



JULY/AUGUST 2024

NEW JERSEY

The four of us decided that the Celebration of Life event for our father should take place in the small town in New Jersey where he lived for over 50 years and where we grew up. He moved away about 20 years ago and hadn't been back in the last decade, but it still seemed the right thing to do. The four of us moved away long before he did.

The Borough of Magnolia had Quaker origins, like most of the City of Philadelphia and its surrounding suburbs. Not that we experienced any trace of that. Although, the iconic Albertson's "mansion" stood on the edge of the town park of the same name and can be traced to the family that acquired land rights here from William Penn. What we and everyone else who lived there can never forget is the town's slogan: "one square mile of friendliness".

It's proudly a blue-collar town. While it's impossible to generalize much about any group of people, the residents of this town seemed to share a common economic status and common values attributed to most blue-collar workers. It is generally considered that these values include:

- Honesty and a preference for being direct - a "straight-shooter"
- Strong work ethic - working hard and putting in a full day
- Shared moral code - fundamentally, good-hearted people
- Sense of community - strong ties and obligations to families and communities
- Collaboration - uniting efforts to accomplish something together.

These are the values we experienced growing up here.



However, the parish church we knew so well and the attached school where we four were educated were both torn down about 10 years ago, another victim of an incredibly valuable real estate location and declining participation in organized religion. In our minds, that left only one other logical local institution to host our ceremony - The American Legion Post 370, where our father is remembered fondly still.

In the planning leading up to this, the focus of course was to do what Dad would have wanted. And, it was an appropriate location for the military tributes - the presentation of the American flag and the bag piper playing Taps and Amazing Grace. And, given that the eulogy included sharing a shot of VO, a more

accommodating location than the church that used to be just down the road.

But what it provided for the four of us, together again in this town with our families, was an opportunity to immerse ourselves in this place, its values, its memories and some of the people who embody them. What hits me now, months later, is not just that this was right decision for remembering our father, but that it was good and meaningful and impactful for each of us to be back there together again.

The final phase of our orchestrated Remembrance Weekend involved just the four of us in a private affair on the beach at the Jersey Shore, where we have such fond memories as kids. Childhood memories are life's most precious souvenirs. The other family members who accompanied us to the shore respectfully gave us our space as we did our thing. As soon as my foot touched the sand, this step just felt so right.

Bruce Springsteen, famous for writing songs about getting out of New Jersey, said in his New Jersey Hall of Fame acceptance speech, after he had moved back:

"... when one of those crisp fall days in October come along, I slip into the cool water of the Atlantic Ocean. We take note that there are a few less of us as each year passes. But the thing about being in one place your whole life is that they're still around you in the water. And on the beach, there's a whole new batch of little kids running away from the crashing surf, like time itself. That's what New Jersey is for me. It's the repository of my life on Earth."

MOTHER EARTH MINERALS



Why?

Minerals are the often-overlooked essential elements for good health. Every living cell depends on minerals for proper function, structure, and electrical conductivity. The body uses and requires more than 80 minerals for complete balanced health. And most of us are deficient in essential minerals. We need the right minerals in the right form – meaning they have to be bio-available.

For nearly 25 years, Mother Earth Minerals has been producing high quality absorbable mineral supplements that have brought health and wellness to thousands of individuals. What makes Mother Earth Minerals so unique and effective are:

Ionic - possessing an electrical charge, drawn to the walls of the intestines.

Water Soluble - highly bio-available angstrom sized ions in an aqueous solution.

Cell-Available - available for absorption into the human cell, not only the blood stream.

Mother Earth Minerals help restore and enhance the body's natural functions for healing, improving energy production, mental focus, sleep, recovery rate, and bolstering the immune system.

What?

Mother Earth Minerals are all natural and contain no sugar, starch, yeast, artificial flavors, colors, preservatives, or animal by-products. Mother Earth Minerals are also free from many common allergens including dairy, wheat, yeast, gluten, dicalcium phosphate, corn, and fillers. Mother Earth Minerals are not watered down and vegetarian friendly. Mother Earth Minerals are subjected to rigorous quality control measures and are manufactured under FDA cGMP regulations. They are the highest quality liquid minerals on the market.

How?

Mother Earth Minerals are meticulously prepared from a pure (up to 99.99% pure) elemental source in the purest energy enhanced structured water. Mother Earth Minerals, through a complex proprietary process, liquefies minerals to a state where if dehydrated will grow crystals yielding a highly bio-available form of mineral that is non-metallic and is in simple, angstrom sized ionic form. The ionic charge is opposite of the charge of the intestinal walls, which allows the minerals to be automatically drawn to the walls of the intestines, where, because of their minute size, they are readily absorbed at a near 100% absorption rate. Mother Earth Mineral's process closely resembles the dynamic and intricate functions of nature. This produces a mineral nutrition delivery-system in line with nature's own design.

