



SEPTEMBER/OCTOBER 2026

A PIECE OF MY SOUL

Lately I've been spending some time pondering alternate views, not so much as an exercise in itself, just reflecting on a concept and asking the question "yeah, well what about the other way?" One of the more interesting recently is the thought that perhaps when people leave us, *they* take a part of *our* souls with them. I have long believed that we can hold a part of their souls with us when they pass on, but really didn't think about the other side of that coin.

We are shaped by the people we love. They influence the way we see and experience the world and our role in it, the way we love, and even the way we understand ourselves. Every meaningful relationship weaves its threads, and in them, we give pieces of ourselves away. That's what love requires. But we never feel like we've lost those pieces; in fact the opposite is true – we feel good that we've been blessed to share those parts of ourselves.

When death comes, it doesn't simply remove a person from our lives. It tears at the bond that exists between us. Perhaps this is why grief is often described as an ache that settles deep within the soul. It is not merely an emotional pain, but the awareness and the process of accepting that there is an empty space where this love once flourished. The soul recognizes this absence long before the mind can fully process it, if ever.

If those we love take a piece of our soul with them when they die, perhaps, and hopefully, they also leave a piece of theirs with us.

Without needing conscious thought, we carry them with us every day. So this love is never truly lost. It changes form. At death, we are not only mourning the passing of a life; we are also mourning the loss of a loving part of our own. The people we have lost continue to influence our lives, not as shadows that cloud us, but as lights that guide us. Their absence hurts because their presence mattered. Their influence remains because genuine love cannot just disappear.

Thinking of it this way, grief is not a problem to be solved; it is not something to get over; there is no return to 'normal', to what

once was, no matter how much time has passed. It is the natural consequence of loving someone deeply. And, that love is worth it. In this grief are the sacred spaces that remind us how blessed we are to love and to be so loved.

The soul is not diminished by loving another, even though the loss makes it now feel incomplete. Instead, it is a tapestry woven from every life it has touched.

Though each farewell

carries away a precious thread, another is always gifted to us, binding us to those we have loved across the boundaries of time and death.

In the end, we do not simply survive these "losses" —we carry them as sacred reminders that to love deeply is to be a part of something eternal.



Vendor Highlights

ABOUT CYCLOSPORIASIS

The following is excerpted and summarized from information available through The Center for Disease Control website.

Cyclosporiasis is a gastrointestinal illness caused by the microscopic parasite Cyclospora. People can become infected by consuming food or water that contains the parasite. Cyclosporiasis is not usually life-threatening, but it can make some people very sick.

In the United States, outbreaks of Cyclosporiasis have been linked to various types of fresh produce contaminated with human feces. Fruits, herbs and vegetables tied to Cyclosporiasis outbreaks so far include: basil, bagged salads and salad mixes, cilantro, Mesclun lettuce, parsley, raspberries, snow peas and sweet peas. Cyclospora spreads when people eat food or drink water that is contaminated.

Signs and symptoms

The time between becoming infected and becoming sick is usually about one week but can range from 2 days to 2 weeks. Cyclospora infects the small intestine (bowel) and can cause watery and sometimes frequent diarrhea. Other symptoms may include: loss of appetite, bloating, extreme tiredness (fatigue), low-grade fever, stomach cramps, nausea and vomiting.

A Cyclospora infection can range from mild to severe. People at a greater risk of a severe infection are those having a weakened immune system. Children and older adults may also experience severe symptoms.

However, some people infected may not even experience symptoms. They are not considered carriers, as it takes at least 1 – 2 weeks in the environment (outside the

body) for Cyclospora to become infectious after passing in a bowel movement. Therefore, direct person-to-person transmission is unlikely.

Prevention

The best prevention is to avoid those foods known to possibly be contaminated. But, following safe food handling practices are recommended to reduce the risk of illness:

- Cooking fruits and vegetables to at least 158 degrees Fahrenheit
- Thoroughly washing or peeling fresh fruits and veggies before eating them
- Washing your hands with soap and water after using the bathroom and before, during and after food prep
- Washing all food prep surfaces, dishes and utensils with hot water and soap after use
- Avoiding swimming if you have diarrhea, and waiting at least two weeks to swim after it goes away
- Avoiding drinking untreated water or using it to cook

Diagnosis

Identification requires special laboratory tests that are not part of routine stool testing. However, it is difficult to detect Cyclospora in laboratory tests (stool samples) even when patients have symptoms. Patients may have to submit several stool samples on different days to detect Cyclospora.

Treatment

If you are experiencing symptoms of Cyclospora infection, it is recommended to seek treatment from your healthcare provider. If not treated, you may be sick for

anywhere from a few days to a month or longer. You may also have symptoms that seem to go away, but then return one or more times (relapse).

We recommend the parasite cleanse protocol of Hanna Kroeger, which products can be purchased individually or, conveniently, as a kit. We also recommend an oxygen supplement to curtail the diarrhea, and oregano oil to help kill the bacteria from the fecal matter. Additionally, resting and drinking plenty of fluids are also important for those experiencing diarrhea.

We also highly recommend a probiotic regime after the symptoms have abated in order to rebuild the intestinal flora.

Recovery

Most people with healthy immune systems will eventually recover from Cyclosporiasis without treatment. However, those in poor health or with a weakened immune system may be at a higher risk for severe or long illness.

