

Vickie Sorensen's NATURE WORKS NEWSLETTER

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Health at the Crossroads.

We are seeing great changes in our health care system these days. A movement that espouses preventative health care and taking responsibility for ones own health rather than turning it over to medical doctors. A great part of this change in attitude I believe is due to the desire of people to become educated in health issues. They want to know what they can do to heal the m-selves. Another part is the realization that we have been lied to and fleeced by the American Medical Association and the large international pharmaceutical companies.

For instance, in 1985, a prominent cancer researcher named Robert Schimke made a startling admission about cancer treatment. Chemotherapy, he declared, tends to make cancer worse. He explained that cancer cells resist chemotherapy, and that the resistance mimics the cancer itself. Dr Schimke drew his conclusion from research sponsored by the American Cancer Society. He reported it in a lecture he gave at the National Institutes of Health in Bethesda, Maryland, where he was honored for his research. *Chemotherapy tends to make cancer worse, this esteemed scientist said. (CANCER 57 (May 1986) p. 1912-1917)* Now how many people receiving chemotherapy for their cancer have been informed by their oncologists that the treatment may make their cancer grow? None that I know of. And the doctors just rake in the money.

We are also becoming aware that the Food and Drug Administration does not have the welfare of the American people in mind.

They are in the pockets of the international pharmaceutical companies. They approve drugs that are harmful such as Baycol and Phen Phen and foods that are poisonous such Canola oil and Nutri-Sweet. At the same time they prosecute companies for using and making statement regarding herbs and natural therapies.

There is a balance between the Medical and the Natural health models and many families are finding that balance. Our family, for instance, uses herbs, essential oils, chiropractic care, massage therapy and other natural therapies to enhance our health. We do use the medical profession for injuries. Make no mistake, the medical profession has refined trauma care in the United States.

We at Vickie Sorensen's **NATURE WORKS** encourage you to continue to educate yourselves about your health. Take responsibility for the foods that you eat, knowing full well that you are what you eat. Learn what herbs and essential oils work to strengthen your immune system. Drink water instead of sugary juices and sodas. Eat organic foods, exercise and fill your life with love.

We commit to help you in your quest to learn more by offering classes and workshops on nutrition, herbs, essential oils and other healing modalities. Love and Good Health! Vickie Sorensen

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The liver is one of the most valuable organs in the human body performing over 500 different functions. Keeping the liver clean may be one of the most important things you can do for your health. I provide this information for those wishing to take responsibility for their own health. I make no claims with regard to the cleanse .

Vickie Sorensen's NATURE WORKS LIVER AND GALL BLADDER CLEANSE

1st Day: 1 gallon of apple juice*, 1 gallon of water, and 6 capsules of **Vickie Sorensen's NATURE WORKS** Liver Cleanse.

2nd Day: 1 gallon of apple juice*, 1 gallon of water, and 6 capsules of **Vickie Sorensen's NATURE WORKS** Liver Cleanse.

3rd Day: 1 gallon of apple juice*, 1 gallon of water, and 6 capsules of **Vickie Sorensen's NATURE WORKS** Liver Cleanse. Before bed, drink the juice of 1 organic raw lemon (¼ cup) and ¼ cup extra virgin cold pressed (green) olive oil mixed together. Go right to bed and lay on your right side.

4th Day: First thing in the morning do an enema with at least 2 quarts of warm water. **You must do the enema!** Otherwise the stones could cause a blockage in the colon. You should pass between 1 and 2 cups of stones. Gallstones are greenish black in color and liver stones are tan or brown. Cholesterol appears as a tan flecks that float on the water and looks like wheat chaff. Through the day drink ½ gallon of apple juice and 1 gallon of water. Add raw fruit to the diet. Take 6 capsules of **Vickie Sorensen's NATURE WORKS** Liver Cleanse.

5th Day: Drink ½ gallon of apple juice, 1 gallon of water, eat fresh raw fruit and add fresh raw vegetables. Take 6 capsules of **Vickie Sorensen's NATURE WORKS** Liver Cleanse.

6th Day: Whole food diet. Lots of whole grains, organic fruit and vegetables, legumes, and always remember your water. Continue to take **Vickie Sorensen's NATURE WORKS** Liver Cleanse formula at 6 capsules per day until the bottle is gone, about 1 ½ more weeks.

