

NATUR^{RAW}

Organic Wholistic Living

**RAW FOOD
AND
PREGNACY**

**WHEAT-GRASS FOR
HEALTH**

BENEFITS OF
Grape seed oil



REAR 196K

**THE HEART OF
MEDITATION**
with Dzinah Khakasa

*The Kind of
life*

Benefits of
YOGA

IMAGE GOT FROM THE WEB AND BELONGS TO ITS OWNER

PLUS MUCH MORE...

Issue 2. July - Sept 2014

Hi everyone

"You are what you eat and are organically connected to all life through your breathe" - Deinah

Welcome to our second issue of the quartely natu-raw e-zine.

Here we bring you a collection of articles and well researched blogs and sites that will help you in living healthily organically and holistic in all areas of your life.

This month we go even deeper and bring you better and highly nutritious substitutes for those who are interested in living a healthier life, from food, beauty, pets, to the young ones and how to create healthy treats that they will not stop asking about, to general life and eco friendly building to the body we got it all covered.

So take a deep breathe in and enjoy this issue of naturaw magazine as you take steps to a healthier more confident you

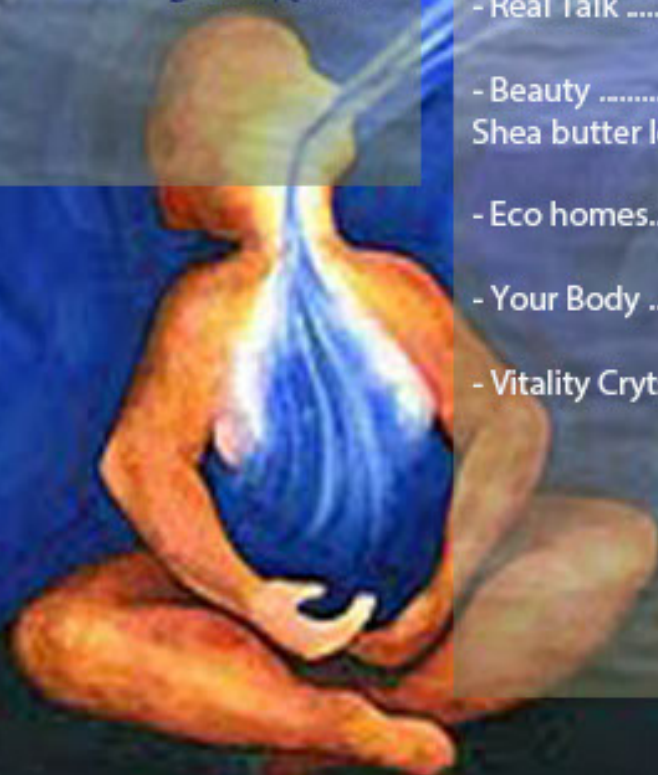
For any inquiries please send an email to naturaw2@gmail.com

Chief Editor
Deinah Khakasa

NATURAW

CONTENTS

- LifestyleThe raw diet and pregnancy
- Health The benefits of Wheatgrass
- Power fruits..... Grapeseed
- The kind of life Coconut and Date sweets
- Real Talk The HeART of meditation
- Beauty Unscented homemade Shea butter lotion
- Eco homes..... Eco friendly roofing
- Your Body Benefits of yoga
- Vitality Crytstals Sea salt soak



CELEBRATING EARTHDAY

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&

YOUTH SHIFT

AFRICA

Nairobi Arboretum Tree Planting & Earth Blessing



The Raw Diet & Pregnancy

Nicole Crawford

Contributor - Women's, Family, and Kids' Fitness

During my second pregnancy, I experienced some extreme dietary aversions. I remember being overwhelmed at a concert by the faintest smell of fried onion rings. The mere sight of uncooked poultry made me gag. Even the mention of "raw" anything was enough to make my stomach turn. So when I first heard about the benefits of a raw diet during pregnancy, I was a bit skeptical.

