**Notes from August 21st**

**Black Seed Oil:** There are many uses for black seed oil including respiratory, high blood pressure, diabetes, cough, headache, eczema, fever, dizziness and even flu. You really can use it for everything. It is also known for helping skin cancer.

**Is there help for Autism:** Yes there are many options and causes

**Morning water concoction:** 6 ounces of warm water, 1 tbsp honey, ½ tbsp ACV and ½ lemon (3 drops vitality lemon oil)

**Drink 4-7 ounces of water before bed has been known to help reduce heart attacks.**

**Vegan Vegetarian thoughts:**

**Eczema:** Clean the gut, check good/bad bacteria ratio, herbs, oils, and gluten and dairy removal can help. Calendula, probiotics, enzymes, removing toxins from all areas including laundry soaps etc are recommended, reduce sugar intake and possibly cleanses can help. There are many causes for eczema and one size does not fit all.

**Honey:** get local honey, 1-2 tbsp daily for allergies

**Manuka Oil v Manuka Honey:** These are NOT the same even though they have the same name.

**Manuka Oil:** Acne, Scars, Wounds, Deodorant, Antihistamine, anti-inflammatory, Antibacterial, Bug Bites, and Dry Scalp

**Manuka Honey**: Acne, burns, sore throat, stomach, SIBO, IBS, IBD, sleep, MRSA, tooth decay and gingivitis, allergies

* Amino acids
* B vitamins (B6, thiamin, niacin, riboflavin, pantothenic acid)
* Calcium
* Copper
* Iron
* Magnesium
* Manganese
* Phosphorus
* Potassium
* Sodium
* Zinc

Most people can find the 350g or 500g Manuka at a health food store near you. Use the lower “g” for everyday use and the higher one for periodic boosting.

Genuine UMF Manuka honey will have these four things:

* It will have a UMF trademark clearly labeled on the front of the container.
* It will be from a New Zealand UMF licensed company and labeled in New Zealand.
* It will have the UMF company’s name and license number on the label.
* It will have a UMF rating number of 5–16+. If it is labeled without the UMF or without a number, then it is not the genuine article.

Here is an explanation of what Manuka honey UMF you should use:

* **0–4 —** Non-therapeutic
* **4–9 —** Maintenance level with general honey health benefits
* **10–14 —** Supports natural healing and bacterial balance
* **15+ —** Superior levels of phenols that are highly therapeutic but shouldn’t exceed taking 1 tablespoon at a time

From Nellaine: She added Manuka is produced in New Zealand and only produced for only 6 weeks a year.

Geopathic Stress and VitaFlex Info in Separate Document.