Gallstones are primarily undigested fats and chemicals. They are waxy and usually form around dead parasites in the gallbladder. They can be quite large but pass easily because of the lemon juice and olive oil. Liver stones are generally heavy metals, chemicals and preservatives, and undigested minerals such as calcium carbonate. If you are experiencing gall bladder pain and inflammation before you begin this cleanse, you should cleanse again monthly until you get no more stones.

Some reported benefits from doing the cleanse are: lowered cholesterol, lowered blood pressure, weight loss, improved digestion, no more heart burn, and improved energy.

*Apple juice should be unfiltered or fresh juiced.



Corn Tortilla Bake

Crush 1 bag of corn tortilla chips into a 13 x 9 pan

Mix: 1 can tomato juice
1 cup frozen sweet corn
1/2 cup Boca Burger or equivalent
1 tbsp taco seasoning mix

Pour over crushed chips. Sprinkle with 1 cup grated cheese. Bake @ 350 for 40 mins. Remove from oven and cover with chopped romaine lettuce, chopped tomatoes and chopped olives. Serve immediately with sour cream. This is really good with blue corn chips.

Thought for the day:

I DWELL ON POSITIVE THOUGHTS

Thoughts are like drops of water. When I think the same thoughts over and over again, I am creating this incredible body of water. First, I have a little puddle, then I may get a pond, and as I continue to think the same thoughts over and over again, I have a lake, and finally an ocean. If my thoughts are negative, I can drown in a sea of negativity. If my thoughts are positive I can float on the ocean of life. *Louise L Hay*

MASSAGE RECIPES

You can make your own massage oils by adding 2 to 3 % Essential Oil to a carrier oil, lotion or even a cream. Popular bases are sweet almond oil, avocado oil, grape seed oil, or light olive oil. Percentage should equal 20 to 30 drops Essential Oil per 8 oz. of carrier oil, lotion, or cream. We also have blended essential oils available.

Sensual Blend

7 drops Rose
8 drops Sandalwood
3 drops Ylang Ylang
6 oz Carrier oil

Sports Blend

8 drops Juniper
7 drops lavender
6 drops Rosemary
6 oz Carrier oil

Stress Relief

8 drops Bergamot
7 drops Mandarin
7 drops Lavender
6 drops Lemongrass
8 oz Carrier oil

Chest Rub

1 drop Basil
2 drops Lemon
2 drops Eucalyptus

Uplifting

7 drops Lemongrass
7 drops Geranium
5 drops Sweet Basil
4 drops Lime
6 oz. Carrier Oil

Calming

10 drops Ylang Ylang
7 drops Orange
10 drops Petitgrain
6 oz Carrier oil

DIFFUSER RECIPES

You can add Essential Oils to a room quickly and conveniently by using an electric room Diffuser.

Mental fatigue

8 drops Ylang Ylang
4 drops Basil
8 drops Rosemary

Meditation Blend

8 drops Sandalwood
2 drops Rosewood

Office Refresher

6 drops Bergamot
8 drops Lavender
1 drop Tea Tree Oil

Stress Reduction

10 drops Sandalwood
5 drops Lavender
5 drops Spruce

Refreshing

8 drops Peppermint
8 drops Eucalyptus
4 drops Lemon

Romance

7 drops Ylang Ylang
7 drops Palma Rosa
6 drops Bergamot

BATH RECIPES

A warm, relaxing soak in a fragrant bath can ease the cares of the day and soothe tense muscles. Use one of the recipes below by adding drops of Essential Oils to your bath water.

Before Bed

2 drops Ylang Ylang
5 drops Lavender

Energizing Bath

3 drops Peppermint
2 drops Lemongrass

Jogger's Foot Bath

5 drops Rosemary
3 drops Peppermint
4 drops Lavender

Calming Bath

4 drops Clary Sage
2 drops Bergamot

Pick-Me-Up Bath

3 drops Rosemary
2 drops Lemon
2 drops Frankincense



Vickie Sorensen's NATURE WORKS
Is proud to announce these new products in our line.

