



Stay Resilient & Keep Your Immune System Strong

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*"These are my
"go to" remedies
that I travel with
and use at home
to help keep
myself, my family
and my friends
healthy and
whole."*

Tara Grodjesk

AYURVEDIC WISDOM Self-Massage Boosts the Immune System!

For those of you not already familiar with my good friend, Dr. John Douillard, he's an Ayurvedic physician who's been teaching and writing about Ayurveda for over 25 years. In 1996 he founded Life Spa, a natural health and Ayurvedic clinic and his website, Lifespa.com, is one of the top resources for natural health and Ayurvedic practices.

It's especially important, as we enter the winter season

each year, to give our immune system a kick start and keep it strong and vital. I want to share Dr. Douillard's recommendation that self-massage (called *abhyanga*) with sesame oil or a TARA dosha balancing oil, will help us do just that.

"Oiling the skin every day helps keep the skin microbiome healthy, which in turn supports our immunity and the function of the whole

(cont. on page 3)



Wellness Tips From Tara

Keep warm to boost immune response

Over 25 years ago, I introduced aromatic, moist heat therapy to the spa market with our Herbal-Ease™ Neck Pillows, Uni-Packs, Mitts and Booties. I am in awe of how many years they have remained our most popular home spa products and how much they have impacted the spa industry! Part of the success, I feel, is in my chai spice herbal recipe along with the durability of the fabrics we use. But the other key to their success is the comfort and warmth they deliver to help us relax and unwind each and every day!

Here's a key wellness tip that is so powerful today: moist heat therapy helps to boost white blood cell production and stimulate immune response. Our Herbal-Ease™ Uni-Pack is an incredible wellness tool that you can use at home each and every day to help support your immune system.

My night time ritual is to warm my Herbal-Ease™ Uni-Pack and Neck Pillow. I wear the Neck Pillow around my neck while I'm doing the dishes, at my computer or watching TV. I warm my bed with the Uni-Pack. The reason I call it a Uni-Pack is because it is "uni-versal" and can be used in many ways. The moist heat therapy helps warm my bones and takes the chill out. I put it on my tummy to relax and calm the nervous system and prepare for deep rest and a good night's sleep. I lay it across to ease my lower back and sometimes move it a little higher for the kidneys, because according to Chinese medicine, keeping the kidneys warm helps the body's resilience to cold.

If you haven't incorporated moist heat therapy into your own daily rituals, I invite you to try it. Herbal Ease™ moist heat therapy is one of the best self care tools to support your wellness home program.

Tara





Ayurvedic Wisdom to Boost Immunity

Self-Massage Boosts the Immune System! *(cont. from page 1)*

body. Basically, if the skin dries out and the skin microbiome weakens, so does our immunity, longevity and vitality. Protecting the skin in a natural way may turn out to be one of the most important health and longevity factors discovered to date."

By creating a calm environment, quieting the

mind and bringing loving awareness through your hands, you also encourage your body to produce more Oxytocin, a loving, giving, feel-good hormone which helps balance the immune system as well as other hormones.

For 5 reasons to add self-massage into your wellness routine and a step-by-step

protocol, visit Dr. Douillard's website at Lifespa.com.



TEA TO BALANCE



Taking the time to enjoy a warm cup of tea helps to calm and relax the body.

TARA Ayurvedic Teas are organic herbal teas based on the ancient healing science of Ayurveda that aid digestion, warm and soothe the body and help restore balance.

Good digestion is the key to optimal health.

Available in:

- **Vata** - calming and relaxing
- **Pitta** - soothing and comforting
- **Kapha** - warming and energizing

Support

Protect



SUPPORTING THE IMMUNE SYSTEM

Staying strong and resilient year round

Here are my recommended essentials for boosting the immune system to maintain a deep defense throughout the year.



