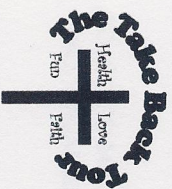


Conversion chart to make scaling up easier

MEASURING EQUIVALENTS	
1 TABLESPOON	3 TEASPOONS
1/8 CUP	2 TABLESPOONS
1/4 CUP	4 TABLESPOONS
1/3 CUP	5 TABLESPOONS
1/2 CUP	8 TABLESPOONS
2/3 CUP	10 TABLESPOONS
3/4 CUP	12 TABLESPOONS
1 CUP	16 TABLESPOONS
1 CUP	48 TEASPOONS
8 FLUID OUNCES	1 CUP
1 PINT	2 CUPS
1 QUART	2 PINTS
4 CUPS	1 QUART
1 GALLON	4 QUARTS
16 OUNCES	1 POUND



Take Back Your Health
Take Back the Love
Take Back the Fun
Take Back Your Faith
A Health Ministry of the Philadelphia 7th Day
Adventist Church, Burlington, NC

<http://www.thetakebacktour.com>



FAVORITE RECIPES & TIPS FROM THE NATURAL BEAUTY SECRETS OF THE BIBLE/ NATURAL SAFE HOME WORKSHOPS

Hosea 4:6

"My People are destroyed from lack of knowledge..."

BE INFORMED OF THE SAFE, NATURAL ALTERNATIVES TO SYNTHETIC COSMETICS AND
HEALTH DESTROYING HOUSEHOLD CLEANERS.

By Dr. Renee Lea-Curtie

DEFINITION OF BEAUTY:

-A DELIGHTFUL QUALITY ASSOCIATED WITH HARMONY OF FORM OR COLOR, EXCELLENCE OF CRAFTSMANSHIP, TRUTHFULNESS, ORIGINALITY, OR ANOTHER PROPERTY.

In the book by Michael Pollan In Defense of Food: An Eater's Manifesto he states "Don't get your fuel from the same place your car does." I would like to add my own quote in defense of the largest organ in the body-your skin.

"Don't get your cosmetics from the same substance your car does."

Sometimes avoiding petroleum base products seems difficult or expensive. However, God has provided an array of natural oils, spices and substances that are inexpensive, effective, antibacterial, safe and are not based on the same product that runs your car.

"Many times when we are sick, we pray to God for healing. Sometimes, the miracle of healing is the miracle of our obedience."

- Renee Lea-Currie, Ph.D.

We are surrounded by synthetic foods, clothes, containers, entertainment, sweeteners, cosmetics, and scents everyday. Let us be obedient to the laws of nature and listen to our bodies crying out for relief from the "FAKE" things in our lives. Experience the "miracle" of natural beauty and health.

Be amazed! Be beautiful!

Be radiant with joy and health!

POWDER LAUNDRY DETERGENT

1. Add ½ cup Borax or Oxyclean Free + 2 TBSP salt + 2 TBSP natural glycerin soap shavings (Kirk's or Dr Bronner's)
2. Wash as normal.
3. Use 1/3 to 1/2 cup per load.

EASY FRUITVEGGIE WASH 1

1. Add fruits or vegetables to equal amounts white vinegar and water.
2. Soak 5-10 minutes, then rinse with water.

RENEE'S FAVORITE FRUITVEGGIE WASH 2

1. Add 5 squirts of Seventh Generation unscented dishwashing liquid + 3/4 cup White distilled vinegar + 3/4 cup Water
2. Shake to mix. Soak and wash fruits/veggies for 5 minutes.
3. Rinse with water.

THREE-IN-ONE (TIO) CLEANER

1. Add 1/4 cup Seventh Generation dishwashing detergent-unscented or lemon or Dr. Bronner's castile soap
 2. Add 1 cup baking soda
 3. Add 1/2 cup salt
 4. Add 1/3 to 1/2 cup water
 5. Stir to mix well each time you use. You can scale up as needed for larger batches.
 6. Use 1/4 cup per large load
- 3 Uses
1. Use 1/4 cup to wash a full load of clothes. This batch = 8-10 loads.
 2. Use as needed to fill up your dishwasher
 3. Use as needed to clean the bathroom without scrubbing

WINDOW CLEANER

1. Add 3 TSP 70% isopropyl alcohol + 2 TSP water to a bottle
2. Add 3 TSP white vinegar + 1 drop of Seventh Generation dishwashing liquid
3. Mix and store in a travel size spray bottle. Use as you would any window cleaner

ROOM DEODORIZER & DISINFECTANT

1. Add some 70% alcohol to a spray bottle
2. Add a few drops of your favorite essential oil. Shake and spray.

BWV FABRIC SOFTENER

1. Add 1/2 cup baking soda to a bottle.
2. SLOWLY add 1/2 cup white vinegar
3. Add 3/4 cup water. This will foam and bubble over quickly so pour slowly. Use a funnel.
4. Add 2-4 drops of peppermint, orange or grapefruit for scent.
5. Tighten cap and shake to mix. Loosen cap to release pressure from the CO₂ gas from the reaction before tightening the cap again. Shake just before use. Add 1/2 cup to the final rinse cycle.