I should make it clear from the start I do not follow a raw diet. I'm still learning about the benefits of a raw diet and trying to slowly increase my intake of raw foods. A raw diet during pregnancy is particularly interesting to me for a few reasons. First, I love learning about everything to do with women's health during the prenatal period. Second, I plan on having more children in the future and am also considering the raw thing for myself.

The third reason surfaced about halfway through my pregnancy, when my husband and I were taking a childbirth preparation class. One of the assignments was to track your daily diet and report it at the next meeting. One of the women in my class had a particularly impressive diet journal. She ate a lot of food everyday, and her list was by far the healthiest in the group. She had all of the key nutrients in her diet, and her caloric intake was well within the recommended range. Interestingly, she was the only raw vegan in the group.

In my experience, vegans and vegetarians get a lot of flack when it comes to pregnancy. You read frequently that a vegan or vegetarian diet is inadequate for a developing baby, and that women who fall into these camps should change their ways during the prenatal period. Since a raw diet is often also vegan or vegetarian, these criticisms would seem to also apply to a raw pregnancy diet.

While I agree pregnancy is an important and critical period, I disagree that a raw diet is always necessarily inadequate during pregnancy. Just like most other diets, the raw food diet has advantages and disadvantages that pregnant women should understand in order to achieve optimal health during and after their pregnancy.

PROS:

1. Obviously, a raw diet is high in fruits and vegetables, which is a definite plus during pregnancy. Not only do fruits and vegetables provide critical nutrients for your developing baby and changing body, but they are also an excellent source of fiber, which prevents some of those unpleasant digestive pregnancy side effects.
2. A raw diet usually lacks many of the common unhealthy foods that are found in the "standard" diet. For example, women who follow a raw diet don't consume the processed foods that can be so common. As noted by Natalia Rose in her book, *The Raw Food Detox Diet*, "...typical pregnancy diets underplay the importance of raw plant food and overemphasize the need for animal products, particularly dairy."
3. A raw diet helps control weight gain during pregnancy and supplies healthy energy, provided that moms eat a varied and balanced diet. Raw diet advocates hold that a diet high in raw foods is more easily assimilated by the body. Rose describes the effects a raw diet had on her own energy levels, saying, "By properly combining my meals, I was able to facilitate digestion and avoid those uncomfortable symptoms; I slept better, had more energy..." Who wouldn't want more energy during pregnancy?

CONS:

1. Pregnant women who follow a raw diet DO need to be particularly conscientious about certain nutrients. Although low protein intake is a common criticism of veganism, it seems to me that essential fatty acids are more of a concern. In fact, in their book *Raw and Beyond: How Omega-3 Nutrition Is Transforming the Raw Food Paradigm*, released in January 2012, faithful raw diet advocates Victoria Boutenko, Elaina Love, and Chad Samo explain how a one hundred percent raw diet can be lacking in omega-3 fatty acids, which are crucial during the prenatal period.
2. All of the people I know who follow a raw diet are also vegans. However, some raw diets advocate the consumption of raw animal products, which the American Pregnancy Association advises against during pregnancy. Foods to avoid include raw eggs, raw meat, sushi made with raw or seared fish, and raw milk. The APA makes these recommendations because raw products may be more likely to contain listeria, a bacteria that causes sickness and may also result in miscarriage. Raw vegans should also be particularly sure to always wash all produce thoroughly before consumption to avoid exposure to toxoplasmosis.
3. Just like sedentary women should avoid starting a strenuous exercise program during pregnancy, women who have consumed a "normal" diet before pregnancy should avoid going all-raw when they become pregnant. According to Rose, "If you're accustomed to the standard American diet, pregnancy is not the time suddenly to become a raw-food vegan... Instead, focus on quick exit food combinations and aim for a 50 to 60 percent raw diet, which you can consistently - but slowly - increase if you're comfortable throughout your pregnancy."

