

Healing Naturally without ObamaCare



*Brought to you by
Shepherdess Celeste
Shepherds Heart Farm
Condon, MT*

Coming to you from an organic farm in the Rocky Mountains comes Flock of Goats Preparedness with Shepherdess Celeste. Shepherdess Celeste stares down global issues that prevent you from mindful living.

Are you frustrated with an over-processed lifestyle?

Are you ready for abundance?

Do you long for simpler days?

This week we will discuss your options instead of running to a physician, emergency room, or pharmacy!

Good evening. I am Shepherdess Celeste and I am thankful that you could join tonight for the Flock of Goats Preparedness Radio Show. I am broadcasting to you live from my Rocky Mountain log cabin retreat, next to a crackling fire with my Golden Retriever, the Moshe, at my side.

Flock of Goats Preparedness is an interactive show (once again with the caveat that I begin to learn how to multi-task my radio studio) I would love for you to call in this evening as I will learn as much from you my listener's, as you will from me. The Call-in Line to listen is (646) 668-8952, if you have question and wish to go on the show Press #1, this indicates you want to speak.

*For Educational Purposes Only:
Not for medical advice, diagnosis, or treatment*

News

HHS is collaborating with other PPP on Drug Pricing including incentives for new drugs and significant price increases for-old drugs.

Congress has 1 week to preserve state GMO labeling laws. Options are high-tech-code that does not tell consumers the product is GMO

Contaminated store milk can cause Parkinson's Disease.

Seen the Ketchup n Fries plant? Below ground it grows potatoes and above ground, it

Favorite seed catalogs for 2016! Baker Creek, Annies, Pinetree, Territorial Seed, Mt. Rose, ChiliPlants, Bountiful Gardens, & Horizon Herbs, Irish Eyes

Crazy holidays! This month eat grounding foods for calm. Protein, minerals, root veggies, red color foods. Deanna Minich

Fresh eggs? Fill a bowl with water. If eggs lay on the bottom they are fresh. If they float/upright they are not.

Why learn the art of healing?

To heal in ancient languages comes from the shining beauty of balance and harmony. To often these days we are not in balance, not grounded.

Healing is comprised of letters from light and mouth. If ones wishes to be healed he should fill his mouth with Godly light, the Word of God.

Purity, clarity, and cleanliness annual the forces of disease. And that is what illness is, merely a force that can be changed.

In Hebrew the word to heal has the same letters as harp and to make music.

We are exposed to sickness and accidents so that we understand the world and its true nature and not be hidden from us. Lest we be lulled into a false sense of security, and be dominated by our baser instincts and become as unintelligent and senseless beasts. The Psalms 32:9 talks of this when it says, "Don't be like a horse or mule, without understanding".

Remember your body is a house surrounded by light, the result of health. People can see it in your eyes, the windows of the soul.

- Empower yourself for real healing!
- You do not need Western Medicine to be healthy!
- Learn skills that can save your life!
- Different strokes for different folks!
- Bless yourself with freedom from:
 - BigPharma
 - High Prices
 - Physician Intrusion and mandates
 - Government Intrusion and mandates
- Tailor you healing customized for YOU!
- Healing remedies that endure societal collapse
- Enjoy remedies that work and do not harm!
- Physicians will soon be in short supply due to ObamaCare

May your browsing be healing!

What options do I have?

The good news: you have many choices!



Folk Remedies



Herbal Remedies



Essential Oils



Homeopathic Remedies



Flower Essences



Chinese Medicine

Ayurvedic Remedies



Vitamins & Minerals & Nutrition



Food & Spices

Essential Oils



- Essential oils are oils extracted from aromatic essences of **plants**, trees, **fruit**, **flowers**, **herbs** or **spices**
- A single essential oil can be made up of many complex chemical components
- Essential oils are described by constituents, actions, or properties
- Essential oils have power as medicinal and aromatherapy
- Essential oils each have a frequency that impacts your body
- Essential oils can work individually or as a blend
- Store essential oils in dark glass away from sunlight and heat
- Essential oils can work:
 - Pharmacologically (like medicine)
 - Physiologically (impacting specific conditions or organs)
 - Psychologically (can enhance happiness, sedation, etc..)
- Few to no side-effects
- Generally last about 2 hours and as quickly as 15 seconds
- Some oils are adaptogens and will do whatever your body needs!
- Essential Oils permeate your skin, the largest organ of your body



- Always check if an oil can be used during pregnancy, and with conditions such as epilepsy or allergies
- Do not use near eyes
- Keep away from children
- Only pure oils can be taken internally
- Keep away from children unless you supervise
- If your condition does not improve or worsens consult a qualified doctor

