



JANUARY/FEBRUARY 2024

THAT SMILE

I sat comfortably at the Hollow Square conference table in my usual back left-hand corner position, focused and ready to take notes. The presenter, an older gentleman in a suit with a bow tie, queued up music and began a slide show. The track was Nat King Cole's version of Mona Lisa, a song written in 1949 by Ray Evans and Jay Livingston and covered by many wonderful artists over the years. The slide show was a plethora of then current magazine ads for all sorts of products featuring that famous face and smile. He didn't say anything during the next 2 ½ minutes, just let the audio/visual play. I don't remember his presentation topic or what any of this had to do with it, but I've never forgotten the introduction. And, Cole's version of this song is still my favorite.

This song refers to that famous smile as "mystical". As it happens, enigmatic facial expressions – especially smiles – are something of a trademark of the artist, Leonardo Da Vinci. Yet this particular smile has sparked hot debate for nearly five hundred years. There are many, many words that have been used to describe it, uttered by perhaps none more famous than Michelangelo who was intrigued and called it an "ironic" smile. The Italians have a word to explain the technique used to paint Mona Lisa's smile: *sfumato*. It means blurry or smoky. Other adjectives used for half-a-millennia include: sly, sublime, enticing, mysterious, enigmatic, contemplative, repellent, witty, elusive, scornful, eerie, deceptive, neutral, magnetic, sensual, remote, flickering, sweet, all-wise, strange, tempting, bemusing, fading, lovely, curious and cold. Giorgio Vasari, one of Da Vinci's biographers, wrote that while Leonardo painted, he employed singers and musicians to keep Madam Lisa amused so her face would not show the melancholy painters often give to portraits. Said he: "and in this portrait, there is so pleasing an expression, and a smile so

sweet, that while looking at it one thinks it rather divine than human."

These memories all came flooding back to me in my meditation this morning, as I wondered: if all this for the smile of a woman who sat for a portrait 500 years ago, what words would we use to describe the smile of God? What does that smile even look like?

We all hold within ourselves the smile of God. Finding the right words to describe what it looks like might just be futile. We rarely see what our own genuine smile looks like (it's different than that reflection we see when we force a smile looking into a mirror) so we cannot attribute the words to describe what others may see.

More important than finding the right words to adequately describe the smile of God is to find the feelings that trigger it and to understand how those feelings drive the behaviors by which it shines for others to see. What are these sentiments, these feelings, these behaviors that trigger that smile of



God that is within each of us? Ah, that's for each of us to find for ourselves. Here's a partial list to jump start your thinking: Kindness. Compassion. Caring. Consideration. Love. Presence. Listening. Understanding. Empathy. Forgiveness. Mercy. Gratitude. Grace. Calmness. Courtesy. Appreciation. Respect. Generosity. Tolerance.

Still curious about just what that smile of God looks like? It's often visible on the faces of strangers, mostly women, when they see a baby whom they don't know. (When they know the baby, their expression becomes more animated.) It's such a natural, human and automatic response. Watch for it. Don't get distracted looking at the baby. Now look at the eyes of the person smiling and you will see the other and perhaps more important part of a genuine smile reflected there - what the French anatomist Guillaume Duchenne referred to as the "sweet emotions of the soul". When you can see that, you are witnessing the smile of God. So, just like the Mona Lisa painting, to really see the smile, you have to look at her eyes.

New Products

CEDAR BEAR NATUREALS®

CBN uses the proprietary TincTract® method it developed for producing totally alcohol-free, glycerin-based liquid herbs that are potent, effective, great tasting and have long shelf-life. Its products are created by herbalists and manufactured under FDA cGMP inspection standards in an NSF certified facility.

HERBAL BLENDS

These combinations or herbal blends were developed to address specific conditions. All are 2 oz. liquid.
17.95 WSLE and 29.95 RET

1557 RESPIR DRY FOR KIDS

Helps runny noses and wet coughs dry up with expectorant action to help make coughs more productive.*

1655 BLOOD SUGAR SUPPORT

Benefits pancreatic function and liver health and promotes healthy blood sugar and insulin levels.*

1656 JOINT & MUSCLE WITH TURMERIC

A gentle diuretic action to support healthy fluid dynamics in and around joints and connective tissues, while helping to relieve many kinds of joint and muscle pain.*

1660 TURMERIC GOLDEN DROPS

This formula helps get the digestive system back on track, helps clear metabolic toxins from the body and brings comfort to tense muscles while helping to reduce temporary pain. With strong antioxidant action, this formula helps slow the aging process.*

1661 URI-LIXER

A powerful and focused herbal support for the body's fluid dynamics, urinary and kidney function and healthy uric acid balance in the blood.

