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ALOE VERA BODY LOTION - GIVE YOUR SKIN A GLOW.

Cold months are around the corner. We will cover our skin for the next few months. Dry and itchy skin needs desperately some moisture. Aloe Vera and amaranth oil lotion is the solution -see recipe on page 3. It provides moisture, multiple minerals and vitamins, protects and nourishes our skin.

Health benefits of amaranth and amaranth oil:

-Amaranthus species were grown by the Aztecs 5,000 to 6,000 years ago. Both the grain amaranth and leaves are utilized for use for human as well as for animal food. Grain amaranth has higher protein than other cereal grains.

-Amaranth oil contains approximately 77% unsaturated fatty acids and is high in linoleic acid, which is necessary for human nutrition.

-Amaranth has high concentrations of omega-3 fatty acids. The ingredient which helps fight aging, protects against the sun, is anti-inflammatory, and helps hydrate your skin.

-The lipid fraction is unique due to the high squalene compounds. Squalene is a really important moisturizing agent for the skin. Human body stops producing it after the age of 25.

-Amarant is high in antioxidants which eliminates free radicals, helps to treat infections and reduces inflammation.

-Amarant is rich in vitamin E, which helps to tighten skin and smooth out wrinkles.

Benefits of Amaranth oil: High protein content, antioxidants, bone development, digestive health, cardiovascular health, vision, weight loss, hair health.

Usage:

Amaranth oil is naturally gluten free. It has a pleasant nutty taste. It pairs with any flavor. It can be used in smoothies, juices, teas, soups, and vinaigrettes. Amaranth oil can be added to meals when cooking and baking. Pairs well with ginger, quinoa, creamy flavors, herbs, tomatoes, avocado, meats, cinnamon and beans.



Health benefits of aloe vera:

Aloe vera gel is a staple in our medicinal cabinet. It provides relief for any cuts, scrapes and sooths sunburned skin.

It reduces skin inflammation bringing down redness and irritations.

It moisturizes dry and itchy skin

It has antibacterial, antifungal, and antioxidant properties



HAPPY THANKSGIVING!!!!

It is time to cook the dinner of the year. I hope everyone feels great, your skin is glowing, family and friends are around the table. It is time for a toast and celebrate that we are well and happy. I wish you all a fantastic, happy, fill with joy and laughter Thanksgiving.



Grain of the Month: Amaranth

Raw bread:

Ingredients

1 cup sunflower seeds

1 cup flex seeds

1 cup of amaranth flour (purchase amaranth flour or mix amaranth seeds)

Salt, pepper for taste

Directions:

Soak sunflower seeds and flex seeds overnight in separate containers. Next day strain sunflower seeds and add to the container with flex seeds. Add amaranth flour, salt and paper. Place everything in the processor and mix everything for a minute or two to break the seeds a bit. When the ingredients are thoroughly blended, form the loaf. Cut it into thin slices, place them on the dehydrator sheet until they are dry and crisp. It takes about 12 hours at 112F.

You can use it as crackers with dip, sandwiches or snack.



Aloe Vera, Amaranth Oil and Shea Butter Body Lotion

Ingredients:

½ cup of aloe vera gel

¼ cup of amaranth oil

¼ cup shea butter

5 drops of orange peel oil

Directions:

Melt shea butter: fill your cooking pot about ¼ with water. Bring it to a gentle boil. Place your measuring cup with shea butter in the hot water. Leave it until shea butter is melted. Peel aloe vera leaf, scrub the jell into container. Add amaranth oil, melted shea butter and orange oil. Mix everything well (I use my immersion blender). Place the mixture into container and use this lotion to moisturize your skin.

<https://herbsinmykitchenbook.com/recipes/>



Your skin will thank you!!!!



"The secret of happiness is variety,
but the secret of variety, like the
secret of all spices,

is knowing when to use it." –

Daniel Gilbert

RESOLUTION'S SOLUTION:

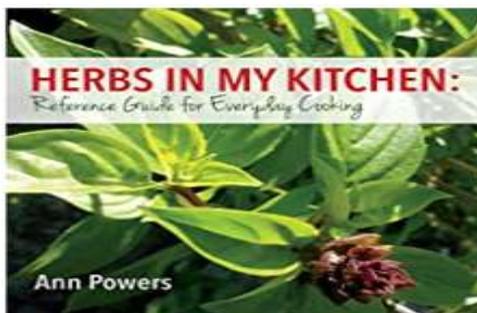
We are all guilty of making them on December 31st. Promises and pledges to be good, healthy, sleep better and exercise but on January 1st we already forgot about them.

"[Herbs in My Kitchen](#)" will guide you how to prepare your meal in hundreds of different ways using natural aromatic spices and herbs and keep up with the resolutions. Also, it will give you interesting facts about popular herbs and spices.

[How and when to use herbs and spices?](#) You are just click away to get answers to your questions. Click on the link below.

Bon Appetit!!!

<https://herbsinmykitchenbook.com/order/>



JOINTS PAIN RELIEF

Rheumatoid Arthritis causes a lot of pain, swelling, stiffness, and loss of physical function in hands, wrists, shoulders, knees, and feet.

Taking rheumatoid arthritis medication can cause even more serious side effects including: edema (swelling of the feet) heartburn, upset stomach, stomach ulcers, possibly increased risk of blood clots, heart attack, stroke cataracts, elevated blood fats and blood sugar levels, increased appetite and bone loss.

There is a solution: Joints Pain Relief!!!

100% Organic and Natural!!! This unique blend of organic oils and botanical extracts provides almost immediate relief from aches, pain and leads to increased flexibility and mobility of joints and tendons. Most importantly, **NO** side effects.

Apply a drop or two multiple times throughout the day. Use the drops as many times as you use hand lotion. For external use only.

<https://herbsinmykitchenbook.com/joint-pain-relief/>

