

Butterfly Express[®]

September Specials

15% Off

LeIQ

LeCrystal Clear

LeEnergy

Patchouli

Orange Sweet

Grapefruit

208-747-3021 www.butterflyexpress.net

LeIQ

Powerfully stimulating; increases mental alertness; alleviates mental fatigue; carries oxygen and nutrients across the blood/brain barrier; helpful with fainting and shock; dissolves some types of chemicals and clears the receptor sites near the pituitary, pineal and hypothalamus.

- **Ingredients:** Lemon, Cedarwood, Frankincense, Coriander, Melissa Blend, Lavender, Cypress, Sandalwood, Palmarosa, Balsam
- **Affinity for:** nervous system; emotional balance
- **Aromatic Considerations:** reduces brain fog; aids in concentration and ability to memorize
- **Application:** Apply on the neck, throat, under the nose; use as perfume or cologne; diffuse.
- **Resonance:** physical

LeCrystal Clear

Stimulant for low energy; treatment for pending shock; use for improvement of memory or concentration, studying, remembering difficult or complicated data.

- **Ingredients:** Basil, Peppermint, Rosemary
- **Affinity for:** brain, nervous system, emotional balance; brow chakra
- **Aromatic Considerations:** Clears the mind, energizes, increases mental alertness
- **Application:** Diffuse, put in bath water, wear on wrists or temples, or apply across the brow or along the back of the neck; place on cotton ball near you.
- **Resonance:** emotional

LeEnergy

Increase circulation; improve energy and mental alertness naturally without side-effects; balance heart function; energize the solar plexus

- **Ingredients:** Cinnamon, Nutmeg, Rosemary, Pine, Lemongrass, Juniper, Thyme, Black Pepper
- **Affinity for:** endocrine system, hormones; heart and solar plexus chakras
- **Aromatic Considerations:** not suitable for diffusing
- **Application:** Dilute well and apply over the thyroid, kidneys, liver pancreas or any gland; apply to appropriate areas of the feet; excellent for massage if diluted well.
- **Resonance:** emotional, spiritual, physical

Patchouli (*Pogostemon cablin*)

An oil I have come to love it for its effect on physical exhaustion, general fatigue and stress-related problems. It is great for tissue regeneration and aids with scarring, rashes and eczema. It has anti-fungal, etc. properties and is especially good for vaginal infections (candida) and as a uterine tonic. Improves hormonal balance and aids the liver and kidneys by discharging toxins. Most Valuable Uses: Fungal infections, bacterial infections, constipation, uterine tonic, dandruff, insect repellent, insect bites, stress-related emotional disorders, substance addictions, dermatitis, chapped skin, athlete's foot, ringworm, parasites, helps eliminate toxins, allergies, depression, hemorrhoids, weeping wounds

- **Ingredient In:** ^{Le}Bountiful, ^{Le}Exhilaration, ^{Le}Focus, ^{Le}Inside-Out, ^{Le}No-More, ^{Le}ranquility, ^{Le}Women Wise
- **Therapeutic Properties:** Anti-inflammatory, tissue regenerative, tonic, cytophylactic, anti-infectious, antiseptic, decongestant, antibiotic, anti-fungal, anti-depressant, aphrodisiac, astringent, calmative, nerveine
- **Application:** Apply to appropriate areas on the feet, directly on areas of concern
- **Aromatic:** May have an influence particular to sexual relations, physical and money matters

Orange Sweet (*Citrus sinensis*)

Brings peace & happiness to the mind and body and joy to the heart, which provides emotional support to overcome sadness. Most Valuable Uses: False angina, cardiac spasm, colds, complexion (dull & oily), constipation, water retention, nervous dyspepsia, digestive problems, chronic diarrhea, flu, insomnia, menopause, mouth ulcers, obesity, overindulgence, general body tonic, tissue repair. Really does work very well as a cleaner for grease, etc. This is a very nice and very inexpensive-oil.

- **Ingredient In:** ^{Le}Believe, ^{Le}Beloved, ^{Le}Bountiful, ^{Le}Discernment, ^{Le}Eternity, ^{Le}Everlasting, ^{Le}Ez-Traveler, ^{Le}Heart Song, ^{Le}Insight, ^{Le}Solitude, ^{Le}Sunburst, ^{TLe}ranquility, ^{Le}Visibility, ^{Le}Wake-Up, ^{Le}Wisdom
- **Therapeutic Properties:** Disinfectant, diuretic, calmative, anticoagulant, sedative, stomachic, cholagogue, diuretic, tonic, anti-spasmodic, antiseptic, antibiotic, depurative
- **Application:** Apply to appropriate areas on the feet, directly on areas of concern
- **Aromatic:** Delightful fragrance, promotes a general feeling of well-being and happiness, promotes restful sleep
- **Contra-indications:** As with all citrus essential oils, do not apply to skin before exposure to strong sunlight