Herbal Remedies



Comfrey

Herbalism is using the use of plants for medicinal purposes

Herbalism is the oldest form of medicine

Herbalism dates back thousands of years

Pharmaceutical companies try to copy "Mother Nature" *and fail*

Tenets of Herbalism

- The whole plant is better than isolated extracts
- Treat a person holistically
- Strengthen body to heal itself
- Practice minimum effective treatment, minimum treatment
- Herbalism must be practiced responsibly and with knowledge

Herbs

- Safe
- Cheap
- More natural
- Have less side effects
- Sustainable
- Herbs are the perfect home care for everyday first-aid, ailments, chronic conditions, strengthening the body, and preventative care

100 years ago when people had an ailment they wild-crafted or went to their gardens

The beauty of herbalism is that you can practice the art of caring through collecting, processing, and dispensing herbal:

Hand and foot baths (biblical)

Skin washes & Rubs

Inhalations

Massages (usually with oils)

Eye baths

Compresses & Poultices

Fomentations

Tinctures & Decotions

Infusions & Ointments

Pills & Powders



- Invest in a library of herbal guides and medicines
- Wild-craft your own at the right time, right season
- Use simple remedies, more is not always better
- Make as recommended
- Take as recommended
- Monitor progress and if you do not improve, stop
- Seek professional advise if in doubt
- Consider the whole person
- Know what you are taking and when you took it

Rediscover herbs!

Get to know an herb today!

Folk Remedies



Folk medicine is your traditional beliefs, practices, and materials that you or your family have used to maintain health, cope with disease, outside 'professional help'

Folk medicine is your history, traditions, life-style

The first step is to realize that through manipulation and incrementalization you have been conditioned to become increasingly dependent upon a 'system' outside yourself.

Technology vs the miraculous

Physicians vs spiritual and natural healing

Prescription drugs vs herbalism and alternative healing

Store preparations vs fresh grown or wild-crafted remedies

Drugs never cure, but masks symptoms for maximum profit

Soon you will be able to afford medical care/learn now what to do

You have lost the skill on how your body works

You are complex! Your healing must consider: personality, lifestyle, emotions, spirituality, and the physical body

You need to understand how various situations, different treatments, various substances work in your body

Discover the power of being in control of your own health!



Ear Candles

Home remedies:

Listen to your body

Handed down generation to generation (today buy books)

When illness strikes treat yourself first

Gather and prepare medicinal plants

Seek advice from those more experienced

If that fails seek a 'healer'



- Prevention is key
- Eat healthy, eat your medicine. You can do it!
- Nourish your body and it will be good to you. (junk food=sick)
- Exercise
- Avoid toxins in food, air, water
- Pray or meditate
- Discover the benefits of plants
- Avoid stress
- Avoid immunization

Even if you must result to consulting a physician folk remedies can be applied within the framework of Western Medicine.

Folk Remedies

Slow, but sure. It took time to get sick, it takes time to heal.

Anyone can benefit!

Any disorder you have can be treated by folk remedy

Herbals are strong medicine. They can be toxic

The fresher the her the better

Return to a the Old Ways... Tradition!

Homeopathic Remedies



Homeopathy works by treating the whole person, mind & body

Homeopathy is based upon the principle that "like cures like"
(The treatment is similar to the substance to the illness helped)

- Hippocrates, "The Father of Medicine" understood this principle
- Homeopathy is 200 years old with startling successes
- Homeopathy is based upon your body's reaction to disease is as important as diagnosis and cure!
- Homeopathy is symptom-based, symptoms are not suppressed
- Homeopathic remedies are made from: animal, vegetable, or mineral sources. Some might be considered poisonous!
- Remedies are stored in dark, cool, glass. Shelf-life-unlimited

Homeopathy works on the principle of stimulating your body's defense mechanism by treating with a minute dose of a substance that produces similar symptoms as that of the illness. Sounds odd but it works! Hence its name *homio*-like, pathos-suffering

The homeopathic remedy might be considered toxic but it is used in such minute amount that it actually provides a cure. By diluting the substance " known as 'succussed' (vibration) the 'energy' of the substance is released into a new healing 'potencialized dilution'

- Making remedies is a precise science
- How it works is still a mystery. One theory is that it creates triggers an electromagnetic imprint
- Remedies are the 'dilution' put onto a sugar pill
- It is thought that there are 12 Tissue Salts necessary for human health

Homeopathy is safe for everyone including pregnant women and babies!



