

October Specials

15% OFF



Le Deliverance

Le Endo Relief

Le Vitality



Introducing NEW Eucalyptus – Blue Mallee



Eucalyptus

(Eucalyptus polybractea)

Clove Ginger



LeDeliverance

Strengthens the immune system; eliminates bacteria, etc. Use for respiratory illnesses, sore throats, strep throats, dental diseases and infections, cold sores, canker sores, cuts, infections, athlete's feet, toe nail fungus, slivers. A truly great oil. Always have this one on hand going into the winter season.

- **Ingredients:** Clove, Eucalyptus, Cinnamon, Lemon, Rosemary, Thyme, Oregano
- **Affinity for:** immune system, lymphatic system, skin
- **Aromatic Considerations:** Diffuse periodically for one half hour at a time, during the cold/flu season to eliminate air-borne critters.
- **Application:** Soak the family toothbrushes; add to dish water if anyone in the family is ill; apply LeDeliverance alternately with LeLife Force - one on the K1's and the other on the thymus in the evening, then in the opposite positions first thing in the morning. This is very effective against really nasty viral stuff.
- **Resonance:** physical, emotional, spiritual



LeEndo Relief

Endocrine balance and support; improve vitality; eliminate exhaustion, improve metabolism, stimulate natural weight loss, hot flashes, and hormone balance, bladder infections, candida, regulation of thyroid, lymph congestion, provide support to pineal and pituitary, parathyroid, thymus and adrenal glands

- **Ingredients:** Chamomile Roman, Geranium, Cypress, Sage, Nutmeg, Spearmint, Myrtle, Petitgrain, Dill
- **Affinity for:** endocrine system, lymph system
- **Application:** Should be applied to the lymph glands of the neck and even the armpit whenever a cold, etc. is coming on.
- **Resonance:** emotional and spiritual



LeVitality

Excellent for the cardiovascular, circulatory and lymphatic systems; use for all heart related conditions; high blood pressure; stress reduction; varicose veins; shock, and to increase stamina among the sick or the elderly; for use in treating hemorrhoids (dilute well here).

- **Ingredients:** Palmarosa, Helichrysum, Ylang Ylang, Balsam, Cypress, Marjoram, Geranium
- **Affinity for:** cardiovascular system; root and crown chakras - connection to both Heaven and Earth
- **Aromatic Considerations:** Use for shock or to increase vitality, energy and stamina
- **Application:** Apply over the heart or on heart points on the feet; heart points under left ring finger and left ring toe, on the arm just above the elbow, and on the arteries of the neck; massage along the spine between the 1st and 4th thoracic vertebrae.
- **Resonance:** physical



Ginger (*Zingiber officinale*)

Has been widely recognized since ancient times as a spice with an affinity for the digestive tract as well as for its stimulant and tonic properties. Ginger with Lime is one of my favorite combinations in aromatherapy - for emotional and physical uplift, healing and disinfecting. Is used - sparingly, as it is extremely strong - in Chinese tonics to strengthen the heart. Used properly in the bath, it is one of my favorite oils to create a 'sweat' and ward off an impending illness. Most valuable uses: alcoholism, angina, loss of appetite, arthritis, fractures, catarrh, chills, colds, colic congestion, prevention of contagious diseases, coughs, cramps, diarrhea, digestive disorders, fever, flu, impotence, memory, motion sickness, muscular aches and pains, nausea, rheumatism, scurvy, sinusitis, sore throat, sprains, tonsillitis, emotional coldness, nervous exhaustion, general debility, and sea sickness. It can also be used in cooking-carefully.

