



Health Restoring Foods, LLC

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Dear friend,



This coming Thursday, September 11 at 7:00 pm, Dr. Doug Odom will be speaking at the Belair Conference Center. Admittance is free just come by the store and get your complimentary pass. Dr. Odom is an obstetrician/gynecologist. He will be available after his lecture for questions. For more information, please view the attached information.

Dr. Doug Odom

OBSTETRICS AND GYNECOLOGY

Have you thought about what would happen to our food supply if the bees became extinct? "In fact, about one-third of the human diet comes from insect-pollinated plants, and the honeybee is responsible for 80 percent of that pollination, according to the U.S. Department of Agriculture."

"Even cattle, which feed on alfalfa, depend on bees. So if the collapse worsens, we could end up being "stuck with grains and water," said Kevin Hackett, the national program leader for USDA's bee and pollination program."

As bacteria grow increasingly resistant to antibiotics, doctors around the world are rediscovering an old ally: honey. A popular medicine before the era of modern wonder drugs, honey fights bacteria in wounds in several ways, including the steady production of hydrogen peroxide, an antiseptic. For several years hospitals in Asian and Europe have been using bandages infused with an unusually potent honey from the manuka trees of New Zealand, and now U.S. and Canadian institutions are following their lead. The antiseptic strength of each batch's magic bullet — called the Unique Manuka Factor — is rated from zero to 25. Scientists still haven't fully identified which of more than a hundred possible substances packs the powerhouse punch, but its presence means there's a good chance the honey will stick as

treatment. Manuka is the Maori name for *Leptospermum Scoparium*, a native tree of New Zealand.

INTERNAL USES OF ACTIVE MANUKA: Ulcers of the Digestive Tract especially those associated with *Helicobacter Pylori*, Gastritis, Upset/Sour Stomach, Heartburn and Acid Reflux, Irritable Bowel Syndrome, Chronic Ulcerative Colitis, Sore Throat, Common cold and Flu Symptoms, Canker and Cold Sores, Fever Blisters and Mouth Sores. Recommended dosage: 1 – 2 teaspoon, 3 to 4 times per day before meals.

EXTERNAL USES OF ACTIVE MANUKA: Cleanse and Close Chronic Non-Healing Wounds, Treat Skin Ulcers including Diabetic Sores of the legs and Feet, Heals Bed Sores and other Open Sores and Wounds, Treat Acne, Pimples, and Cracked Skin, Heals Wounds Infected with Superbugs – MRSA, and VRE.

For more information on Manuka honey and Dr. Peter Molan research at the University of Waikato in New Zealand, please go to: <http://bio.waikato.ac.nz/honey>

Health Restoring Foods is taking orders for New Zealand Manuka honey. The best honey on the planet!

1 lb 2 oz glass jar Active 15+Manuka \$32.99

1 lb 2 oz glass jar Active 12+Manuka \$26.99

1 lb 2 oz glass jar Active 13+Honeydew \$15.99

UPCOMING EVENTS

COOKING CLASSES: On Sunday, September 21 at 5:00 pm, Marie McGowan will be hosting another cooking class. Her classes are so much fun and we get to taste all the delicious recipes. Marie will be moving next month to join her uncle who owns a catering business in Memphis. He asked her to cater foods for some of his clients who are requesting vegan/vegetarian cuisine. We will miss her service here at the store but we know that God will use her wherever she goes. You must pre-register by calling or sending us an e-mail.

Price: \$25

Where: Health Restoring Foods, LLC

Location: 4490 Washington Rd. Ste. 13; Evans, GA 30809

On Monday, September 29 at 6:15 pm Tyra and Richard Weibi will be hosting a nutrition class. This class is very interactive and informative. Richard is a 4 stage brain cancer survivor. He will share how he beat cancer using good nutrition. They will also do a cooking demonstration and we will be able to taste them. You must pre-register by calling or sending us an e-mail.

Price: \$15

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LUNCHEON: There will be a free luncheon on September 19th at 6:00 pm at River Chase Subdivision Clubhouse. This will be an informative gathering for those who are fighting cancer or who would like to prevent cancer. I will be sending more information as I receive them from the sponsors.

Have a wonderful day!

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