THERAPEUTIC SPORTS BODY & MASSAGE OIL

An effective and versatile dual purpose, power packed blend. Massage utilizing Therapeutic Sports Oil can help reduce the effects of colds and flu by moving circulation and warming achy muscles and easing stiffness of joints. This blend also helps reduce inflammation and supports the upper respiratory system as a decongestant. For added benefits, use this oil in a shower or bath - combine with Immune Booster Bath Salts for an immune fortifying salt scrub.



IMMUNE BOOSTER BATH SALTS

Immune Booster Salts are a MUST HAVE preventative aid and are my top recommendation for fighting flu bugs. This salt formula contains immune-boosting organic herbal extracts, including: Echinacea and Bearberry, as well as anti-viral and anti-bacterial essential oils. Add to baths to stimulate circulation, promote perspiration and accelerate the body's natural immune responses. Inhalation of the essential oils in these salts also helps relieve bronchial and sinus congestion.

(cont. on page 5)



Supporting The Immune System *(cont. from page 4)*

EUCALYPTUS ESSENTIAL OIL

Inhalation of Eucalyptus essential oil helps to battle bacteria and ease respiratory congestion.

Findings published in the journal *BMC Immunology* suggest that Eucalyptus oil may also stimulate the innate immune system by enhancing the body's phagocytic response to pathogens.



TEA TREE ESSENTIAL OIL

Anti-fungal, anti-viral, anti-bacterial, Tea Tree essential oil can effectively act as your first line of defense against many common pathogens. Unlike most essential oils that share these properties, Tea Tree is considered an immune system stimulant rather than simply a support.



LEMONGRASS ESSENTIAL OIL

This strong citrus and highly radiant scent is antiseptic, anti-bacterial, anti-fungal and anti-inflammatory, and also helps to alleviate muscle aches and pains.



IMMUNE BOOSTING LIFESTYLE BASICS

SLEEP

It's the #1 natural way to boost the immune system.

LIQUIDS

Drink lots of water, sip warm ginger tea or an *Ayurvedic Dosha Balancing Tea* throughout the day to strengthen digestion. Avoid sodas and energy drinks.

STRESS REDUCTION

Incorporate meditation, yoga, Tai Chi and/or breath exercises into your daily regimen to calm the body and mind.





DIET & SUPPLEMENTS

To Strengthen The Immune System

GARLIC

Contains compounds that help the immune system fight germs. Eating garlic can boost the number of virus-fighting T-cells in your bloodstream, which is important because colds and the flu are caused by viruses. Nutrition scientists from the University of Florida reported in the journal *Clinical Nutrition* that taking aged garlic extract reduced the severity of cold and flu symptoms so that the symptoms went away faster in those who took the garlic extract than among those who did not. The scientists speculate that garlic extract works by boosting immune cell function.

ELDERBERRY SYRUP

For centuries the dark berries of European black elder (*Sambucus nigra* L.) have been traditionally used as a remedy for immune support. Full-spectrum black elderberry extract is rich in Flavonoid BioActives, which research has shown to have various bioactive effects, including: anti-viral, anti-inflammatory, cardioprotective, anti-diabetic, anti-cancer and anti-aging.

GINGER

Studies have shown that ginger stimulates the immune system to kill viruses, is very effective in keeping the body warm and helps break down the accumulation of toxins in the organs. Ayurveda incorporates ginger's ability to boost your immune system.

VITAMIN D3

Modulates the innate and adaptive immune responses. Deficiency in vitamin D is associated with increased autoimmunity as well as an increased susceptibility to infection.

PROBIOTICS

Live bacteria and yeasts that help support the digestive system and help keep the gut healthy. Having the right gut bacteria has been linked to numerous health benefits, including: enhanced immune function, weight loss, improved digestion, healthier skin and a reduced risk of many diseases. Probiotics are living microorganisms that boost health when consumed in adequate amounts. There are many different types, and you can obtain them from foods and/or supplements.



Healing Benefits of Cinnamon

Cinnamon is one of the most delicious and healthiest spices on the planet as well as one of the oldest spices known to man. It's loaded with antioxidants, is an anti-inflammatory, can lower blood sugar levels, reduce risk factors for heart disease, protect against cancer and, especially appropriate for this season, helps fight respiratory infections.