Because these water-soluble minerals are not necessarily dependent on the digestive tract of the body for complete absorption, they work exceptionally well

for people with compromised digestive systems. They are also easier for children and older people to swallow than pills or capsules. The extremely small particle size provides a means for the mineral to leave the body if it is not needed at the time, lowering any risk of toxic buildup occurring.

Targeted Benefits*

Here is a brief list of the major mineral functions within the human body:

Boron - Bone health, memory and brain function, regulates hormones.

Calcium - Used in almost every bodily function. Important for pH balance, tone, power, strength, longevity, vitality and endurance.

Chromium - Liver synthesis, regulates metabolism, maintain healthy insulin and blood sugar levels.

Cobalt - Maintain/repair myelin sheath, transport glucose from the blood into body cells, and manufacture/absorb B-Complex vitamins.

Copper - Iron assimilation, formation of hemoglobin and red blood cells, enzyme reactions, protein metabolism, vitamin C oxidation, beneficial for graying and thinning hair.

Germanium - Aid oxygen uptake, natural cleansing of toxins and pollutants, support healthy immune system.

Gold - Sleep aid, feeling of well-being (relaxation), supports immune system, vitality and longevity, glandular functions, raise energy level, joint comfort and movement.

* 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.

Vendor Highlights

Indium - Support hormonal systems, immune system, hormone stasis, enhance food and mineral absorption, aids utilization of essential trace elements, increased energy, enhanced sense of well-being, reduced need for sleep.

Iodine - Thyroid regulation, hormone regulation that controls digestion, heart rate, body temperature, nervous system, reproductive system, body weight, and metabolism. Natural antibiotic.

Iron - Energy giver, attracts oxygen, builds blood. Involved in food metabolism, digestion, elimination, circulation, and normal-ranged blood pressure.

Magnesium - Aids in relaxing nerves, relieving daily tension. Assists digestion, activates enzymes important for protein and carbohydrate metabolism. Magnesium is important in muscle contraction and relaxation, the production and transfer of energy, assists nerve conduction. Aids regularity, restful sleep, keeps vertebrae in proper position, and purifies/purges body tissues of impurities.

Manganese - Important for all mental faculties/functions. Aids memory, promotes natural resistance and restorative functions. Strengthens tendons, tissues, ligaments, and linings in and outside of organs.

Minerals of Life - Aids and promotes natural functions, supports cell walls, aiding in proper contraction/relaxation of muscles, cellular detoxification, and health maintenance w/ 84 trace elements.

Molybdenum - Regulates pH, boosts metabolism - helps burn fat, promotes general well being, aids in carbohydrate metabolism, sleep aid.

Platinum - Vital for cellular longevity and vitality, energize the human cell, stimulate brain cells to aid sleep patterns. May help support the immune system.

Potassium - Neutralizes acids, restores alkaline salts in bloodstream, assists in metabolic processes, critical to cardiovascular and nerve function, assists in muscle energy, regulates water balance, vital in elimination of wastes.

Selenium - Promotes normal body growth, supports fertility, encourages tissue elasticity, potent antioxidant, reduces the retention of toxic metals in the body, and crucial for the proper functioning of heart muscle.

Silver - Potent natural antibiotic.

Sulfur - Aids in elimination of toxins, supports blood circulation, scavenges free radicals, beautifies the skin, flexible bond connects cells, the lubricant found between joints, and may support myelin sheath for nerve protection.

Vanadium - Supports circulatory system, helps maintain cholesterol and blood sugar levels.

Zinc - Aids assimilation of vitamins, normal growth and development, maintenance of body tissues, immune system, and synthesis of DNA. Is an Anti-oxidant.

Dosage:

All dosages recommended by Mother Earth Minerals refer to the eyedropper included in the 2 oz. bottles as packaged. Recommended dosage is based on the estimated cellular absorption rates for deficiency needs with each condition. These doses are intended for specific health issues; they are not intended for extended use. These recommendations are not for general health supplementation or to be used once wellness has been achieved. Please refer to the health maintenance protocol for recommended dosage amounts for generally healthy people.

The minerals should be placed under the tongue (sublingually) and 1 minute should pass before the individual swallows. We recommend waiting 30 seconds to a minute before taking another mineral. This allows maximum absorption into the bloodstream and the cells. Dosage recommendations are for individuals 60 pounds and heavier. Reduce dose 1/2 for children 30-60 pounds, and 1/4 for children 10-30 pounds.

Please consult your healthcare provider before beginning any new dietary supplementation program.

X-TRAX

AUSTRALIAN BUSH FLOWER

ESSENCES - This vendor increased prices effective immediately for some of its products, most notably all the single essences.

BIOSUPERFOOD - Dr. Michael Kiriak improved the formula slightly, by increasing the potency of the red algae and emphasizing the natural source of vitamin K. The product names are now F2k and F3k.

