

# November Specials

## 15% off

This is the season to have a

LeGrateful Heart  
for all the

LeBountiful  
things we have been blessed with;  
and a season for

LeLetting Go  
of . . .

Rosemary  
Oregano  
Thyme



## **<sup>Le</sup>Grateful Heart**

Promotes feelings of gratitude for all that we have and all that others do for us. Dissatisfaction and discontent are particularly destructive to the nervous and immune systems - provides support and healing for these areas; helps us achieve relaxation of mind and body; seems to help with hypoglycemia.

**Ingredients:** Coriander, Pine, Frankincense, Myrrh, Rosewood, Geranium, Melissa Blend, Ylang Ylang

**Affinity for:** nervous system, immune system, muscles, bones, emotional balance

**Aromatic Considerations:** relaxing, uplifting, tender feelings of benevolence, empathy and tolerance

**Application:** Apply over the heart, forehead, temples; diffuse; wear as perfume or cologne.

**Resonance:** emotional, spiritual, physical

## **<sup>Le</sup>Bountiful**

This oil is specifically designed to affect the energy fields around us and to help us achieve a frequency that attracts good fortune into our lives; beneficial to the brain - seems to clear sluggish thought processes. Aids us in thinking clearly about money issues and lessens the stress in these areas; immune support and stimulant

**Ingredients:** Myrrh, Patchouli, Frankincense, Clove, Cinnamon, Thyme, Orange Sweet, Orange Bitter

**Affinity for:** immune and respiratory systems, body's external magnetic field, emotional balance

**Aromatic Considerations:** creates feelings of security, generosity, thankfulness, bringing the 'blessings of heaven' down on you

**Application:** diluted and worn on wrists, behind the ears, as perfume or cologne; place a drop or two in checkbook, car dash, phone or wallet for profound results

**Resonance:** physical, mental - frequency similar to healthy brain

## **<sup>Le</sup>Letting Go**

Excellent for release of anger and frustration; 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.

**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

## **Rosemary (*Rosmarinus officinalis*)**

Has been found to help balance heart function and energize the solar plexus. Most Valuable Uses: Muscular pain, rheumatism, arthritis, muscular weakness, constipation, coughs, colds, bronchitis, helps eliminate toxins, memory enhancement, overwork, general debility, infections, overindulgence, hangovers, acne, exhaustion, poor circulation, cellulite, skin care, hair care, migraine, headaches, sinus problems, general tonic, baldness, low blood pressure, candida, cholera, dandruff, diabetes, flu, hair loss, menstrual irregularity, vaginitis, viral hepatitis, virus, and water retention.

**Ingredient In:** <sup>Le</sup>Aspire, <sup>Le</sup>Candila, <sup>Le</sup>Crystal Clear, <sup>Le</sup>Cypernium, <sup>Le</sup>Delicate, <sup>Le</sup>Deliverance, <sup>Le</sup>Energy, <sup>Le</sup>Life Force, <sup>Le</sup>Mela Plus, <sup>Le</sup>Revitalize, <sup>Le</sup>Turmoil, <sup>Le</sup>Wake-up

**Therapeutic Properties:** Anti-bacterial, anti-catarhal, anti-infectious, anti-spasmodic, endocrine equilibrate, mucolytic, tonic, astringent, aphrodisiac, cicatrissive, cytophylactic, pectoral, antidepressant, sedative, calmative, emollient, antiseptic

**Application:** Apply to appropriate areas on the feet, directly on areas of concern

**Aromatic:** Stimulates memory function and helps to organize the thought process

**Contra-indications:** Avoid if pregnant or epileptic

## **Oregano (*Origanum vulgare*)**

An extremely beneficial and effective oil and has received some attention from the media lately. Unfortunately, too many reporters and announcers do not know the difference between therapeutic grade and diluted oil. DO NOT follow their suggestions and use large quantities at once. 1 or 2 drops of a pure essential oil is always sufficient. Oregano, in either herb or essential oil form, has anti-bacterial, anti-fungal, antiseptic properties and is an immune stimulant. It balances metabolism and strengthens the vital centers of the body. Use for: chronic bronchitis, respiratory infection, colds, mental disease, pneumonia, pulmonary tuberculosis, rheumatism, general debility, muscular pain, whooping cough. Makes a nice addition - in small quantity - to blends and is a good oil to diffuse during cold and flu season.

**Ingredient In:** <sup>Le</sup>Deliverance, <sup>Le</sup>Life Force, <sup>Le</sup>No-More

**Therapeutic Properties:** Anti-infectious, anti-viral, antiseptic, stimulant, anti-aphrodisiac, emmenagogue, anti-parasitic, expectorant, anti-fungal, immunostimulant

**Application:** Apply to appropriate areas of the feet, areas of concern, dilute well

**Aromatic:** Pungent, but a lot of people like it diffused for respiratory problems and to promote a general feeling of strength and stability

**Contra-indications:** Avoid during pregnancy, can cause extreme skin irritation: often used in a diffuser, do not use in baths, dilute well if applying to body

## **Thyme (*Thymus vulgaris*)**

A general tonic for the stomach. Can be very beneficial for fatigue and physical weakness after illnesses such as flu, urinary tract infections and wounds. Attacks viruses along spine (Spinal meningitis, perhaps). Valuable Uses: All infections including viral infections, mucous congestion, colds, flu, muscular pains, arthritis, obesity, bronchitis, coughs, general debility, poor circulation, gout, physical exhaustion, throat infections, muscular debility, anorexia, acne, gum infections, thrush, warts, anthrax, asthma, colitis, cystitis, dermatitis, tuberculosis, urinary infections, wounds.

