

# Health & Happiness Kit

This Health & Happiness Kit was formulated to help with all aspects of health, both emotional and physical. Some examples are dealing with respiratory trouble, pain, hormone balancing, digestion, anxiety and insomnia. By improving your health with this wonderful kit your sense of peace and happiness will increase too.

## LeAspire

LeAspire is used to bring relief from colds, bronchitis, pneumonia, sinusitis, respiratory congestion, allergy symptoms, deep pneumonia, pleurisy, asthma, and flu that have settled in the lungs. Dilute LeAspire for use in deeper chest complaints affecting the bronchial passages and the lungs. It also dissolves bone spurs, stop snoring, and helps quiet dry, hacking coughs.

## LeDeeper

LeDeeper contains penetrating, anti-inflammatory oils which aids in relieving pain that is deep in the tissues and nerves. It is useful for sciatica, arthritis, osteoarthritis, the pain of osteoporosis, sprains, and injuries where there is bruising and/or nerve damage. LeDeeper increases blood and lymph circulation to the extremities, making it an effective choice for neuropathy and fibromyalgia. It brings relief to the abdomen and back for premenstrual cramps, and pain relief with shingles and bursitis.

## LeEternity

The aroma of LeEternity balances energy and improves both mood and mental outlook. It enhances vitamin and mineral absorption for the overall improvement of health and vitality. LeEternity helps the body absorb calcium, which prevents osteoporosis. LeEternity is used for various problems related to the cardiovascular system.

## LeLifeForce

LeLifeForce immediately raises the over-all frequency of the body, improving outlook and response to stress and trauma. It is used following any illness or traumatic experience that has left one feeling weak, shaky, or on edge. It helps in the recovery period of accidents and illnesses. LeLifeForce builds, strengthens, and protects the body because it is an immune and adrenal gland stimulant and toner. Use it with LeEndoRelief during the cold and flu season. You may avoid getting sick altogether, and if you do catch something, the illness will have a shorter duration and recovery period.

## LeWoman Wise

There are many emotions that go completely out of whack when our hormones are out of balance. This blend can be very helpful for any of those. LeWoman Wise, even just diffused rather than applied, can help to balance hormones, stabilize mood swings, and calm irritability. LeWoman Wise helps balance the hormones of younger women. It brings relief from premenstrual and menstrual cramps and headaches. It may also be effective for prostate problems in men although LeBalance is usually a better choice for men and women approaching, or in their menopausal years. It should be used all month long, not just when the PMS symptoms are at their worst. Doing this will keep the symptoms from occurring. This blend is not for use during pregnancy!!!

## LeBalance

LeBalance supports the endocrine system and balances the hormones in both men and women. It should be applied around the ankles, diffused or in the tub. For men, LeBalance helps balance male energy, regulate prostate function, reduce congestion and enlargement of the prostate which often reestablishes proper urinary function. For women, LeBalance reduces or eliminates hot flashes and headaches in women who are approaching or going through menopause. Best used by women age 45 and older. It is helpful as a digestive aid and as a diuretic if linked to hormone imbalances. Not to be used during pregnancy!!

## LeEndoRelief

LeEndoRelief aids our emotional health. It strengthens and balances the whole endocrine system. As our bodies and minds begin to function better, we feel more secure in ourselves. We are able to establish boundaries between ourselves and others. This improves vitality and metabolism. Our weight naturally balances and we have enough energy to last through the day. LeEndoRelief is useful for diabetes, hypoglycemia, bladder and kidney infections, candida, and prevention of gallstones, kidney stones, arthritis, and osteoporosis. LeEndoRelief regulates hot flashes and moderates the other symptoms of menopause.

## LeInsideOut

LeInsideOut can be helpful in discovering and sorting through the emotions underlying the digestive problems and calm the obsessive worry that contributes to it. It improves the function of the digestive system. LeInsideOut helps with upset stomach, belching, bloating, stomach cramps, heartburn, constipation, diarrhea, nausea, parasites, candida overgrowth, and for any bout of intestinal flu or food poisoning.

## LeTranquility

The aroma of LeTranquility reduces or eliminates panic attacks and other anxiety based disorders. It helps us develop inner strength, patience, understanding, and confidence. It promotes relaxation, relieves anxiety, stress, tension, and depression. LeTranquility is useful as a sleep aid, if the problem is "mind chatter" that just won't quit. It can be useful for circulatory problems to the extremities. LeTranquility relieves migraines and tension headaches. It has proven useful in a very wide range of physical discomforts.