



Creative Living with Sheryl Borden
6100 Series



Home, Hearth + Health - Section II

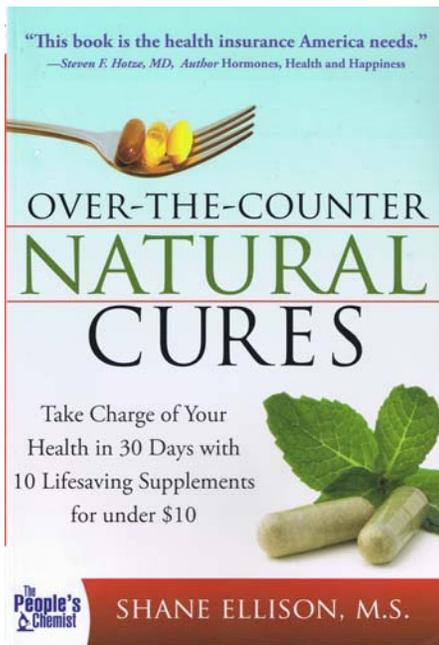


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Due to the size of this section, it has been separated into two sections in order for it to be downloaded more quickly. For instance, “Cancer Fighting Foods” is in Section I on page 3; whereas, “Do We Really Need Blood Pressure Meds?” is in Section II on page 8.



DO WE REALLY NEED BLOOD PRESSURE MEDS?

High blood pressure - as defined by the drug industry and medical doctors - is not an instant death sentence. The goal of maintaining blood pressure levels at or near 140/80 (or more recently,

115/75) is based on drug company hype, not science. These numbers are designed to sell drugs by converting healthy people into patients.

Rising blood pressure is a normal process of aging and does not require drug intervention - even when it reaches 140/80. The exception would be rising blood pressure resulting from kidney disease. Otherwise, small increases in blood pressure are a completely normal part of the aging process. Medical literature shows that as we age, blood pressure rises slightly - probably to accommodate an increased need for oxygen and nutrients.

Due to a number of hormonal factors, we don't distribute oxygen or nutrients as efficiently as we age. The best way to compensate for this is with increased blood pressure.

If high blood pressure were dangerous, then lowering it with hypertension drugs would increase lifespan. Yet, I couldn't find a single clinical trial showing that hypertension medications increased lifespan among users of these drugs when compared to nonusers. In fact, many times, low blood pressure decreased it. It is completely natural for the first number (systolic) to be 100 plus our age.

THE FORGOTTEN CARDIOVASCULAR CURE

Up to this point, I've confirmed that blood clots are

scary. At the same time, I've taught that, when used outside of emergency medicine, the drugs used to avoid blood clots can be even scarier. While there is never one sure way to avoid blood clots and the subsequent events of heart attack or stroke, you do have an alternative. And using it won't ruin your quality of life while robbing you of your retirement money. It is called hawthorn, and it is nature's forgotten cardiovascular cure.

Unlike the cardiovascular drugs, hawthorn doesn't "melt" the cardiovascular system and isn't toxic, which means it won't cause any adverse effects. Not only does hawthorn bust clots, but it also controls blood pressure and strengthens the heart.



All of the benefits from hawthorn translate into the clinically significant prevention of chronic cardiovascular and heart conditions. Hawthorn can successfully be used to treat heart failure (the heart's inability to pump blood efficiently), hypertension (artery constriction), angina (chest pain from decreased blood flow to the heart), excess blood clotting, and cardiac arrhythmias (disturbances of normal heart rhythm).

Hawthorn is known scientifically as *Crataegus oxyacantha*. Look for that name when buying it in the "berry" form. As a whole, it contains a cocktail of flavonoids (bioflavanoids), amines, triterpene, saponins, and oligomeric procyanidins (also referred to as OPCs and pycnogenol). These are the same OPCs found in red wine, but hawthorn is a superior source because it provides them in higher quantities and without the very caustic alcohol.

If you're going to take hawthorn, commit to taking it long term because its benefits do not show up immediately. You may need up to six weeks to start feeling benefits. Taking it at the right time and the right dosage can shorten this time.

The best time to take hawthorn is on an empty stomach, about an hour before exercise, and then again at bedtime. This will help ensure that the active ingredients are broken down properly in the stomach and distributed in the bloodstream. By administering hawthorn before exercise, you are helping to relax the cardiovascular system. That will help maximize your workouts - as seen by increased exercise tolerance. Taking hawthorn before bedtime will help to relax your muscles, increase oxygen uptake, and provide deeper sleep.

The best dose for standardized hawthorn (1 to 3 percent bioflavonoids) is about 15 to 20 milligrams per kilogram of body weight two to three times per day. That means that a 150-pound person would take two to three capsules, twice daily.

If you're taking any cardiovascular drugs, you'll want to monitor your cardiovascular system very closely with your doctor. Since hawthorn is so effective, it can potentiate all drugs that target blood clots, hypertension, and the heart and increase their side effects. It's best to "go natural" first and choose cardiovascular drugs only in emergency situations, at which time you would abstain from hawthorn to reduce the chance of suffering from adverse drug reactions.

