



July Specials



15% Off



Citronella

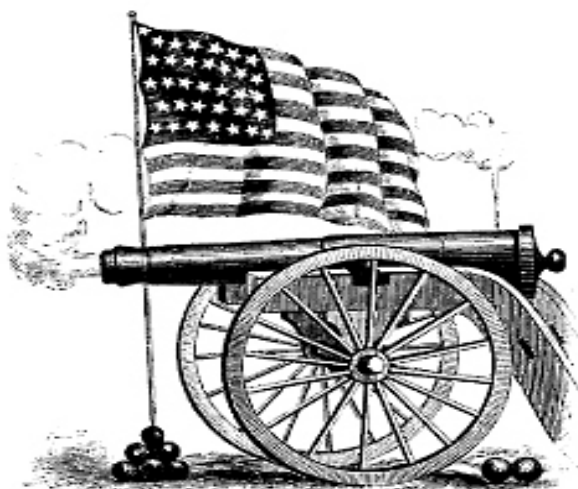
Rose Geranium

Blue Yarrow

LeRevitalize

LePurify

LeLetting Go



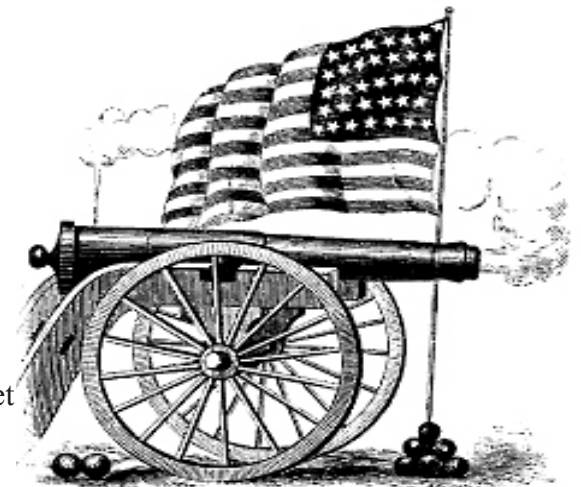
Butterfly Express
LLC ®



208-747-3021



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Citronella (Cymbopogon nardus)

Belongs to the same family as lemongrass and palmarosa. Combined with Cedarwood, citronella makes an excellent insecticide. Citronella may help with colds, fatigue, flu, headaches, minor infections, migraine, neuralgia, excessive perspiration, and oily skin. Can be used as an antiseptic to sanitize and deodorize food preparation surfaces. This oil is hardly ever used alone in therapy, but is a valuable addition to many blends.

- **Ingredient In:** Purify, Sunburst
- **Therapeutic Properties:** Anti-bacterial, anti-fungal, anti-inflammatory, antiseptic, antispasmodic, deodorant, insecticidal
- **Application:** Always dilute before applying to area of concern
- **Aromatic:** May be stimulating to cardiovascular system
- **Contraindications:** Frequent use can cause extreme sensitive reaction; use with caution during pregnancy; can cause contact sensitization; inhaling citronella can increase the heart rate

Le Revitalize:

Powerfully stimulating; increases mental alertness; alleviates mental fatigue; aids in cleansing the liver and improving vitality; useful for overcoming addictions; anger management

- **Ingredients:** Geranium, Fennel, Helichrysum, Rosemary, Bergamot, Blue Tansy, Chamomile Roman, Lemon
- **Affinity for:** digestive system; brain function; emotional stability
- **Aromatic Considerations:** Diffuse for short periods of time only
- **Application:** Dilute when applying to the body; apply to appropriate areas of the feet - especially over liver area; when using over entire body, dilute well.
- **Resonance:** physical

Rose Geranium (Pelargonium graveolens)

Very similar to regular Geranium (Pelargonium graveolens). Rose Geranium has a delightful aroma, sweeter and lighter than Geranium with a rosy overtone and an herbal undertone. Has been used for PMS, menopausal symptoms, fluid retention and breast engorgement. Applied topically for inflammatory conditions and for the infection of wounds, eczema, acne and burns. Also used in the treatment of scarring and stretch marks and to delay the onset of wrinkles. See Geranium for other uses of this oil. I, personally, find it delightful, sweeter and lighter than Geranium.

