



# Cosmeos

*Natural Health and Beauty*

## Newsletter

Issue No. 6

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### Welcome!

Sign up today to receive our FREE  
monthly newsletters at  
<http://cosmeos.net/>

A half of dozen newsletters later! We truly hope you are enjoying the information that we are providing for you as well as the products and services. We are always open for your suggestions. E-mail them to [info@cosmeos.net](mailto:info@cosmeos.net)

Archived newsletters are available on the website in the news section or click this link <http://cosmeos.net/pages/news.html>

We have been enjoying our summer and the great nutritional & medicinal benefits from the plants that are provided for us at this time of the year.

*Wishing You Vibrant Health and a  
Wonderful August!*

*Stacey Williams*



### Focus of the Month

#### Colds & Flu

Our focus this month is Colds and Flu and how we can help prevent or provide relief for ourselves in the event with natural protocols.

Now is a great time to prepare ourselves for the Cold and Flu season since it is just around the corner. Prevention as we know it is always a better option. We will be discussing natural protocols and remedies you can use to help prevent as well as lessen colds and flu symptoms.

Echinacea has been back in the news saying it does work after it has been scrutinized by many inconsistent studies. We always believe in never underestimating the power of plants and "Mother Nature" !

If you would like help with a plan for preventing or assisting with cold and flu issues we are able to help by making suggestions. We recommend doing an herbal consultation. We will also consult with your practitioner if needed for major illnesses. For more information go to <http://cosmeos.net/pages/consultations.html>



## Botanical and Natural Therapies

Based on our focus of the month we would like to suggest botanicals and natural therapies that can help you with Colds and Flu. Botanicals and natural therapies are both useful for preventing and promoting wellness from Colds and Flu. There are natural options that can help. We will suggest some that maybe useful for you.

**Herbal tinctures** that prevent Colds and Flu are "Echinacea" of course. "Elder Berry" is great for coughs and as a fever reducer. Elder berry contains anti-viral compounds that help combat the flu as well. Try our blended herbal glycerite "Immoplex" which can also be used for children. It helps boost the immune system helping prevent of relieve the symptoms of Colds & Flu.

<http://cosmeos.net/pages/herbaltinctures.html>

**Essential oils** of Eucalyptus work well placed used in steam inhalation. It helps to prevent sinus infections as well as relief from congestion.

<http://cosmeos.net/pages/essentialoils.html>



## New Products & Services

We have new blended herbal tinctures and creams. We will be adding more....stay tuned. We may provide you with bulk herbs for purchase in 3.5 oz. packages as well as medicinal and pleasure herbal teas. If you would like to order bulk herbs or teas please contact us at [info@cosmeos.net](mailto:info@cosmeos.net) or phone us at (406)952-4011. All other items are ready for purchase right on our website!

Let us know also of any other item or idea that you would like to be provided. If there is a need we will surely provide them.

**\*Your convenience is one of our main missions.**



## New Products!

Gift Certificates are now available for purchase. They are in PDF format that is sent via E-mail. See the Natural Products Page!

<http://cosmeos.net/pages/bath.php>



## Discounts & Specials

Purchase \$100 worth of product or services and receive a \$25 Gift Certificate towards other purchases or for a friend!



## Recipes Cough Syrup

Helps reduce sore throats as well as that annoying cough with this quick and easy recipe!

- 2 Tbls. Water (warm)
- 1 Tbls. Honey
- 1/4 tsp. Ginger Root tincture
- 1/4 tsp. Mullein tincture
- 1/4 tsp. Hyssop tincture
- 1/4 tsp. Licorice tincture

Add together and stir well. Take 2 tsp. every 4 hours or as needed. Make a bigger batch by doubling or tripling all of the ingredients.



## Trivia

What tree was the dried sap chewed to relieve cold symptoms?

The beautiful Douglas-fir sap was dried and chewed to relieve cold symptoms and the gum or inner bark was used as a tea for the same medicinal effects.



## News & Events

### Herb News:

**18<sup>th</sup> Annual AHG Symposium. Oct. 26 - 28<sup>th</sup>.**

Located in Columbia, Maryland at the Sheraton Columbia Hotel. Preconference intensive on Oct. 25<sup>th</sup>. See our links page for the AHG website for more information.

<http://cosmeos.net/pages/links.html>



## Feature of the Month

**Feature of the Month includes the highlights about a person or business that would like to be featured in our newsletters.**

This month we did not feature a person or business, but want to display information regarding the "Feature of the Month". We will offer this service to a person or business that is of similar nature and values. We would like to feature those that are in the natural or alternative health areas offering services or products that would be of value to our readers. We approve and accept on a first come first serve basis or if it coincides with our focus of the month.

If you would like to be featured or have questions please contact us at [info@cosmeos.net](mailto:info@cosmeos.net) or (406) 952-4011. We accept trade or a small gratuity for the service.

**Disclaimer:** Cosmeos Natural Health and Beauty owner and employees are not medical doctors or licensed practitioners. They cannot diagnose, treat or prescribe. They can recommend, educate, and help with natural therapies. **The information on the website and in this newsletter is only to inform and is based on experience and opinion.** It is wise to see a licensed medical practitioner for any health conditions, doctor's approvals and checkups. If you are younger than 18 years you must have an adult approval.

