

All About PoShens

[**poh-shuh** n]

In Chinese medicine, *Po* refers to body, vigor, spirit, soul. *Shen*; heart and spirit.

In folklore, in many cultures, a potion was/is a liquid that is believed to have magical effects.

Creations of potions of different kinds were a common alchemy practice.

Modern alchemy, as a 'magical' craft, is firmly influenced by science, holistic medicine knowledge, community consciousness, and whole body-mind health-serving intentions.

These, and a lifetime of interest in positively influencing health, have formed PoShens; products for the body, considering all elements.

Why ditch your commercial product?

- cosmetic/beauty product makers are not legally bound to list 'trade protected' chemical combinations/ingredients, of which there are 900+ now, which can be listed as 'natural' - even if containing a single ingredient that was at one time nature based. Petroleum, for instance, is natural.

- an estimated 90% of all commercially available cosmetics contain ingredients of synthetic origin - ingredients directly linked to serious health risks like cancer, infertility, kidney and liver disease and severe skin issues. Most ingredients, studied individually, have not been studied for health risks when combined with other 'at risk' chemicals.

- chemical preservatives, parabens and stabilizers added to increase commercial product shelf stability, are not only toxic to your body, but also kill most of the active ingredients, let alone the natural ones

- shelf stability is desirable for mass produced products made, shipped, stored in various uncontrolled-environments, to anticipate non-use for 2-5 years.

- the longer skin care sits on the shelf, the more inactive its ingredients become. Oils become rancid and filled with free radicals that actually accelerate skin's aging process.

How Are PoShens different?

- ingredients, a short list, in all PoShens, are chosen for their efficacy, multiple benefits, safety, and for being raw, organic, and as close to nature as is possible for medicinal benefit.

- PoShens are crafted locally, and in 'small batch' form, specifically to ensure they are used at peak nutritional efficacy.

- ingredients are largely found in most holistic households/kitchens, roots, plants, leaves, trees minimally processed, so as to be bio-available to us by inhalation, by transdermal application, and are safe enough so as to be edible, although they are best used as designed: for application to skin: our largest breathing organ, which absorbs and accesses everything applied to it.

Skin can sometimes absorb more than your digestive tract can (oral medications), and, that the medicinal properties itself in such products are more readily and more immediately available - since the digestive system hasn't screened and changed the qualities and quantities of the product. Example: the absorption of the carcinogen nitrosodiethanolamine (NDELA), which is commonly found in skin care products, has been shown to be more than 100 times greater when exposure came transdermally versus orally. It makes sense then, to expose skin to only safe, healthy, natural nutrients.

PoShens are made with much, love, science, and care to best health.

Who Created PoShens?

Our combined early lives, and some extreme health experiences, started we two passionate, educated health practitioners on care paths in consideration of others' health at quite young ages. Our belief and experiences with the magic of alchemy as ever present and available tempers our practical natures. Our belief in the powerful healing responses nature provides, and our feeling that *now* is the time for potent, powerful delivery methods of nature's best medicine as fuel, food, for the body has created PoShens. Our Core Healing products are proudly ingredient'ed with this in mind: plant based whole nature ingredients yummy for your skin and senses - with just the right blend/types of oils and butters to nourish, treat and heal, not inflame, skin, bodies, minds, spirits, for life.

Plant based medicines, and simple, whole natural ingredient combinations are powerfully effective in their natural state. Why not make a line of skin care products that are as close to their natural state as possible: most potent, most available to the body, most healthy, and applicable to even our most sensitive clients' needs.

Consciously, intentionally created, with attention to every detail - even that the containers holding PoShens have been carefully chosen - not only ensure and promote potency - but to promote ecology and care for the world we live in. We invite you to re-use your packaging, or recycle it back to us to do so, so as to not contribute to any cult of waste or negative consumerism.

How to introduce more natural anti-inflammatory agents to the body

Our skin absorbs and self regulates what it allows to pass through, bypassing our typically taxed digestive systems making it an excellent delivery system for whatever is applied there.

This 'sponge' quality makes it ideal for immediate, local (that's the spot!) application of helpful healing agents such as those in PoShens.

Our cells respond best to skin care ingredients that are enzymatically alive; when ingredients are alive they are able to activate the skin better and penetrate the epidermal layers of the skin much deeper.

Transdermal Supplementation: A Secondary, Vital Delivery Route

Many of us have supplement regimes important to maintaining health. Digestive system delivery, especially for we challenged with compromised digestion or GI tracts, or typical western diets, absorb less nutrient value from oral delivery supplements, especially true if the supplements are of standard over-the-counter quality. Diets and digestive systems can actually leach nutrients from our supplements before they even arrive to their intended destination. Such is the case for magnesium for instance, which competes with calcium receptors, lifestyles, diets, stress for maintenance of even minimum daily requirements.

