



# Cosmeos

*Natural Health and Beauty*

## Newsletter

Issue No. 9

Date November, 2007

### Welcome!

It is that time of year again.....the Holidays! We at Cosmeos are wishing you the happiest of Holidays with your families and friends. Holidays are busy times so remember to be good to yourself!

Remember to e-mail your questions or suggestions to the following e-mail address. [info@cosmeos.net](mailto: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 Thanksgiving!  
Stacey Williams*



### Focus of the Month

## Fibromyalgia

**Our focus this month is Fibromyalgia and how we can get relief with natural protocols.**

Fibromyalgia is chronic pain occurring in the musculoskeletal and soft tissue. It can also cause stiffness as well as weakness. As winter appears its head, the change of weather and cooler or damp weather can make Fibromyalgia flair up or just plain make the symptoms much worse.

Many people experience pain that can be hard to diagnose. It is wise to see a licensed physician when pain is an issue. Alternative therapies and natural remedies can provide relief for Fibromyalgia.

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

**Herbal tinctures** that promote relief are Valerian, Skullcap, White Willow Bark. We also carry a combination tincture named "Fibromyalgia"

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

**Essential oils** of Clary Sage, Ginger, Lavender, Lemongrass, Black Pepper, Peppermint, Petitgrain, and Sweet Marjoram are useful as external use for Fibromyalgia.

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

**Hypnotherapy, Bach Flower Essences or Reiki** can be very helpful in promoting relief of Fibromyalgia by relieving stress or other emotional and physical factors.

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

[http://cosmeos.net/pages/flower\\_essences.php](http://cosmeos.net/pages/flower_essences.php)

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



## New Products & Services

We are planning to buy herbal tinctures and other botanicals from a new supplier. We will be adding them soon so stay tuned. If you have any questions feel free to give us a call at (406) 952-4011 or email us at [info@cosmeos.net](mailto:info@cosmeos.net).



## New Products!

This month all natural spa **SOY CANDLES** with hemp wicks in a variety of natural scents coming this month! Look for them on the following link!

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



## Discounts & Specials

**Herb Day Celebration Discount:** Purchase \$150 worth of product or services and receive a \$25 Gift Certificate towards other purchases or for a friend! \***For the Holiday Season be sure not to miss our new electronic gift certificates at**

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



## Recipes

**Sore Muscles Bath Blend**  
Helps promote muscle pain relief!

Add the following essential oils to a warm bath.

2 drops Eucalyptus

2 drops Sage

3 drops Pine

Plus add 2 drops of Lavender essential oil. Soak and relax!



## Trivia

**What herb is known to relieve seizures? Skullcap (*Scutellaria lateriflora*)**

Used in the prevention of seizures, inflammation, insomnia as well as anxiety. Antioxidant and hepatoprotection activities have also been reported!



## News & Events



## 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.**

**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](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.