SINGLE HERBS

The line of single herbs was expanded significantly to include many of the products we carry in capsule form and those most frequently requested, enabling the practitioner to customize remedies for any given situation.

All Single Herbs are 1 oz. liquid.
All prices are 9.95 WSLE and 16.95 RET unless otherwise noted.

1521 ASTRAGALUS ROOT

Strengthens deep immune function, supports energy levels, and helps reduce stress.*

1522 BURDOCK ROOT

Supports healthy skin and joints through promoting healthy liver function and detoxing the body.*

1523 CHASTE TREE BERRY

Helps balance and support menstrual cycles and regularity and supports the entire female reproductive system.*

1529 GINGER ROOT

Great for relieving general nausea and aids digestion, reduces gas, and activates immune responses.*

1537 HAWTHORN BERRY

Strengthens the cardiovascular system and tones and supports the elasticity and function of the heart muscle.*

1538 HOLY BASIL LEAF [TULSI]

An adaptogen herb that benefits all systems in the body while helping balance body, mind, and spirit.

1539 KAVA KAVA ROOT

Helps support restful sleep by reducing tension and restlessness and relaxing the muscles.*

1540 LEMON BALM LEAF

An amazing antioxidant herb to help relax and calm both body and mood.*

1550 LION'S MANE MUSHROOM

Helps build brain health and memory, strengthen nerves, and improve mood.*

1551 MACA ROOT

A health strengthening adaptogen herb similar to revitalize energy and improves mental function and libido.*

1552 MARSHMALLOW ROOT

Soothingly coats, cools and strengthens mucous membranes throughout the gastrointestinal and respiratory systems.*

1553 ST. JOHN'S WORT HERB

Helps lift seasonal "blue" moods and the symptoms of low energy, sleep issues and irritability.*

1554 STINGING NETTLE LEAF

Effectively supports urinary tract health and healthy fluid balance.

1556 WHITE WILLOW BARK

Provides temporary relief from minor aches and pains and helps reduce lower back discomfort.*

All these new products from Cedar Bear are on sale during the months of January and February to encourage you to adopt them into your practice.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

New Products

ITEM	CT	WSLE	RET	ITEM	CT	WSLE	RET	ITEM	CT	WSLE	RET
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BYPRO NUTRITION

DODECIN

While not really "new", this product has been reformulated to eliminate the fillers and excipients with other natural ingredients added that synergistically enhance the core formulation to be more useable to the body.*

286	90 caps	32.25	49.95
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KROEGER HERB PRODUCTS

PANCREAS FORMULA

After a long hiatus, this unique blend of herbs is back in production and ready for shipping. The quintet of herbs helps maintain healthy blood sugar levels.*

008	100 caps	10.00	19.99
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NEW DIMENSIONS IN HEALING

YOURSELF DVD

152		17.99	29.99
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CHRISTOPHER'S ORIGINAL FORMULAS

HEART FORMULA

A synergistic blend of herbs including Hawthorn leaves and flowers, to increase heart stimulation and strengthen the cardiovascular system down to the capillary level, which helps equalize blood pressure.*

744	100 caps	13.25	26.50
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NERVE SHEATH

A synergistic blend of herbs and mushrooms to support the layer of connective tissue that surrounds and insulates nerve fibers.*

745	100 caps	16.38	32.75
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VRL FORMULA

This powerful herbal combination is considered an anti-viral, anti-inflammatory blend with powerful herbs synergistically blended to support the immune system. These herbs include Sweet Annie Herb, the source of artemisinin.*

820	100 caps	14.99	29.99
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QUANTUM HEALTH

QUERCETIN IMMUNE SUPPORT

This immune and respiratory support formula contains Quercetin, a flavonoid antioxidant that helps fight infections.* *Quercetin 500 mg, Vitamin C 200 mg, Zinc 11 mg.*

1032	90 caps	20.99	34.99
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SLEEP EXTRA STRENGTH

This sleep formula helps you fall asleep fast and to stay asleep to help maintain overall health.* *Melatonin 5 mg, Valerian Root, Lemon Balm and L-Theanine*

1033	30 caps	17.99	29.99
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BACH FLOWER REMEDIES

RESCUE + MOOD & STRESS

The Rescue formula with Vitamin D, GABA, and passionflower extract to support your body's stress response and promote a sense of calm.* *Natural orange flavor*

8559	60 gummies	15.20	22.49
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IMMUNOGENICS

NATURAL NASAL SINUS RELIEF

Same effective silver supplement in a safe and convenient nasal spray to cleanse nasal passages and thin mucous buildup.

