

NEWSLETTER

SECOND NATURE HEALING

UNLOCK NATURAL HEALING TO
LIVE THE LIFE YOU LOVE

DECEMBER 2025

HOLISTIC HIGHLIGHTS



Second Nature Healing



Holistic Highlights



MESSAGE FROM ROSEMARY



Wicked for Good resounds in my heart this week. Have you heard the song, "Because I knew you ... I've been changed for good."

I feel that way about everyone I know, don't you? Looking for the positive messages feels enlightening for me in this season as we move toward the longest, darkest days, into light for our Winter Solstice.

May your days be filled with Light and Celebration.

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 Sir Winton from Portland, OR. He's a rescued Maine Coon cat who had a rough start. Now in Star's care, he's finally flourishing.

Thank you Star for sharing your photo. Winton looks great! Thick coat, bright eyes, playful nature ... thanks to good food, love, and Avini products.

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





Pawsitively Pet Wise



FLEA AND TICK - TRICKY BUSINESS

Climate change has us guessing about how warmer weather will impact our pets and how we deal with fleas and ticks. I count on a freeze every year to kill the beasts, and there's a lot you can do to promote prevention for pets as well as what you can do if you your pet is affected by one or more infiltrators.

- Support a healthy immune system
- Give a healthy homemade or raw diet
- Supplements - especially medicinal mushrooms work great
- Defend against infection with Nano Silver
- Explore essential oils, garlic, and more tips

Just click the QR code



HEAL PAIN FOR PETS WITH HOMEOPATHY



It's frightening to think of your pet in pain. There's chronic pain from arthritis or other diseases, and acute pain from wounds, injuries, infections, and bites. The solutions offered by medicine may be needed, but not always if you have a brilliant solution on hand. Homeopathic cobra venom is a 1:10,000 dilution of a peptide in the venom (so, not the actual venom).

It follows the nicotine pathway in the body to relieve pain without side-effects! **Click the code to learn more about specific supplements for PAIN.** Call or email me for a free consultation.

Prevention on Purpose

WHEN GERMS LURK



I love my grandchildren and know that they are in the mix where germs lurk, waiting for the perfect opportunity to land and get way too comfortable. The most vulnerable parts of the body for airborne infections are the mucous membranes in the nose and mouth. Obviously, germs go along for the ride on surfaces - chairs, doorknobs, handshakes and hugs. Then hands go to the face - and, well, you know how it goes.

So, before I went to their school, I fortified myself with nano silver spray and gel. I took about 8-10 sprays internally, then applied the gel to my hands as a hand sanitizer. A little gel in my nostrils kills germs for up to 6 hours on the surface. Thank goodness for my body's natural defenses, and thank goodness for nanosilver. It's prevention on purpose! **Click the QR code to download the Nano Silver Info Card.**



WELLNESS CHATS

Did you know that 70% of modern drugs come from nature? That's the miracle of plants, animals, and minerals. Nature knows best how to heal itself. When we discover these miracles, we can begin to appreciate and incorporate them into our prevention and healing routine.

We talk freely about these ideas and challenges on Saturdays at 9 a.m. PST on our Wellness Chat. **Click the code to JOIN US**



Spiritually Speaking



HOW TO ACCELERATE YOUR ENERGY HEALING POWER

At this writing, I've just come a meeting with a friend who lost her dog of 20 years. Grief-stricken, her heart poured out to me. I know the feeling all too well, as many of us do. Whether furry child or dear friend, when we lose someone, we lose a piece of ourselves energetically. How does anyone get through pain, trauma, grief, and injury as situations come along?

Click the QR code to get the full article.

Nobody wishes for trauma or grief, and the effects can be debilitating if you let them consume you. In the grand scheme of life, it's important to integrate and utilize the power of energy healing to accelerate results - in other words, to heal faster and better.

I've put together a few tips I've learned as a Reiki Master teacher and psychic intuitive you can use immediately to access and accelerate energy healing power in your life. Whether you're hoping to improve your daily life, or enhance and speed up healing from trauma, grief, injury, pain, and despair, these tips can be cultivated and improved upon over time.



LET'S GET CRYSTAL CLEAR - AND SAVE 70%

What do crystals have to say about anything? Just ask them! When clients and students meet my crystal friends they usually ask **WHAT** they are. It's a common misunderstanding. We've been trained to think that only animals have wisdom, can think, and speak. The difference, of course, is **HOW** we communicate. Opening the extra senses - the intuitive ones - allows for deeper *knowing*, without words. Labradorite is a friendly stone to me, and easily attunes to my vibration. What's one of your favorites? **Crystal Magic is a great way to learn.**



Get 70% off until DEC 31. Use coupon code CM70

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Upcoming Events and Training

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



REIKI CLASSES



Reiki Training and Energy Healing Tools for all levels.
NEW CLASS IS OPEN FOR REGISTRATION.. Click the QR Code to register.



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.

THANK YOU!

UNLOCK NATURAL HEALING TO
LIVE THE LIFE YOU LOVE



MAKE EVERY DAY
MATTER



Second Nature Healing