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New Products

ITEM	CT	WSLE	RET	ITEM	CT	WSLE	RET	ITEM	CT	WSLE	RET
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ARTHUR ANDREW MEDICAL

MAG3 ULTRA

A revolutionary new formula combining three types of magnesium, including Sucrosomial Magnesium encapsulated in a lipid matrix to protect it as it travels through the stomach, enhancing absorption and minimizing gastrointestinal discomfort. Also includes Potassium and Vitamin C.

2609 90 caps 12.00 23.99

AUSTRALIAN BUSH FLOWER ESSENCES

SLEEP ESSENCE ROLL-ON

The new Sleep Essence & Aromatherapy Roll-On fosters relaxation, clarity and peace, allowing you to unwind and gently drift off even after the hustle and bustle of a busy day. Shake to blend fully, apply to your neck, wrists, temples or pulse points and breathe deeply to immerse yourself in the serene blend of woody lavender with calming cedarwood and the cinnamon scent of this soothing essence.

5766 10 ml 9.40 15.25

DR. BARBARA HENDEL HOMEOPATHY FORMULAS

Dr. Barbara Hendel is one of Germany's premier homeopathic physicians.

LEG CRAMP RELIEF

This homeopathic remedy combines a plant-based and mineral extract formula to relax muscles and combat muscle cramps, spasms and stiffness by stimulating the self-healing processes in the body.*

2333 100 tabs 7.79 12.99

NERVE PAIN RELIEF

This homeopathic remedy combines a plant-based and mineral extract formula to alleviate various forms of nerve pain from stabbing and shooting sensations to feelings of pricking and tingling.*

2334 100 tabs 7.79 12.99

STRESS, BURNOUT AND EXHAUSTION SYMPTOM RELIEF

This integrative homeopathic remedy reduces irritability that accompanies muscle aches, stiff back, neck and shoulders and are associated with digestive problems like bloating, diarrhea and abdominal pain.*

2335 100 tabs 7.79 12.99

MEDINATURA

BODY ANEW CLEANSE DETOX KIT

A carefully crafted blend of 25 homeopathic ingredients and other natural ingredients that work synergistically to eliminate natural toxins by supporting the body's five vital cleansing organs and systems (the liver, intestines, kidneys, lungs and the lymphatic system) to help you achieve optimal wellness. Leaving you feeling revitalized and refreshed.

2300 1 kit 25.79 42.99



MEDINATURA

MediNatura has improved the formula for its Arthritis products and is now labelling them as "extra-strength" with 50% more pain relievers than the regular strength products they replace. And, better yet, the pricing doesn't change!

T-RELIEF ARTHRITIS EXTRA STRENGTH

13 plant, mineral and tissue ingredients to help relieve joint pain and stiffness that can lead to increased mobility and flexibility. The cream is in a base of organic shea butter.

2327 100 chewable tabs 8.99 14.99

2328 3 oz. cream 8.99 14.99



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

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New Products

**ARTHUR ANDREW MEDICAL
MAG3 ULTRA**

**AUSTRALIAN BUSH
FLOWER ESSENCES
SLEEP ESSENCE ROLL-ON**

**MEDINATURA
BODY ANEW CLEANSE DETOX KIT**

**DR. BARBARA HENDEL
HOMEOPATHY FORMULAS
LEG CRAMP RELIEF
NERVE PAIN RELIEF
STRESS, BURNOUT AND
EXHAUSTION SYMPTOM RELIEF**



**Southern Herb Co., LLC
211 Talley Street
Troutman, NC 28166**

APPLY
POSTAGE
HERE

July Specials

**Cedar Bear Naturales Line Drive
(15% Off)**

Kroeger Herb Products'

Complete Concentrates (15% Off)

165 Bilberry
1691 Cinnamon
176 Cranberry
169 Ginkgo Biloba
170 Grape Seed
172 Milk Thistle

**Flower Essence Services Self Heal
Creme (15% Off)**

1476 Self Heal Crème 2 oz
1184 Self Heal Crème 4 oz
1185 Self Heal Crème 8 oz

Ancient Secrets Neti-Pot (15% Off)

7424 Ceramic Nasal Cleansing Pot
7427 Nasal Cleansing Salt Packets

**Christopher's Original Formulas'
Syrups (10% Off)**

951 Blood Stream Formula Syrup
919 Complete Tissue and Bone Syrup
931 Hawthorn Berry Heart Syrup
815 Herbal Throat Syrup
819 VF Syrup

August Specials

Cedar Bear Naturales Line Drive (15%)

Kroeger Herb Products

Candida Products (15% Off)

018 Candida Formula #1
012 Candida Formula #2
041 Candida Liver Care
6998 Candida Kit
3007 Pau D'Arco Tincture

Eco-Dent Floss and Rinse (15% Off)

7418 Premium Dental Floss
7419 Clean Mint Daily Rinse