

ARTEMIS

powerful natural remedies



To our valued customer,

This month I have been ticking away at the Materia Medica, which as I reported last month is coming along nicely.

There were some very interesting discoveries while translating the findings on Yarrow recently. Today it is known that Yarrow is predominantly used for women's & digestive health. However, I had not realised how much it was relied upon as a wound herb in earlier times. As Yarrow has exceptional antiseptic qualities it was used as a first aid remedy for internal and external wounds, even in the most severe battle wounds sustained from bayonets or swords.

Clinical observations shared in the Materia Medica made me shiver when the stories delved into much depth of the severity of these battle wounds. I was amazed that with skilful application of plant medicine, these soldiers survived with what would even today be described as life-threatening injuries!

This time of year is when one should look at a good detox programme. Out of winter and into spring, now is an ideal time to detox before summer hits.

Wishing you good health & happiness.

Sandra Clair, Managing Director
M.A., Post. Grad. Dip. Health Science.

Summer body detox

In Europe, spring and autumn were the times when people would traditionally drink a course of liver cleaning herbs for 4-6 weeks. A tonic containing Globe Artichoke leaves, St. Mary's Thistle seed, Calendula, Dandelion root, Fennel seed and Peppermint as combined in the ARTEMIS Liver Detox Tea was taken to get rid of feeling sluggish.

As our western lifestyle is very taxing on our liver, taking a course of liver tea is a wise tradition to follow.

If you are feeling in need of a 'spring clean' follow one of our detox programmes below:

For a gentle daily detox that you can continue on a regular basis:

- 1 cup of ARTEMIS Liver Detox Tea BEFORE breakfast
- 1 cup of ARTEMIS Kidney Cleanse Tea AFTER breakfast

For a deep detox cleansing programme:

- 1 cup of ARTEMIS Liver Detox Tea BEFORE breakfast, lunch & afternoon tea
- 1 cup of ARTEMIS Kidney Cleanse Tea AFTER breakfast, lunch & afternoon
- Repeat cycle for 3-6 weeks

INSPIRE A FRIEND - [Click here](#) to share this newsletter with a friend



MONTHLY SPECIAL

Achieve that healthy summer body with an ARTEMIS Detox Pack. A month's supply of the Liver Detox & Kidney Cleanse teas. Receive 15% off when you order yours today!

BUY NOW!

16 Fingall St, Dunedin, NZ p: +64 3 456 1551 f: +64 3 456 1552 info@artemis.co.nz

www.artemis.co.nz