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### **The Healing Power of Sound: The Solfeggio Frequencies**

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### **Vegetarian Curry with Paneer and Cauliflower**

Recipe Source: <https://aussieketoqueen.com/keto-vegetarian-curry/>



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### **Oregano—Much More than Topping for Your Pizza Pie**

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### **Lyme Disease May Decrease Magnesium, an Essential Mineral**

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### **Protect Yourself From Lyme Disease: Prevent Tick Bites**

For an overview of tick repellants visit: [Using Insect and Tick Repellants Safely \(https://extension.psu.edu/using-insect-and-tick-repellents-safely\)](https://extension.psu.edu/using-insect-and-tick-repellents-safely)