- **Ingredient In:** Baby Me, Balance, Benediction, Everlasting, Heart Song, Unity
- **Therapeutic Properties:** Similar to Geranium
- **Application:** Massaged on the feet, as a perfume
- **Aromatic:** Light and lovely, emotionally calming, said to relieve high blood pressure

Le Letting Go:

Excellent for release of anger and frustration and letting go of negative emotions to the cellular level; self-acceptance and self-forgiveness; depression and despair; rebellious spirit in teens and others; aids colon, kidneys and gall-bladder by helping us release the past and let go of resentment and other negative emotions.

- **Ingredients:** Geranium, Lemon, Ylang Ylang, Lavender, Sandalwood, Blue Tansy
- **Affinity for:** digestive system; urinary tract; emotions
- **Aromatic Considerations:** Create feelings of tolerance of the faults & foibles of the human race; feelings of trust
- **Application:** Apply over the liver directly or on the bottom of the feet or behind the ears. Nice in the bath for relaxing
- **Resonance:** physical and emotional

Le Purify:

Kills odors, bacteria, molds and fungus; apply to spider bites and insect stings; toothaches and dental abscesses; citrus oils are useful for anorexia and other eating disorders; use for repelling bugs, insects and mice.

- **Ingredients:** Lemongrass, Grapefruit, Lavender, Citronella, Tea Tree
- **Affinity for:** digestive system, skin, emotional stability
- **Aromatic Considerations:** purifies the air - neutralizing mildew, cigarette smoke and noxious odors.
- **Application:** Diffuse; apply topically or place on cotton balls in air vents, etc.
- **Resonance:** Very low physical range blend that also affects emotions

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I am sure that all of you would agree with me that Vitamins and Minerals (combined with a few of the right kind of fats) are absolutely essential to healthy bodies and minds. Study after study throughout the world has confirmed the connection of vitamins and minerals to health. Many studies also show the connection between the lack of certain vitamins and minerals to unhealthy and diseased states of the body.

Vitamins are powerful substances. We need only microscopic amounts of some of them in our diets to stay healthy, but take away those tiny quantities and our bodies soon run into deep trouble.

Herbs most often work for a particular problem because the herb has provided one or more vital missing nutrients

Let's take a look at two very common herbs - Marshmallow and Stinging Nettle. On average a cup of tea made from the fresh leaves of the common Mallow plant checks in with 249 mg of calcium, 12.7 mg of iron (that is very high!), 2,190 IU's of Vitamin A. The dried herb would be slightly behind these values. Marshmallow, used in a tea or tincture form, is readily absorbed and available to the body. Stinging Nettle checks in with at least 6,500 IU's of Vitamin A, putting it right up there with the very best foods. Nettle also contains a whopping amount of Vitamin C, without any of the negative effects of too much ascorbic acid.

How quickly the nutritional value of the herb will work on you depends on a variety of factors:

- how nutritionally deficient for that nutrient you were in the first place.
- your own body's ability to absorb and utilize the herbal nutrition you are giving it
- what vitamin 'bandits' are at work in your life (low grade infections, lots of sugar, too little sleep, etc)
- the potency of the herbs you are using (just like foods, herbs can lose their nutritional content by poor processing or storage methods).
- how well the eliminative organs of your body are working. Toxins, drugs and other poisonous substances often link to the vitimina molecules and attempt to pass out of the body. A toxic colon or kidneys can result in toxins being dumped back into the blood stream from the liver and other storage sites.

The body responds, often very quickly, to improved nutrition. Nutritional deficiencies are easily preventable with the addition of herbs to the diet and to the medicine cabinet.