- A remedy starts healing from the top of the body and works downward
- It starts from within the body, working-outward, and from major to minor organs
- Symptoms clear up in reverse order to their manner of appearance
- Use 6c for chronic conditions
- Use 30c for acute illnesses

Overdose is not a problem with homeopathic remedies



- Take only one remedy at a time
- Do not touch remedies, empty them into a spoon and put under your tongue
- Take in a clean mouth at least 30 minutes after meals.
- Avoid: alcoholic beverages, smoking, coffee, spicy or minty foods while taking remedies
- Store in a cool, dark place
- Remedies can treat: Physical, Emotional and Mental

Begin your healing remedy journey this week!

Ayurvedic Remedies



Ayurveda is a holistic medicine including mind, body and spirit

Ayurveda is a traditional system of medicine practiced in India

Ayurveda means "science" or "wisdom" of life which includes medicine, philosophy, science, spirituality, astrology, and astronomy and focuses on teachings of Buddha

Ayurveda has been practiced for 3000 years

The foundation of Ayurveda is universal 'energy' or 'prana'. The universe, world, environment, circumstances, diet, lifestyle is all based on energy.

- Energy can be positive or negative which controls our cells
- Ayurvedic depends upon a qualified diagnosis by a professional

Ayurvedic is based upon an eight-fold path:

Right understanding

Right concentration

Right livelihood

Right mindfulness

Right action

Right thought

Right effort

Right speaking

Ayurvedic believes disease is caused from external forces including: planetary, acts of god, fire and accidents, harmful gas, poison and toxin and evil spirits.

Ayurvedic believes you do not need to understand their philosophy but just have an 'open mind' and that you want to be healed

The Three Doshas

- Vatha is a driving force mainly related to nervous system and body energy
- Pitta is Fire, relates to metabolism, digestion, enzymes, acid and bile
- Kapha is related to Water, in mucous membranes, phlegm, moisture, fat, lymphatic system

One must balance the three doshas with diet, spiritual, elimination, spiritual and emotional health. Good health requires balance, such as: Heat-cold, Wet-dry

Ayurvedic focuses on proper waste elimination and balance of the Seven Tissues (doshas):

Plasma

Blood

Muscle

Fat

Bone

Marrow and nerves

Reproductive Tissues

Ayurvedic can treat most common illness and disease

Detoxify

Herbs and Minerals

Prayer and breathing

Psychotherapy

I am unfamiliar with this type of healing and may not have presented it adequately. Sorry, I am not interested.

Flower Essences



Flower essences or flower remedies are used to harmonize the body, mind, and spirit

Essences of flowers are said to contain the life-force of flowers used to make them

Flower essences 'vibrationally' on a mental and emotional level to relieve negative feelings and encourage the healing process and balance body energy

- Floral essence is perfect for home use and are easy to make!
- Essences are created by collecting morning dew collected from flower petals, flower water and preserved in alcohol and is said to imbue healing properties.
- Flower essence work by stimulating your immune system
- Those using floral essences believe they work because they impart an energy imprint from the plant from which it was made
- Floral essence was created by Dr. Bach during WWI
- Commercial Floral Essences are known as Bach Flower Remedies
- Essences address emotional self, unlocking repression, liberates negativity, and encourages well-being
- 38 Floral Essences address negative emotions and to impart: peace, hope, joy, faith, certainty, wisdom, and love

NOTICE

Floral essences can help you!

Preventative remedy when you are out of balance

During times of crisis

Treat emotional outlook produced by illness

Address recurring emotion/behaviors

Strength during emotional setbacks

- Floral Essences work quickly
- Remedies last one week
- Remedies are not addictive or dangerous
- Ideal for pregnant women, children, plants, animals, and plants
- Mix up to 6 florals per essence
- Successful treatment depends upon accurate diagnosis
- Evaluate the person or animal to be treated
- Ask yourself questions (and be real) about your feelings

If a person is alcohol intolerant or an alcoholic you can put drops into a cup of boiling water, let cool, the alcohol will evaporate

Making successful floral remedies depends upon:

Correct floral identification

Correct preparation, touch very little

Collected on the right day, picked between 9-noon

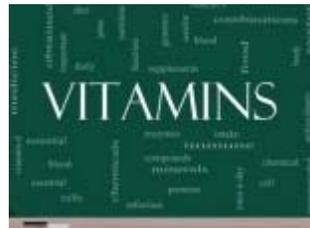
On that day

Proper labeling

You will need: amber bottles with dropper, glass bowls, brandy, label, sauce-pan w/lid, and pure water

Floral Essences are a delightful way to compliment other alternative medicine options

Vitamins, Minerals, Nutrition



- You need to understand the role of vitamins, minerals, micro-nutrients, compounds, and elements and their role in your body
- Amino acids, fiber, enzymes, and lipids are critical to life
- Manipulating nutrition you can ensure good health and address illness and prevent illness and degenerating effects of aging
- Supplementation and healthy diet nourish your body

Vitamins are organic nutrients essential to regulate chemical processes that go on in the body. Vitamins are in your food

Minerals are inorganic chemical elements which are necessary for biochemical and physiological processes. 100 mg or more is called a mineral, 100 mg or less is called a trace mineral

Amino Acids is any compound that contains an amino acid chain in acidic function. 20 amino acids are the building blocks of life (protein) involved in biologic processes and neurotransmission.

