

TOP TWENTY GADENING TIPS

1.) To prevent animals from digging up and eating your bulbs, before you plant them, wrap them in a thin layer of steel wool.
2.) Washing Up liquid makes a great insecticidal soap when you mix it with water. Take 1 to 3 tablespoons of washing up liquid, mix it into 1 gallon of water, put it in a spray bottle and spray the entire plant.
3.) Cut fresh flower stems at an angle, it creates a larger surface area for the flower to draw up more water and remember to put your flowers into water immediately, if you don't air pockets will form in the stems and cause the flowers to droop.
4.) When planting trees bury some old garden hose alongside the roots, when you fill in the hole leave the other end of the garden hose out of the ground. This allows you to water the roots directly.
5.) Use bubble wrap to line the pots of container grown plants it will keep them warm during the winter months.
6.) Use old knitwear or newspapers for a low cost hanging basket liners.
7.) Make sure you get a level edge when pruning garden hedges by fastening a length of rope to two points across the top.
8.) Salted boiling water makes an excellent weed killer on paths and driveways.
9.) Stop cats climbing into your garden by spraying your wooden fences with surgical spirit.
- 10.) Deter dogs with unwanted perfume and aftershave and liberal sprinklings of pepper.

TOP TWENTY GADENING TIPS

- 11.)** If you plant seeds in a straight line you'll be able to spot weeds as they come up.
- 12.)** Use a length of garden hose or drainpipe to sow seeds if you have difficulty bending down.
- 13.)** For an instant plant pick me up give them a drink of non-diet coca cola.
- 14.)** Always water your lawn in the evening this allows time for the moisture to soak in overnight and prevents burnt spots.
- 15.)** Cut up old margarine tubs and use them to create plant labels.
- 16.)** Keep your drainpipes and guttering clear by inserting a ball of galvanised steel wool into the opening, it acts as a filter and prevents the pipes from becoming blocked.
- 17.)** Bring a sparkle back to your greenhouse windows by rubbing them with scrunched up newspaper dipped in water and vinegar.
- 18.)** Don't use cold water straight from the tap to water your houseplants, fill your watering can the night before so that the water is at room temperature.
- 19.)** During a long spell of hot weather leave grass clippings on the lawn to act as mulch.
- 20.)** Garden boots and wellies starting to smell, cut an orange into two and place one half in each over night, it works a treat.



Getting & Staying Healthy - Naturally!

The human body is a highly complex mechanism. Body or physical health refers to the overall condition of that system. We say that **optimal physical health** is achieved when the body is free from disease, abnormality and injury, and is able to function well.

However, often the body does not function well when it is attacked by environmental elements, genetic malfunction, injury, and biological intrusions. These factors can result in a multitude of ailments that affect the thyroid and adrenal glands, as well as the liver and pancreas. They can cause damage to the respiratory system (bronchitis, asthma, etc), hinder digestive processes, and even cause cancer.

Whether you're a parent or child, man or woman, young or old, staying healthy is very important. **Maintaining an individual's overall wellbeing** can involve treating everything from colds and flu, to cuts and scrapes, and sometimes even embarrassing conditions like bad breath, hemorrhoids, or body odor.

Keeping the right tools on hand (both treatments and information) will **prevent frustration and help in the time of crisis**; even if the crisis is just a bruised knee from a bicycle fall, a sore elbow from too much tennis, the sniffles, or a quick immunity boost in hopes of avoiding the seasonal cold.

At Native Remedies you will find a comprehensive set of herbal remedies to help you manage and optimize your physical health – naturally and safely.

View Natural Products for Body & Physical Health

- Thyroid & Adrenal
- Colds, Flu & Respiratory

- [Liver & Pancreas](#)
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- [Ear Health](#)
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- [Joints & Muscles](#)
- [Others](#)

Two Important Differences in Native Remedies Products

We use the **Full Spectrum Method** of extraction to create our products. Many *so-called natural remedies* are manufactured using standardized extractions which – although often cited as being more scientific method – is not approved by the manufacturers of holistic medicines.

To us, it makes little sense for companies to go the natural route, while being unable to guarantee that their product is free of contamination with chemicals known to be harmful to health! Using the Full Spectrum Method helps us to maintain the integrity, balance and therapeutic effect of herbs with the least risk of side effects or harm to your health!

Read more about the our [*Manufacturing & Full Spectrum Approach*](#) »

We utilize a unique **dual-modality approach** to complete holistic wellness because we know that natural medicine works best in combination (herbal, homeopathic, flower essences and tissue salts) for fast relief and long-term care. Our approach provides a complete solution by offering OTC homeopathic remedies for relief of symptoms as well as compound herbal remedies for complete support of your physical, emotional and mental well-being.

While each of our natural remedies works well on its own to address a specific body function or relieve a particular symptom, we believe that by combining our herbal and homeopathic remedies you will find a complete solution that is safe and highly effective.

Read more about the our [*Dual-Modality Approach*](#) »

The importance of Omega-3 fatty acids

Scientists have established the effectiveness of Omega 3 in a number of health areas, including your Heart, Brain, Joints, Skin, Immune system, Vision, and Digestion. Like any product on the market today there are 'good fish oils' and there are 'bad fish oil'!

With a bad one you may be unwittingly introducing substances into your body that you DO NOT want... such as Mercury and PCB's for example. We impose tougher standards on the purity of our fish oil than any other known manufacturer. DHA is the most important fatty acid in the human brain.

High in DHA and proven to be pure and free of contaminants the Xtend-Life brand is considered to be the 'Rolls Royce' of concentrated Omega 3 fish oils at an affordable cost and has been enjoyed by thousands of customers in more than 40 countries for the last eight years.

Don't forget a good multi-vitamin!

Xtend-Life Multi-Xtra is a natural multi vitamin/supplement using only the finest natural vitamins available on the market today. Some manufacturers call the vitamins they use in their products 'whole food' vitamins, but that is somewhat misleading.

They are natural but they are grown using bio-technology and are not extracted directly from plants. What is important is that we do NOT use vitamins which are derived from petrochemicals. Multi-Xtra contains 48 bio-available ingredients.

Unlike a 'normal' multi it contains much more than just a basic vitamin/mineral mix. Multi-Xtra is probably the best multi vitamin/mineral supplement in the world and undoubtedly provides the best value for money available anywhere.