SELECT BIBLE VERSES RELATED TO NATURAL HEALTH & BEAUTY

Esther 2:12

Now when every maid's turn was come to go in to king Ahasuerus, after that she had been twelve months, according to the manner of the women, (for so were the days of their purifications accomplished, to wit, six months with oil of myrrh, and six months with sweet odours, and with other things for the purifying of the women,)

Jeremiah 29:11

For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future.

Psalms 51:7

Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow.

Exodus 30: 22-25

Then the LORD said to Moses, "Take the following fine spices: 500 shekels of liquid myrrh, half as much (that is, 250 shekels) of fragrant cinnamon, 250 shekels of fragrant calamus, 500 shekels of cassia—all according to the sanctuary shekel—and a hin of olive oil. Make these into a sacred anointing oil, a fragrant blend, the work of a perfumer. It will be the sacred anointing oil.

1 Peter 3:3-4

Your beauty should not come from outward adornment, such as elaborate hairstyles and the wearing of gold jewelry or fine clothes. Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight.

NATURAL HEALTH & BEAUTY SHOPPING LIST

Use these inexpensive products to create all the natural beauty and home remedies featured in the workshop. Experiment with your favorite real scents and be amazed at how great you will look and feel! All items can be found at Wal-Mart, Target, Walgreens or your local grocery store unless otherwise indicated.

Beauty Secrets From the Bible by Ginger Garrett

- The Holy Bible
- Honey, (raw or Grade A)
- Epsom salt
- Baking soda
- Extra virgin olive oil
- White distilled vinegar/apple cider vinegar
- Baking soda
- Cloves, ground and/or essential oil
- Liquid vegetable glycerin
- Aloe Vera gel-alcohol free
- Water (spring or purified)
- Beet powder*
- Milk of magnesia
- Coconut oil
- Coconut milk, canned.
- Powder goat's milk
- Table salt (cheapest brand available)
- Corn starch or arrowroot powder
- 70% isopropyl alcohol ** (in the first aid section)
- Wooden popsicle sticks (for stirring)
- Tom's of Maine, Clearly Natural, Ology or Kirk's castile bar soap
- Dr. Bronner's liquid castile soap, unscented or peppermint
- Other carrier oils:
 - Safflower oil, olive oil, and Grapeseed oil (grocery store cooking oil section), Sweet almond oil***, Jojoba oil***
 - Measuring cups & spoons, funnels, bottles, zipper sandwich bags
 - Essential oils (myrrh, grapefruit, lemon eucalyptus, peppermint, wintergreen, cinnamon, clove, rosemary, tea tree, sweet orange,

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HOME SAFE HOME RECIPES



NATURAL INSECT REPELLANT FOR HOME

1. Add ¼ cup olive, almond or grapeseed oil to a brown bottle
2. Add 3-4 drops lemon eucalyptus oil,
3. Add 2-3 drops tea tree oil,
4. Add 2-3 drops peppermint oil
5. Add 2-3 drops cinnamon oil
6. Sprinkle around doorways or other areas where ants prevail.

FOOD & KID SAFE KITCHEN CLEANER

1. Add white vinegar to a spray bottle.
2. Spray on surface and wipe. No rinsing needed.

CITRUS GREASE FIGHTING SPRAY CLEANER

1. Don't like the smell of vinegar but love it's cleaning power? Add used orange, grapefruit or lemon peels to a glass jar filled with white vinegar. Leave until it turns orange and no longer smells like vinegar.
2. Throw away peels, add to a spray bottle and use for super grease fighting cleaning power.

ANT REPELLANT

1. Sprinkle cinnamon oil or plain cinnamon where you want ants to avoid. That's it.

ROOM DEODORIZER/CARPET DEODORIZER

1. Add ½ cup baking soda to a container
2. Add 3-5 drops essential oil (peppermint, vanilla, eucalyptus, spearmint, wintergreen, grapefruit, cloves powder, cinnamon oil) Stir to mix.
3. Leave in room for natural deodorizing. Can also be sprinkled on carpets, left for 10 minutes, and then vacuumed.

