



Gardening with Shannon

Gardening for health and beauty

“Time spent in the garden leaves us with an incredible sense of peace and serenity”

Can the simple pleasure of gazing on a landscape improve your health? Studies have found that nature has restorative benefits. Some experts now believe nature can lower blood pressure, boost the immune system and reduce stress. And to reap these benefits, you don't have to live in a mansion with a gardener. All that's required is a love of flowers and a willingness to plant a few herbs or even to hang a beautiful poster depicting nature on your wall.

It doesn't even take a scientist for us to understand that nature helps heal our body, mind and soul. Nowadays, we all live hectic, busy lives and taking time for being outdoors amongst nature provides a resting place. An abode to escape to, where we can simply stand and enjoy the backyard, the wide green lawn, the delightful chirping of birds in the tree tops or the burst of colour from a cluster of flowering daffodils.

ORGANIC GARDENING FOR OUR HEALTH

Organic gardening is a rewarding experience, providing your family's table with chemical-free nutritious food. The essential ingredient in organic gardening is healthy soil. Healthy soil usually produces healthy plants, provided you incorporate the right ingredients into your preparation to enrich the soil. A gardener has to ensure that the soil should have a pH of approximately 7.0 and has plenty of nitrogen, phosphorous and potassium. To give the soil the nutrients it needs, use good organic fertilizers, things that will rot into the soil and nourish it, such as:

- **Blood & Bone:** a very quick nitrogen fertilizer.
- **Manure:** very rich in trace elements.
- **Fish Meal:** contains phosphorus and high amounts of nitrogen.
- **Wood Ashes:** mostly potassium with a small amount of phosphorus.

HERB GARDENS

These few common herbs you can grow in your own garden and can be used to make your own beauty products. When you are ready to prepare your garden, keep in mind that all of these plants grow well in sunny locations.



- **Calendula:** bright annual flowers that are perfect skin cleansers and softeners. Fresh or dried calendula petals can be added to creams, lotions and baths. It also is a soothing antiseptic and an excellent skin conditioner.
- **Lavender:** an aromatic perennial plant that can easily be dried and enjoyed all year-round. Lavender has strong antiseptic properties, which makes it a good choice for blemished or troubled skin.
- **Mint:** Chew fresh mint stems and leaves to freshen your breath and settle an upset stomach.
- **Parsley:** Rich in vitamins, minerals and antiseptic chlorophyll, parsley is the ultimate “green.” This well-known natural deodorizer and breath freshener also is very beneficial to your hair and skin. It also works as an antiseptic for small cuts and insect bites. ■

Our 4 recommended Complexion Garden Beauty Recipes:

- Relaxing Lavender Bath
- Strawberry face mask
- Herbal Body Scrub
- Anti-wrinkle cream

Relaxing Lavender Bath Recipe:

- For easy cleanup, tie your mixture in a piece of cotton fabric. Relax and enjoy!
 - 1 cup lavender flowers, dried
 - 2 cups oatmeal
 - 1/2 cup baking soda
1. Place all ingredients in food processor or blender.
 2. Grind to a smooth, fine powder and pour into clean, airtight container.
 3. To use: Pour 1/2 cup into your bath as you fill the tub or place inside a piece of cotton fabric

If you would like to receive all 4 garden beauty recipes please txt 027 531 6399 or email yournewgarden@hotmail.com, GARDEN BEAUTY with your email address.

Gardening is a remedy for promoting good health. Begin today, and don't leave it till tomorrow.

Happy Gardening, Shannon

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