MAKING OVER-THE-COUNTER NATURAL CURES BETTER

Hawthorn is great. Hopefully you've learned that much by now. But you shouldn't bet on it. Instead, it should be one part of your total cardiovascular health plan. Supplementing your diet with plenty of magnesium-rich foods like organic sunflower seeds, almonds, and cashews, while getting rid of excess body fat, are two other proven methods for warding off poor cardiovascular function.

Recent research highlighted by the Linus Pauling

Institute at Oregon State University indicates that magnesium supplementation (about 500 to 1,000 milligrams daily as magnesium citrate or aspartate or naturally obtained from pumpkin seeds, almonds, cashews, and green leafy vegetables) helps arteries relax and constrict as needed. That means rogue blood clots can pass safely if formed. Even better, this regimen also led to a highly significant 35 percent reduction in the ability of blood to clot within the arteries. Aspirin or magnesium? You choose.

Hawthorn supplementation is an easy way to help ensure total cardiovascular health while protecting your wallet. And if you combine it with magnesium supplementation and a suitable body-fat percentage, you'll find that having a healthy cardiovascular system doesn't have to be complicated, risky or expensive.

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Essential Oils and Absolutes are the concentrated essences of plants, barks, grasses, seeds and fruits. These powerful oils have the energy to affect people on many levels through their connection with the limbic system, a part of our brain that stores memories. Aromatherapy is the use of these amazing essences in a pure form or mixed with a base as in our Kismet Potions products. When applied topically or used to scent your personal space, oils can affect the physical and mental body, invoke deeper spiritual awareness and also be effective for esthetic purposes.

All of our Essential Oils and Absolutes are of the utmost purity and are tested with most advanced procedures such as gas chromatography, mass spectrometry and light refraction. We have cultivated relationships over the last 10 years with our suppliers so we have the assurance of the utmost quality.

Kismet Potions synergies are lovingly created in small 120 ml batches to assure that each fragrance is true to its original form. All of the precious essential oils and absolutes are the most rare, natural and precious in

the world. Whether wild crafted, organically grown or non sprayed, every oil is hand picked for its purity. Perfumer Kris Wrede has over 17 years of experience in choosing the most lavish combinations to please every olfactory palette. All the blends are therapeutic on every level and adhere to the traditions of perfumery....using top, middle and base notes to round out each blend for a subtle yet powerful finish.

Synergies can be added to unscented body products, skin care, environmental fragrances, candles, perfumes and colognes. These are for companies who wish to use the purest and most effective organic and wildy grown oils to make their products stand out in the market. Individuals that want the highest quality and most effective products for themselves and their family can also use these synergies. Essential synergies are the pure fragrance... masterful blends of essential oils specially created to enhance each individual oil for maximum benefit of the blend.

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Materia Medica

LAVENDER - (*Lavendula angustifolia*) is probably the best known of all the essential oils. It seems no medicine kit is complete without a bottle of Lavender. It is known as the Swiss Army knife of essential oils. This is most likely due to the number of conditions that Lavender can assist, along with being an oil that is safe to use on children, adults and the elderly alike. Known for the high level of esters and alcohols, Lavender is particularly beneficial for all skin types and conditions including: acne, eczema, psoriasis, scars, wounds, cuts, abrasions, burns and allergies. The calming and sedative properties of Lavender have been known for centuries, and it has been used for stress, sleeping problems, headaches, exhaustion and manic depression, also respiratory conditions such as bronchitis, catarrh, colds and flu. The analge-

tic properties of Lavender are beneficial to muscular aches and pains, rheumatic pain, cramps and spasms. Lavender also helps to stimulate the circulation, naturally this is enhanced if massage is involved as well, and helps to relieve edema and fluid retention.

BLOOD ORANGE - (*Citrus Sinensis*) Blood Orange is a much sought after ingredient in the perfume world, and is a beautiful soft addition to any perfume. It has hints of orange blossom, powder, berry, fruit and a sublime juiciness that is unlike any other. It is used in aromatherapy as a wonderful mood lifter, and very good for stress and nervous tension. It is a potent detoxifier good for water retention and is a mild diuretic and lymphatic stimulant. It is used as most

citrus for extreme nervous tension such as shock, trauma, death, divorce, and can be used in the day as a mood enhancer and at night as a relaxant for the mind. The Moro orange from the Lentini area of Italy is a more common member of the blood orange family, with a mottled deep purple reddish orange rind. The flavor is very strong and intense, and the aroma is more intense than a normal orange. This fruit is delicious, sumptuous and has a deep rich, sweet flavor with a hints of berry.