Whether a woman follows a raw diet for philosophical or dietary reasons, she should be able to continue to do so throughout her pregnancy with proper planning and caloric intake. In my experience, pregnant women who follow a raw food diet also tend to be very knowledgeable about their body's needs and how to obtain them. And if you raw mamas out there find yourselves craving a baked sweet potato or some steamed veggies during your pregnancy, I say go for it! Pregnancy is prime time to key into your own nutritional intuition. If your body is nagging you to eat something healthy that you wouldn't normally eat, it might just be an indicator that you need it

<http://breakingmuscle.com/womens-fitness/raw-mama-is-a-raw-diet-okay-during-pregnancy>

Top 10 Toxic Foods | Top 10 Detoxing Foods

RawForBeauty



Caffeine



Soft drinks



Kale



Onions



Bacon



Milk



Garlics



Blueberries



Fast Food



Corn



Strawberries



Carrots



Margarine



Canola Oil



Cabbage



Collard Greens



Broccoli



Watercress

for more information log onto

www.rawforbeauty.com

The HeART of Meditation

"The Art of meditation lies within the very heart of each individual"

by Deinah M. Khakasa

Each experience is as unique as the colors that permeate existence; each meditation experience lies solely on the focus and underlying intent of the individual, Yet what we all share in common is the fact that breathing plays a major role in inducing altered states of consciousness or deepening the experience.

UNDERSTANDING YOUR BREATHE

Whether we want to expand our awareness or in search of inner peace concentration on the breathe is key for it connects us to existence and existence back to us. In many religions it has been referred to as the holy spirit, and others as the very essence or presence of Source, God or Chi.

The breathe can be infused with intent and manifest as our reality, for example if one breaths in empowering thoughts of love, bliss, peace or joy they immediately get into that state. When is constantly energising negative thoughts and breathing in those thoughts they manifest that state (like sick, angry, frustrated or stressed)

Breathework is absolutely essential at the beginning of any meditation, because it releases what does not serve and puts you in a meditative state. You are now focusing on the intent being infused in your breathe

Meditation Exercise

Simple breathe meditation to connect you to the ALL

- Breathe in to the count of four, pause to the count of four and breathe out to the count of eight, repeat
- Breathe in to the count of four, pause to the count of four and as you breathe out to the count of eight release all worries, anxieties, stress and attachments to results from your heart center (chest),
- Breathe in to the count of four, pause to the count of four and as you breathe out to the count of eight, let go of all tension and feel all your muscles relax, face, shoulders, cheeks, eyes fingers etc
- Say out Loud: In the name of Divine Love I Connect to the ALL (take a deep breath and listen to your feeling side of life for any sensations, movements and messages for 1-2 minutes)

Continue... "Try as much as possible to cultivate the feeling that you are inhaling and feel it engulf you as you take the pause"

- Breathe in JOY to the count of four, pause to the count of four and breathe out LOVE to the count of eight,
- Breathe in PEACE to the count of four, pause to the count of four and breathe out LOVE to the count of eight,
- Breathe in GRATITUDE & APPRECIATION for all life to the count of four, pause to the count of four and breathe out LOVE to the count of eight,

Sit in a meditative pause for 3-5 min as you listen to your feeling side of life, report or journal any sensations, feelings or messages got during the experience.

Mediation = Life

Life can be summed up as a series of meditations because each experience came about through focus, intent and awareness. Ones whole life is a meditation, from waking up in the morning, walking in the streets as we bringing awareness, love and peace into each step, feeling, sounds to doing your work, service and chores, example if you are doing dishes, think of the life that is water its softness, warmth and uniqueness, feel as it touches your skin and the science behind its cleaning effects. Meditating upon an experience changes the very experience from norm or boring to spiritual and profound, we learn to appreciate each experience, individual, walk, tree, our breathe and the Earth when we bring joy, love and peace into each experience through meditation.

Be aware of everything

*Let meditation be part of who you are,
Let your waking be a meditation take a deep breathe in and bring awareness into your body while giving thanks to brand new dawn
Let your conversations be meditative, present and cultivate good listening skills
Let your walk be a meditation, take each step with peaceful loving thoughts and vibrations
Meditate as you eat your food and infuse each bite with love and swallow with gratitude
Meditate as you do your work, chores etc
Bring Love, Joy, Peace and bliss into every aspect of your life
Be aware of thy thoughts, let go embrace the moment and watch as your new awareness pays you back in confidence.*



Unscented Natural Homemade Lotion

HAVE YOU MADE LOTION BEFORE?