**Ingredient In:** <sup>Le</sup>Bountiful, <sup>Le</sup>Dandy, <sup>Le</sup>Delicate, <sup>Le</sup>Deliverance, <sup>Le</sup>Energy, <sup>Le</sup>Eternity, <sup>Le</sup>Inside-Out, <sup>Le</sup>Life Force, <sup>Le</sup>Tenda Care

**Therapeutic Properties:** Anti-bacterial, anti-parasitic, anti-fungal, anti-infectious, antiseptic, anti-viral, antibiotic, pectoral, analgesic, expectorant, balsamic stimulant, tonic, rubefacient, diuretic, emmenagogue, vermifuge, anti-venomous, anti-putrescent, immune stimulant

**Application:** Apply to appropriate areas on the feet, directly to areas of concern

**Aromatic:** Anti-bacterial, anti-parasitic, great for purifying the air in your home during flu season

**Contra-indications:** Use Thymus Vulgaris because it is mild. Other types may be too strong or caustic and may irritate the mucous membranes. Avoid all other types of Thyme when pregnant and do not use them on children. Use even this type with caution if dealing with high blood pressure

# The Power of Cranial Sacral Therapy

Cranial Sacral Therapy is a gentle, non-invasive therapy that has the power to trigger the body's natural ability to heal itself and to profoundly affect nearly all aspects of life. Its origins are found in the osteopathic traditions and can be traced to Dr. William Sutherland, a man of profound insight and incredible skill. Dr. Sutherland spent over two decades developing the knowledge and techniques used today by all of the different schools of thought in Cranial Sacral Therapy. It is now a modality of healthcare that is becoming increasingly accepted even by traditional medicine because its beneficial results have been proven time and time again.

The body has many rhythms: the respiratory rhythm of inhalation and exhalation, the circulatory rhythm of the heart as it pumps blood throughout the body, the rhythm of peristaltic impulses of the intestines as they digest and process the food we eat, being just a few of the more commonly known ones. Additionally, there are much subtler rhythms that are just as important to the continued survival of the body. One of these subtle rhythms is the cranio-rhythmic impulse, also known as the cranio-sacral rhythm. This is a rhythm of the "circulation" of the cerebral spinal fluid found bathing the brain and the spinal chord. Both the brain and the spinal chord are encased in a three-layered set of membranes known as the meninges, which form a waterproof covering that keeps the cerebral-spinal fluid contained and surrounding the central nervous system, cushioning and supplying some nutrition to the nerves. As this fluid ebbs and flows within the meningeal "sack", a very subtle rhythm is created that ranges from 6-14 cycles per minute. With proper training, a therapeutic body worker can learn to perceive these subtle rhythms throughout the entire body.

At some time or another, we have all had an experience like this: We sit in a couch, tucking a leg under us as we become totally absorbed in a movie we are watching. Then the phone rings, and we find that leg to be totally "dead" due to the lack of circulation. We lose sensation as well as coordination to command the leg to get us to the phone, all as a result of a reduction of blood getting to the tissues. For all tissues in the body to be healthy, there needs to be a lack of restriction in blood circulation.

While the cerebral-spinal fluid is contained within the meningeal membranes and does not circulate throughout the body like the blood does, the rhythm that is created by its movement affects the entire body and supports the health of all systems of the body. When we throw a pebble

into a pond, ripples radiate outward, affecting the entire pond. But if there is an island somewhere in the pond, the ripples are restricted and possibly even eliminated in parts of the pond. Traumas in life, whether they be physical traumas such as automobile accidents, a fall down a stairs, or even our original trauma of the process of birth, or less visible, subtle traumas to the emotions, the mind, or even the spirit, create restrictions in the tissues of our bodies that obstruct or moderate the influence of the cranial-rhythmic impulses, thus lessening the overall health of any or all systems in the body.

The first sign of these restrictions is usually pain, but if the strains that caused these restrictions are uncorrected or ignored, the body seems to adapt and we think everything is OK. Over time and with additional traumas, the capacity for the body to adapt decreases, resulting in atrophy, degeneration, distortion, dysfunction, and disease. When a steel rod is bent (strained), it remains distorted unless corrected. Likewise, strains in our bodies are maintained unless corrected. We lose our “elastic limit” to be able to snap back and fully heal from traumas, often on more than just a physical level.

Cranial Sacral Therapy is one of the least invasive and gentlest methods of helping the body naturally to release the strains of life. A client rests comfortably on a padded massage table fully clothed while the therapist uses a very light touch, 5 grams (the weight of a nickel) or less, to help the body facilitate the release of strain and tissue restriction. Sessions last from sixty to ninety minutes and can have dramatic results. Such chronic or acute problems as back pain, headaches and migraines, digestive disorders, joint pain, whiplash injuries, insomnia, emotional problems, and many other stress-related ailments have been shown to be greatly benefited by Cranial Sacral Therapy. It is effective with all ages, and is so gentle that it is the therapy of choice for infants and young children.

Professional educational organizations as represented by Dr. John Upledger, Dr. Hugh Milne, Dr. Michael Shea, and others teach extensive courses in Cranial Sacral Therapy to therapists and doctors throughout the United States and in many other countries in the world. When finding an individual practicing this therapeutic modality, be sure to check their educational experience and well as their experience in practicing.

For more information, please contact Sid D. Napper, L.M.T. at Stress Reductions Therapies in Salt Lake City, Utah. 801-891-3369