



SPLASH! Splash-Holiday Health-Tips!

""Tis the Season! Discovering some of Nature's Best Gifts with Curative Properties!""

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SPLASH!

Welcome to the World of Holiday-Splash!

""Tis the Season!""

Splash is looking into unique whole foods & spices, from all over the world, which reports health benefits & a healing touch!

Discover the curative benefits of Cardamom, Ginger, Raw honey, Pure Maple syrup, Coconut Palm Sugar, & Dark Chocolate!!

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Just hitting the highlights, for you:

- CARDAMOM is an exotic plant, seed, pod, which is used in foods & drinks for it's unique benefits; It's known to be an antioxidant, prevents disease & promotes good health!
- GINGER is known to ease nausea, morning sickness, reduces inflammation, Esp., for joint pain!
- RAW HONEY has antibiotic properties & has documented healing the surface of the skin, along with other amazing reports!!

- MAPLE syrup is a natural, pure, sweet powerful antioxidant!
- COCONUT PALM SUGAR is delicious! And, it's a granulated sweetener, which reportedly enters the blood stream differently, slower, than refined sugars!
- DARK CHOCOLATE when consumed in moderation, is known to prevent heart disease, elevate mood & improves circulation, esp., to the skin, improving the complexion. Limit to `3 Ounces daily!

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NOTE: Splash encourages you to do your own research, on these organic wonders!

Plus!

All of these "items" are available locally, at a Grocer or a health food store!

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Splash-Gift-Idea!

"Great "Stocking-Stuffers!"

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Little doubt, this is part of Mother Nature's secrets!

Go get 'em!

Holly Fairfield