



Cosmeos

Natural Health and Beauty

Newsletter

Issue No. 10

Date: December, 2007

Welcome!

Winter is here! The snow is starting to fly and the holidays just around the corner. We at Cosmeos are wishing you a wonderful holiday season!

Remember to e-mail your questions or suggestions to the following e-mail address.
info@cosmeos.net

Don't forget to receive our **FREE** monthly newsletters at <http://cosmeos.net/>
Archived newsletters are available on the website in the news section or click this link <http://cosmeos.net/pages/news.html>



*Wishing You Vibrant Health
Happy Holidays!
Stacey Williams*



Focus of the Month

Bronchitis

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

Bronchitis is inflammation of the bronchial tubes in our lungs/respiratory system. It can result shortly after receiving a cold or flu virus. You may have bronchitis if you are coughing and wheezing.

Many people experience bronchitis and need assistance when it becomes an issue. We suggest seeing a licensed physician for a diagnosis. Alternative therapies and natural remedies can provide relief for bronchitis.

If you would like help with a plan for preventing bronchitis or assisting with acute or chronic bronchitis 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 **Bronchitis**. Botanicals and natural therapies are useful for promoting relief of bronchitis. There are natural options that can help. We will suggest some that maybe useful for you.

Herbal tinctures that provide bronchitis relief with expectorant, anti-inflammatory, and other effects that are specific are Angelica, Elecampane, Bloodroot, Comfrey Leaf, Gotu-Kola, Horehound, Hyssop, Licorice, Lobelia, Mullein, Plantain, and Red Clover,

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

Essential oils of Eucalyptus work well placed in a diffuser in your bedroom. See Recipes: Bronchitis Steam Inhalation.

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

Reiki can be very helpful in promoting relaxation during the time of healing from Bronchitis.

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

New Services

We will be adding new services as time passes, so stay tuned! If you have any questions feel free to give us a call at (406) 788-2612 or email us at info@cosmeos.net.

Discounts & Specials

Christmas Celebration Discount: Purchase \$100 worth of product or services and receive a \$25 Gift Certificate towards other purchases or for a friend! See our new electronic gift certificates at

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

Recipes

Bronchitis Steam Inhalation

Helps provide Bronchitis relief!

Add the following essential oils to a room vaporizer. Another method in a bowl of hot (not boiling) water and place a towel over your head and bowl for 10 minutes.

5 drops of Eucalyptus essential oil

Trivia

Koalas and some possum are able to eat what shrub or tree leaves? Eucalyptus!



Eucalyptus is a powerful expectorant and is used as to break up phlegm and clear nasal passages.

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.



In Cahoots for Tea

118 Central Ave. Great Falls, MT 59403

Phone: (406)452-2225

Cosmeos wants to introduce In - Cahoots for Tea! A tea shop owned and operated by Pam Kohut for 11 years.

younger than 18 years you must have an adult approval.

In **Cahoots for Tea** is all about tea! Tea is full of vitamins and minerals with cancer fighting anti-oxidants.....a great way to replenish our body, mind, and spirit. **In Cahoots for Tea** carries a large selection of varieties and types of tea. They also carry all tea accessories and more including China, pottery, tea infusers, tea cozies, etc. They have a British Pantry as well that includes tea cookies, items military personnel have acquired from missions or being stationed in Europe, and other imported food items.

They are also a Heritage Lace Dealer that carries a large selection and will make special orders.

They carry specialty items such as old fashioned hats made by Katy and other fun gift items.

The newest edition to the shop is a Tea Bar that includes a place to sit. Take your pick at the bar or tables and chairs for a nice cup of tea or coffee and scones as well as other pastries.

Check out the shop locally or go to their website to place orders. (See on our links page at <http://cosmeos.net/pages/links.html>)

If you would like to be featured or have questions please contact us at 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