8333	2 oz. spray	9.59	15.99
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NATURAL HEALING GEL

This homeopathic gel is dermatologist and clinically tested specifically for skin irritations and sensitivities. Using the power of natural ingredients, it relieves, soothes and accelerates healing the skin and tissue from eruptions of acne, eczema, razor burn, sunburn, and more*.

8347	2 oz. gel	14.39	23.99
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BRONSON

MELATONIN

Melatonin 3 mg, Vitamin B-6, 10 mg, Calcium 65 mg

297	60 tabs	3.59	5.39
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COQ10

Coenzyme Q10, 100 mg

295	60 caps	17.79	26.75
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WASHINGTON HOMEOPATHICS

BE GONE COMBINATIONS

All Be gone Combinations are 1 oz. bottles; 6.29 WSLE and 10.49 RET

2240 COLDS AND COUGHS

2225 FLU-LIKE SYMPTOMS

2250 HAY FEVER

2251 HEADACHE

2239 HOT FLASHES

2231 SLEEPLESSNESS

2219 SMOKING

2295 STOMACH DISORDERS

2241 STRESS



* Please visit our website for a complete listing of ingredients.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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BYPRO NUTRITION

KROEGER HERB PRODUCTS

CHRISTOPHER'S ORIGINAL FORMULAS

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BACH FLOWER REMEDIES

IMMUNOGENICS

BRONSON

WASHINGTON HOMEOPATHICS



Southern Herb Co., LLC

211 Talley Street

Troutman, NC 28166

APPLY
POSTAGE
HERE

January Specials

Medinatura Line Drive (15% Off)

Cedar Bear Naturales New Products (15% Off)

Celtic Sea Salt Light Grey Salt (20% Off)

606 ½ lb.
607 1 lb.
621 5 lb.
6061 8 oz. shaker

Kroeger Herb Products' Metal and Chemical Toxin Formulas (15% Off)

007 Chem-X
023 Metal-X
017 Polarity Balancer
022 Thyroid Care
049 X-40 Capsules

Quantum Health Eye Care (15% Off)

1047 Digital Blue
1048 Macula 30+

Quantum Health (15% Off)

1019 Thera Zinc Spray 4 oz.
1020 Thera Zinc Lozenges 60 ct
1021 Thera Zinc Elderberry Loz. 6 rolls

Eco-Dent Special Purpose Tooth Powders (15% Off)

7416 Ex-Brite Whitening
7417 Tartar Guard

Flower Essence Services (FES) Flourish Formulas (15% Off)

1188 Flourish Formulas Kit
1190 Active-8
1191 Fear-Less
1186 Flora Sleep
1199 Grace
1193 Grief Relief
1192 Grounding Green
1400 Illumine
1194 Kinder Garden
1195 Magenta Self-Healer
1196 Mind-Full
1197 Post Trauma Stabilizer
1198 Sacred Heart

Ancient Secrets Neti-Pot (15% Off)

7424 Ceramic Nasal Cleansing Pot
7427 Nasal Cleansing Salt Packets

Christopher's Original Formulas' Ointments (10% Off)

885 Black Drawing Ointment
911 Cayenne Heat Ointment 2 oz.
8053 Cayenne Heat Ointment 4 oz.
889 Comfrey Ointment
884 Complete Tissue & Bone
Ointment 2 oz.
961 Complete Tissue & Bone
Ointment 4 oz.
888 Soothing Skin Formula
Ointment

February Specials

Cedar Bear Naturales New Products (15% Off)

Celtic Sea Salt Flower of the Ocean Salt (20% Off)

612 1 lb.

Celtic Sea Salt Fine Ground (15% Off)

609 ½ lb.
610 1 lb.
6062 8 oz. shaker

Kroeger Herb Products' Heart and Circulatory Health Products (15% Off)

005 Blood Toner
1691 Cinnamon
015 Circu Flow
170 Grape Seed
014 Heart Care Blend
177 Schizandra
3001 Hawthorne Berry Tincture

Eco-Dent Floss (15% Off)

7418 Premium Dental Floss

Quantum Health Eye Care (15% Off)

1047 Digital Blue
1048 Macula 30+

Quantum Health (15% Off) 1019

1019 Thera Zinc Spray 4 oz.
1020 Thera Zinc Lozenges 60 ct.
1021 Thera Zinc Elderberry Loz. 6 rolls