Water is our most important drink. Our bodies are made of 65-85% water. Water offers us protection, delivers nutrients, regulates temperature and removes waste. When we are fully hydrated, we feel less pain and have more energy.
Food is our Medicine

Huckleberry helps us to live a long and vibrant life. The deep blue, purple or red berries are medicine for our hearts and are said to contain the blood of the earth. Dried huckleberry leaf tea balances blood sugar and protects us from chronic diseases.
Wild Strawberries remind us to embrace and savor the moment. These berries might be small but their burst of flavor brings joy to all who taste them. Pick them in fields and forests during the height of summer. Try making flavored water by adding strawberries, citrus fruits and aromatic herbs to your water bottle!
**PROTECT WHAT YOU LOVE**

**Wild Rose** helps us remember what is precious and to keep it safe from harm. The sweet smelling flowers sooth irritation, heal wounds and add delicious flavor to food and drinks. In fall, flowers become rose hips, which strengthen our heart and contain Vitamin C that shields us from illness.
Nettles are nature’s springtime super food. They purify and nourish our body so we can feel clear, strong and energized. The tender shoots are cooked in a variety of ways and dried leaves make a tasty tea or seasoning. The sting of nettle reminds us to be fully aware and protected.
Evergreen tree tips from Douglas fir, hemlock, spruce and true fir trees are the original thirst quenchers. In springtime limey green new growth emerges at the end of branches. Snack on them fresh or make them into tea to recharge and be your best.