Motion PoShen

A 4.30% dilution, the highest recommended, for topical application of therapeutic grade essential oils: plant based medicine, soothing, healing oils, antioxidants and free radical scavengers designed with multiple benefits:

- effective local (the's the spot!), and systemic (whole body system) pain relief/recovery from, muscle, joint and tissue damage via over-motion
- muscle/joint/tissue fluidity
- inflammation relief
- detoxification of substances/events associated with inflammation responses inherent to injuries
- inhalation relaxation and detoxification benefits



Deodorant for scent, senses,
health sensibilities, Pit PoShens:

work, and smell great, are environmentally responsible, contain 100% natural/healthy ingredients, zero toxins/harmful ingredients.

Our deodorants:

- detox, while wicking away excess sweat and odors
- encourage and support the almighty lymph system in delivering potent healing agents to the body
- encourage easy, regular palpation of tissues under the arm, which is breast tissue, to know if changes occur that might signal a need for more attention, via our application method
- empower consumers to confidently know this everyday use product actually empowers health/wellbeing, and supports conscious community (we produce locally, and contribute to community programs)
- support general and specific anti-inflammatory healing actions

90% traditional commercial deodorant products contain known carcinogens and endocrine disruptors.

Deodorants are applied at a particularly vulnerable body area known for vital immune system defense work.

Core Healing's Pit PoShen is available as both a clay type cream, and a traditional roll on stick. 100% natural, raw, organic, safe ingredients:

beeswax, coconut oil, almond oil, avocado oil, cocoa butter, shea butter, mango butter, sodium bicarbonate, arrowroot powder, witch hazel, non-nano zinc oxide, xanthan gum, a proprietary blend of essential oils, Vitamin E.

LIP POTION

All edible, lip smacking ingredients.

All moisturizing, long lasting.

Protecting, nourishing and hydrating and otherwise speaking for lips.

Seasonal flavors, including unscented.



Insomnia Relaxation Magnesium Supplementation

Core Healing Magnesium PoShen Products

Magnesium is a vital mineral, meaning, we literally need it to survive, and to support over 350 biochemical system processes in the human body.

We've developed three magnesium supplementing products: all for transdermal application: to promote improved absorption, additional skin and body-benefitting properties, and ease of use.

Mag Body PoShen - a bigger magnesium dose, with more supportive active ingredients, for faster results, chronic depletion

Val-Mag Body PoShen - adds uber-potent Valerian; quickly identifiable by its distinctly strong smell, which, when *inhaled*, brings immediate grounding and relief from mild anxiety - while regular *transdermal use* aids sleep, provides muscle/joint support, and mood enhancement. Best for bedtime use, and for anxiety/mood support needs.

Magnesium Spritz - a spray form of supplementation easy to apply anywhere, anytime.

Adequate Magnesium:

- improves sleep
- decreases hypertension (blood pressure)
- supports significantly better body-brain functioning
- relaxes muscles, decreases muscle cramps
- replenishes from deficiency-promoting activities, lifestyles, medications, nutrient deficient foods
- calms, focuses mind/body (neuro and physical)
- promotes necessary, ongoing, body detoxing
- can prevent migraine and headache relief
- excellent for restless legs, RLS (Restless Legs Syndrome)
- helps regulate diabetes (glucose excretion depletions magnesium)

Additional *Transdermal* Magnesium Benefits:

- powerful, potent skin nutrition ingredients
- promotes better skin (oiliness acne, rosacea)
- frees up a delivery system (especially helpful for digestion-compromised folks)
- can be spot- applied for specific sore muscles, cramps, or skin problems

Magnesium supplementation is important to heal many common daily health conditions.

Populations consistently show significantly *less than* RDA magnesium needs are met, and not enough to support extra bio-chemical, stress, diet and healing needs. The U.S. Department of Health lists magnesium as one of seven nutrients of concern because, consistently, as much as 80% of the population measures as magnesium-deficient. Intakes were even lower in men and women over age 50.

Our ability to absorb adequate Magnesium is highly individualized, according to:

- unique external and internal health and lifestyle factors
- exposure to Magnesium leaching products, medications, environments
- health challenges like Celiac, Crohn's Disease, stomach/intestinal bypasses, type 2 Diabetes, aging
- the source and availability of the Magnesium we're supplementing
- the delivery method (oral or transdermal)

Oral magnesium is a 35-40% effective delivery system, (less in compromised guts) - since magnesium needs 12 hours travel/transit time through a *healthy* intestinal tract, not counting magnesium depleting factors (antibiotics, some medications, foods and drink, medications, and poorly available magnesium (either in via supplement or food forms). It's also easy to forget to take oral supplements, and to overtax the digestive system.