

NEWSLETTER

SECOND NATURE HEALING

UNLOCK NATURAL HEALING TO
LIVE THE LIFE YOU LOVE

NOVEMBER 2025

HOLISTIC HIGHLIGHTS



Second Nature Healing

Holistic Highlights



MESSAGE FROM ROSEMARY



It's the season of water! Coming from the West, we feel a release as trees let go of their leaves in order to rest for the winter. While we take our cues from Nature, remember this time of nourishment for self care, celebration for the harvest, and expressions of gratitude. May you be blessed with Abundance and Healing Miracles in the coming weeks.


Rosemary

ABOUT THIS NEWSLETTER

You might notice a new format for my newsletter. I'm trying something different that you can view, and choose to print if you like. I hope you enjoy each section, designed to include a little of everything, like Pets, Product Highlights, Events, Tips, and Stories, along with Blog Highlights and invitations to join our weekly Wellness Chat on Zoom.

If you're not already on my Newsletter, please subscribe [HERE](#)



FROM OUR FRIENDS

What does everyone want for their pets? A long and healthy life! Meet Darcy from Alabama, champion Havanese, who couldn't resist Cell Defender bottles on the table, so she helped herself!

Thank you Carole Zieris for sharing your photo. Sister Ketu is working toward recovery as she regains her energy with mega drops of Cell Defender. Prayers and blessings to them.

Share your story. Send me your pet's picture to be featured in our newsletter!





Pawsitively Pet Wise



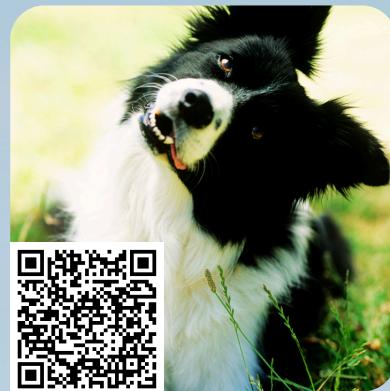
HEALTHY START CHECKLIST

- Use porcelain or glass bowls, no plastic or metal
- Give raw food, or home cooked - no processed foods
- Avoid poisons, medications, fertilizers, synthetics, and plastics, Wash feet when you come in
- Avoid vaccinations. Support healing from the inside
- Give supplements to support immune health and detoxification



THE PET EMERGENCY KIT

Bee stings happen. Bites, itches, pests, and parasites don't have to ruin your life, especially if you're prepared with a proper pet emergency kit. It's a little different from what you might usually find in First Aid, because it's more than that! Click the QR code to read the full article.



CAN WE USE HUMAN-GRADE PRODUCTS FOR PETS?



I'm asked this question all the time. If you look at what modern medicine offers our animal companions, it's not much different from what medical human doctors provide – antibiotics, steroids, and pain relievers – all with side-effects and consequences. Though they may provide temporary relief, wouldn't it be a better idea to support natural healing? From runny stools to arthritis, lumps, inflammation, and infections, supplements and diet can really make a difference.

I've learned to use our human-grade products for pets, with incredible results. Try ZMunity Mushrooms! They're amazing for people and pets. Click the code to learn more about specific supplements for pet health. Call or email me for a free consultation.

SecondNatureHealing.com Rosemary@secondnaturehealing.com

Prevention on Purpose

BUILDING BELIEF



It didn't take me long to have unshakable belief in our products. It took me longer to believe in myself, that I could share something so valuable, and so important that everyone would want it, simply because it was a good idea. After all, good ideas catch on, and believing that we have the ability to heal naturally was actually born in me from my dog's challenges with diabetes brought on by too much "wellness care" from her vets over the years, and my ignorance of processed foods.

We talk freely about these ideas and challenges on Saturdays at 9 a.m. PST on our Wellness Chat. Topics include building belief as well as how to build a team of advocates for natural healing. Modern medicine and processed foods are big business. Natural healing is finding its way back into the front of our minds as we carefully choose fruits and vegetables for family meals just as carefully as we choose supplements to help resist illness and promote health and vitality. **Click the code above to**

JOIN US



TRY THIS AT HOME

Suspicious dark skin, lumps, and fluid filled bumps can feel concerning. It might not have to be an emergency. Soak the gauze of a bandage with Cell Defender and place it over your target. Resoak the bandage often, or change it out daily. See what happens in a couple of weeks of application. If there were unhealthy cells, you may witness the body's amazing miracle to heal with the right stuff. Do you have a cool way to use Avini products for prevention? Let me know and we'll feature it an upcoming newsletter.



Spiritually Speaking



FREQUENCIES FOR HEALING



Imagine the difference between vitality and illness, and you'll get the idea that vitality is a frequency that can actually be measured. Not only does everything vibrate, but different resonant frequencies can help you heal while destroying dissonant frequencies (the ones that hurt you).

Let's talk about 108 Hz. As a vibrational sound master teacher, I love working with tuning forks and Tibetan bowls. Just recently I purchased a new bowl with the frequency of 108 Hz.

It's hand-hammered and engraved with Tibetan symbols and words, with Medicine Buddha in the center. So gorgeous! 108 Hz is a few octaves lower than 432 Hz, a magical frequency for promoting calm relaxation in the form of alpha brain waves. These soothing frequencies allow you to go deeper - letting go of stress in order to heal.

I have tuning forks and sets in stock for easy purchase (I especially love the portability of tuning forks. Sound on-the-go!) Let me know if you'd like to customize an order for healing. Basic training included.



LET'S GET CRYSTAL CLEAR

The highest frequencies for healing are easily found in nature. You may not realize it, but you're already tuned-in to these higher vibrations naturally! Your subconscious seeks them out. Notice how good it feels to breathe fresh air, go for a walk, take a shower, and sleep well? When you seek out fresh foods, you're honoring your body's desire to heal.



Doing the opposite lowers your vibration. That's when illness sets in and takes over - even your thinking - making good choices more difficult. Become crystal clear by avoiding toxic foods and chemical exposure. Then actively raise your vibration through detoxification. You'll be so much more vibrant!



Event Highlights

SHAMANIC SOUND RETREAT IN SEDONA



Thanks to Lori Lane' of Raven's Call Healing Center to host our retreat.

REIKI CLASSES



Reiki Training and Energy Healing Tools for all levels. Congratulations to our new students, Ashley, Tamara, Robert, and Stephanie.

AVINI HEALTH SUMMIT LAS VEGAS



Rik Deitsch on stage. We'll meet again in February 2026. Become a part of a growing Nationwide Natural Health network and make a difference in the world of natural healing.

MJ DURKIN MENTAL SUCCESS TRACKS TRAINING

Our next group starts in January 2026. Apply now to see if you qualify for free training worth \$10,000



THANK YOU!

UNLOCK NATURAL HEALING TO
LIVE THE LIFE YOU LOVE



MAKE EVERY DAY
MATTER



Second Nature Healing