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What to avoid for clear skin

1. Avoid mineral oil or petroleum based skin products
2. Avoid skin and hair products with fragrance or parfum as an ingredient
3. Avoid products with artificial colors in the ingredients
4. Avoid all foods containing artificial colors
5. Avoid consuming artificial sweeteners
6. Avoid artificial preservatives such as BHT or THQ
7. Skin and hair products that contain artificial colors
8. Avoid as much as possible, skin and hair products that contain parabens or phthalates
9. Avoid caffeine containing cosmetics and foods/drinks
10. If you have celiac disease, watch out for gluten in skin and hair products
11. Reduce or stop eating dairy products even organic as it can sometimes make some acne much worse

Housekeeping controls

1. Keep your hands and hair away from your face
2. Disinfect phone surfaces regularly
3. Disinfect your phones if you let others use it routinely
4. Don't place your phone on bathroom surfaces, especially a public one
5. Wash wigs and hair extensions regularly
6. Use a bath cloth or face pad that is only used for the face, neck and chest. Set aside another one for the rest of your body.
7. Keep a record of what you eat, drink and use on your body and note the effects on your hair and skin. This way you can find the best treatment that is just right for you.

Healthy Skin and Hair Starts from the Inside

1. Take turmeric capsules (300-500 mg) or add turmeric to your foods
2. Drink lots of water. A fun way to change it up is to add fresh or frozen pieces of fruit.
3. Another favorite is to reconstitute 100% fruit juice with seltzer water to make a natural soda that tastes GREAT.
4. Eat lots of your favorite fruits and vegetables
5. Use herbs and spices to help you cut down on the salt and enjoy the flavor
6. Enjoy eating mineral rich foods such as almonds or cashews

- o Tea tree oil (found in most pharmacies)
- o Spray bottles (check the \$1 section of many stores)
- o Earth friendly dishwashing liquid (Seventh Generation, ECOS, Dr Bronner's liquid castile soap)

* beet powder from amazon.com

** NOTE: Some isopropyl alcohol is not considered an environmentally friendly GREEN product. It is a by-product of petroleum. Some are made from grain. Check the label.

*** 100% pure essential oils from WFMed.com or NOW brand found at GNC

IMPORTANT NOTES ABOUT ESSENTIAL OIL SAFETY

- ♥ Some oils can cause sensitization or allergic reactions in some individuals. When using a new oil for the first time, do a skin patch test on a small area of skin
- ♥ Some essential oils should be avoided during pregnancy or by those with asthma, epilepsy or other health conditions. Be sure to research the safety precautions associated with each essential oil that you use.
- ♥ Never let children use essential oils without the presence of an adult knowledgeable about their use.
- ♥ Essential oils should not be taken internally.
- ♥ Essential oils are flammable. Keep them away from fire hazards.

What you are is God's gift to you. What you do with yourself is you gift to God.

-Author unknown

EASY Nutrition TIPS to Healthy Beautiful Skin and Hair Inside and Out

1. Avoid consuming artificial sweeteners. Stick to raw sugar, honey, stevia, agave, fruit, maple syrup, etc. to sweeten and enjoy your foods and drinks.
2. Avoid consuming "foods" with artificial colors. Stick to food you can recognize and ingredient lists with natural food colors.
3. Avoid foods with artificial preservatives or names you don't recognize
4. Keep a food diary to match skin symptoms with foods eaten to help you and a physician determine if you have any food allergies. Don't just assume if a friend went gluten-free and loved it that it will work miracles for you too.
5. Take turmeric (curcumin) capsules or add turmeric to your foods
6. Eat more raw or simple foods. Smoothies are a fun tasty way to do this.
7. Avoid artificial scents in your home or cosmetics. This includes most commercial air freshener products.
8. Move more.
9. Have fun.
10. Relax

NATURAL HEALTH & BEAUTY RECIPES

NATURAL CURL SOFTENER

1. Add an equal amount of baking soda and olive oil and a bit of water to make a relaxer like paste to spread all over the hair.
2. Cover with a plastic cap and towel for 2-4 hours.
3. Follow with 1 wash using Dr Bronner's liquid soap and olive oil.
4. Blow dry for soft, tangle-free hair with a more relaxed curl pattern.

