



# The Self-Sufficiency Shoppe Newsletter

Issue 5

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**Introduction:** *Many thanks to all those lovely people that responded so positively to my last newsletter and attended the workshops and purchased booklets. It was lovely to meet you and discover new friends of like mind! Well, just to keep up the momentum here is another issue of the Shoppe Newsletter – hot on the heels of the last one. Hope you enjoy it!*

*Pam Marshall*



## Back-to-Basics

Why Make or Use Your Own Alternatives?

The focus of my publications and workshops is to encourage people to make their own as an alternative to commercial products. During my workshops people make their own take home sample/s to try. It works really well and provides that all important initial step to getting started in making and using safer, cheaper and uniquely hand made products. I also explain to people the following 4 reasons for making your own/using alternatives:

- 1. SAFER/BETTER** - for you and your family (in terms of sensitivities to chemicals and long term reactions).
- 2. CHEAPER** – and more economical because in using natural ingredients that do not involve a lot of processing it is cheaper for you in the long term
- 3. ENVIRONMENT** – its better for the environment in that by making your own/using safer alternatives you use less containers (the disposal of which has become a problem) & contribute less to the remaining residue from making commercial products (waste)
- 4. REASSURING** – its also very reassuring to know that there are alternatives and YOU HAVE CONTROL over what you and your family use and what's in it. You are, therefore, not so dependant on commercialism and being trapped into buying their products.

*I believe that there is an alternative to everything we buy commercially – it's just a matter of finding it & getting used to using it!* Pam

## **Back-to-Basics – Why Make & Use Your Own Alternative?** (cont'd)

*My focus in what I write and teach at my workshops is to use what is easily available from the house and garden (first) and then from the supermarket. I try to avoid recommending complicated, hard to find ingredients (unless its absolutely necessary). I also tell people that there are two major hurdles to overcome when moving away from using chemicals and/or chemically made products and toward homemade alternatives:*

**First step** – Overcome the belief that commercial offerings are 'the best' for you. Big business and advertising are very powerful mediums that most of us have grown up with and therefore have become 'conditioned' into believing. Their enticement is about money, profits and 'progress' – are not necessarily about YOU, your well being or your family's well being or the well being of the environment. Start believing and accepting that what you have made and/or use (in terms of natural & simple alternatives) ARE good for you & WILL do the job just as well!!!

**Second step** – Get used to how natural/homemade alternatives work. Big companies have invested millions of \$\$\$'s into creating the types of products that you will buy. When changing to more natural alternatives they will be different in many ways – in how they feel, look, behave & smell!

Getting started.....

*All the information that I've put together is relevant to making alternatives – but here are a couple recommendations as good starters for information:*



### **Environmentally-friendly Basics Booklet Set**

**6 common household products – Bicarb Soda, Vinegar, Lemon, Eucalyptus Oil, Soap, Oatmeal - that have a multitude of safe, environmentally friendly uses around the home. Very cost effective!**

**6 Booklets:** No. 9 - Uses for Bi-carb Soda, No. 10 - Humble Lemon, No. 33 - Versatile Vinegar, No. 51 - Uses for Eucalyptus Oil, , No. 50 – Recycling Soap, No. 58 - Old-time Oatmeal.

**Price: \$42.00 (Available for instant download)**



### **Chemical Free Options Booklet Set**

*The specifics about living chemical free and environmentally friendly*

**7 Booklets:** No. 4 – Making Beeswax Products, No. 6 – Making Whitewash, No. 20 – Natural Insect Repellents, No. 18 – Homemade Glues, Pastes & Putties, No. 75 – Natural Colours and Dyes, No. 55 – Handyman Hints, No. 35 – Natural Pet Care.