Recommended Products by Southern Herb

- 6996** Kroeger Herb Products Wormwood Kit
- 6068** Activated Stabilized Oxygen Liquid Oxygen Supplement
- 2178** Blue Moon Herbal Products Oregano Oil Capsules
- 706** Blue Moon Herbal Products Critter Gitter Kit
- 182** Self Health Resources Oregano Oil Drops

* 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

REPORTS OF CONTAMINATED PROTEIN POWDERS

It has been recently reported in major news sources that some protein powders may contain high levels of arsenic, cadmium and lead. Please be assured that the protein powders that are sold by Southern Herb are tested by their manufacturers to be free of arsenic and heavy metals*. They are all made using quality USA ingredients and are GMO free as well.

The following Vibropathics from Hannas Herb Shop may be helpful in detoxifying the body from heavy metals in some other powders*.

- 410** Arsenicum
- 419** Cadmium Sulph
- 486** Plumbum Met (lead)

The protein powders available from Southern Herb include:

- 7634** NB Pure Plant Protein Powder – Vanilla (31.2 oz.)
- 5608** Green Foods True Vitality Protein Powder – Vanilla (25.2 oz.)

XTRAX

GREEN FOODS – The True Vitality Vanilla Protein Powder (#5608) is now back in stock.

KATE'S MAGIK – The Rose Sacred Mist Body Oil and Mists have been discontinued by the vendor.

New Products

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NATURAL VITALITY - CALM

Natural Vitality CALM® gummies offer a delicious and easy way for both kids and adults to replenish daily magnesium levels with highly absorbable essential magnesium citrate*. These vegan friendly, naturally flavored gummies help you enjoy a moment of calm, wherever and whenever you like with no mixing required!*

Raspberry Lemon Calm Gummies

3205	60 gummies	11.50	19.45
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Orange Calm Gummies

3223	60 gummies	11.50	19.45
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LIVING TREE ORCHID ESSENCES

Reaching Light

This is a new combination essence formulated to help you process and adjust to long-standing trauma and hard times in life.

5462	15 ml	13.99	22.65
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Reconnecting Within

This is a new combination essence formulated to help you reconnect with the universe and higher self after trauma. Helps free your inner voice that was suppressed in past trauma.

5468	15 ml	13.99	22.65
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New Products

NATURAL VITALITY - CALM
Gummies

LIVING TREE ORCHID ESSENCES
Reaching Light
Reconnecting Within



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

APPLY
POSTAGE
HERE

September Specials

NeemAura Naturals Line Drive (15% Off)

- 072 Neem Crème 2 oz
- 081 Neem Leaf Capsules
- 080 Neem Leaf Extract
- 089 Neem Leaf Extract Triple Potency
- 086 Virgin Neem Oil

Flower Essence Services (FES) Line Drive* (15% Off)

Kroeger Herb Products

Immune Boosting Formulas (15% Off)

- 004 Black Radish and Parsley
- 016 INF Blend
- 033 Lung Formula
- 001 Olive Leaf
- 034 Sinus Blend
- 305 Echinacea Root Tincture
- 316 Echinacea and Goldenseal Root Tincture

Eco-Dent Tooth Powders (15% Off)

- 7415 Original Mint
- 7416 Ex-Brite Whitening
- 7417 Tartar Guard

Quantum Health Super Lysine + and Cold Season Formulas (10% Off)

- 1021 Super Lysine + 90 tabs
- 1022 Super Lysine + 180 tabs
- 1023 Super Lysine + Cream 7 gm.
- 1040 Super Lysine + Cold Stick
- 1039 Super Lysine + Cold Stick Tangerine
- 1019 Thera Zinc Spray 4 oz.
- 1020 Thera Zinc Elderberry Lozenges 60 count
- 1031 Thera Zinc Elderberry Lozenges 6 rolls

Quantum Health Support Formulas (10% Off)

- 1047 Digital Blue
- 1048 Macula 30+
- 1032 Quercetin Immune Support
- 1033 Sleep Extra Strength

October Specials

Christopher Original Formulas Line Drive* (20% Off)

Celtic Sea Salt Line Drive (15% Off)

- 612 Flower of the Ocean 1 lb.
- 609 Fine Ground ½ lb.
- 610 Fine Ground 1 lb.
- 6062 Fine Ground 8 oz. shaker
- 606 Light Grey ½ lb.
- 607 Light Grey 1 lb.
- 6061 Light Grey 8 oz. shaker

Medinatura Line Drive (15% Off)

Kroeger Herb Products

Parasite Cleanse Products (15% Off)

- 002 Cloves
- 030 Rascal
- 040 Wormwood Combination
- 3002 Black Walnut Hull Tincture 1 oz.
- 3005 Black Walnut Hull Tincture 2 oz.
- 3004 Black Walnut Hull Tincture 4 oz.
- 6996 Wormwood Kit

Blue Moon Herbal Products

Parasite Kit (15% Off)

- 706 Critter Gitter Kit

Ancient Secrets Neti-Pot (15% Off)

- 7424 Ceramic Nasal Cleansing Pot
- 7427 Nasal Cleansing Salt Packets

Eco-Dent Dental Care (15% Off)

- 7418 Floss
- 7419 Clean Mint Daily Rinse 8 oz.

Flower Essence Services (FES)

Flora Fusions (15% Off)

- 1200 Flora Fusions Set
- 1201 Arnica Allay
- 1206 Benediction Oil
- 1202 Calendula Caress
- 1207 Chamo Mild
- 1203 Dandelion Dynamo
- 1204 Mugwort Moon Magic
- 1205 St. Johns Shield

Quantum Health Super Lysine + and Cold Season Formulas (10% Off)

- 1021 Super Lysine + 90 tabs
- 1022 Super Lysine + 180 tabs
- 1023 Super Lysine + Cream 7 gm.
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- 1033 Sleep Extra Strength

* Excludes Books and DVD's.