

A-Mia

NUTRITIONAL BEAUTY

**BEECHGROVE FARM,
FULBROOK, OXON, OX18 4DE.
TELEPHONE: 01993 822800
EMAIL: katie@a-mia.co.uk**

KATIE MAY
SUMMER NEWSLETTER 2005.

A NEW WEBSITE FOR A-MIA

We are in the process of design of the new website for A-Mia NUTRITIONAL BEAUTY, which has involved bringing together a diversity of products – old and new - to a list, which now comprises twenty five. The list is attached with a simple description of each product. A-Mia is a skin care system created from oils, juices, vitamins, minerals, enzymes, amino acids and full protein in both solid and liquid form with herbs from the organic garden. You can cleanse, tone, moisturise, de-tox, nourish, pamper with lotions, creams and serums and relax with moody oils that represent QUALITY & VALUE.

SOME UNIQUE CHARACTERISTICS OF A-MIA

Throughout the range Rosehip and Apple Pectin give strong vitamins A and C so important for good skin health and combined these with a myriad of herbs, fruits and blooms, including essential oils of rose, lavender, gardenia, jasmine and geranium. I have chosen Rosehip for many of A-Mia products because it is the very best source of vitamin C. It has for many centuries been revered for its great contribution to health and although it tones, it is also soothing and strengthening and is now included in our NOURISHING TONER, combined with lavender, witch hazel, apple for its vitamin A and plant enzymes to soften.

We have also used the “absolute” of rose, which divinely fragrances our Moisturiser – a fine luxury cream for daily use under make-up.

New and unique is the use of the 20 fully released amino acids from organic soya in liquid rather than solid form. The amino acids are required for regular cell renewal throughout the body and they are the composition of our individual DNA. By using them in liquid form – the whey where all the strength is retained – the protein can be used in treatment for oily skin and acne.

We have used this ingredient in our:-

NOURISHING SHAMPOO, DN-AMINO-LIGHT, EYE CREAM, LIGHT SERUM AND NOURISHING SERUM.

The full fat form (solid) of this innovation is for dryer skin and is contained in:-

LAVENDER BODY CREAM, HAND CREAM, FOOT CREAM, NOURISHING CREAM, DN-AMINO RICH, and all three NUTRITIONAL TREATMENT CREAMS

SOME NEW INNOVATIONS FOR A-MIA

THE SERUMS

The newest innovations are the two serums, which not only contain the amino acid whey but carrot oil, which is the richest plant source of the essential vitamin A. The LIGHT SERUM is recommended in a regime for oily skin or acne, whereas the NOURISHING SERUM is for dry and mature skin. They are easily absorbed and nourish without overloading the skin, when it should be allowed to breathe, particularly at night.

THE RELAXING OILS

These have been included because they are rather fun and we all need to relax at the end of a busy day. The INDITMATE MOOD OILS combine Ginger, which is very warm and cosy, with Orange for radiant happiness and Jasmin to lift the spirits and harmonise the emotions. The SENSUAL MOOD OILS are a heavenly combination of Jasmine, Ylang Ylang and Gardenia for relaxation with awareness.

EXPERIENCES OF THE PAST YEAR OR SO

During the past year my husband has been experiencing cancer of the colon, so there has been a lot of treatment to endure, including surgery as well as radio and chemo-therapy. I have been very busy helping him to keep his strength and promote his energy, as well as keeping diary records of his progress. As we have always understood the need for complimentary therapies to boost the body's own resistance, we immediately started him on a regime which included as much good organic food as possible, including a fermentation of soya with all the released amino acids, a good probiotic, plenty of organic yoghurt, the tea containing the ESSIAC HERBS . His symptoms, which had been very severe responded well to this regime, until he had the illiostome, prior to the therapies in the Autumn and the big surgery in January of this year. During all of these treatments, we have been impressed with the very high level of care and respect which we have received. We made no secret of the fact that we were using the complimentary remedies and everyone was most supportive.

Prior to the surprise diagnosis in June, I had made a cream to help Roger's symptoms, which included the four ESSIAC herbs, Callendular, Hypericum Perforatum, Solid Orgaic Soya (of course), sulphur and a little Yam. I call it Tulip Cream because in early April, my friend Linda brought her friend Debbie to see me to learn the story of the ESSIAC. Debbie had already had surgery and was undergoing chemotherapy, which was proving hard. It was all the more poignant as she had an eight month old baby. As I waited for them to arrive, I saw a group of tall tulip buds, which I decided would be ruined by the strong wind, which was springing up. I had just finished putting them in water when Debbie arrived. We talked in another room for an hour – I explained about the ESSIAC – and gave Debbie a packet so that she could make the tea herself – and also gave her a jar of Roger's Special Cream because her scalp was in poor condition. She used the cream and felt soothed immediately. We had a philosophical chat about hopes and dreams, determination and resolve, in the face of what seemed to be a poor prognosis at this time. Then we said goodbye and walked past the tulips. They had opened into beautiful full bloom!!! We were all absolutely amazed. After Debbie had gone – the tulips closed up tightly once more and took six days to re-open into full bloom once again. As they opened each day I thought – there is another year for Debbie – and when 5 days had passed, I felt overjoyed.

When Roger faced radio and chemotherapy last Autumn I mentioned that we were using the TULIP CREAM and received the approval of the oncology team to continue with it. The only proviso was that it must not contain metals. Of course it does not. Indeed when the radiologist found the start of a small skin ulcer in a skin crevice, she was very alarmed for him and he was referred to the senior nurse for skin care. I took over the daily treatment using the EXFOLIATING CLEANSER, NOURISHING TONER followed by the TULIP CREAM and to the oncology team's great surprise and delight, the ulcer was gone in less than a week. He also went through the five weeks of therapies without any of the usual side effects, which I attributed to his healthy regime.

We have learned so much about the roller coaster of this very common illness and have realized the importance of positive thinking and application and also the need to communicative with the medical team involved. At all levels they readily acknowledge the importance of self-healing, self-worth and positive attitude.

TECHNICAL INSPIRATIONS

These experiences have been an inspiration to creation, rather than an obstacle and I am very pleased that A-Mia has developed and expanded and will be live on the web in the very near future. If you need any help or advice, please give us a call, or drop an EMAIL, we look forward to hearing from you.

Katie May
SUMMER 2005.