



# Newsletter

f

November 16, 2017

## Miracle of Seasonal Detoxing

Autumn is a time of harvesting and gathering. The leaves take off their mask and begin to dance to the ground. Gathering and elimination are the traits of this season. This is when the Lungs, large intestines and skin become active. This is when one should do a colon and parasite cleanse and strengthen the lungs and immune system to get ready for the long cold winter.

Early fall is a great time for giving your colon a good cleanse and getting rid of parasites. A great parasite cleanse is Dr. Hulda Clark's parasite cleanse which contains black walnut, clove and Wormwood. These three must always be taken together.

LATE FALL is the perfect time to nourish the lungs while trying to prevent colds and flu. These herbs Mullein, pleurisy root, astragalus, garlic and Echinacea will help strengthen the lungs and strengthen your immune system.

Autumn is the perfect time to let go and release all negative emotion's...

I found the best way to do this is to live in Gratitude.

The Power of Gratitude

Challenge: Make a Thankful Tree

A New Thanksgiving Tradition



Give thanks in a new way this holiday season.

Invite friends and family to share what they are most thankful for by creating a thankful tree that can take center stage throughout the Thanksgiving holiday.



## THE POWER OF GRATITUDE

If you want to start attracting positive things into your life, There is one small thing you should do every day—show your gratitude, appreciation and love for the people and things around you. "On a daily basis, find something you are appreciative of or find something you are grateful for, . "Start a journal. You might even want to call it your appreciation journal or gratitude journal and go to it [and write] five minutes a day."

By acknowledging what you are grateful for in your journal, you will become a deliberate attractor of positive vibrations. "Did you know that appreciation, gratitude and love are the highest forms of vibration?" "You can only have one vibration at a time, and if you are noticing what you appreciate and noticing what you are grateful for, you can't be noticing what you don't like."

As more of your thoughts and words become positive, you'll start attracting more positive people and circumstances, "Decide today that you are going to reduce negativity in your life by getting rid of the 'don'ts,' 'nots' and 'no's'—the negative people, the negative thoughts" "Get in the habit of appreciating things."

Happy Thanksgiving!  
-Love & Blessing Angel

## Healthy Recipe

### Vegan Thanksgiving

Healthy Vegan Recipes everyone will love.  
You will not believe there completely vegan.  
Absolutely perfect for the Holidays!



[Click Here for All Recipes](#)

### Recipes Included:

Stuffed Butternut Squash with Quinoa, Kale, Cranberries, & Chickpeas  
Vegan Sweet Potato Casserole with pecan crumble  
Cinnamon Baked Pears (Vegan)  
Baked Spinach and Artichoke Dip (Vegan)  
Pumpkin Hummus  
No-Bake Pumpkin Pie  
Cauliflower Stuffing

Happy Thanksgiving!  
Sending Love & Blessing from Ozarks in Arkansas  
Love Angel & Mikael Howerton

## Featured Picture



### Previous Articles on [NativeAngelWellness.com](http://NativeAngelWellness.com)



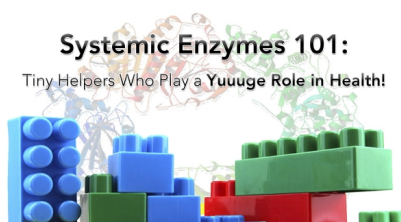
#### 3 Weeks to Live to Cancer Free

On June 19, 2011, I was given three weeks to live. Welcome to my Sacred Healing Journey. Seven years ago while getting ready to open Native Angels Camp HOPE, a camp for kids with cancer and other disabilities, I had a severe accident, which left me wheel chair bound and bedridden for over five months with broken and twisted up body from neck to ankles. [Continue Reading . . .](#)

#### Great Place to Get Systemic Enzymes

The word "systemic" means body-wide. Systemic enzymes are those that operate not just for digestion, but throughout your body in every system and organ. But let's take first things first. What is an enzyme?

[Continue Here . . .](#)



#### ARTHRITIS



#### Inflammation "Arthritis"

Arthritis is a disEase that causes pain and loss of movement of the joints. The word arthritis literally means joint inflammation (arth=joint, ritis=inflammation). [Learn More Here . . .](#)

**Native Angel Wellness**

Location: Ozark Forest

Website: [NativeAngelWellness.com](http://NativeAngelWellness.com)

Email: [angel@nativeangelwellness.com](mailto:angel@nativeangelwellness.com)

[Unsubscribe here](#)

Powered by: [Digital Pros LLC](#)

Native Angel Wellness  
Mount Pleasant  
Ozark Forest, Arkansas 75455

Update your [Email Preferences](#) or [Unsubscribe](#)