**Price: \$59.00 (Available for instant download)**

*Or, if you are concerned about what you are putting in or on your body try these two information sets they both contain all the possible natural alternatives!!*



## Natural Skin Care Booklet Set

**5 booklets** - No. 30 Natural Skin Care, No. 13 Making Simple Salves and Creams, No. 26 Beautiful Hands, No. 58 Old-time Oatmeal, No. 37 Beautiful Baths  
 Price: \$39.00 (Download from [www.theshoppe.com.au](http://www.theshoppe.com.au))



## Natural Body Care

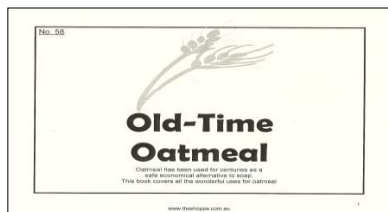
**Safe and chemical free alternatives for: hair-care, hair dyes and colours, deodorants, foot and teeth care.**

**5 Booklets:** No. 1 Homemade Toothpastes & Mouthwashes, No. 2 Recipes for Homemade Deodorants, No.14 Natural Hair Care, No. 27 Fantastic Feet, No. 71 Natural Hair Colours & Dyes. **Price: \$39.00**  
 (Available for instant download)



## Oatmeal – a natural alternative to Soap

Many, many people have asked what they can use instead of soap (which can cause reactions and allergies). My recommendation is just simple 'oatmeal'. Oatmeal has been used for centuries as a natural, gentle cleaning agent for the skin – in fact it is recommended as a healing agent for some skin conditions – such as itching & rashes. In the olden days ladies would NEVER use harsh soap on their skin – to keep it soft and subtle they would wash with oatmeal (where the concept of the oatmeal bag came from). Oatmeal can be used just as it is – place a tablespoonful in the palm of the hand and wash as you would with soap (its also a natural water softener!). It has many, many other surprising uses – in fact there is a whole e-Booklet on 'oatmeal'.....

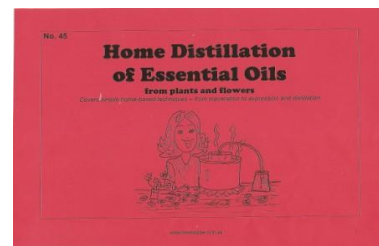


**e-Booklet No. 58:**  
**Old-time Oatmeal – Price \$12.00**  
 21 pages - Download from [www.theshoppe.com.au](http://www.theshoppe.com.au)  
 (see page 5 for more detail)

## Extracting Natural Oils from Plants

Another e-booklet you might find interesting is No. 45 'Home Distillation of Essential Oils'. Many people have asked for ways to extract natural oils from plants growing in their own back yard. Essential oils purchased commercially are expensive and the methods of extraction can be a bit dubious (i.e. using solvents) – and it's great to be able to utilize your very own plants from the garden.

This 27 page booklet contains numerous methods for extracting oil – some simple and some more complex.

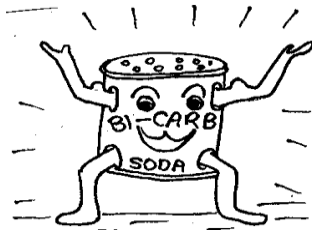


**e-Booklet No. 45 – Home Distillation of Essential Oils**

**Price: \$12.00** 27 pages

Download from [www.theshoppe.com.au](http://www.theshoppe.com.au)  
 (see page 5 for more detail)

**For a list of all 'The Shoppe' publications - including individual titles and booklet sets - go to [www.theshoppe.com.au](http://www.theshoppe.com.au)**



## More uses for Bi-carb Soda!

Many thanks to people who have contributed additional suggestions for uses for bicarb soda. As we all know bicarb soda is an amazingly simple product that can be used as a safe alternative to many harsh commercial chemicals. It's an essential item for every kitchen & laundry cupboard. So, here are a few more suggestions:

- Clean thermos' to look brand new inside by adding 1 teaspoon bicarb soda with boiling water. Apply lid shake gently. Rinse out – you'll be amazed!
- Also effective for cleaning the coffee-making machine – run water and bicarb through the system to remove stains (a problem on plastic) and deodorise.
- A bicarb soda and water spray (1 teaspoon bicarb to 3 L water) applied to plants will solve fungal problems (black spot on roses, powdery mildew on vegies, etc.) will solve the problem. Re-apply as necessary – but use with leniency as over-use may harm plants.
- Battery terminals in the car can be cleaned best by using applying a bicarb soda paste – leave 10-15 minutes and wash off.