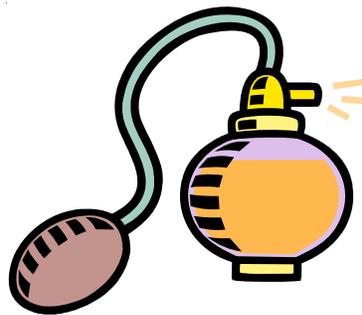
SANDALWOOD - (*Santalum album*) use dates back at least 4,000 years and is one of the first ingredients to be used in perfumery. Its exotic, musky-sweet odor

is so rich and complete that it can be used as a perfume oil all by itself. It is a sensual oil that is reputed to ignite the senses and give a renewed



sense of sexual energy. It is also a sacred oil that was (and still is) used as a key ingredient in incense and spiritual pursuits because of its grounding and relaxing qualities. It is perfect for meditation and spiritual work, and has the most subtle enchanting aroma, mixing well with most other oils. It also helps with depression, stress and tension. It is used for acne and dry skin and also inflammation. Its expectorant qualities help with dry cough, colds and throat infections. Sandalwood from India is now on the endangered list, so make sure to use a renewable source from either Australia or Africa.

JASMINE - (*Grandiflorum/Sambac/Auriculatum*) is one of the most exotic and intoxicating oils on the planet known as the "King of Fragrance." These delicate and odiferous flowers yield only 1 pound of



liquid concrete for 1000 pounds of flowers. The fresh jasmine can only be picked before sunrise, with a seasoned picker able to harvest upwards of 10,000 blossoms on a good

day. Jasmine is native to China, most of it grows in Egypt, but the most prized flowers come from France, Italy and India. It is one of the most sought after flowers in the perfume industry and one of the most expensive, mainly because of its reputed aphrodisiacal, sensual qualities. Jasmine's exquisite scent also soothes ruffled nerves, tension and stress, and is said to increase confidence. It is used for dry and sensitive or mature skin. Jasmine re-ignites sensual energy like sandalwood. Indigenous to India, China and Western Asia. Grown in the Mediterranean. Uses: add 2 drops jasmine, 1 drop rose and 1 drop sandalwood for a romantic bath-a-deux. Excellent for hormonal or female challenges, depression, cramps, PMS, anti-spasmodic.

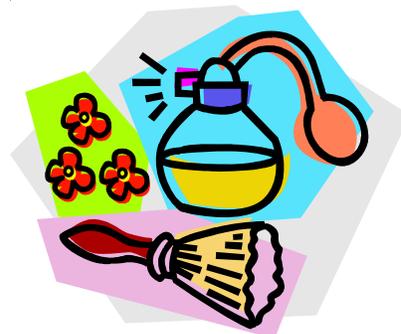
ROSE - (*Rosa Damascena*) Rose is one of the most legendary plants and fragrances of almost any other in history. It has always been affiliated with love and romance and passion, different colored roses signifying different messages. In times that it was not suitable to profess certain feelings, the red rose was for romance, the white was for purity and innocence, and the Christmas Rose (white tinged in pink) was said to mean relieve me from my suffering. The most famous rose growing areas are in Bulgaria and Turkey, and the Bulgarian is considered by many to be the finest. The Ottomans brought the damask rose to Bulgaria in the 17th century. The price of rose is



very high and is a very coveted ingredient in perfumes. The price is high because of the yield of the plant. It takes approximately 2500 to 3000 kilos of rose petals to yield 1 kilogram (35.3 ounces) of rose oil. Even the most seasoned pickers can only yield up to 50 kilos of flowers per hour, and must be picked before the sun comes up so the fragrance and the flowers will not wilt. Then the fresh petals are steam distilled to produce a rose essential oil or rose otto. Another method is solvent extraction, which is first made into a concrete and then the solvent is distilled off with ethyl alcohol to give you a product called absolute. Rose is amazing in skin care for scars, sensitive, irritated or inflamed skin, dry and mature skin, dull and congested skin, and broken capillaries (couperose). It is used to heal the heart and is great for anxiety and nervous tension...soothing ruffled nerves. It is a middle note in perfumery and has beautiful strong spicy, floral and rich earthy tones suffused with citrus and musk.

PEPPERMINT - (*Mentha Piperita*) is a stimulating scent effective in raising the spirits and is used primarily for digestive complaints and headaches, and as a natural deodorizer. It is good for respiratory complaints such as bronchitis, sinusitis, cough and asthma. Origins date back to ancient China and Japan, where it was used for muscular pain, or as a tea to help digestive problems. It is used today as a flavoring agent in gums, candies, toothpaste, cosmetics and alcohol. A steam bath with peppermint helps to relieve cold and asthma symptoms. It is one of the most widely used essential oils, but it is very strong and can cause irritation if applied directly to the skin. Peppermint in a blend can change the whole composition and can completely overtake the blend, so use with care. Keep away from eyes, nose and mouth area unless diluted in a base. Peppermint is also excellent for helping relieve headaches. Uses: Put a few drops in a lotion to counteract odoriferous feet, and massage vigorously into feet and legs.

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Home, Hearth + Health Guests

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