Butterfly Expressions LLC 208-747-3009

Grass Fed Beef

Part of a well balanced diet

The assembly line, by reducing the amount of time necessary to produce goods, has brought us affordable consumer goods from cars to computers. In the past 50 years or so the assembly line model has been applied to food production in this country. But what works well for cars, may not be such a good idea for beef production or producing potatoes for human consumption. In order to be nutritious and healthy for human consumption, food needs time to mature. The additives that speed production and harvesting are limiting the nutritional value of the things we eat, and in some instances may literally be killing us.

For instance, ruminants, (animals with two stomachs like a cow or sheep that chew their cud) are biologically designed to eat grass. They take a little longer to mature and fatten if they are not fed concentrates such as corn or barley, but that extra time is what nature intended. When fattened this way the meat is not only more flavorful, but becomes a healthy and vital protein source.

You have heard that fish is a good healthy meat. The reason fish has been labeled a healthier choice than beef or even chicken is the levels of essential omega 6 and omega 3 fatty acids contained in fish. These fatty acids cannot be made by human bodies but are necessary for all our cells especially our eyes, brain and nerves throughout our bodies. But did you know that if beef is grown properly and grass fattened it contains the same balance of essential omega 6 and omega 3 fatty acids that makes fish such a valuable protein source? The human body needs both omega 6 and omega 3 essential fatty acids, but it needs them in the proper balance. That proper balance should be close to one and not exceed four times as many omega 6 as omega 3. The typical American diet is from 11 to 30 times as many omega 6 as omega 3. The result is a diet that promotes disease whereas a proper balance of omega 6 to omega 3 fatty acids actually helps the body fight disease. Maintaining the proper balance of omega 6 and omega 3 fatty acids in the diet has been linked to prevention of Alzheimer disease, atherosclerosis, heart attack, depression and cancer. Omega 3 intake has even allowed those suffering from rheumatoid arthritis to discontinue other treatments.

Grain fed beef contains an omega 6 to omega 3 ratio of 4 to 1, whereas grass fed beef has a health promoting ratio of 2 to 1. You will find much exciting discussion about these essential fatty acids under the rubric of Conjugated linolenic

Acid, (“CLA”) CLA prevents breast cancer, colon cancer, and diabetes, among other diseases. It is also important in lowering LDL cholesterol levels and fighting obesity. While it seems too much to claim for one nutrient substance, the reason for the amazing impact of CLA is that it helps the body modulate proper composition by preventing fat buildup and becomes the source of the body’s other essential nutrients. Humans can not synthesize omega 3 and 6 conjugated bonds so we use the CLAs as a building block to produce the other omega 3 and 6 fatty acids we need. We must eat linolenic acid (one type of omega 6) and alpha linolenic acid (one type of omega 3). We can then use those as building blocks for the other Omega 3 and omega 6 fatty acids we need. For reasons yet not fully understood, if we don’t eat them in the right

amount the body cannot synthesize the correct nutrients. Grass fed beef has the correct balance. While there are some side effects to eating high doses of artificial CLA, the more natural CLA one can ingest the better. CLA is found naturally in the meat of ruminants due to the anaerobic activity of the rumen bacterium *Butyrivibrio fibrisolvens*. However, feeding the animals grain in confinement substantially reduces the amount



of CLA the animal provides. A hamburger from grass fed beef will contain about 123 mg of CLA whereas that same hamburger from grain fattened beef will only have about 48.3 mg of CLA. Ironically, the highest CLA deposits are in the fat. This should not come as a surprise because omega 3 and 6 fatty acids are just what their names imply, fats! So rather than selecting lean beef as we have been conditioned to do, you will want to eat the fat, marbled, flavorful grass fed beef because, when properly raised those best flavored cuts are also the most healthy for you.

Now a word about flavor. As you read about grass fed beef you will note that most researchers acknowledge a flavor difference between grass fed and corn fed beef. That is true. As your pallet becomes adjusted to meat raised the way nature intended it you will begin to notice that the meat you buy in the store has a strong, almost liver like taste. Now I personally like liver, but not when I am expecting T-bone! Some who have grown accustomed to the flavor of grass fed beef can no longer stomach a steak at the restaurant and have to order fish. If you would like to learn more, check out

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Click on “Grass Fed Beef”