

## How to Cope with Cold Winter Days

Many of us are wondering, “How am I going to get through these bitter cold days of winter?” There are many avenues of support to choose from. Awaken your body with a morning cleansing drink! Just blend a small piece of ginger root, half an organic lemon with peel, 1/10 tsp. clove and red pepper, 1 oz olive oil with 8 oz warm water. This drink will loosen stiff sore joints and warm extremities.

Spice up your life with warming foods. This easy to make Pumpkin Spice Soup takes only ten minutes prep time and 20 minutes to cook. Ingredients: 2 tbsp olive oil, 1 c. chopped onion, 2 large cloves garlic, 2 tsp. curry powder, 1 tsp cinnamon, 1\2 tsp. clove, 1\2 tsp. red pepper, ½ tsp. salt ¼ cup Braggs liquid amino acids, one 15oz can of pumpkin, one carton of almond milk and 2 c. water. Directions: Simmer olive oil, onion, garlic and spices for four minutes. Add Braggs liquid amino acids, water, pumpkin, and almond milk and bring to a boil. Reduce heat, simmer for 15 minutes, blend until smooth in blender, serve with a parsley garnish.

Warm up your body with a steaming Hot Stones Massage. With fragrant and warming essential oils of Cinnamon, Tea Tree, and Orange, this creamy mixture of Wright Touch Naturals organic Soothing Salve will thaw your soul, inspire your spirit, and uplift your body and mind. A Hot Stones Massage will also bring many health benefits. Some conditions with report improvement are muscular aches and pains, back pain, arthritis, and fibromyalgia. Through it’s calming of the adrenal cortex, Hot Stone Massage also helps relieve anxiety related insomnia and depression.

Soothe your skin with aromatherapy. Our Winter Warming Soothing Salve contains cinnamon for warming the muscles and improving blood circulation, tea tree for fighting viral infections, and orange for uplifting your spirits and brightening your day. And relax your mind with Wright Touch Naturals Winter Warming Tea. Organic German chamomile, cinnamon, orange, peppermint, and clove are carefully blended to a precise balance of flavours to perfectly sooth and warm the digestive system.

I hope you find beautiful ways to enjoy this time of year. Call or visit us on the web at [www.wrighttouchweb.com](http://www.wrighttouchweb.com).

Have a wonderful winter everyone,

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