

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.

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 based 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!

THE TAKE BACK TOUR

FEATURES:

So Free Sundays Soda Free

NFF Mondays No Fake Food

Take Back Tuesdays

Water time Wednesdays

Walking Wednesdays

3M's Thursdays

Make Mine Meatless

TGIF Fridays

Thank God I'm Free

[from guilt when I slip up]

Friendship Fridays

Wellness Walk (annual spring event)

KARR= Kid Approved Real Recipes

Take Back Your Health Grocery

Shopping Tours

Renee's REAL Freebies

Natural Beauty Secrets of the Bible workshops

The Take Back Tour is a health ministry which features inspirational, practical tips for healthy shopping, kid approved real recipes (KARR), free sample links and coupon downloads to help us support those companies that provide REAL foods and safe products. To sign up to receive these weekly inspirational real-world tips on healthy shopping and eating (on a budget), contact me takebacktour@yahoo.com.

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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

Natural Beauty Secrets of the Bible Workshops -2009 Recipes

By Dr. Renee Lea-Currie



Hosea 4:6 My People are destroyed from lack of knowledge"

BE INFORMED OF THE SAFE, NATURAL BIBLE-BASED ALTERNATIVES TO SYNTHETIC COSMETICS.

<http://www.thetakebacktour.com/>

**Natural Beauty Secrets of the Bible
2009 Workshop 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.

Beauty Secrets From the Bible
by Ginger Garrett

The Holy Bible

Whole Foods 365 or Tom's of Maine
unscented glycerin bar soap

Dr. Bronner's liquid castile soap unscented

Honey, (raw or Grade A)

Epsom salt

Baking soda

Olive oil (regular or extra light)

Safflower oil

Sweet almond oil, Jojoba oil *

Coconut oil

Coconut milk-canned

White distilled vinegar

Baking soda

Table salt (cheapest brand available)

Corn starch or arrowroot powder

Meyenberg Goat's milk (powdered)

Wooden popsicle sticks (for stirring)

2 & 16 oz bottles

Measuring cups & spoons, funnels

Zipper sandwich bags

Water (spring or purified)

Cloves powder

Whole egg powder**

Beet powder**

essential oils (myrrh, lavender, spearmint,
peppermint, wintergreen, cinnamon oil,
rosemary, tea tree, sweet orange, vanilla,
lemon eucalyptus) *

* 100% pure essential oils from WFMed.com

** from www.barryfarm.com

NATURAL INSECT REPELLANT

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

DEODORANT

Mix 1 TSP baking soda + 1 TSP cornstarch or
arrowroot powder + 1 TSP and ½ TSP coconut oil.
Add 1-2 drops vanilla, spearmint, peppermint, lavender
oil or a pinch of cloves and cinnamon (for a manly
scent)

HAIR/SCALP OIL

Add ¼ cup olive oil to a brown bottle
Add 1 TSP castor oil or safflower oil
Add 1 TSP sweet almond oil & 3 drops rosemary oil
Add 1 TSP jojoba oil & 2-3 drops myrrh oil
Massage into scalp as needed

BODY WASH/SHAVE GEL/

Add an equal amount of olive oil and Dr Bronner's
liquid castile soap up to a bottle.
Add 2 drops myrrh oil and 2 drops grapefruit or
lavender oil. Shake to mix just before each use.

HAIR SHAMPOO for ethnic hair

Add an equal amount of olive oil and Dr Bronner's
liquid castile soap up to a bottle. Add 2 drops myrrh
oil. Add 2-4 drops rosemary oil
Shake to mix and just before use.

HAIR SHAMPOO for non-ethnic hair

Add 2 drops myrrh oil to a bottle containing 2 oz. of Dr
Bronner's liquid castile soap
Add 2-4 drops rosemary oil and ½ TSP olive oil
Shake to mix just before each use.

RENEE'S COCONUT MILK HAIR CONDITIONER

Add ¼ cup coconut milk to a bowl.
Add 1 TSP whole egg powder (from <http://www.barryfarm.com/>)
Add 1-3 TSP olive oil (1 TSP for non-ethnic hair)
Add 3-4 drops rosemary oil
OPTION: Add 1-2 drops peppermint, lavender or
grapefruit oil for scent. Stir to mix and pour into a bot-
tle using a funnel.. Store in refrigerator up to 5 days.
Great for stopping hair loss and thinning hair.

LIP GLOSS/LIP BALM

Add equal amounts of melted cocoa butter, shea
butter and olive oil to a tiny container. Add a
pinch of beet powder for color. Stir then let cool.
No more dry lips!

**HONEY FACIAL/ACNE, WRINKLE, SCAR
TREATMENT/MOISTURIZER**

Wet hands with a little bit of water
Add small amount of honey and massage onto
face and neck. Leave 5-10 minutes. 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
Let face air dry or pat lightly for super soft clear
skin. Repeat daily. Results seen in 3 days!

BATH SOAK/FOOT SOAK

Add ½ cup Epsom salts to a glass container
Add ¼ cup powdered goat's milk or ½ cup
coconut milk
Add 2 drops essential oil (lavender, peppermint
or myrrh). Stir to mix. Add to your bath .

**COLOR SAFE, NO BLEACH LAUNDRY
DETERGENT (FOR SENSITIVE SKIN)**

Add ¾ cup Tide Free to a zipper sandwich bag
Add ¾ cup Borax & ¼ cup salt
Add 2-3 drops essential oil of your choice.
Shake to mix in bag and add to 1 laundry load.

FABRIC SOFTENER

Add ½ cup baking soda to a 16oz bottle.
SLOWLY add ½ cup white vinegar then 1 cup
water. This will foam and bubble over quickly so
go slow. Use a funnel.
Add 2 drops of peppermint or vanilla, lavender,
or spearmint for scent
Tighten cap and shake to mix. Loosen cap to
release pressure from the CO₂ gas from the
reaction before tightening the cap again. This
makes enough for 2 large loads.

ROOM DEODORIZER

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