

*gillie's* **first time**  
**parent**

JANUARY 2022

What is **LURKING**  
in your home?  
microbiologist  
reveals all . . .

**POSTPARTUM  
HAIR LOSS**

**6** common  
nursing issues

**fertility**  
**WHAT FOODS WORK?**

**planning**  
⚙ the year ahead  
⚙ parenting  
⚙ home

**BLOOD,  
LOCHIA,  
and signs of  
hemorrhage**



# arts, crafts, + recipes



# Energize your immune system with this DIY blend

with Adora Winqvist

*The holidays signal a time of seasonal change. For many of us this is reflected through shorter days and colder months, as well as increased rising stress levels from being pulled in more directions and expectations. All of these factors can contribute to a more vulnerable immune system, and in these times, it is imperative to keep our immune system healthy and strong.*

*[Adora Winqvist](#), author of recent 'holy grail of alternative medicine' of "[Detox, Nourish, Activate: Plant and Vibrational Medicine for Energy, Mood, and Love](#)" a modern alchemist, healer and expert in the field of aromatherapy, shares with you some synergies to boost your immune system with cinnamon, a DIY immunity formula, and the Viral Warrior Collection:*

Whether we are looking to strengthen our immunity or address acute bacterial or viral infections, essential oils offer a range of interventions that can assist us in restoring vitality from the physical, emotional and spiritual continuum of our lives. Also known as the "quintessence" of the plant, essential oils are alchemical harbingers of higher vibrational energies that assist us on our highest path of health and vitality.

For those of you who take pleasure in making your own medicine, enjoy this potent aromatic blend of highly antimicrobial and antiviral essential oils.



## DIY Immunity Formula

### Ingredients: \*\*

- 3 drops of organic Cinnamon (Cinnamomum Cassia)
- 10 drops of organic Lemon (Citrus limon)
- 3 drops of Lavender (Lavandula angustifolia)
- 4 drops of Clove (Syzygium aromaticum)

### Directions:

Blend this into 10 ml of jojoba oil and apply to soles of feet, throat and thymus area over the heart to strengthen your immunity and energetic forcefield.

Bottle in colored glass with an orifice reducer. Essential oils are extremely malleable, take the time to put your personal intentions for health, vitality and anything you want to create in your life right now!

**Cinnamon \*\***

Ancient civilization revered, traded, and relied on cinnamon for the potent medicinal effect of preventing infections and limiting the contagious nature of disease. Cinnamon was so highly revered that it was coveted during the time of the Black Death in Europe in the mid 1300s.

The highly antiseptic nature of cinnamon indicates use for colds and flus, particularly with a strong antiviral action; this oil should be a staple in every medicine chest, particularly as the planet continues to shift and different bacterial and viral strains challenge humanity.

Special Notation: Cinnamon is produced from the leaf as well as the bark of the plant. The oil from the bark has a high rate of dermal toxicity and should not be used on the skin. Cinnamon leaf should be used at dilution rates well under 1 percent. (Shimek & Winqvist, 2021)

**The Viral Warrior**

For those that would prefer to purchase a potent and protective formula this holiday season, try Adora's Viral Warrior Formula today!

The Viral Warrior™ is intentionally designed with antiviral and antibacterial essential oils, infused gem and flower essences and energetic light shields to activate quantum levels of full spectrum healing for your Warrior Shield.

**\*\* Cinnamon and Clove oils should be avoided when pregnant or breastfeeding.**

Additional information on oils during pregnancy/nursing: <https://icea.org/the-safe-use-of-essential-oils/>