Homemade lotion is one of the easiest cosmetics you can make. It took me less than 10 minutes to make this!

100% PURE SHEA BUTTER is an all natural vitamin A cream. Shea butter has been known to be a superb moisturizer, with exceptional healing properties for the skin including blemishes, wrinkles, eczema and dermatitis. Additionally it has properties to treat skin allergies, insect bites, sunburns, frostbites and a number of other skin conditions. The positive biochemical and physiological Shea butter has on skin injuries makes it ideal for healing wounds.

SOURCE OF SHEA BUTTER

Shea butter is derived from the seed of a Shea tree, the cream is extracted and prepared without the use of chemicals or preservatives.



Equipment

bowl

Stirring utensil

Ingredients

- 1/2 cup Pure Shea Butter
- 1/4 cup Coconut Oil
- 1/4 cup Olive oil



Directions

Mix coconut oil, Olive oil and the pure shear butter together in a bowl and mix well, pour into storage container.

by
Mutenyo Walubengo

THE BENEFITS OF

Wheatgrass

Many people do not realize the many benefits that the wheat grass has, this quarter I shall focus on its numerous health benefits for the body, hair and skin

Wheatgrass is a food prepared from the cotyledons of the common wheat plant, *Triticum aestivum*. It is sold either as a juice or powder concentrate and is best taken first thing in the morning or on an empty stomach. Wheatgrass Has High Amino Acid Content, Amino acids are the building blocks of protein. They are absolutely essential to our growth and cell regeneration. It is the astonishingly high amino acid content in wheatgrass that is leading to many bodybuilders and gym-goers incorporating fresh (a wheatgrass shot) or wheatgrass powder into their daily routine. Wheatgrass benefits are so impactful because it is a complete protein and contains, amongst others, the following amino acids: arginine, serine, asparagine, lysine, aspartic acid, glycine, alanine, methionine, leucine, tryptophane, phenylalanine, and valine.

According to Ross Bridgeford, Wheatgrass is an extremely beneficial food in terms of both its cleansing capabilities. The contents of wheatgrass juice and powder (green drink) are reported to be within the region of approximately 100 separate elements with scientists dubbing it a 'complete food'. just 140g of fresh wheatgrass offers the same nutritional value as over 3kg's of fresh green vegetables! so thats a great way to get your daily fresh vegetable quota rocking - all from one wheatgrass shot. Wheatgrass is a great source of vitamins B, C, E and carotene which are hugely effective in destroying and eliminating free radicals and cleansing the body. Wheatgrass is also highly regarded for its ability to cleanse the blood, organs and gastrointestinal tract.

Organic wheatgrass powders and juices are an extremely effective way of boosting the body's immune system to fight against and recover from illnesses and ailments. Wheatgrass is a great source of beta carotene, contains most of the B vitamins and vitamins C, E, H and K, and also contains over 90 different minerals and 19 amino acids. It also contains several active enzymes which play a major role in breaking down fats, undertaking biological functions and assist hugely in weight loss.

BENEFITS AT A GLANCE

- Increasing production of hemoglobin
- Improves blood sugar disorders such as diabetes
- Prevents tooth decay
- Improves wound healing and prevents bacterial infections
- Used for removing deposits of drugs, heavy metals and cancer causing agents from the body, and removing toxins from the liver and blood.
- Prevents gray hair
- Reduces high blood pressure
- Improves digestion and lowers cholesterol
- Used to treat various urinary tract disorders, including infections of the bladder, urethra and prostate benign, kidney stones.
- Treatment of respiratory tract complaints including the common cold, cough, bronchitis, fever, and sore throat.
- Treatment of gout, liver disorders, ulcerative colitis, joint pains, and chronic skin problems
- Used for Cancer and Arthritis in alternative treatment programs

By Deinah M. Khakasa





Coconut and Date Sweets

Ingredients:

- 2 cups dates
- 2 cup grated coconut
- 1/2 cup coconut cream
- 1 tablespoon sweetener honey, agave or maple syrup
- 1/2 cup Raw Almonds (optional)
- 1/4 cup Raw Cacao powder

PREPARATION

Process dates, almonds, coconut, raw cacao and Sweetener while adding a little bit of coconut cream, until everything is mixed and sticky. Next, sprinkle the remaining grated coconut on a tray and scoop the mixture with a spoon or your fingers and roll into balls using your hands or preferred shapes then roll them on top of the grated coconut lightly freeze them for about an hour or two

Enjoy!

