



Cosmeos

Natural Health and Beauty

Newsletter

Issue No. 7

Date September, 2007

Welcome!

Summer is fading and fall will be around the corner soon! We hope that you have enjoyed your summer and reaped the benefits of all that it had to provide.

We at Cosmeos are looking for suggestions for not only our Newsletters but also what services and product that you would like to see or be informed about. We will also try to answer any questions that you may have concerning our products and services. You can 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 Labor Day!
Stacey Williams*



Focus of the Month

Indigestion

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

As we go into the fall we start to eat heavier foods and our digestion seems to take longer to adjust causing the discomfort from indigestion.

Many people experience indigestion on a continual basis no matter what they eat. It can be caused by many things. Some people use antacids which in turn disrupts the regularity and the natural rhythms of our digestive system. We do suggest seeing a naturopath or licensed practitioner to rule out any serious disease.

If you would like help with a plan for preventing or assisting with digestive 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 **Indigestion**. Botanicals and natural therapies are both useful for preventing and promoting wellness from Indigestion. There are natural options that can help. We will suggest some that maybe useful for you.

Herbal tinctures that promote digestion and soothe acid reflux is Gentian, peppermint, and chamomile. <http://cosmeos.net/pages/herbaltinctures.html>

Essential oils of Peppermint work well placed in a base oil and rubbed on the abdomen in a clockwise fashion.. <http://cosmeos.net/pages/essentialoils.html>

Hypnotherapy or **Reiki** for stress reduction that may be upsetting your digestive system. <http://cosmeos.net/pages/hypnotherapy.html>
<http://cosmeos.net/pages/reiki.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 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!

Spa soy candles in a variety of natural scents coming soon! Look for them on the following link!

<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! See our new electronic gift certificates at

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



Recipes

Digestive Tonic

Helps reduce indigestion!

Add the following to a cup of hot water with a dab of honey and sip.

- 1/4 tsp. Mullein tincture
- 1/4 tsp. Red Clover tincture
- 1/4 tsp. Thyme tincture



Trivia

What is the most well known garnish that helps aid digestion?



Parsley is the wonderful green herb that usually is used for garnish with many of our meals served in restaurants. So eat up the next time you get some on your plate!



News & Events

Herb News:

18th Annual AHG Symposium. Oct. 26 - 28th

Located in Columbia, Maryland at the Sheraton Columbia Hotel. Preconference intensive on Oct. 25th. 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.



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 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.