



every day, had I not had a way to put it to use.”

The growing puppies and expanding goat herd threw the entire Dotson family into farming and product development. This also intensified their animal care duties, which will grow further still as plans to add sheep in the future come to pass. Liz, whose social schedule now revolves around feedings, milkings, and births, was caring for a lot of animals, including her Great Pyrenees

dogs, which has led to an extensive line of natural products for pets. “On the farm, flies can be hard on the dogs, especially their noses. I developed an herbal goat milk crème that not only healed those tender noses, but that repels the flies as well,” explains Liz. “They hate it at first, because it has a strong herbal scent, but they get used to it.” Balms, sprays, shampoos and crèmes to heal sensitive pet skin, along with herb-based insect repellants, round out the Belle’s Farm pet products. A local equestrian has also used the product on her horses and gives the bug products an enthusiastic “thumbs up”.

With ambitions to study both herbs and chemistry, Liz plans to continue developing new natural skin care products. “I use grapefruit seed extract and tea tree oil as preservatives, but in some products, a chemical preservative is necessary to have any self life at all. I’d like to find ways to replace chemical preservatives with something that is 100% natural, and maybe cultivate some of my own herbal ingredients,” says Liz.

Natural Products and the Natural Market

With Liz Dotson focused on caring for her animals and developing new products, Lilly and Jim Fraser are a vital part of the success of Belle’s Farm. The marketing of Belle’s Farm within the new Green Living company, LillysJims, allows Liz to pay attention to what she does best. Jim explains, “We are building our marketing strategy now, with plans to cover the area east of I-95 in the Carolinas, starting with the Grand Strand. We will be promoting Belle’s Farms products for pets and people, along with other handmade pet accessories, including doggie clothes from local manufacturer Doggie Designs, Inc., and an increasing list of green living products.” We can’t wait!

For more information on LillysJims Green Living Products, see LillysJims.com or call Jim and Lilly Fraser at (866) 702-3310. See ad page 19.

Balancing the Time Scale and Getting Organized

By Suzanne Swarengen

In this day and age, many of us get caught up in busy schedules and lifestyles, and end up rushed to the limit, which effects us mentally and physically. We rush through meals of poor quality food, or skip them all together, and regularly skimp on relaxation and sleep. The average American gets nowhere near the ideal eight hours of quality sleep every night, and much less than the recommended amount of exercise necessary to stay healthy. There’s just not enough time ... right?

There are three fundamental things necessary to live a hundred years with grace and health: a balanced diet, quality sleep, and a fit body. If any one of these factors is neglected as you’re headed down the highway of life, the ensuing downward spiral brings with it digestive disorders, sleep problems, body pain, cancer and more.

The answer? Get organized! Plan diet, sleep time and fitness into your day like any other event. Schedule time for three meals every day and stick to it. Eating a healthy breakfast, lunch, and dinner are vital to your health, as are healthy snacks between lunch and dinner, which will help maintain a vital metabolism. Mark your calendar for some physical exercise, too. Doing something you enjoy, like a brisk walk with someone you love or Frisbee on the beach, will help you keep your appointment. End your day in time to go to bed for at least seven to eight hours of sleep. If you think that you are too busy, that none of this will work for you, then you need to change your way of thinking. The key is to schedule these items into your day instead of whizzing along and hoping there is time left over at the end. Your health should not be an afterthought, so make these three essentials a priority at the start of your day.

Remember, these are the fundamentals. Once you have them under control, consider enjoying some downtime. It’s okay to be a little self-indulgent once a week or once a month! Take the time to go to a spa, see an acupuncturist, get a chiropractic adjustment, or simply enjoy one of your hobbies or a walk on the beach. There is an abundance of resources available to help you maintain balance, so see a specialist if you need help with stress. It is your body, time, and money - use them wisely.

Suzanne Swarengen, DOM, AP is a board certified, licensed Acupuncture Physician, providing compassionate care and holistic solutions. Specialties include sleep issues, digestive disorders, and stress management. For more information call the Alternative Healthcare Clinic at (843) 347-5445 or 692-924. See ad page 9.