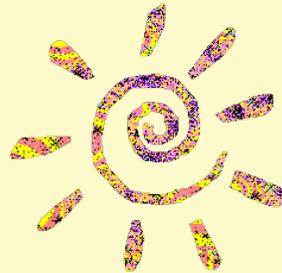




A Healthy Horizon Newsletter
get well... stay well... live long, happy and healthy!
<http://www.aHealthyHorizon.com> (406) 268-8480
Open Monday-Friday!
Call for Business Hours during June

It's June... Time to Celebrate Summer!
Time to enjoy some FUN in the SUN!



The sun is good for you!
Come check out our brochure on the sun!

Some Benefits of Sun Exposure:

Stress Relief/ Seasonal Depression/ Sleep

Studies have found that earth's natural beauty created by the sun produces a soothing feeling and a mental boost. Sun exposure increases serotonin levels naturally. Also, exposure to sun in the morning helps to enter sleep more easily at night.

Immune System Boost:

The cellular activity that is associated with sun exposure slows certain cancer cell growth and promotes anti-cancer effects. Good sun exposure provides a general boost to the immune system your body relies on to fight off less serious ills, like colds, flus, and other infections.

Reduced Inflammation:

Inflammation is a natural process the body uses to respond to threats like damage (eg., a stubbed toe) and pathogens (e.g., exposure to the flu). But when inflammation goes into overdrive, it's associated with a wide range of ills including autoimmune disorders, inflammatory bowel disease, depression, and cancer. Spending time in the sun and nature

may be one way to help keep it in check.

Vitamin D3 from the sun is beneficial:

- Slows certain cancer cell growth
- Provides protection against heart disease
- Helps with age-related high blood pressure
- Low concentration of Vitamin D often occurs in obesity
- Type 2 Diabetics have a lower rise in fasting blood sugar
- Open Drapes
- Add Mirrors to walls help light balance around the room



Natural Sunburn Prevention

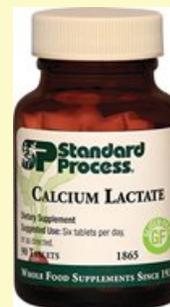
Two hours before sun exposure take:

- 4-6 tablets of both **Cataplex F** and **Calcium Lactate** (both by Standard Process).
- Consider taking 2-4 tabs/day of **Cataplex F** during summer.

[Click on images below to learn more about these products.](#)



Cataplex F



Calcium Lactate

Natural Sunscreens

Available at A Healthy Horizon!

Prevent sunburn with these sunscreens:



Badger Unscented Sunscreen with Zinc Oxide SPF 30.

A simple sunscreen, just 5 ingredients and no added fragrance.

***ACTIVE FORMULA!**

Water and sweat resistant for 40 minutes.

Unscented Sunscreen with Zinc Oxide SPF 30

Badger Kid Sport Sunscreen *Clear Zinc* SPF 40 Tangerine & Vanilla

- 98% organic base ingredients and ***Clear Zinc Oxide***. No oxybenzone.
- Non-whitening-starts out white, rubs in clear
- **ACTIVE FORMULA!** Water resistant to 80 minutes!



Kids Sport Sunscreen Clear Zinc SPF 40

Badger Baby Sunscreen *Clear Zinc* SPF 40

- Gentle and effective broad-spectrum protection with just 7 ingredients!
- Pediatrician tested and hypoallergenic.
- Safely blocks the sun's harmful rays with 22.5% pure, clear zinc oxide, considered by the FDA as



one of the safest active ingredients.

- Certified organic Sunflower oil makes for easy application.
- 40 minutes water-resistant.
- Reef friendly, biodegradable, and certified cruelty-free.
- Non-GMO certified by NSF to NSF Non-GMO True North.
- 98% organic.

Natural Sunburn Remedies

Immediately apply full-strength apple cider vinegar (Eden or Bragg's) and let dry. Then apply the following products sold at A Healthy Horizon, depending on severity:

