Father’s Day: “It’s a Guy Thing”

He helped you take your first steps … taught you that it’s okay to color outside the lines … removed your training wheels … cheered when you got first place in the science fair. He’s always been there for you. On June 21, celebrate having him in your life by giving him a special gift from Everything Natural.

Bring out his inner Ernest Hemingway with a Scala hat made of organic, naturally harvested raffia. $36.98 We’ve stocked a variety of sun-defiant toppers just in time for Father’s Day. (We even have some for moms!) For one-stop shopping, choose a greeting card and request our picture-perfect complimentary gift wrapping.

Make mom’s day, too, when you give him a place to set his drink. Our buyers found pottery by Kerry Brooks which may best be described as functional art. Rich colors are soothed by warmer ones, and the blended shades are highlighted by chips of fused glass. Smooth, clear glaze finishes the look. The collection also includes small to large platters, decorative pieces and bowls. $8.98–$76.95

In a retro mood, we put the ‘hip’ in ‘hippie.’ His car may have a GPS instead of flower decals, and he may listen to The Doors on an MP3 player instead of a scratchy turntable, but this look is timeless and fun. Tanks, tees and matching pieces for mom in adult sizes S–XL. $9.98–$24.98

Treat the special men in your life to an Everything Natural gift card. They can choose their favorite clothing, accessories, gardening supplies, household items, supplements, natural bath/body products, music, books, pet products, organic foods, and more.

Thanks to Dr. Michael Murray for a Memorable Presentation
Sincere thanks to Dr. Michael Murray for an enjoyable, informative talk. The author of more than 30 books on health-related topics, Dr. Murray is the director of product development for Natural Factors. His presentation was based on his latest book, What the Drug Companies Won’t Tell You and Your Doctor Doesn’t Know, which is being released this month. Order your copy at Everything Natural today. See page 3 for more information on products recommended by Dr. Murray.
**Babunya's Seasoning Demo • June 20, 11 am-3 pm**

Thrill your tastebuds with the unique flavor of Babunya's Gourmet Spice. Please join us to sample a variety of foods prepared with this local, century-old recipe. Babunya's Gourmet Spice may be used with all types of foods, including eggs, stir-fry, soup, sandwiches, vegetables, meats and more. To learn more, please see the product description on page 3.

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**A Course in Miracles • Fridays, 4:30 pm**

Explore these extraordinary writings and learn how to clear away obstacles to peace. Newcomers are always welcome.

**BYOB (Bring Your Own BOSU) • Mondays and Wednesdays, 5 pm**

The BOSU Balance Trainer is one of the hottest fitness tools on the market today. Come to class and expect to improve your balance, core strength, cardiovascular strength, flexibility, and lean muscle mass. Bring your BOSU and a water bottle. Instructor: Kevin Rail, CPT. $10 per class; $70 for 8 weeks.

**Hatha Yoga • Mondays, 9:30 am & Thursdays, 9 am**

Performing the asanas (postures) reflect attitude, mindfulness, correct balance of action, strength/stamina, flexibility, alignment/form, and understanding of the mind (meditation). Props will be provided. Instructor: Nora Fox, RYT. $12 per class.

**Hatha Yoga, Svaroopa Style • Tuesdays, 9:30 am and 6 pm; and Saturdays, 10 am**

Yoga unravels the deep-seated layers of tension in your body and mind. This inner opening creates healing and personal transformation and gives you an experience of your own divine essence. Class includes guided relaxations, yoga breathing and poses. Instructor: Barbara Cohen, RYT. $15 per class; $100 for 8 weeks.

**Pomp and Circumstance Drum Circle • Saturday, June 13, and Saturday, June 27, 1-4 pm**

Whether you’re banging the drum for the first time or keeping the beat, you’re welcome to join this informal group hosted by Drum Bard Ed Crawley. Bring your own instrument or borrow one of ours.

**M.O.M. (Moms on a Mission) • Monday, June 15, 6:30 pm**

Explore essential oils with Jess! (See her monthly column on page 4.) Everything Natural’s aromatherapy expert, Jess will tell you how essential oils can enhance your environment and well-being. With a “common scents” approach, she will demonstrate and provide recipes to use combinations of essential oils in your everyday life. New members are always welcome.

**Yoga for Beginners • Fridays beginning June 19, 10 am**

If you’ve been wanting to try yoga but may not be ready for an ongoing class, this is the class for you. We will begin by learning core poses designed to reliably release the spine. You will gain freedom from pain, increased flexibility, and feel younger. Guided meditation, yoga breathing and yoga philosophy are also included. Whether you’re looking for more serenity or you want to improve your golf game, yoga is the gentle solution. Registration is required. To register, call 498-7885. Instructor: Barbara Cohen, RYT. $75 for 6 weeks (Make-up classes available if you are away)

*No registration required for classes unless indicated. For more information, please visit www.everythingnaturalpa.com.*
Buzz-worthy Products Add Healthy Choices to Your (Reusable) Grocery Bag

Dr. Murray’s ‘Must-Have’ Products

Dr. Murray names three products: a multivitamin, fish oil, and enriching greens. Shown:

- Natural Factors MultiStart, available in four formulas to suit your needs (29.95-34.95)
- Natural Factors RxOmega-3 Factors pharmaceutical grade fish oil (60 softgels, 13.98; 120 softgels, 26.95)
- Natural Factors Enriching Greens, available in original- and blueberry-flavored capsules and concentrate (29.98-47.99)

Visit Everything Natural to see the entire line from Natural Factors.

