking these, you can taste a "bite," a somewhat bitter taste.
 - NOTE: Energique is having to change the names of some of their products, due to FDA, etc. If you search on the essential vitamins site with the names I have on this list, it should still find that product, even under the new name. It will still be the same formula.

EverythingHerbs.com

- Order Ol' #11 and other Pure Herbs products.

Personal Care Products: Most are from Vitacost.com.

** Some of these brands are even at WalMart in the health and beauty section ... price is often comparable but may be higher at WalMart.

1. **Shampoo/Conditioner** – Giovanni Tea Tree Triple Treat brand (other Giovanni brands are good as well)
2. **Soap** – Dr. Bronner's brand for liquid or bar soap (many good scents, even a "baby mild")

** Dr Bronner's brand also has a liquid tea tree soap that you can mix in a spray bottle. Excellent for cleaning and disinfecting!

3. **Deodorant** – We like NOW brand long-lasting deodorant stick, refreshing lavender scent. We tried a few different brands, and this one seems to work best for us. Others didn't seem to last or "deodorize" as well. *Make sure you do not use antiperspirant!*
4. **Toothpaste** – Jason's Powersmile whitening toothpaste is our pick. It's also fluoride-free, which is the most important thing.
5. **Lotions** – EveryOne Lotion has wonderful healthy ingredients and great scents! Also, Deep Steep is a good option.

Good General Info:

1. **Liquid chlorophyll** (NOW brand - see Vitacost.com) – Good for anyone, daily as a general multi-nutrient and gentle system cleanser. Use 1-1.5 tsp in a small amount of water daily. VERY easy to take, liquid and tastes like peppermint!
2. **Aloe vera juice** (Fruit of the Earth brand, available at WalMart, Walgreens, CVS, etc usually with stomach aids/laxatives) – good for general health (lots of vit C!), drink $\frac{1}{4}$ cup as needed, but beware ... it does have laxative properties, so daily doses may not be a good thing ...
3. **Acidophilus** (NOW brand, 8 billion count, see Vitacost.com) – puts the "good" bacteria back in your "gut," especially needful after any antibiotics or stomach issues! Take 2 caps just before a meal, as needed. **NOTE:** Yogurt with probiotics or even acidophilus is good but NOT the same!
4. **Colloidal silver** – excellent antibacterial and anti-microbial properties! Usually mixed as 10 ppm (parts per million), this can be good to drink a few ounces of daily when sick or when you feel something coming. It can also be put in a nasal spray bottle for sinus issues or infection. We also keep some in a small spray bottle to spray on the throat when irritated or to spray in the eyes for "pink eye" or a stye. It has also helped some get rid of "floaters" in the eye.

Natural solutions for various needs: **If you are dealing with serious/chronic issues in an area, get advice from a naturopath or a doctor who combines natural and medical for guidance on what would be best for you. This list is simply for basic health maintenance or minor problems.

1. **Fennel** (or Super Catnip/Fennel blend, see NutritionalResources.com) – herb for digestive health and any stomach trouble (indigestion, diarrhea, nausea, etc.). Use 10-15 drops by mouth as needed.
2. **Kidney Edge** (herbal blend from NutritionalResources.com) – EXCELLENT for kidney issues, stones, etc! Jeff has really benefited from about 10-15 drops by mouth, especially after drinking coffee or non-herbal tea.
3. **Lobelia** – a "smart herb" that can either quiet/relax a cough or force a cough as an expectorant, depending on the amount taken. Use ONLY 2-3 drops by mouth for that "tickle" sensation that makes you cough. 2-3 drops also helps relax bronchial area due to asthma or bronchitis. About 6-8 drops can force a cough as an expectorant.
4. **Olive Leaf** (Energique brand) – a potent herb we keep on hand for any sickness. Use 25-30 drops by mouth when you have that "trying to catch something" feeling, then every hour, use about 10 drops less. *Use ONLY then or while you are sick, not for regular daily use.*
5. **Sinus Plumber** – this is a nasal spray typically ordered from Amazon. Be aware, it has horseradish and cayenne so it will wake you up! It's not terrible, and 1 squirt in each

nostril will certainly help open sinuses and get rid of stuffiness when used just before a hot shower.

6. **Oatstraw** – (NutritionalResources.com) excellent herb for joint pain and stiffness. Has even been found to help rebuild cartilage! Can be used topically on the affected area, but results are even better when used in your drinking water throughout the day (total about 50 drops by the end of the day).
7. **Hawthorn Smart** – (NutritionalResources.com) For heart/circulation issues, about 10 drops by mouth when having heart or high blood pressure issues. This isn't typically taken daily, more on an "as needed" basis.
8. **White Oak** – this is great for gargling when you have a throat or voice problem. With trachea issues, Heather finds that her voice weakens and will almost be gone, especially after teaching in VBS, etc. Dropping about 25 drops of white oak in a few oz of water afterward then gargling and swallowing it until the water is done. It is a voice saver, especially during busy summers!
9. **Ol' #11** – order from EverythingHerbs.com. This is great for joint and muscle pain! Use it on the joint and top with lavender oil. Can even be used on a tooth that is getting sensitive and tender ... after a few days, no pain at all!
10. **Maty's Baby Chest Rub** – order from Vitacost.com. Think of this as a natural Vick's that smells much better!
11. **Badger Sore Muscle Rub w/ cayenne and ginger** – order from Vitacost.com to use as a natural and good smelling icy hot.
12. **Virustat** – order from Essential-vitamins.com for fighting a virus.
13. **Bactestat** – order from Essential-vitamins.com for fighting a bacterial based illness or infection.
14. **Echinacea** – order from Essential-vitamins.com. Excellent for killing germs and bacteria on cuts and small wounds. It's also helpful on pimples once the "head" is off.
15. **Rescue 5** – order from Essential-vitamins.com. Use 5-10 drops by mouth for calming during stressful times or before bed to help you fall asleep during those nights when the brain just won't "turn off."

