



Living My Vision At Home



This is Trish Steele's Vision Board created in January 2020. The Spirit of God placed in my heart to create a Vision in how to take care of my body, soul and spirit. My Vision Board is truly a positive message to me, my family and to the world.



I had no idea that COVID-19 would force us to stay home and be safe, healthy and spiritual. Now is the time to be creative in communicating in loving ways. Living my Vision at home as Wifey, Mom and Boss.

Now that we've become homebodies, we need to create a safe and healthy environment for ourselves and love ones. So, here are some tips from founder Trish Steele in being creative in the kitchen.

In our March 23rd Newsletter, we talked about the 12 ways to naturally support your Immune System. But I have 2 ways to boost your Immune System that works in a very short time -- using simple ingredients that you have in your kitchen.

The 1st step is a Healthy Breakfast with homemade (not instant) cooked Oatmeal.

9 Health Benefits of Eating Oats and Oatmeal

1.Oats Are Incredibly Nutritious

Oats are rich in carbs and fiber, but also higher in protein and fat than most other grains. They are very high in many vitamins and minerals.

2.Whole Oats Are Rich in Antioxidants, Including Avenanthramides

Oats contain many powerful antioxidants, including avenanthramides. These compounds may help reduce blood pressure and provide other benefits.

3.Oats Contain a Powerful Soluble Fiber Called Beta-Glucan

4.They Can Lower Cholesterol Levels and Protect LDL Cholesterol From

Damage. Oats may lower the risk of heart disease by reducing both total and LDL cholesterol and protecting LDL cholesterol from oxidation.

5.Oats Can Improve Blood Sugar Control

Due to the soluble fiber beta-glucan, oats may improve insulin sensitivity and help lower blood sugar levels.

6.Oatmeal Is Very Filling and May Help You Lose Weight

Oatmeal may help you lose weight by making you feel more full. It does this by slowing down the emptying of the stomach and increasing production of the satiety hormone PYY.

7.Finely Ground Oats May Help With Skin Care

Colloidal oatmeal (finely ground oats) has long been used to help treat dry and itchy skin. It may help relieve symptoms of various skin conditions, including eczema.

8.They May Decrease the Risk of Childhood Asthma

Some research suggests that oats may help prevent asthma in children when fed to young infants.

9.Oats May Help Relieve Constipation

Studies indicate that oat bran can help reduce constipation in elderly individuals, significantly reducing the need to use laxatives.



9 Health Benefits of Maple Syrup

- 1.Contains Numerous Antioxidants
 - 2.Gets a Lower Score on the Glycemic Index
 - 3.Fights Inflammatory Diseases
 - 4.May Help Protect Against Cancer
 - 5.Helps Protect Skin
 - 6.Health Alternative To sugar For Improved Digestion
 - 7.Supplies Important Vitamins and Minerals
 - 8.Healthier Alternative to Artificial Sweeteners
 - 9.May Enhance Antibiotic Effects
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The next 2 steps are Lunch and Dinner for the Immune System is Chicken Soup. It has been proven to heal the Immune System and to help fight off any virus.

Here is Trish's Special Chicken Soup Recipe:

1. Make your own broth by using grassfed chicken. Put it in a big enough pot with water, to last for you and your family for 2 days.
2. Add the following: chopped celery, chopped onions, chopped garlic, ginger root and sea salt to taste.
3. Above are the basic ingredients. However, if you want to make it more tasty, add potatoes (instead of noodles), and zucchini or squash.
4. After all ingredients have fully cooked and ready to serve, squeeze a whole lemon into the pot.

Umm Umm Good!

Within 2 days, you can feel your Immune System burst up with energy and clarity!

Benefits of Chicken Soup:

Chicken soup ingredients provide the body with selenium, vitamins A and C, and various antioxidants to boost the immune system and fight diseases. Along with these other benefits, the chicken in the soup is rich in protein, which facilitates tissue formation and recovery .

Chicken contains an amino acid called cysteine that is released when the soup is made. This amino acid thins mucus in the lungs, aiding in the healing process.

Being Safe and Protecting Others By, Linda Dolson

Health Practitioner and Counselor of Safe Passage for over 10 years

Be safe and protect others while coping with this pandemic, with my helpful tips:

1. Be aware of eating good nutrition to build up your immune system.
2. Get plenty of sleep.
3. Exercise daily, if you can.
4. Focus on things you are grateful for.
5. Stay inside. However when it is 'essential' to go out, honor social distancing rules, as well as wear gloves and masks.

6. Regarding issues of the elderly: Don't give them any undo fears. Help them build their immune system through healthy diet. Recognize that bathing daily, good dental care, and proper grooming, are parts of quality senior hygiene. It is necessary to keep them separated from others who may come into your home.

Trish and Linda recommend covering up when you go out for any 'essential' runs. See this video. It is simple and easy for anyone to do at home. Have fun. Make it a fashion statement for your new look.



DIY No-Sew Face Mask



WEAR NON-MEDICAL FACE COVERINGS WHEN IN PUBLIC

Non-medical face coverings include:

- Bandanas
- Scarves
- Other cloth or fabric

N95 masks are for medical workers

Coronavirus.LACity.org

Love, Trish Steele
Founder, Safe Passage Heals

To Contact [Safe Passage Heals](#) - Time2Heal, Call: (818) 232-7476

SafePassageHeals.org

For Emergency Resources, go to FindHelp.org
To get your nearest resources, (type in your zip code).



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