

BRYAN'S GREEN CARE

Our Monthly Newsletter



WOMEN'S HEALTH:

by *VICTORIA BRUCE*

This month we focus on the health and wellness of the modern woman. Inflammatory diseases are at an all time high, along with heart disease and cancer. Women are working more, taking care of families, and trying to care for themselves. The American diet today has changed. More processed and fast food are being consumed out of convenience and the effects of this are presenting in disease and body malfunction. It's so hard for the modern woman to properly care for herself and her family. Mental health is also a huge component of health. Women are more likely to seek treatment for mental disorders like generalized anxiety and depression. Let's talk about all about women's health and how cannabis may benefit many.



STEAMING YOUR VAGINA? WHY? HOW?

VICTORIA BRUCE

Ever heard of steaming your vagina also know as a yoni steam or vagacial? A vagina steam is usually done by taking a blend of herbs steeping them in hot water and sitting or squatting over the steam to let the herbs absorb through the delicate flesh of the vagina. Common herbs used are mugwort, chamomile, lavender, calendula, jasmine, wormwood, roses, and/or oregano. These herbs work to decrease pain and inflammation in the area, relieve pelvic cramping associated with disease and/or PMS, tame hemorrhoids, balance hormones, promote fertility and fight vaginal infections. Steaming should last for approximately 15-25 minutes. A steaming box or thick fabric may be draped to keep steam from escaping the area intended to steam. Yoni steaming also promotes moisture to the area and can be used during an infection to help treat or to prevent an infection. Yoni steams may also be done when pregnant and after child birth to heal post-partum. So if you haven't already, STEAM your vagina. You deserve it.



**FLOWER
YOUR
FRUIT**

November Events:

11/6	Homegrown Kush Kards 4:45pm - 6pm	Roswell
11/7	Homegrown Kush Kards 10:30am - 3pm	Hobbs
11/7	Edibles Class 1-4pm	Hobbs Production
11/11	Veteran's Day	All Stores & Online
11/21	Homegrown Kush Kards 10:30am - 3pm	Hobbs
11/26	Thanksgiving	Closed
11/27	Black Friday	All Stores & Online
11/30	Cyber Monday	All Stores & Online