There are two types of cinnamon: Ceylon, which is referred to as the "true" cinnamon, and Caisia, which is the one commonly found in our markets. Because of the large amount of the compound "coumarin" found in the Caisia variety, it is not recommended to be taken in large doses.



Home Tips

Courtesy of Mercola.com, here are some of the benefits of **Cinnamon Leaf Essential Oil**. Because of its potency, it's recommended that whenever applied topically, it is blended with a carrier oil or lotion.

- Its germicidal properties make it an excellent disinfectant for cleaning appliances and all the surfaces in your home.
- For a mouthwash, add 1-2 drops of TARA'S **Organic Cinnamon Leaf Essential Oil** to water and gargle.
- In a diffuser, **Cinnamon Leaf Essential Oil** will ease chest congestion and bronchitis. For a mood elevator, combine 3 drops **Cinnamon Leaf Oil**, 3 drops **Bergamot** and 3 drop **Ylang Ylang**.
- Cinnamon is one of the "secret" ingredients in our **Bindi Ayurvedic Massage Oil**. Whether for self-massage or spa massage, it will ease muscular aches, help reduce stress and provide an energy boost. This unique ingredient also improves circulation, aids in removing blood impurities and helps fight viral infections, coughs and colds.

Healthy Options

Thanks to Health.com for these suggestions using **Ground Cinnamon**:

- Add a teaspoon of cinnamon to a filter with your ground coffee, or add to steamed milk along with some honey and cocoa powder for a delicious latte. Tea drinkers, enjoy a cup of **TARA Ayurveda Vata** or **Pitta Organic Tea**, both of which contain cinnamon.
- Sprinkle cinnamon on a bowl of warm oatmeal along with some chopped walnuts and maple syrup. For a low cal, fat busting treat, sprinkle cinnamon on slices of baked apple.
- For a throat soother and to calm a scratchy cough, soak cinnamon sticks in cold water for several hours, and then sip. A water soluble fiber in cinnamon called mucilage, coats and soothes the throat.
- Cinnamon is a featured herb in **TARA Herbal-Ease Uni Packs** and **Neck Pillows**. Heat the pillows and enjoy the warming and soothing benefits of moist heat therapy.

Immune Fortifying Spa Rituals



THERAPEUTIC BATH OR SHOWER

Add 2 Tbsp. **Immune Booster Bath Salts** to warm bath. Essential oils of **Eucalyptus, Rosemary, Peppermint and Tea Tree** enhance circulation, accelerate immune response and provide relief for bronchial and sinus congestion. In the shower, sprinkle 10 drops of **Eucalyptus Essential Oil** on the shower floor to create your own therapeutic steam bath. Breathe in for respiratory relief and to boost immunity.

DAILY IMMUNE BOOST

Blend the following essential oils into 2 oz. of **Unscented Lotion** or **Unscented Body & Massage Oil**: 10 drops **Tea Tree Essential Oil**, 4 drops **Eucalyptus Essential Oil** and 6 drops **Lemongrass Essential Oil**. Apply this blend to your whole body after shower or bath.

IMMUNE FORTIFYING SALT GLOW

Mix 4 Tbsp. **Immune Booster Bath Salts**, 2 Tbsp. **Therapeutic Sports Body & Massage Oil** and 2 Tbsp. water. In the shower, rub gently onto entire body to exfoliate skin surface, then rinse off. Helps prevent or reduce the effects of colds and flu and accompanying muscular aches and pains.

A WARM GOOD NIGHT

Place a warm **Herbal-Ease™ Uni-Pack** under the covers before getting into bed and on the feet after climbing in. Warm up other comforting **Herbal-Ease™ products (Neck Pillows, Mitts, Booties)** for instant warmth and relaxation. This moist heat therapy also assists circulation and production of white blood cells, giving immune system a boost.

AYURVEDIC WARM UP

Create warmth from the inside out with a cup of **Kapha Ayurvedic Tea** - recommended to reduce congestion, increase circulation and aid digestion.