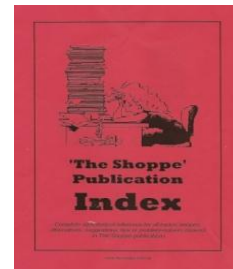
*(In fact an old timer told me that if your battery is flat and needs replacing you can get one last start out of it – to get it to the service station! – by coating the terminals in bicarb soda first!!*  
*Pam*



### No. 9 – Amazing Bicarb - 70 Uses for Bicarb Soda.

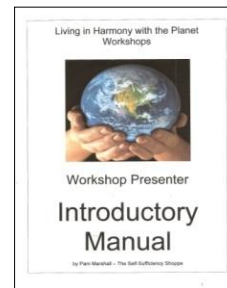
Price : \$8.00  
17 pages Download from  
[www.theshoppe.com.au](http://www.theshoppe.com.au) (see page 5 for more detail)

## FREE DOWNLOADS



### 'The Shoppe Publication Index'

A to Z resource listings of all The Shoppe publication information - recipes, ideas, tips, advice. 20 pages  
*Find what you want quickly and easily!*



### Workshop Presenter Introductory Manual

**Become a Workshop Presenter!**

for

Natural Skin Care - Green Cleaning  
- Make Your Own Body Products -  
Environmentally Friendly Living -  
Old Time Kitchen Skills - Soap Making

*Full Packages available for download*

Go to:

[www.theshoppe.com.au](http://www.theshoppe.com.au)

click on

**'FREE DOWNLOADS'**

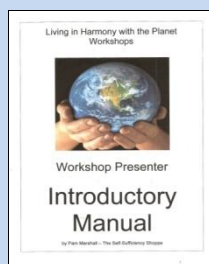
*(You'll find even more free downloads on the page including Natural Skin Care recipes, Green Cleaning recipes and more.)*



## BECOME A WORKSHOP PRESENTER

**Natural Skin Care - Green  
Cleaning - Make Your Own Body  
Products - Environmentally  
Friendly Living - Old Time  
Kitchen Skills - Soap Making**

*Full Packages available for  
download*



### **FREE DOWNLOAD: Workshop Presenter Introductory Manual**

Go to: 'Becoming a Workshop  
Presenter' -  
[www.theshoppe.com.au](http://www.theshoppe.com.au)

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## How to Purchase e-Booklets and Workshop@Home

*There are 3 ways to purchase publications:*

### **Method 1. From the website:**

All booklets are available for **immediate download**. This is the quickest way to access the booklets.

1. Go to **www.theshoppe.com.au**
2. Click on 'Shoppe Publications'
3. Scroll down to find your chosen title
4. Click 'ADD TO CART'
5. Click 'Continue shopping with The Shoppe' to order more booklets or
6. Follow the prompts: 'Proceed to Check-out' to pay. (You do not need to have a Paypal account to order via this method. You can pay by debit or credit card, Mastercard, Visa, American Express or Paypal)
7. When payment has been processed your booklet will appear immediately for download in PDF (Acrobat) format on the screen.
8. Save to your computer for printing (full booklet or just relevant recipe pages) or use ebook reader.

### **Method 2. Internet Banking or Direct Payment:**

Electronic funds transfer into The Self-Sufficiency Shoppe account. Booklets can than be emailed or posted\* to you. Email: [pam@theshoppe.com.au](mailto:pam@theshoppe.com.au) for The Shoppe's bank account details for payment transfer.

\*Please add \$3 to the price of each booklet to cover printing and postage costs.

### **Method 3. By Mail**

Send cheque/money order to The Self-Sufficiency Shoppe - P.O. Box 390, Park Holme, 5043 (add \$2 per booklet for printing & postage). Your booklets will be downloaded and printed for you and sent to your address. Please add \$3 per booklet for postage and printing costs.

**If you have any problems or queries  
contact: [pam@theshoppe.com.au](mailto:pam@theshoppe.com.au)**