



The Body ReNEWS

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Volume 15 Issue 7

July 2021

What's new in the Body Renew store?



Pro Pet Powder is a supplement for dogs and cats that consists of nutrients and food grade Diatomaceous Earth (DE). DE is full of silica and is anti-parasitic. Included in this formula are healthy probiotics, digestive enzymes, yeast culture, chelated trace minerals and multi vitamins.

A large breed dog would need 1 tablespoon (sprinkled over food) each day so one container would last 4 months - if you have a Labrador, for example.

Finally – a safe, environ-mentally friendly cleaner for disposals, drains and pipes. **DisposALL** contains 100% biodegradable, non-toxic ingredients. This is the perfect product for those who prefer healthy household cleaners.

You can use DisposALL to reduce backup by unclogging drains. It makes sense to safeguard your most valuable investment with preventive maintenance. Reducing your family's exposure to toxins in the water makes even more sense.

Weekly use will sharpen blades, clean and degrease traps and freshen the plumbing by removing rotten debris.



Essential Oil Immune Boosting Blend

Cinnamon
Clove
Eucalyptus
Rosemary
Orange
Lemon

Place equal amounts (2 drops each suggested) of each oil in distilled water: diffuse and enjoy.

Place equal amounts (1 drop each suggested) in a carrier oil for topical use.

Place equal amounts in FCO (fractionated coconut oil) and fill a roller ball for easy application.

As a reminder: if you have received ANY vaccinations, please allow 2 weeks before scheduling an appointment. If you need to pick up supplements, please call the office for assistance.

THANK YOU
for your patronage.
We appreciate your
business.

How Resilient Are You? and do you want to change that?

Dr Richard Davidson, a ground-breaking neuroscientist, has identified dimensions of emotional coping styles. One's resilience is seen in how easily a person can adapt to change or setbacks.

Are you a "fast to recover" person? Is your response to an emotional challenge:

- to shake off setbacks
- to muster the strength to forge on
- to recover quickly from an argument
- to bounce back easily
- renewed energy and determination



These people show strong activation of the left prefrontal cortex and a strong connection to the amygdala. A very high resilience can dull one's emotional responses to people. To reconnect with people/emotion, try to focus intently on the emotion or pain associated with a setback, pray, remain at the site of the event, develop empathy for the feelings of another person or journal another's suffering.

Are you a "slow to recover" person? If you experience an emotional challenge do you:

- become depressed or resigned
- remain shaken after an event
- remain upset all day after an argument
- feel helpless or stuck

Slow to recover folks have weaker signals traveling from the prefrontal cortex to the amygdala. Extremely low resilience can cripple one's life. Suggestions for increasing resilience are practicing structured thinking or prayer (to capture spiraling thoughts), breathing exercises, cognitive reappraisal training (mentally reframe adversity) and leaving the location of an unpleasant event.

There are vast differences in how long emotional recovery lasts. In general, someone who recovers quickly from small setbacks will recover more quickly from serious setbacks. Because of brain plasticity (pliability), we have the ability to affect our responses.



Tick season is upon us

Always inspect family members and pets after being outside. It is important to remove a tick as soon as you find it. According to Dr Jay Davidson (creator of the Chronic Lyme Summit), the best way to remove a tick is by gently turning it sideways (so the barbs are no longer anchored) and pulling it straight out with a tick tool or tweezers. Never irritate the tick with heat, essential oils... because that will cause the tick to regurgitate toxins into your body.

The co-infections (microbes) most commonly associated with Lyme disease are Borrelia, Mycoplasma, Ehrlichia, Bartonella, Anaplasma, Rickettsia Babesia and Chlamydia.

Did you know MANY illnesses are associated with low stomach acid production? This is just a partial list:

Acne rosacea	Addison's disease
Allergic reactions	Celiac disease
Childhood asthma	Eczema (severe)
Grave's disease	Lupus erythematosus
Macular degeneration	Multiple sclerosis
Myasthenia gravis	Osteoporosis
Pernicious anemia	Reynaud's syndrome
Rheumatoid arthritis	Scleroderma
Ulcerative colitis	Vitiligo

Stomach acid is critical for nutrient absorption and the destruction of harmful pathogens: it may be especially important to people with health challenges. Enjoy your summer picnics, but don't forget the digestive enzymes!