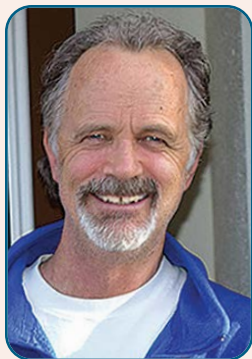


Editor's Corner

Now
in
Digital
Format



Wow, what a bundle of treasures and treats we have for you in this issue! (And I'm not even thinking of Halloween yet.) It's August 22 as I'm writing this, and there's only a slight sign of Fall in the air. After a most glorious summer!

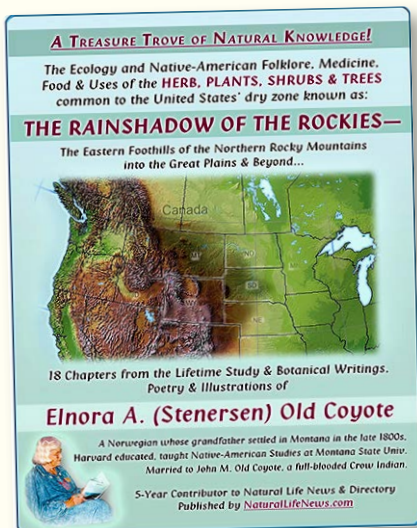
There are generally two sources for articles in this magazine. We have our **regular columnists** who contribute fresh content each issue. And we have **guest contributors** I've pulled from the Internet and other sources, which I think will be of interest to our readers.

Let's start with our featured guests this time.

Matt Christensen interviewed a bunch of dads (see our *Men's Corner*) and asked them, "What are some **life skills** that you wish you would have taught your kids sooner?" Interesting answers. And pulled from one of Dr. Joseph Mercola's posts, we have 13 of the most common **nutrient deficiencies** to be aware of. From "alternative media," we have a summation of Mike Adam's podcast on his Brighteon.com channel, with **powerful, timeless truths** that can set you free. (A word of caution on this one, however. If you are more mainstream oriented, some of these truths may not currently fit on your appplecart!)

With these last two (Mercola and Adams), feel free to click on their links to get a much deeper look at the topics. And that's the beauty of having an online magazine, which applies to almost ALL of our articles and ads, that you can **click on the links**, go to their websites, and get much more information.

What do our regulars have to offer this time? Well, there's Marlenea's watermelon rind **pickles**—actually they're fermented, so not pickles, which makes them better for you! We have Michele's **Feng Shui** of fall's sights, sounds and scents. There's **hormonal balancing** through breathing with Bethel. There's mastering the five elements using **mantras** with Kathleen. **EFT Tapping** for your animals and yourself from Kim. And SO much more! —ENJOY!



"The Rainshadow of the Rockies"
Elnora A. (Stenersen) Old Coyote

When you check out our website, **NaturalLifeNews.com**, and become a subscriber, you'll receive an email link to view or print the PDF of this complete issue. You'll also get a **free PDF copy** of Elnora A. Old Coyote's 80-page, detailed writings on the **Native American uses of our local plants and herbs**. She was a valued contributor for several years. She features 18 of her favorite plants, trees and herbs from her in-depth studies. Each chapter includes her botanical descriptions, hand illustrations, and even her poetry. Print this out as a survival and prepping tool. Learn how to access **the bounty of our local plants for food and medicine**—just as the indigenous people did before us! ■

VOLUME 4 • NUMBER 6

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