Lipids are healthy 'fats'. These good 'fats' unclog arteries, retard aging, Discourage heart disease, and cholesterol.



- Supplements DO NOT take the place of food
- People who smoke or drink additional supplementation
- The best time to take supplements is on an full stomach
- Time release formulas need food to slowly release
- Take supplements evenly throughout the day
- Children need a lower dose of supplementation than adults
- Supplementation changes during pregnancy. NO Vitamin A
- If you do not respond to your personal supplementation consider consultation with a nutritionalist or physician

Vitamins and Minerals come in:

Powders

Capsules

Liquids

Tablets

Bio-available supplement are the most body friendly

Anti-oxidants go after the free-radicals that cause damage and illness

Vitamins, minerals, and other supplements can always help!

Chinese Medicine



Chinese medicine is an ancient system of healing including acupuncture and herbal medicine. It is based upon the philosophy of "in harmony" and "out of harmony".

Chinese medicine tries to restore balance in an ill person and releasing blocked energy.

Chinese medicine classifies disease by being caused by: Wind, Heat, Dampness, Cold

Chinese medicine takes into consideration physiological and psychological symptoms

Chinese medicine is based on philosophy of yin-yang. Dual forces between nature and human beings. Yin is more prevalent at night

Chinese medicine also believe that every living being sustained by Life Force called 'qi' pronounced 'chi'. They believe qi comes from influences from Heaven and Earth. It has an 'element of the divine which separates us from animals.' People are both with a certain amount of Qi. We can deplete Qi but not add to it. Qi permeates the entire body. The Chinese believe that Qi is stored in the kidneys.

Qi is based on a body matrix (grid) with meridians and organs that provide an energy pathway

There are 12 main meridians:

Heart Kidneys Liver Stomach Spleen Lungs
Intestine Vessels Bladder Pericardium Gall Bladder

Qi is based upon symptoms

Treatments include Chinese herbal:

Decoctions

Powders

Tinctures

Pills and capsules

Syrups

Plasters

Pressures

Plants can be:

Leaf

Flower

Fruit

Bark

Mineral

Root

The taste of an herb determines by the taste of the herb

Those using Chinese medicine need to be careful when pregnant, children, liver or kidney problems.

If you have a reaction to any treatment **STOP**

Remedies can contain animal products (not vegan)

Food and Spices



Plan an Intelligent Diet!

Grow you own! Home-grown, organic, heirloom, foods with no additives.

- Eliminate all processed foods.
- Eliminate all GMO's
- Limit sugar and wheat
- Use grass-fed, organic, animals preferably not vaccinated
- Drink raw milk. Avoid new milk adulterants-drugs, hormones, Aspartame, GMO and more....
- Eat fermented foods! They heal your gut, providing you with good health

All real food that has not been over-processed has medicinal qualities!

All spices & herbs have medicinal qualities! Food can cure what ails you!

Processed foods, especially those with no calories, are not food!

Food is a natural or manufactured product, solid or liquid, that contains one more of the nutrients that humans or animals require for the development of vital function.

What can foods do?

Vegetables can provide antioxidants, phytochemicals, diuretic, astringent, antiseptic, hepatic toner, mineral restorer, hypolipdemic, anti-cancer, digestive, laxative, antiemetic

Fruits stimulate the senses, detoxifies, regulates, prevents cancer, antioxidant, promote good heart health, energizer, fiber, organic acid

Nuts provide calories, fat, protein, provides minerals, vitamins, trace elements, phytochemicals

Cereals and grains provide digestive carbohydrates, fiber, some protein, Vitamin B's and folate, minerals and trace minerals, phytoelements, satiety, reduce cancer risk, prevent diabetes,

Legumes provide protein, amino acids, Vitamin B's, minerals, economical, reduce diabetes, cholesterol, avoid hypertension, combat iron deficiency, low risk of gall stones, reduce colon cancer

Olive oil and coconut oils are medicinal! Reduces blood clots, controls cholesterol, reduces breast cancer, protects the liver, promotes regularity

Milk protein and fats, vitamins and minerals

Eggs-Protein, fat, sugar, minerals, vitamins, trace elements

Fish-Protein, fat, salt, minerals and vitamins

Meat-Protein, fat, minerals.....

Good Health Begins with your diet! Eat well, Stay well

Questions??????

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