GRAPSEED



What is Grape Seed Oil?

Grape Seed Extract and its oil is derived from the seeds of a grape. Due to their nutritional and medicinal properties grapes, their seeds, and leaves have been used in many home remedies for centuries. Grape Seed Oil is a great source of polyphenols - flavonoids, Essential Fatty Acid - linoleic acid, vitamin E, and oligomeric proanthocyanidin. These great components make grape seed extract an asset in the treatment of many minor to severe health conditions. It has also been used in the production of massage oils and balms, hair and hygienic products, face and body moisturizers, as well as in sunblocks and sunburn ointments.



What are the Benefits of Grape Seed Oil?

Studies suggest that Grape Seed Oil and its Extract constitute anti-inflammatory, anti-oxidant, anti-histamine, anti-aging, anti-allergic, antimicrobial, and adaptogenic activity. Therefore, it has been beneficial in the treatment of a number of health issues which include: arthritis, edema, dermatitis, acne, wrinkles, dry and itchy skin, age spots, sun burns, chapped lips, wounds, bruising, stretch marks, varicose veins, hemorrhoids, chronic venous insufficiency, premature aging, premenstrual syndrome (PMS), weight loss, stress, dandruff, hair loss, warts, cardiovascular diseases especially atherosclerosis, hypertension, high cholesterol levels, diabetes, visual impairment, cataract, and macular degeneration. Studies also suggest that its free radical scavenging activity may strengthen the immune system and reduce the risk of developing cancer.

Uses of Grape Seed Oil

Acne and Dermatitis

Research suggests that the linoleic acid in Grape Seed Oil has anti-inflammatory, anti-allergen, acne reductive, and moisture retentive properties. It contains 73% of linoleic acid which may be beneficial in the treatment of acne, dermatitis, allergic reactions, atopic eczema and dry and itchy skin. A simple remedy for these skin conditions is to apply Grape Seed Oil onto the affected skin 2-3 times daily. Regular oral intake of Grape Seed Extract supplements can also add to the benefits.

Age Spots and Sun Burn

The rich nutrients in Grape Seed extract have been found to protect against UV radiation, and they have been found to lighten the effects on age spots and pigmented skin caused by ultra violet rays. Therefore simply taking Grapeseed supplements daily may heal and minimize the risk of sunburn and reduce the appearance of age spots. Applying a small amount of Grape Seed Oil onto affected skin areas can also be beneficial.

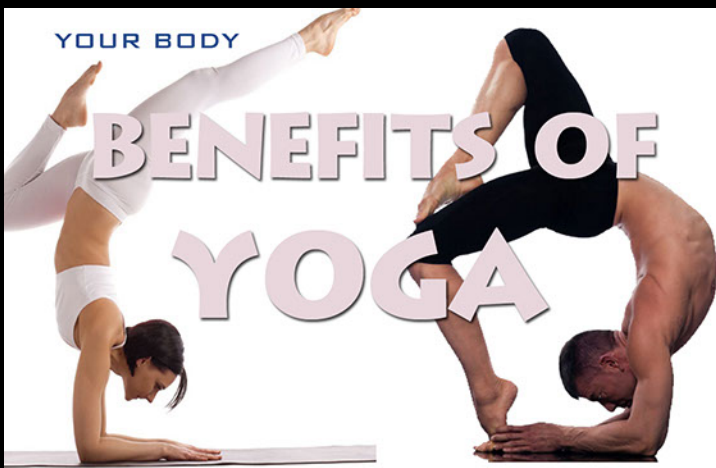
Cancer Prevention

A few studies suggest that regular oral intake of Grape Seed Extract may suppress the development of different types of cancers and may induce apoptosis - a process that triggers the self-destruction and elimination of damaged and superfluous cells in many cellular systems. Therefore, taking one Grapeseed capsule two to three times daily may be helpful as a preventive measure for people who are at a high risk of the disease. It may also help with liver damage and other side effects caused by chemotherapy medication.