Grapefruit (*Citrus paradisi*)

Good for eating disorders as well as liver, kidney and lymphatic problems. It acts as a tonic to many body systems and is specific for depression, migraine headaches, pre-menstrual tension and water retention. Other valuable uses: Muscle fatigue, stiffness, cellulite, acne, mental exhaustion, hangovers, fluid retention, antiseptic, disinfectant, detoxification, drug withdrawal, dyspepsia, eating disorders (anorexia, etc.), gall stones, jet lag, kidney and liver disorders, pre-menstrual tension, and edema.

- **Ingredient In:** ^{Le}Everlasting, ^{Le}Heart Song, ^{Le}My-graine, ^{Le}Purify, ^{Le}Sego Lily, ^{Le}Sunburst, ^{Le}Wake-up, ^{Le}Weightless
- **Therapeutic Properties:** Tonic, digestive, antiseptic, anti-infections, restorative
- **Application:** Apply to appropriate areas of the feet, directly on area of concern
- **Aromatic:** Uplifting to the mind, hard to be negative or anxious about anything in the presence of this oil

THE IONIC FOOTBATH DETOX SYSTEM

Have you been hearing about detoxification lately? Our everyday life is not necessarily the most healthy - although we wish it were! Environmental stresses like food processing, preservatives, toxins, chemicals, pollution, synthetics and radiation are factors in every part of our lives. Consequently, environmental toxins have become the leading source of illness, just as parasites, viral infections and bacterial infections were the main cause of illness prior to our current advanced industrial way of life. Eliminating toxins is one of the first steps in giving the body a chance to heal itself. Detoxification is fundamental to any health building program and detoxifying through the feet is ideal.



We are starting to recognize and appreciate that our bodies are not just separate parts, but a connected system which must be in “balance” if we are to feel and be well.

Our body depends on energy, and its capacity to use energy, in order to heal from ailments and injuries. Stress, tension, anxiety and fear are also toxins to our system. Anger, hate, jealousy, grief and sorrow are also toxins that are stored in our cells - any may still be there from childhood. Emotionally, we may not be happy any more, and find ourselves not knowing why. When did we start pushing ourselves through our days? When was the last time we were really happy to greet the day?

Our body system is meant to balance and counterbalance, maintaining homeostasis. At some point that critical balance point might get overrun leaving us with more toxic buildup than our body can dump. While immersing your feet in the Ionic Footbath positive and negative ions are emitted by the machine, which detoxifies and re-energizes the body. The entire process takes 30 - 40 minutes for adults and is completely safe to use. It is not recommended for pregnant women, anyone with epilepsy, heart pacemakers or an organ transplant.

Recall the way your body feels when you stand next to a waterfall or walk along a beach with the waves stirring at your feet. You feel relaxed and at peace with yourself, you breathe deeper, your brain is at peace and aches and pains subside into a memory. These reactions are caused by the ionization of billions and billions of water molecules as they surround your body. During a 30 minute session using the Ionic Footbath, ions enter your body and begin to neutralize the toxins.

The ionic technique of cleansing thru the feet provides a full body purge of all vital organs, resulting in reduced menopause symptoms, menstrual cramps, skin problems, acne, sleep problems, restlessness, stress, toothaches, wrinkles, aches and pains and yeast infections. The internal cleansing can also assist in faster disease healing and injury recovery.

For more information about the Body Balance System Ionic Foot bath contact Carol Roundy at Feet First for Health - 435-723-6104 or 435-225-3925 or feetfirst@besstek.net

We want your input
so we are having a

Contest

Tell us your top ways to boost your immune system before going into the cold & flu season. Next month in this flyer we will post our favorite 15 responses.

If yours is posted you will receive a free Deliverance to help boost your immune system this flu season.

Send to butterflyoils@yahoo.com

Subject September Contest.

Entries must be received by the September 15th

Butterfly Expressions is trying to keep production cost down by e-mailing our monthly newsletter to as many recipients as possible. If you would like to receive our newsletter via e-mail please e-mail us @ butterflyoils@yahoo.com

Free ^{Le}Wake Up (5ml)

with your next order

If you already signed up for our newsletter and wish to receive your reward simply send us an e-mail to that affect.

A redemption code will be e-mailed to you

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?

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. Fattened beef will only have about 48.3 mg of CLA. If you would like to learn more, check out WWW.ROCKYRANCH.COM. Click on “Grass Fed Beef” or call Blake at 208-747-3414.