



## **Welcome to Starr Harmonies**

**Health, Wellbeing & Inspiration Online - March 2010 Newsletter**

Well it has definately been a busy start to 2010 with many new and exciting things to come throughout out the year.

### **MARCH NEWS**

With Winter fast approaching it is also time to start preparing for the busy cold & flu season ahead. Natural remedies for example: Aromatherapy is always an easy and less toxic approach to caring for our bodies and wellbeing. Using natural methods such as these as both a preventative method and during our illnesses and as we return to full health can be extremely beneficial.

Remember we stock all of the winter Essential oils including Basil, Black Pepper, Eucalyptus, Lavender & Melissa. These oils are perfect for keeping those winter bugs at bay and the wonderfully warming and uplifting Cinnamon oil perfect for those cold winter nights. We also have a great range of Oil Burners to assist you with dispersing these wonderful fragrant natural healers throughout your home.



We will be introducing a range of Aromatherapy kits perfect for all of your health and relaxation needs, Wellbeing Gift Sets including Eastern Medicine body balms perfect for easing those aches & pains and some pamper packs to keep your mind and body in Optimum Health.



### **"Interesting Thought for the Month"**

I was recently sent an email from a very good friend of mine which contained some very interesting information which leading to our winter months may be a cheap and effective way to combat some of those winter bugs.

I did try one in my children's room a few weeks ago when a tummy bug came home from school and it did stop with the first two and didn't spread to anyone else as it normally would. Hence may be worth a try - It read like this:

In 1919 when the flu killed 40 million people there was this Doctor that visited the many farmers to see if he could help them combat the flu. Many of the farmers and their family had contracted it and many died. The doctor came upon this one farmer and to his surprise, everyone was very

healthy. When the doctor asked what the farmer was doing that was different the wife replied that she had placed an unpeeled onion in a dish in the rooms of the home, (probably only two rooms back then). The doctor couldn't believe it and asked if he could have one of the onions and place it under the microscope. She gave him one and when he did this, he did find the flu virus in the onion. It obviously absorbed the bacteria, therefore, keeping the family healthy.

Another story from a hairdresser in AZ. She said that several years ago many of her employees were coming down with the flu and so were many of her customers. The next year she placed several bowls with onions around in her shop. To her surprise, none of her staff got sick. It must work.. (And no, she is not in the onion business.)

The moral of the story is, buy some onions and place them in bowls around your home. If you work at a desk, place one or two in your office or under your desk or even on top somewhere. Try it and see what happens. We did it last year and we never got the flu.

If this helps you and your loved ones from getting sick, all the better. If you do get the flu, it just might be a mild case..

Whatever, what have you to lose? Just a few dollars on onions!!!!!!!!!!!!!!

Another mention from the article was that onions and garlic placed around the room saved many from the black plague years ago.

They have powerful antibacterial, antiseptic properties. One important thing to remember is that onions are a huge magnet for bacteria, especially uncooked so try to use smaller onions and do not store for further use. Always discard cut uncooked onions to reduce the risk of food poisoning :)

## NEW PRODUCTS FOR THE MONTH



Our New Products now in store include Our Stunning New "Exquisite Necklaces" range which are proving to be very popular. In our Giftware section we have added a stunning Set of 2 - Buddah Wall Plaques.



We have also added some wonderful New Additions to our Feng Shui range including Buddah Brass Bells & Figurines and in our Wiccan Jewels, Tools & Supplies Category some really Cute & Funky little Witchy keyrings.



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We now have our fan page on facebook up and going with a growing list of fans which is Fantastic 😊 - Click on the link below to see our fan page and become a Fan of Starr Harmonies!!!  
(PS: You may need to log in for complete access)



[Starr Harmonies](#) on Facebook

We hope you Enjoy our Newsletter and That you are all having a Wonderful Start to 2010 and we can't wait to see you again soon. Remember any suggestions, tips or ideas are always welcome - We want you to be a part of this wonderful journey too!!!

Thank You All Again & Warmest wishes,

Alana Starr

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[www.starrharmonies.com.au](http://www.starrharmonies.com.au)