Ear Candles. Provide instant relief from sinusitis, restricted hearing due to wax build up, problem ear wax, ear fungus and sinus headache. Paraffin Ear Candle \$3.00 Qty 12+ \$2.75

ELECTRIC ROOM DIFFUSERS

Most powerful and most popular tool for environmental fragrancing. This electrical devise consists of an air pump and a nebulizer.

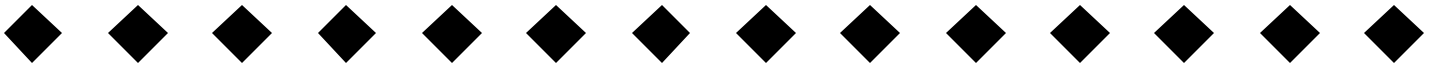
Room Diffuser 200 ft Reach \$55.00
House Diffuser 500 ft Reach \$65.00
Pro. Diffuser 800 ft Reach \$93.00

We have added to the essential oil line over 200 new essential oils and several new blends. These are therapeutic grade essential oils for healing. We list the country of origin for each oil and try to buy organic whenever possible. Contact us at 435-586-2049 to talk to Camille or Vickie about the essential oils and uses of them.

Wheat Grass- We are so excited about the quality of this powdered wheat grass. It is a powerful detoxifier and alkalizes the body's PH. It is frequently recommended for cancer treatment . See Ann Widmore's Book - **Wheat Grass** 160 grams \$28.00

Miracles do Happen!

Thought you might like to know about a little miracle that happened to us while on a trip to New Mexico recently. We were planning a trip to visit our son Keith and his family in Santa Fe. We were bringing them some furniture and so we had a small trailer that we pulled behind our Explorer. I also was scheduled to teach a class in Santa Fe so we loaded on a large Rubbermaid tote filled with herbs and essential oils for the class. Anyway we traveled all night (a 10 hour drive from Cedar City) and arrived in the morning only to find that the herbs were not on the trailer. Somehow, somewhere, along the way the tote had come out of the trailer. All of the suitcases were there and the furniture was O.K. Only the herbs were missing. I fretted about it and we did some calling to the highway departments and the State Police. In the evening I had some time to do a meditation. As I calmed my mind and centered my thoughts I remembered that I was doing God's work and he may have had another use for those herbs. He certainly knew where they were and who needed them. So I released them to him and let go of the anxiety. We had a wonderful time in New Mexico over the next three days. The class went well despite not having any product. We had the opportunity to go to the International Balloon Fiesta in Albuquerque. **Wow!** When we were packing up to leave we got a phone call on the cell phone. A beautiful lady in Bloomfield had found the tote on the highway, pick it up and called us! When we met her we found the lid was missing, the plastic tote had cracked when it hit the road. But not a single thing was missing from the tote. And not a bottle was broken either. My thanks to God and the Angels. This is Their work. I am only an instrument in their hands. Vickie



Calendar of Events

October 22, 2003 Lecture on *Minerals and Water* Leeds, Utah Contact Kelly 435-879-2277
4-6 p.m.

October 23rd, 2003, Lecture on *Essential oils* at SUNSHINE NUTRITION 111 W. 535 S. Cedar City, Utah
7:00 p.m.

October 29th, 2003 Lecture on *Colds, Flu, and Natural Remedies* Leeds, Utah, Contact Kelly 435-879-2277
4-6 p.m.

Grand Opening of NATURE'S GATE in WINDSOR'S NURSERY 3796 North 3386 East Kimberly Road,
Kimberly, Idaho - Saturday, November 1, 2003 Vickie will be there all day answering questions and
meeting people.

November 3rd Consultations in Malta, Idaho 10-? Contact Risa 208-645-2336

November 4-6 Consultations in Twin Falls, Idaho 9 a.m.-5 p.m. Contact Connie (208) 734-3711

November 4, Consultations in Shoshone, Idaho 6-9 p.m. Contact Carmen (208)886-2708

November 5 & 6, Consultations in Dietrich, Idaho 7-9 p.m. Contact Dixie (208) 544-2345

November 20, Lecture on *Controlling your Weight and Feeling Great* at SUNSHINE NUTRITION 111 W.
535 S. Cedar City, Utah 7:00 p.m.