

## Favorite Things

Mishelle Knuteson

This time of year I have memories of hearing Julie Andrews singing “These are a few of my favorite things...” And a not so distant memory of watching the Oprah show where she literally shares with the audience her favorite things. Well, now you will be able to say I remember when Mishelle shared with me some of her favorite things in a newsletter. I wish I could literally have these things arrive on your doorstep, yet the next best is giving you a reference where to find them if you choose to give them a try. Thanks for letting me share!

1. The School of Natural Healing ~ I was a student before I started working for the school so no work bias. The school changed my life. I found the school just before my husband was laid off. My education became our “insurance”. I have been able to take care of my family’s needs as well as help others. I feel free and empowered by the education. I talk to many students who stop doing their first program because life gets in the way. Keep going!! The information you learn next may be just what you need to know for the next health challenge in your life and you will be so glad you persevered!!
2. Water distiller ~ I learned at the school the best water to drink is distilled and that is what I drink. I dislike the taste of public water. My husband laughs at me because when we travel by car I take all these containers of water. I prefer not to buy bottled if I don’t have to. I got a countertop distiller that works great and was a good price at <http://www.h2olabs.com/>
3. Coconut water ~ A local health food store carried this wonderful concentrated coconut water. The store closed down and I ran out of my supply. I searched and searched and finally got the number for the person who supplied the store with this amazing coconut water. He now has a website and sells this wonderful concentrate on a larger scale, here’s the site, no need for you to search. <http://pure4health.com/>
4. Kombucha ~ I enjoy drinking Kombucha so much, I now make my own brew. I love how this delicious drink is good for gut health and a healthy gut leads to better overall health. I now do a process called continuous brew and flavor my kombucha in many different ways. I really like adding that delicious coconut water with a splash of lime. I learned about the process from the Hannah Crum at <https://www.kombuchakamp.com/> She has also co-authored a great book called “The Big Book of Kombucha”.
5. Qi Gong ~ I have followed Lee Holden for years on PBS, VCR tapes, DVD’s and now live on the internet. QiGong is much like Tai Chi yet standing in one place. It is a relaxful, meditative practice. This is my everyday life stress reliever. I have an online subscription where I can watch and move along with a live class as well as a link to a 30 day challenge. This is doing 7 minutes of QiGong for 30 days and seeing what differences you notice in your life. Here are the links for both: Video Class Subscription - <https://www.holdenqigong.com> 30-Day Qi Gong Challenge - <https://7mins.holdenqigong.com/video-practice>



6. Silky Soy Lotion Moisture Bar ~ I live in the west where it is dry and that includes my feet and elbows. Beside working at the school, I have a Thai Yoga Therapy practice and I use my feet and elbows to work on people. I can't have them dry and scratchy. I found this moisture bar at the Mother Earth fairs. It works! This company mostly does candles yet they found how soft their hands were from making the candles and added this moisture bar to their products. <http://evergreennaturalworks.com/>
7. Pure Essential oils ~ I want good oils and I don't want to have to pay for people's downlines in the price of the product. Wholistic Botanicals, who makes the Dr. Christopher products, has a sister company that does essential oils with the same quality standards; so I know I'm getting a good therapeutic quality oil. You can purchase the oils from your rep at Wholistic 1-800-453-1406 or go straight to the website <http://healthfusionproducts.com/>
8. Semi-precious stones ~ Stones have a vibrational healing power. Everytime we go ATVing I come home with rocks. I have them in my office at work and all around my house. I also have an intuitive friend who makes beautiful jewelry from these amazing, healing, semi-precious stones. She just knows the right combinations. That is pretty much what I wear most of the time. You can take a look at some of her creation on her facebook page, angelic gem or <http://angelicgem.weebly.com/>

Bonus ~ For Women Only

Vaginal Moisturizer ~ Menopause can have it's challenges yet this amazing product works fast and can help alleviate at least one of those challenges. <http://a-ma-ta.com/>

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