- **Ingredient In:** LeExhilaration, LeFocus
- **Therapeutic Properties:** Antiseptic, stimulant, stomachic, aphrodisiac, febrifuge, expectorant
- **Application:** Apply to appropriate areas on the feet, area of concern, in the bath-sparingly
- **Aromatic:** Long held to be aphrodisiac and to increase physical energy and to influence our relationship to property
- **Contra-indications:** May cause irritation on sensitive skin; avoid direct sunlight after use; in the bath, never use more than 1 drop - opens the capillaries so quickly that a severe headache can result if too much is used



Eucalyptus (*Blue mallee*)

Eucalyptus is a very versatile oil. It actually becomes more effective as it ages. Eucalyptus had long been used for a wide variety of illnesses including colds, flu, muscular aches and even the urinary tract. This new Blue Mallee, which is not blue, appears to have a higher affinity for lung congestion and bronchial dilation and seems to be outstanding in antiseptic properties as well. The aroma of this eucalyptus is milder and penetrates deeper into lungs. This new Blue Mallee will make a great addition to your herbal winter defense systems.

Ingredient in: I am planning on putting it in Aspire and the Asthma blend unless it turns out nasty. I will do that this morning and let you know for sure

Therapeutic Properties: antiseptic, expectorant, anti-fungal, anti-infectious

Application: apply to appropriate areas of the feet; dilute and apply to the chest

Aromatic: very nice diffused during cold and cough season; milder aroma than other eucalyptus varieties, but penetrates deeply into the lungs and bronchial.

Contra-indications: Can be caustic or irritating if used too often undiluted

Clove (*Syzygium aromaticum*)

Anti-tumoral, anti-viral and an immune stimulant. Improves memory and creates a feeling of protection and courage. Works well for any condition of mental exhaustion or fatigue. Clove is a great topical anesthetic. Use for reducing pain (be sure to dilute). It has been used medically in the treatment of Hodgkin's disease. Other uses: Warts, toothache, muscle pain, tired limbs, rheumatism, colds, flu, stress, diarrhea, chest infections, bronchitis, nausea, scabies, ringworm, general exhaustion, recovery from infections, dental infections, and to strengthen the respiratory system. Also use for flatulence, headaches, impotence, nausea, parasites.

- **Ingredient In:** LeBountiful, LeDeliverance, LeEternity, LeHoliday Spirit, LeLife Force, LeMela Plus, LePaine
- **Therapeutic Properties:** Antiseptic, antibiotic, anti-viral, anti-fungal, stimulant, analgesic, anti-neuralgic, anti-spasmodic, carminative, aphrodisiac, stomachic, tonic, anti parasitic
- **Application:** Appropriate areas on feet, directly on areas of concern - diluted well
- **Aromatic:** Influences healing, improves memory, and creates a feeling of protection and courage
- **Contra-indications:** Avoid when pregnant; use with caution with small children and those with sensitive skin; do not use in baths; repeated use can result in extreme contact sensitization



Surviving the 07-08 Flu Season

Every year we have some kind of influenza that begins in Oct-Nov and peaks in Jan– Feb. The last pandemics (meaning world wide) flu were the swine flu in 1976, the Hong Kong flu in 1968, and the Asian flu in 1957. The first strain of the H5N1– Avian (Bird) flu occurred in 1997 in Hong Kong. Since then there have been various subtypes including SARS in 2002-2003. Over the last 12 months we have had many clients that we have seen with various subtypes of the Avian flu. Some of these have been mild cases, most very moderate and a few very severe cases. We do not know for sure which strain will be coming through this season and how strong it will be. Last winter the upper respiratory strain was most severe and the gastro-intestinal for many. We suspect that it will be the upper respiratory again for most people. If one gets the Avian Flu there will be some secondary complications including: pneumonia, kidney/bladder issues, GI symptoms, muscle inflammation, and liver inflammation, and possible hormone symptoms

We have developed a remedy to help prevent the severity of the symptoms of most of the strains of the Avian flu. We call it the H5 Flu Immune (final formula). We have also put together an Herbal Immune Stimulator, Herbal Flu Fighter and a Bacterial Herbal fighter. In addition we have some new essential oil blends from Butterfly Express prepared especially for this Avian influenza. We also have many special homeopathics to help with the secondary complications