MILD SUNBURN RELIEF



**Plant Therapy
Organic
Lavender
Hydrosol
(spray)**

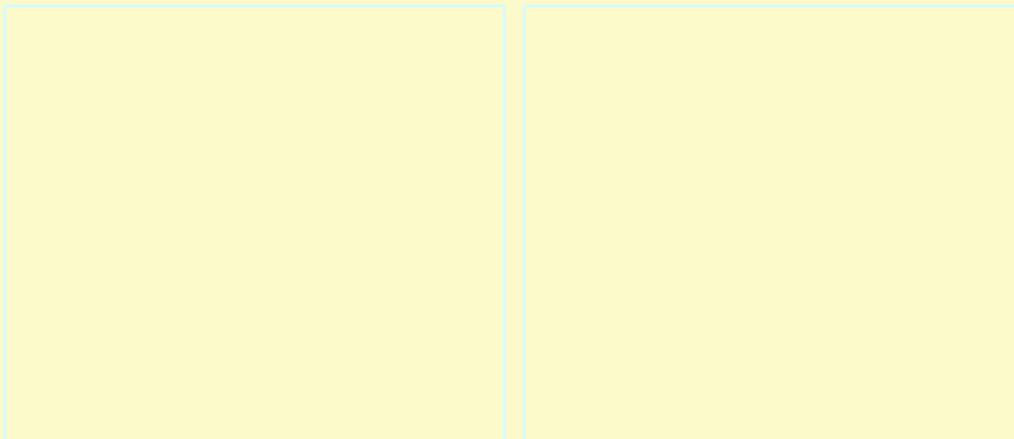


**Plant Therapy
Organic
Chamomile
(spray)**



**Tropical
Traditions
Coconut Oil
Moisturizing
Lotion -
Lavender**

MODERATE SUNBURN RELIEF



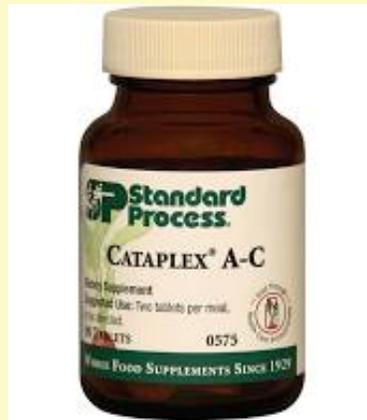


**Standard Process
USF Ointment**



Seven 7 Cream

Cataplex A-C



SEVERE SUNBURN RELIEF



Standard Process Chlorophyll Complex Ointment

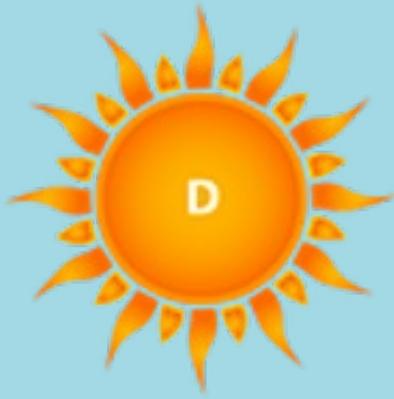
Be Safe in the Sun this Summer with These Helpful Websites

**Environmental
Working Group's
Sunscreen Guide**

Learn what to look for and avoid in sunscreen ingredients and products.

[**EWG Sun Sunscreen Guide**](#)





Dminder

Vitamin D tracking app. It uses GPS on your phone to compute the best time to get your vitamin D in your area.

[Dminder for Android](#)

[Dminder for iPhone or iPad](#)

Also try our NATURAL BUG SPRAY!



Naturally protect yourself from bug bites. Try our Natural Bug Spray made from pure essential oils! Repels mosquitoes, fleas and ticks.

[Safe for kids and pets!](#)

FEATURED ARTICLES

Come in and ask for our featured articles of the month:



[What Attracts Mosquitoes and How to Repel Them](#)

[Natural Hair and Body Care](#)



Nourishing Cultures Kombucha



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

Beat the heat with this cool and refreshing drink!

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! Mix flavors for a refreshing treat.

Find out more about Nourishing Cultures here:

Nourishing
Cultures.com

High Quality Hemp-Derived Products



Real Scientific Hemp Oil (RSHO)

- All-Natural, hemp derived, Organic CBD
- Hybrid Nano-Engineering Technology
- Cold-pressed oil using CO2 extraction
- No solvents or harmful chemicals
- Triple-tested for purity

RSHO is proud to offer the finest, most consistent, 100% natural hemp CBD oil in the world!



Elixinol

Another superior, all-natural CBD oil!

Rigorous double-testing assures there is no contamination, heavy metals, or pesticides in this oil. Testing also assures a unique terpene profile.

Elixinol also provides full transparency so you can be assured of what you're buying at any given time.

Learn more about RSHO here:

[RSHO.com](https://www.rsho.com)

Learn more about Elixinol here:

[Elixinol.com](https://www.elixinol.com)

Big Sky Extracts



At BSX, we strive to deliver products and services that are based on peer reviewed science. There are generally three different types of products that we produce here.

Winterized crude
Full Spectrum Distillate
CBD Isolate

bigskyextracts.com

[Stop by and check out our wide variety of CBD products!](#)
[Oral and topical option which are safe for kids and animals, too!](#)

Recipes of the Month

Click on the images below to view our featured recipes of the month. Homemade yummy samples are also here for you to try!



[Keto Pound Cake](#)



[Strawberry](#)



Chia Seed Jam

Fermented
Mustard

(recipe card available
in-store)

**"If we eat wrongly, no doctor can cure us;
if we eat rightly, no doctor is needed."**

-Victor G. Rocine

June Sale Items

Save 10% on these items thru June!



Now Almond Flour



Natural Bug Spray

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