Diabetes

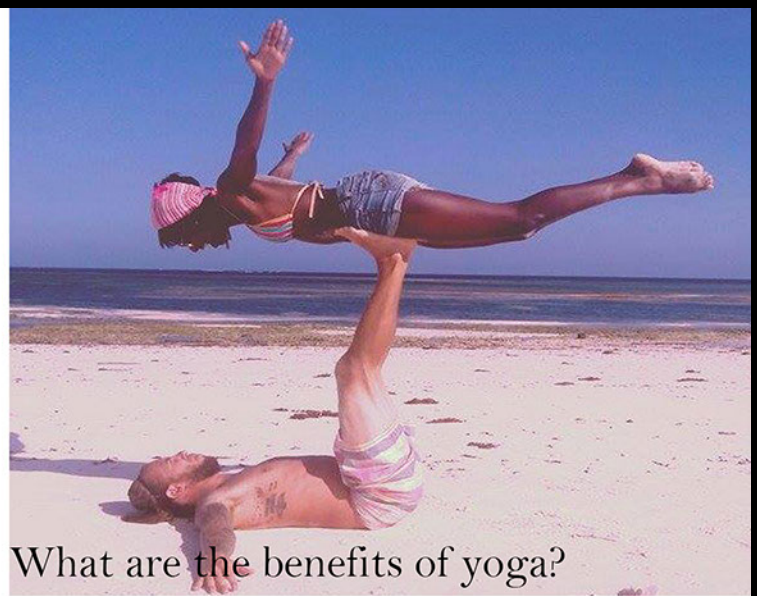
A number of intensive studies have shown that oral intake of linoleic acid can reduce the complications associated with Diabetes. Therefore, regular consumption of Grape Seed Extract, which is rich in linoleic acid and other antiglycemic components, may help with diabetes and visual impairment in diabetics. A recommendation is to take one Grapeseed capsule twice daily.

<http://www.homeremediesweb.com/>



I am not a major yoga fan but my dear friend Anita makes you want to join the wagon and give it a go, when i met her she had just started doing yoga and after a year, well you be the judge from the background picture, she has inspired not only me but hundreds of other ladies and gentlemen to take up yoga for its many benefits to the body and its fun. So for this issue I am inspired to write and talk about the benefits of yoga. how to prepare yourself and start immediately for the best results for anyone of any body weight, shape, age and size. many people think they are too old or overweight for yoga but truth is yoga can be done by anyone, you're never too old to improve flexibility.

Yoga is considered a mind-body type of complementary and alternative medicine practice. Yoga brings together physical and mental disciplines to achieve peacefulness of body and mind, helping you relax and manage stress and anxiety.



What are the benefits of yoga?

Stress reduction.

A number of studies have shown that yoga can help reduce stress and anxiety. It can also enhance your mood and overall sense of well-being.

Improved fitness.

Practicing yoga can lead to improved balance, flexibility, range of motion, weight lose and strength. And this means you're less likely to injure yourself in other physical endeavors or in your daily activities.

Management of chronic conditions.

Yoga can help reduce risk factors for chronic diseases, such as heart disease and high blood pressure. Yoga might also help alleviate chronic conditions, such as depression, pain, anxiety and insomnia.

Before hitting the yoga mat one must be aware that this is also a form of exercise and safely stretching your muscles. releases the lactic acid that builds up with muscle use, which may cause stiffness, tension, pain, fatigue, injuries and muscle tears.

Depending on what form of yoga you are practicing you will have a set of stretches to accompany the yogic practice. Hatha Yoga is one of the most common styles of yoga, and beginners may like its slower pace and easier movements. But most people can benefit from any style of yoga — it's all about your personal preferences.

