



## A Healthy Horizon Newsletter

*get well... stay well... live long, happy and healthy!*

<http://www.aHealthyHorizon.com> (406) 268-8480

Open Tuesday-Friday Hours: 9:00 am-5:30 pm



## July's Topic: Natural Body Care

**Come check out these brochures on natural ways to care for your body:**

### Natural Hair and Body Care

- Learn the TOP TEN toxic chemicals found in products
- What does "NATURAL" mean?
- "NON-TOXIC" doesn't mean SAFE

### Oil Pulling Therapy

-Detoxifying and Healing the Whole Body Through Oral Cleansing



# Natural Products Available

At A Healthy Horizon, our focus is on non-toxic, natural body-care that's *GOOD* for you. Some items are even made in-house! We offer the following products that are non-toxic and healthy:

Click on the images below to learn more about these products.  
Visit us in store to learn about *many* more of the healthy body-care products we carry.

## Body



### **PitPowder**

Easy to apply and leaves no sticky feeling under the arms.  
Powered by essential oils!

## Dental



### **Activated Charcoal Toothpaste**

Refreshing tooth whitening paste includes non-abrasive charcoal for odor and stain removal.



### **Miracle II Moisturizing Miracle Soap**

"Nature's Miracle for the Face, Body, Hands and Hair!" Oils and emollients from healthy, cold-pressed oils and Vitamin E. Leaves your skin and hair soft and silky!



### **Banyan Botanicals Daily Swish for Oil Pulling**

- Removes toxins from the mouth
- Moisturizes the mouth
- Freshens breath

# Healthy Oils Used in Natural Skin Care



## Plant Therapy Argan Oil

A multi-functional product great for providing intensive moisture to your skin, hair, scalp and nail cuticles.



## Plant Therapy Rosehip Oil

This oil is great for skin in need of natural nourishment and renewal. Perfect for aging skin.



## Plant Therapy Jojoba Oil

With its high stability, invigorating scent and cosmetic versatility, jojoba is ideal for all skin and hair types.



## Plant Therapy Almond Oil

Almond oil is easily absorbed and won't clog pores, promoting clear, soft, healthy-looking skin. Ideal for the entire body.

Click for information  
on how to:  
[Cleanse your skin with  
Almond Oil](#)

[More Natural Skin Care](#)

# Ideas

Click on links below to learn how to:



- [Stop Dark Circles under your eyes with Arnica](#)
- [Improve your complexion with Ylang Ylang Oil](#)



## Additional Products to Bump Up Your Healthy Skin Routine



**Seven 7 Cream**

7 Cream assists in healing minor wounds such as cuts, scrapes, burns and minor skin irritations. It also moisturizes and relieves itching due to dry skin.

Made with 70% organic ingredients and contains NO parabens, mineral oil,



**Regeneplex**  
**by Standard Process**

Regeneplex is a clinically studied systemic skin health product that works from the inside out. This formula synergistically supports the body's natural tissue-healing processes associated with the normal effects of aging.

fragrances, lanolin or propylene glycol.



This body butter melts gently into your skin, leaving it silky soft and hydrated all day long. Perfect for all skin types, this luscious cream helps keep your skin glowing, looking smooth and healthy. Creamy shea makes this body butter especially nourishing and soothing for dry skin. Our unscented body butter can be customized by adding your favorite essential oil(s).



This serum, with the added benefits of hyaluronic acid, also helps promote an even, smooth complexion and helps with the appearance of fine lines and wrinkles. This luxurious serum helps keep your skin moisturized and radiant.

## Tropical Traditions Lotions, Creams, Soap, and Lip Balm



Organic Virgin Coconut Oil

Virgin Palm Oil

Hand-made

High quality organic essential oils from France.

No alcohol, artificial fragrance, or petroleum products.



HU Minerals



## SUPPORTS & PROMOTES HEALTHY AGING

Powerful antioxidant and free radical fighter. Contains a two-chain mineral molecule loaded with poly-phenols and electrolytes. A nutrient antioxidant that nourishes cells and body.

### EWG: Environmental Working Group

Download EWG's [Healthy Living app!](#) Toxicity ratings for more than 120,000 food and *personal care* products help you to choose less toxic items for your health! Scan a product, check its rating, and pick the better choice.

[EWG.ORG](http://EWG.ORG)



**Dietary Products Beneficial**  
**For Skin Health**  
**and more!**



### Great Lakes Collagen Hydrolysate

Collagen is a super support for your SKIN, nails, joint and gut. We love this brand because it comes from grass-fed cows and dissolves easily into liquids with having to 'bloom'.



### Now Protocol Pure MCT Oil

MCT oil has been known to help soften the skin and hair when taken internally *OR* applied topically. This brand is GMO free, and is sustainably sourced.

## Nourishing Cultures Kombucha



Nourishing Cultures  
Small Batch  
Kombucha  
Made with Love in  
Missoula, Montana

Have you tried our probiotic rich, fermented healthy soda alternative, yet?

If not, come on by!

Kombucha has been associated with the following health benefits:

- Stimulates the psyche
- Contains B-vitamins
- Strengthens the immune system
- Detoxifies the body
- Increases digestion efficiency.

We have several delicious rotating flavors weekly!

Find out more about Nourishing Cultures here:

Nourishing  
Cultures.com

## Recipes of the Month

Three recipes, great for all your summer plans.

Click below to view.



Sparkling Lemonade  
Fermented with a  
ginger bug for healthy  
gut bacteria.



Keto Ketchup  
Sugar free, healthy  
ingredients, delicious!



Keto BBQ Sauce  
Made with our Keto  
Ketchup, perfect for the  
grill!

These recipes (and MANY more) available  
on our recipe cards in-store.

## Natural Sweeteners

We have a wide variety of natural sweeteners to sweeten your iced tea  
or the above recipes of the month.



NOW Organic  
Better Stevia Liquids



NOW Organic  
Monk Fruit Extract  
Powder



NOW Coconut Sugar



**Check Out Our Sale Room!  
Add an extra 10% off from the  
sale room on Thursday's! Also  
if you spend a \$100.00 get a  
salt lamp for \$25.**

## July Sale Items

Save 10% on these items thru July!

### Badger Sunscreen Cream



### Collagen Endurance 10 Single Serving Box



# 4th of July Store Hours

Friday, July 2nd: 9 am- 2 pm

Monday, July 5th, OPEN at Noon- 5:30pm

Tuesday, July 6th: 9 am - 5:30 pm

Have a  
great  
Summer!

*In good health and love,  
Brittany, Cecilia, Donna, Jaedon, Jamie,  
Melissa & Polly*