Essential oil uses: *NOTE: always thoroughly wash your hands after using any essential oil ... you don't want them in your eyes by accident!* If you want to diffuse oils (like Thieves), you can purchase a diffuser on Vitacost's site or at many stores. And oil quality is IMPORTANT! We use either NOW, Young Living, or DoTerra.

1. **Lavender oil** – any cut, scrape, or similar injury can be helped by applying this oil. This is an excellent oil with many uses!
2. **Lavender and peppermint oil** – simply mix these oils half and half and topically apply for help with sore muscles (like a natural 'Icy Hot')
3. **Thieves oil** – the "sick oil" ... This is a "must have" to diffuse especially during the cold/flu season. Not only does it smell wonderful, but it also helps kill germs in the air.

There are so many more essential oils with wide uses that we really aren't familiar with. If you're on Facebook, I recommend looking up the group Tell Me More About Essential Oils.

Diet and Food Products:

Eating organic has been talked about for years, but it's now more affordable (relatively) and accessible than ever! Will your grocery bill go up? Yes! Bear in mind, your food will directly affect your health issues, so you can pay the higher grocery bill now or pay the doctor later. Look for non-GMO (genetically modified organisms) foods (most are clearly marked on the front of the package). Definitely avoid high fructose corn syrup ... bad stuff and it's in almost everything! Does it have to be unaffordable to eat well? NO! Read on ...

1. Learn to love Costco and Aldi's! Sadly, we don't have a Costco in our home area, but Costco is an excellent place to purchase good quality organic foods at a great price! Sam's Club is carrying more organics, too. Aldi's has a very good selection of organic (or at least "clean") foods for good prices.
2. As you shop, look for organic foods in your usual grocery store, even at WalMart! Food Lion has Nature's Place brand products, even in the meat department. Try to note when they have a manager's markdown on their Nature's Place chicken or beef, and it's usually a reasonable deal.
3. Dairy: Go hormone free and antibiotic free! Aldi's has the best deal on these. Organic milk can be purchased at any grocery store. Cabot is a good brand for cheese, not necessarily organic but a good product. Aldi's has a whole milk vanilla yogurt that is just the best!! ☺ Be sure to buy real butter ... margarine is a no-no!
4. Eggs: Again, go hormone/antibiotic free! The package does not necessarily need to say "organic" (they're usually way overpriced!), but do make sure it says "no hormones or antibiotics." I've also just googled on my phone a certain brand of eggs even as I'm at the store, just to see if that company gives its chickens antibiotics or hormones.
5. Breads/pasta: Go for whole grain/whole wheat (bread or pasta), organic and sprouted bread if possible. The Flowers bakery outlet here in town on LR has great prices on Dave's organic breads ... check them out!
6. Rice: White rice is out, brown rice is in! ☺ Don't get brown Minute Rice; buy the "takes 30 min to cook" kind.
7. Potatoes: Switch from the usual white potato to red potatoes. Sweet potatoes are a fantastic super food! However, cooking in the microwave will "kill" the essential and beneficial enzymes; bake at 400 for about an hour (keep a check on them), and top with butter and cinnamon – YUMMY!
8. AVOID fake sweeteners (Sweet n Low, Equal, Splenda, etc)! Better to just use regular sugar. Best sweeteners are RAW honey or stevia (most grocery stores have both). **Liquid** stevia is best and available at Vitacost.com. *Some baking conversions: 1 tsp stevia = 1 cup sugar, ½ cup honey = 1 cup sugar*
9. Get away from boxed/pre-made/pre-packaged foods as much as possible!
10. Be familiar with your produce department or produce stand! Try to buy USA grown and/or locally grown produce. **NOTE:** Avocados are a tremendous super food! Make homemade guacamole or use slices on your sandwiches and wraps. Slices are even good in salads! Another note: check Food Lion brand frozen veggies ... often they will say non GMO right on the package!

There's so much more to cover here, much that we are still learning! Do your research and learn from others who have used and benefited from different products/foods!

WHY HEALTH MATTERS?

I Corinthians 10:31 It's interesting that the command to "do all to the glory of God" specifically references eating and drinking. **QUESTION:** Does God care about what we put into our bodies? **Yes!** He gave instruction as to what Adam and Eve could and couldn't eat. He had many specific OT laws for what the Israelites should and shouldn't eat. While the OT dietary laws are not for the Gentiles, nor were they designed for "spiritual brownie points," they were based upon the design of God in His creation!

We have learned much over the years and are still learning many new ways to take care of our health. Our experiences particularly with Heather's allergic reaction and tracheal stenosis have led us to this question: "What long or short-term problems could we avoid if we incorporated more healthy diets and used God's herbs more?" Think about it!

2 Chronicles 16:12

And Asa ... was diseased in his feet, until his disease was exceeding great: yet in his disease **he sought not to the LORD, but to the physicians.**