- Hegde S, Rajesh KS, Kumar A. The efficacy of a herbal-based toothpaste in the control of plaque and gingivitis: A clinico-biochemical study. Indian J Dent Res [serial online] 2009 [cited 2012 Dec 18];20:480-2. Available from: <http://www.ijdr.in/text.asp?2009/20/4/480/594>

Tween/Teen Skin Natural Skin Care



Pimples, zits whatever you want to call them, the question always asked is "Can I bust it?". There are different types of acne. Everyone will respond to a different regimen so feel free to experiment to find the one that works with you. One may work better during certain times of the month than others. Don't be afraid to switch it up to meet your skin and hair needs.

Whiteheads= clogged skin pore

Blackheads = clogged skin pore mixed with sebum (oil) and melanin to oxidize and appear black/brown

Papules= inflamed (red and painful) whiteheads or blackheads

Pustules = hard painful red bumps with white pus inside

Effective treatments to try for acne

1. Honey facial procedure listed in this booklet
2. Cover inflamed acne with warm water compress or warm castor oil compress is best for painful cysts (under the skin only- no head)
3. Cover inflamed zit with honey and a band-aid overnight.
4. Use a dab of tea tree oil on zits to control infection. If your skin is too sensitive, dilute 2 drops tea tree oil with 2 drops non petroleum oil such as olive, castor or jojoba oil
5. Try using silver gel first aid products to control infection and speed reduction in inflamed acne
6. Zinc oxide creams (diaper rash cream)can be effective in helping scars heal
7. Wash skin using only glycerin or plant oil based soaps such as Dr Bronner's, Tom's of Maine, Clearly Natural, Kirk's Castile, Zum, etc.
8. Make a face mask using powdered goat's milk and honey. Add a dab of water to make a paste to smooth over your skin. Leave on 10 minutes. Rinse with water. Moisturize with olive, almond, avocado, or coconut oil

EVERYDAY WHITENING/FRESH BREATH TOOTHPASTE RECIPE

- ½ cup baking soda
 - 1 TSP coconut oil
 - 1/8 TSP salt
 - 2 drops tea tree oil
 - 5 drops myrrh oil
 - 2 drops clove oil
 - 12-20 drops peppermint oil (if no access, try 16-25 drops pure peppermint baking extract)
 - 2-3 TSP xylitol
 - ¼ cup aloe vera gel
- Add all ingredients. Stir to mix. Store in airtight container.

EVERYDAY WHITENING/FRESH BREATH TOOTH POWDER RECIPE

- ½ cup baking soda
 - 1/8 TSP sea salt
 - 2 drops tea tree oil
 - 5 drops myrrh oil
 - 2 drops clove oil
 - 12-20 drops peppermint oil (if no access, try 16-25 drops pure peppermint baking extract)
 - 2-3 TSP xylitol
- Add all ingredients. Stir to mix. Store in airtight container.

SOME SELECT REFERENCES- ORAL CARE

- Herbs in Dentistry *Int Dent J*. 2011 Dec;61(6):287-96. Epub 2011 Nov 3.
- Xylitol has been shown an effective fluoride alternative as it does not promote tooth decay and inhibits plaque causing oral bacteria. It's use is being considered increasingly for clinical use by dental professionals to treat global dental caries issues. *Pickett FA. Nonfluoride caries-preventive agents: new guidelines. J Contemp Dent Pract*. 2011 Nov 1;12(6):469-74.
- Coconut oil is a natural antioxidant. Coconut water has been found to be better than standard media for storing avulsed teeth (knocked out teeth) until they can be re-implanted. Comparison of coconut water, propolis, HBSS, and milk on PDL cell survival. *J Endod*. 2008 May;34(5):587-9. doi: 10.1016/j.jen.2008.01.018. Epub 2008 Mar 19.
- Sugar Alcohols, Caries Incidence, and Remineralization of Caries Lesions: A Literature Review *Kauko K. International Journal of Dentistry* Volume 2010 (2010), Article ID 981072, 23 pages doi:10.1155/2010/981072Makinen <http://www.hindawi.com/journals/ijd/2010/981072/>

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NATURAL INSECT REPELLANT FOR BODY

1. Add ¼ cup olive, almond or grapeseed oil to a brown bottle
2. Add 2 drops lemon eucalyptus oil,
3. Add 2 drops tea tree oil,
4. Add 2-3 drops peppermint oil
5. Shake to mix. Apply to skin every 2 hours
6. If you want to use it in a spray bottle, add 2 TBSP water and shake to mix.

DANDRUFF TREATMENT

1. Massage some apple cider vinegar into your scalp. Leave for 5-10 minutes
2. Wash with a castile soap.
3. If you hair does not make its own oils, you may add a bit of coconut oil to your scalp to stop dandruff from coming back. Coconut oil is also great for stopping the itch of braids and cornrows.