PREVENTION

1. Simple hand washing– pretend you are scrubbing for surgery
2. Avoid hand shaking since most people do not wash there hands at all
3. If someone is sneezing or coughing in your direction do not remain in talking distance, as these virus droplets can float in the air a long distance.
4. The flu virus can live for hours on any surface– doorknobs, keyboards, telephones, facial tissues, and of course on hands. Keep your hands away from your eyes, nose, or mouth. This is how the viruses enter the body.
5. Your immune system is the only army to battle infections that you have: so eliminate all refined food, especially sugar, (pop included) fast foods and fried foods. Eat healthy: whole grains, increase fruits and vegetables (a minimum of 5 servings) organic if possible.
6. Moderate exercise daily boosts the immune system.
7. Get adequate rest: teens 9 hours, adults 7-8 hours, elementary children 10-11 hours of sleep at night.
8. Highest quality of vitamin-mineral and special herbal supplements and probiotic
9. Vitamin C 2-6 grams a day in divided doses. This vitamin strengthens the cellular wall your cells and helps to prevent the multiplication process of viruses.
10. Adequate hydration, 1/2 your weight in filtered water a day. “Dehydration is a major cause of all degenerative diseases.” F. Batmanghelidj M.D.

Important Information Regarding Hydration and Phyto Nutrients

F. Batmanghelidi, M.D. and Mathias Rath M.D.

Water is needed in the lungs to keep the air passages moist and prevent them from drying out. If we become dehydrated, the body secretes mucous to protect the tissues in the air passages from drying out. Sodium is a natural mucous dissolver and it is naturally secreted to make mucous disposable. Extra salt is needed to break up the mucus in the lungs and airways.

Therefore, more Celtic salt 1/2 tsp to 3/4 tsp is needed for any one with a lung problem and for upper respiratory infections.

Most everyone needs amino acids that are

balanced and well– proportioned. These phyto nutrients are absolutely essential for antibody production by the white blood cells and the liver cells. Make sure that you are taking amino acids and B vitamins to break them down. You may also need an enzyme to digest the amino acid (proteins)

By, Linda Griffith, R.N.

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The Beauty of Whole Grain Goodness

Eating a diet high in whole grains lowers your risk of many types of cancers as well as the risk of developing arthritis. The risk of certain other illnesses such as diabetes and cardiovascular disease can be lessened with a diet containing whole grains. A diet high in whole grains is also high in fiber. Whole wheat is alkaline and in this day of so much white sugar it can be a great benefit in keeping an acid alkaline balance. This makes fighting things like candida, and thrush easier.

Ways to add whole grains to your diet; Use whole grain breads, tortillas, bagels and crackers.

Add whole grains to mixed dishes such as brown rice to soups or casseroles.

Begin switching to whole grain flour by substituting whole wheat flour for $\frac{1}{4}$ to $\frac{1}{2}$ of the white flour in any given recipe.



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It's Time to start cooking with the best

10 Great Ways to Boost Your Immune System This Fall



Give your whole family Kelp, Nettles, Alfalfa as soon as the weather starts to turn.

V. Sharp

Put Deliverance oil on the lymphatic pressure points on the feet. Add some to the thymus region, too.

T. Jensen

When you start feeling sluggish this fall, drink 1 – 2 ounces of wheat grass juice.

K. Anderson

Take Infection Fighter and Super Cold and Lymph tinctures daily, whether you think you need it or not.

G. Grant

I make a habit of letting fresh air into the house, as well as diffusing Deliverance oil.

B. Firkins

Be sure your family gets the sleep they need. Eat foods “within their season”.

T. Osborne

I make sure my family has their vitamins. We gargle with Deliverance oil if we get a sore throat. I put Deliverance oil on babies' feet (*with a carrier oil of course.*)

C. Waymen

To help myself and my family we take vitamins--Calcium Lactate, Cataplex F, Cataplex A-C-P and Flax Seed

C. Vernon

I take a nice hot bath with a few drops of ginger oil.

V. Westover

Brush your teeth with Deliverance oil every day... You can still use toothpaste if you need to!!!

S. Moran