

## **Nail News from Kathi's Hands and Feet**

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I was reading Woman's Day magazine the other day and came across the following ideas.

**Chapped Lips:** honey & petroleum jelly (my opinion BAD idea) petroleum jelly is actually a bi-product of gasoline production and actually only moisturizes for a short time after which it actually dries out the skin even more. The honey part is great for your skin. That's why I use natural beeswax, from a local beekeeper. The wax is full of honeyquat, (concentrated sediment honey) in my lip balm and in my body butter. It moisturizes and keeps the skin supple and smooth for hours.

**Sore Throat:** gargle with ½ tsp salt in 8 oz warm water 3X daily. This will sooth inflamed tissues, loosen mucus and flushes out irritants like allergens and bacteria.

**Bad Breath:** Chew on a fresh sprig of parsley for a minute or two. Parsley contains chlorophyll which kills odor causing bacteria in the mouth and freshens the breath.

**Stomach Cramps:** Sip on a cup of chamomile tea. Chamomile contains glycine a chemical the decreases contractions in the lower intestine and also relieves muscle spasms in the stomach.