QUEEN ESTHER BODY MASSAGE/MOISTURIZING OIL

1. Add ¼ cup olive oil to a brown bottle
2. Add 1 TSP safflower oil or almond oil
3. Add 2-3 drops myrrh oil and 1 TSP glycerin
4. Massage as needed for glowing moist skin

RENEE'S COCONUT MILK & HONEY HAIR CONDITIONER

1. Add ¼ cup coconut milk
2. Add ¼ cup honey or agave nectar
3. Add 1-3 TSP olive oil (1 TSP for non-ethnic hair)
4. Add 3-4 drops rosemary oil
5. OPTION: Add 1-2 drops peppermint, rosemary or grapefruit oil
6. Stir to mix and pour into a bottle using a funnel.
7. Store in refrigerator up to 5 days. Great for stopping hair loss.

BODY WASH/SHAVE GEL/HAIR SHAMPOO

1. Add an equal amount of olive oil or almond oil and Dr Bronner's liquid castile soap up to a bottle.
2. Add 2 drops of your favorite skin safe essential oil scent. Shake to mix just before each use.

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RENEE'S PROTEIN HAIR CONDITIONER

1. Add ¼ cup powdered goat's milk
2. Add 1-3 TSP olive oil (1 TSP for non-ethnic hair)
3. Add 3-4 drops rosemary oil
4. Add 2 TSP aloe vera gel and 2 TSP honey
5. OPTION: Add 1-2 drops myrrh.
6. Stir to mix and pour into a bottle using a funnel. Use within 3 days.

DEODORANT 1

1. Rub milk of magnesia onto clean underarms. That's it.

DEODORANT 2

1. Mix 1 TSP baking soda + 1 TSP cornstarch or arrowroot powder + 1 TSP coconut oil.
2. Add 2 drops myrrh plus 2 drops tea tree, vanilla, clove or lavender oil

LIP GLOSS/LIP BALM

1. Add equal amounts of melted cocoa butter, beeswax, shea butter, coconut oil and olive oil to a tiny container.
2. Add 1/2 TSP glycerin for lip gloss shine
3. Add a pinch of beet powder for color and food safe flavor oil. Stir then let cool. No more dry lips!

HONEY FACIAL/ACNE, WRINKLE, SCAR TREATMENT/MOISTURIZER/PORE MINIMIZER

1. Wet hands with a little bit of water
2. Add small amount of honey and massage onto face and neck.
3. Leave 5-10 minutes.
4. Rinse with water and glycerin soap. Finish with 1-2 drops olive oil rubbed into wet face for a non-greasy moisturizer great for people with oily skin
5. Let face air dry or pat lightly for super soft clear skin. Repeat daily. Results seen in 3 days!

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SOOTHING FOOT BATH

1. Add ¼ cup Epsom salt + 1 TSP liquid glycerin soap and 2-3 drops of peppermint essential oil to water
2. ALTERNATE: ¼ cup Epsom salt + a few drops Dr. Bronner's peppermint soap to a zipper bag or jar for later use.

ECZEMA FRIENDLY SKIN MOISTURIZER

1. Use coconut oil as a skin moisturizer. Coconut oil is naturally antibacterial, anti-fungal and antiviral. This means it can treat ringworm, athlete's foot, thrush, diaper rash, & more (Source: [Coconut Research Center, http://www.coconutresearchcenter.org](http://www.coconutresearchcenter.org))

EARACHE REMEDY

1. Soak 2 garlic cloves in 4 TBSP olive oil overnight.
2. Crush 2 aspirin with the back of a spoon and add to olive oil/garlic
3. Warm in bowl of hot water for 1 minute.
4. Test for temperature and add 2-3 drops per ear for earache relief from infection



EMERGENCY TOOTHACHE REMEDY

1. Rub clove oil on offending tooth and gum area. Repeat as needed. Avoid the tongue.
2. Alternate: Dip your finger or cotton swab into olive oil. Dab into ground cloves. Rub on offending tooth until you can see a dentist.

TOOTHACHE/SENSITIVE TOOTH TOOTHPASTE RECIPE

- 1/3 cup baking soda
 - 1 TSP coconut oil
 - 1 TSP xylitol
 - 2 pinches salt
 - 2 drops tea tree oil
 - 5 drops myrrh oil
 - 7 drops clove oil
 - ¼ cup aloe vera gel
- Add all ingredients. Stir to mix. Store in airtight container.

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