Yoga stretches not only your muscles but all of the soft tissues of your body. That includes ligaments, tendons, and the fascia sheath that surrounds your muscles. And no matter your level of yoga, you most likely will see benefits in a very short period of time. In one study, participants had up to 35% improvement in flexibility after only eight weeks of yoga. The greatest gains were in shoulder and trunk flexibility.

Deinah M. Khakasa

images courtesy of
Anita Maina

RAW POT BARLEY AND COCONUT CAKE

Cake;

- 1 cup Raw pot barley
- 1 coconut or 2 cups unsweetened dessicated coconut
- 1 cup dates
- Skin from 1 lemon, shredded
- 2" Ginger
- 1 cup ground almonds
- 1/4 cup honey
- 1/4 cup coconut oil
- 1 tablespoon cardamon

Icing;

- 1/4 cup raw cacao powder
- 1/4 cup coconut oil
- 1/2 cup coconut milk
- 1/4 cup ground cashews/almonds
- 1/4 cup liquid sweetener, like maple syrup, hone or agave
- 1 teaspoon vanilla extract

PREPARATION

Icing;

1. Whip all the ingredients together until it forms a smooth mixture
2. Put in fridge as you prepare the cake

Cake;

1. Put all the ingredients in a food processor and process until they create a sticky mixture
2. Now take out half the batter and shape on a tray or put in a cake tray.
3. Spread half the icing on top
4. Now spread the remaining mixture on top of the icing
5. Spread the remaining icing on top of the second layer
6. Set in the freezer for about 1 hr, decorate as you desire.

BENEFITS OF POT BARLEY

Whole grain barley or pot barley contain phytic acid which has been shown to inhibit the growth of cancers. Barley is rich in chemicals called protease inhibitors which also have properties that combart cancer including breast and bowel cancer, it also contains high fibre which helps to keep the digestive and ciculatory systems healthy

BENEFITS OF COCONUT

It is recommended one to three tablespoons of coconut oil a day for health maintenance. The super high fibre content acts like a probiotic feeding the good bacteria in the intestines and keeping you regular

Fresh coconut juice - Rich in electrolytes, it aids in hydration, providing minerals essential for budily functions such as movements and brain functions.

Coconut oil - Has numerous benefits from protecting against heart disease to helping with weight management.

Coconut cream/Milk - High in Lauric acid, boosts immune system and protects against viral and bacterial infections

BENEFITS OF RAW ALMONDS

Nuts are a good source of magnesium which is vital for energy levels, it helps keep muscle supple and prevents aches and pains and may also lower the the risk of osteoporosis, Almonds are good for helping to build or maintain muscle mass and help protect against glaucoma, diabetes and high blood pressure, research has shown that just two 25g portions of fresh nuts a week reduced death from heart disease in men up to 47%



Recipe by
Deinah M. Khakasa

SEA SALT SOAK

The Sea Salt Soak is a therapeutic soak that ends as a bath. Sea salt is a great purifier that dissipates negative energy. Sea salt is alkaline and therefore helps to lower the acidity of the body.

The salt water penetrates the pores and is absorbed into the bloodstream. From there, the salt helps to remove accumulated lactic acid in the body. Lactic acid becomes present in the body after strenuous workouts or heavy activity. The acid can build up in muscle tissue, causing you to feel stiff and sore.

Sea salt is the only recommended salt to use for soaks. It is widely available and comes in many varieties. Do not use common table salt. Instead, use one of the following varieties of sea salt:

- o Celtic
- o Himalayan
- o French
- o Atlantic

Performing a Sea Salt Soak

Begin by running hot water in your bathtub. While the tub is filling, add 16 ounces of sea salt to the water. Next, you may want to add essential oils to the water for added benefits.

For a calming and relaxing soak, add 2-3 drops of French Lavender, 2-3 drops of Peppermint, and 2 drops of Roman or Yellow Chamomile to the water.

To alleviate aches and pains, add 2-3 drops of Peppermint, 2-3 drops of Eucalyptus, and 2 drops of Wintergreen to the water.