Give Him the Gift of Better Health

In an article written for Country Living Magazine (Sept. 2002), the author and cheese expert stated, “Sheep’s milk cheese is the least familiar variety of the big three (i.e., sheep, goat, cow) throughout this country. It has been made for centuries by the Basques in Europe, but is only now finding an appreciative audience in America.” Your body will know the difference; your tastebuds won’t. Easily digested by people who have trouble with cow’s milk, sheep’s milk yogurt by Old Chatham Shepherding Company is loaded with probiotics and has nearly double the protein and 50% more calcium than traditional yogurts. Available in plain, blueberry and ginger. On sale during June!

What a Grill Wants: Veggie Burgers You’ll Flip For, Perfectly Seasoned with a Local Recipe

Make sure there’s sunshine at every cookout this summer: Sunshine Burgers, that is. These popular veggie burgers are available in four flavors: original, barbecue, garden herb, and Southwest. Box of 3, 4.19

For more than 100 years, the Kostiw family of Carbondale has used a secret spice recipe which was passed down through four generations, during which it was served to Jacqueline Kennedy Onassis. Named after the Ukrainian word for grandmother, Babunya’s Gourmet Spice is suitable for meats, soups, sandwiches—even popcorn! 4 oz., 4.99; 14 oz., 13.99

Fill glasses with refreshing iced tea in new flavors offered by The Republic of Tea. Our favorite is Ginger Peach. We also love Pomegranate Green and Acai Green. Each brew bag makes 1 quart. Pkg. of 5 bags, 3.99

Come in to browse our entire line of men’s health products.
The Story of Ginger
Ginger is a healing root native to Southeastern Asia that offers multiple benefits:

- **Anti-inflammatory properties:** Ginger contains very potent anti-inflammatory compounds called gingerols which are particularly helpful for people with osteoarthritis & rheumatoid arthritis.
- **Relief from motion sickness and morning sickness:** Ginger naturally treats nausea, vomiting, dizziness and cold sweats.
- **Intestinal health:** Use ginger to stimulate digestion, eliminate harmful bacteria in the digestive tract, and reduce intestinal inflammatory conditions.
- **Treats colds and flus:** Ginger is known to break up and expel mucus. Add some to your tea to ease respiratory issues.

To use ginger, peel the skin with a paring knife. It can then be sliced, minced, or julienned. Want to learn more about foods’ natural healing properties? Just ask!

### Scents and Scents’ Ability
**Aromatherapy with Jess**

For: Creating a special Father’s Day cologne

What:
- 4 ½ teaspoons vodka
- 2 teaspoons distilled water
- 30 drops of Dad’s favorite essential oils (experiment with bergamot, patchouli, clary sage, and a little bit of citrus)

How: Blend all oils and store in a tightly sealed, dark-colored container. Remember to shake often, as this will help the oils meld. After about two weeks, the scent should be developed and will most likely stay the same.

Good to know: This recipe makes a one-ounce bottle of cologne. Double the recipe or try a few different blends to let Dad see your creative side!

Source: [www.aromaweb.com](http://www.aromaweb.com)

### Stress Is Natural; So Is Help for Stress
**By Maria Ciuferri-Wansacz, N.D.**

Stress is a part of daily life. Sometimes the body becomes overwhelmed and anxiety and insomnia can occur. GABA (gamma-aminobutyric acid) is an inhibitory neurotransmitter that can help decrease the stress response in the body. Neurotransmitters are chemicals in the body that produce a response in the brain that can be either excitatory or inhibitory. When the body is stressed, many of the excitatory neurotransmitters take over, resulting in anxiety. The inhibitory neurotransmitters can become depleted in this process. GABA produces a calming effect in the body, but it needs to cross the blood-brain barrier to be effective. The PharmaGABA in the Natural Factors product can cross the blood-brain barrier and produce direct calming effects, which can help with insomnia and anxiety.

**Dr. Maria Ciuferri-Wansacz** is a licensed naturopathic doctor and acupuncturist who combines her knowledge of nutrition, herbal medicine, vitamins and mineral therapy to help patients achieve optimal health. She sees patients at Everything Natural on Wednesdays from 10-5. Please call 586.9684 for an appointment.

### Make Your Own Hand Sanitizer
Natural, alcohol-based hand sanitizer is a convenient way to cleanse your hands after making contact with public doorknobs, money, or other surfaces which are susceptible to contamination. Use this simple recipe to make your own all-natural hand sanitizer.

In a glass jar with a lid, mix ¼ cup Thayers witch hazel, ¼ cup Lily of the Desert aloe vera gel, 1 T Heritage vegetable glycerin, 1 T Bragg organic raw apple cider vinegar, and 10 drops of Thursday Plantation tea tree oil. Shake well. Dab a bit on your hands and rub it in!