

TRI COUNTY LEADER

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2013-06-20 / Front Page

Angel hugs and goat's milk

FRIENDS AND NEIGHBORS
BY SUZANNE LOUDAMY
Reporter



NETTIE PATTERSON Leader Staff
Photo/Suzanne Loudamy

Inside the big red barn is a little shop that Nettie Patterson calls her own. Sometimes you'll find her hard at work on her goat's milk products and sometimes you'll find her there in prayer. The two really go hand in hand

Nettie began raising goats and using their milk after meeting Jackie Brown of Jacksonville. Nettie had been afflicted with fibromyalgia and had discovered that some of the things in her diet were making her condition worse and causing other physical problems. One of those was milk products. Jackie convinced her to try goat's milk and it had none of the bad effects of cow's milk.

Goat's milk was not the cure for her condition but it was certainly a help. Because of the fibromyalgia and a broken hip she suffered in 2008, Nettie was dealing with a lot of pain in her life. Being the tough gal she is she did her best to work through the pain but some days it was just not possible.

"One day in the barn as I shoveled poop, the pain was so intense I just couldn't do it any more," Nettie said. "I fell to my knees right there and cried out to the Lord that the misery was more than I could stand. On the floor of this barn I heard God tell me that my path was directed and all planned out. 'Now you get up and get better.'"

Nettie began to look more and more into healthier choices in her diet and products that contained more natural bases and less or no chemicals.

As she continued to heal and deal with her own ailments, Nettie heard from the Lord that she should be reaching out to other women living with fibromyalgia and other chronic illnesses. With this direction and much prayer Angel Hugs Ministry was born. The group meets the fourth Monday of each month at the Troup Senior Apartments, 815 S. Athena.

Out of the introduction to goat's milk came Nettie's creations of many milk-based skin products. The goat's milk comes straight from the goats she raises on the farm near Screech Owl Bend, an area well known to long-time Troupites. Goat's milk acts as a natural moisturizer without a greasy feel. Essential oils are used and added for a soothing product with a blissful aroma.

Her friend Jackie makes all of the soap products with each bar hand wrapped. Nettie's sister Lessie Wilder helps out by creating brochures for Udderly Natural. Lotions, lip balm, salve, scrubs, body wash and soap are all available for purchase from Udderly Natural at the Web site www.udderly-natural.com and they may be purchased at Steele's in Troup, Karen's Health Foods in Whitehouse and the East Texas Trading Post in Longview.

Profits from Udderly Natural go back into the work of Angel Hugs as well as Altar of Light which is a ministry in Africa that Nettie has been a part of for some time.

"It's been an amazing journey," Nettie said. "I can't imagine going through this without the Lord carrying me all the way."



This Label identifies the product from Udderly-Natural