



Calm-A-Mama®

WINTER WELLNESS

for mamas & families



WINTER HEALTH

WINTER CONDITIONS

- More germs to fight! Lots of viruses are active in the colder months. We move indoors, where close-quartered group activity allows germs to pass more easily. In addition, viruses thrive in a lack of sunlight.
- Shorter days means less light. This effects both our energy levels and our vitamin D levels. Deficiency in vitamin D is associated with increased autoimmunity as well as an increased susceptibility to infection.
- Colder weather usually means we are less active, especially outside. Movement helps increase blood flow, which can maintain healthy immunity. It also reduces stress - increased stress can make people more susceptible to both viruses and bacterial infections.
- Cold and dry dehydrates our bodies. This reduces mucus which is our first line of defense against germs. It also can lead to the exacerbation of many skin conditions during the winter months.
- Isolation abounds - the elements can be physically inhibiting at this time of year.
- Reduced access access to seasonal, local & fresh foods.



WINTER HEALTH

WINTER SOLUTIONS

- Hydrate! Increase your water intake in the winter months. Oil the skin. When your system is well-hydrated it functions optimally to fight off and flush out germs. Don't forget to wash your hands too!
- Bundle up and go outside! Sunlight fights germs and increases vitamin D. Movement increases blood flow and fresh air is beneficial for both physical and mental health. Small bursts of activity daily are optimal.
- Sleep more! Finding yourself in need of more zzzz's? The nights are longer and the body knows it. Listen to that natural wisdom and get more rest.
- Run that diffuser! Keeping the air moist inside your home will help moisturize all of the body's mucus membranes.
- Increase your intake of fresh, live, high nutrient foods. Combat dips in your immunity with foods that help your body fight. Think veggie soups and rich broths!
- Do activities that calm your nervous system. Reducing stress allows our immune systems to work better.
- Stay connected. Make time to see friends or loved ones - it helps beat the winter blues!



HOW HERBS CAN HELP



OUR DROPS

Our drops are unlike anything else on the market. We combine hydrosols and flower essences to make a delicious and effective supplement for body and mind.



*Gentle
enough for
the whole
family!*

*plant
power!*

HYDROSOLS

To characterize the flavor and physical effects of each blend we use a water-based herbal extraction, known as a hydrosol.



FLOWER ESSENCES

Flower essences (or remedies) are scentless and odorless. They target the emotional state and are safe & effective from infancy.



WINTER WELLNESS DUO

IMMUNE DROPS

Feature a water-based extract of Elderflower with scentless flower extracts of Oregano, Yarrow and Lemon Balm. This blend is supportive and gentle. It nurtures the user towards whole body and mind health.



"These drops are a MUST HAVE for boosting your immune system and protecting your family from seasonal yuckies. I literally have bottles stashed everywhere (including in my purse and by the door for a reminder to take them before heading out to start our day). As a highly sensitive person with Chronic Lyme this is my all-time favorite thing I take!"
-Sharon



HAPPY DROPS

Feature a water-based extract of Rose with scentless flower essences of Hyssop, Chamomile and Lemon Balm. This blend is uplifting and soothing, eases overwhelm and encourages acceptance and forgiveness.



ORGANIC

all of our products are
certified USDA organic.

ALCOHOL-FREE

everything we make is
always alcohol free .

AMAZING FLAVOR

made for flavor!
our customers keep coming back for more.



ELDER FLOWER

Sambucus nigra hydrosol

"Elder is renowned for its effects on the nervous system; it reduces physical and mental stress and promotes a sense of calm . . . Works synergistically with vitamin C and does seem to have fairly distinct immune boosting properties."

-Hydrosols by Suzanne Catty



ROSE

Rosa damascena hydrosol

"Treats the autonomic nervous system and makes you 'feel so good.' A humectant, rose adds and retains moisture . . . Rose has an affinity with the heart and the emotional spheres of the mind, body and spirit."

-Hydrosols by Suzanne Catty





be well

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www.calm-a-mama.com