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Please share with your members & be in touch with any questions or comments.
Hope to hear from you. THANKS!

FOR IMMEDIATE RELEASE – January 20, 2021

New*FREE* downloadable eBook
“NATURAL HAND CARE IN THE AGE OF COVID-19”
For Caregivers, First Responders and Frontline Workers
who have consistently shown up to help us all
during this pandemic

BOSTON, MA – Due to a family member’s emergency colon surgery in early 2020, I became a full-time, at home caregiver. Here was the regular opportunity to witness the dedication of the hospital’s mobile nursing team and appreciate how those in healthcare were suffering personal issues with their hands and skin by following COVID safety protocols.

As I am an herbalist and writer, I made the decision to update my “Natural Hand Care” book (Storey Publishing) to include relevant Covid-19 safety guidelines, plus, easy-to-follow treatments using plant-based herbal remedies to soothe and care for anyone’s hardworking hands. Together, we have created a short, incredibly useful, downloadable eBook in pdf format, filled with less known facts.

You might want to take this short ‘**Personal Quiz**’ to rate yourself on Covid-19 Hand Care safety:

Please answer: ‘Yes’ or ‘No’

1. I follow Covid-19 guidelines by keeping my nails short. I bite them. Yes / No
2. Because I am wearing a mask, I want my nails to sparkle! Yes / No
3. I feel safe because I use artificial fingernails or nail extensions. Yes / No
4. I wear a ring or rings on my fingers all the time. Yes / No
5. I am washing my hands often. I use my handy dishwashing liquid. Yes / No
6. I use most any kind of hand moisturizer to keep my hands soft. Yes / No

If you answered 'YES' to 3 out of 6 or more, it's time to read this downloadable eBook!

Answers:

1. Stop biting your nails, yes, keep your nails short – clip them now!
2. 'Chipped' nail polish harbors more germs than wearing no polish.
3. Artificial fingernails & nail extensions may conceal high concentration of bacteria - even when using soap or alcohol-based hand sanitizer!
4. During this pandemic, leave your rings in your jewelry box. The skin underneath finger rings have more germs than anywhere else on your hands.
5. Dishwashing liquid removes the natural oils from your skin. It's better to use small, travel-size soap placed next to each sink.
6. Use of 'petroleum derived' hand creams/lotions may adversely affect the integrity of your protective gloves - vinyl, latex or hypoallergenic nitrile.

Norma P. Weinberg has written several books in print by Storey Publishing. She is also the creator of the popular TV series, "*herbsdottir*" which ran on cable for many years. She has volunteered with returning service members utilizing outdoor gardening to relieve symptoms of PTSD. Norma comments, "We owe such an incredible debt of gratitude to those who put their lives on the line each day. I hope this eBook brings some welcome relief to the tireless and dedicated core of caregivers, first responders, frontline workers and their loved ones.

The eBook is available **FREE** for download.

Simply go to <https://herbsdottir.com/books.htm>
to download:

'Natural Hand Care in the Age of Covid-19.'

Hope you find this eBook helpful!
Thanks for your interest,
Norma