For a spiritual soak, add 2 drops of Frankincense, 2 drops of Myrrh, 2-3 drops of Sandalwood, 2-3 drops of Davana, 2-3 drops of Oakmoss to the water.

For a detoxifying soak, add 2 drops of Oregano, 2 drops of Parsley, 2 drops of Hyssop, 2 drops of Eucalyptus, 2 drops of Turmeric, 2 drops of Juniper Berry and 3 drops of Tea Tree oil to the water.

Enter the tub and begin soaking. Soak for 45-60 minutes. Relax, meditate, listen to music, and focus on the health of your body.

Before you exit the tub, bathe. Scrub yourself with a loofah brush or wash yourself thoroughly with a towel.

Following the soak, you may like to use moisturizing oil on your body. Be sure to use a natural, botanical oil on the skin. These allow the skin to breathe properly. Some excellent skin oils to try are:

- o Olive Oil
- o Coconut Oil
- o Sweet Almond Oil
- o Grape Seed Oil
- o Jojoba Oil
- o Kukui Oil
- o Avocado Oil

HEALING, DISINFECTION, AND RE-ENERGIZING

Health Benefits of Sea Salt Soaks

Sea Salt soaks offer a wide array of health benefits. The soaks can benefit our physical bodies in many ways. They can also be very therapeutic to our spirit.

Regular practice of sea salt soaks can be beneficial to those suffering from:

- o Dry skin disorders
- o Acne
- o Musculoskeletal pain and swelling
- o Eczema
- o Psoriasis
- o Arthritis pain
- o Sports injuries

Some of the internal benefits of sea salt soaks include:

- o Reducing levels of stress
- o Dealing with Insomnia
- o Increasing circulation
- o Expelling toxins from the body

Sea salt soaks are very therapeutic and beneficial to our bodies and minds. By practicing the soaking ritual on a regular basis, you may achieve increased overall health and wellness as well as a sense of spirituality. Focus on the healing of your body while performing the soaks. Keep thoughts positive and reaffirming. This will help balance your body and your mind.

Thank you for reading!

This article is compliments of
www.dherbs.com.

ECOLINE

Roofing made easy

Eco - friendly roofing

by

Onduline

Onduvilla

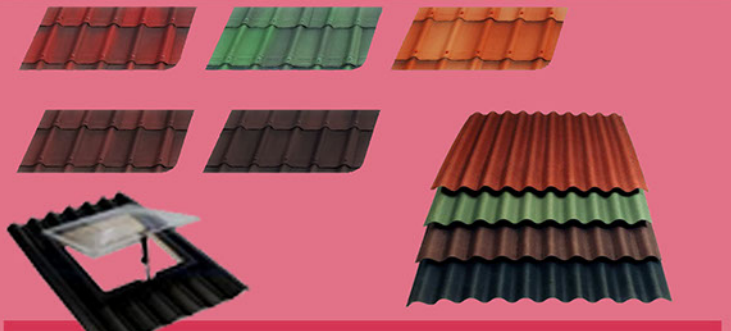


Ecoline Building Supplies Ltd are the authorized importers and distributors of Onduline Roofing Sheets and Onduvilla tiles in Kenya. They provide cost effective and eco-friendly roofing solutions that fundamentally improve people's lives as well as their environment.

According to Mr. Levi Odupaye the managing director at ecoline they believe in the support of the planet and a green economy, the construction industry should be offered platforms to become the end-users of cost-efficient, high quality and environmental friendly roofing products.

He said "Our goal is moderate growth, profitability and vast distribution of Onduline roofing products and other building supplies."

We deliver products and materials that are lightweight, this makes for simpler, more efficient transportation as well as less waste at construction sites, they are asbestos-free, composed of recycled fibers and contain natural pigments for coloration



NATURAW

THE RAW VEGAN SPECIALISTS

For Deliciously, Organic Healthy Raw Treats



*For the most
delicious Raw
Organic Cakes,
Icecream, sweets,
biscuits and treats
talk to the
Specialists in
Health nutrition..*



NATURAW

The Raw vegan specialists.

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deliveries*

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