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Joette taught me about the use of Nat Sulph in water to help with my breathing during the oppressively hot days in this area.

This past Friday was supposed to be a hot one. I wanted to take a morning walk to get some fresh air, exercise and check out my neighborhood (I rarely get outdoors for pleasure; I'm in the car back and forth to work and activities or events; So I've begun to walk on the weekends and whenever else that I can).

I was worried about the air so I decided that if it was too difficult to breath I would use our gym to get exercise. I was planning to inhale once I got outdoors and that would let me know whether or not to walk.

Well, I got outside and found it hot, but not oppressive. Heat doesn't bother me when I'm not dressed up. Anyway, I completed my walk with no strain and even went further than I'd planned.

It wasn't until I got back inside and heard the weather report that it dawned on me that something was different. I asked my daughter, to check the air and she confirmed that it was reported as being oppressive.

I then remembered that I hadn't been bothered by the air for a while even though it had been hazy, hot and humid here.

It had to have been the effects of the Nat Sulph, which I'd taken more than a week prior to this walk.