

April Specials

15% off

^{Le}Benediction

^{Le}Endo Relief

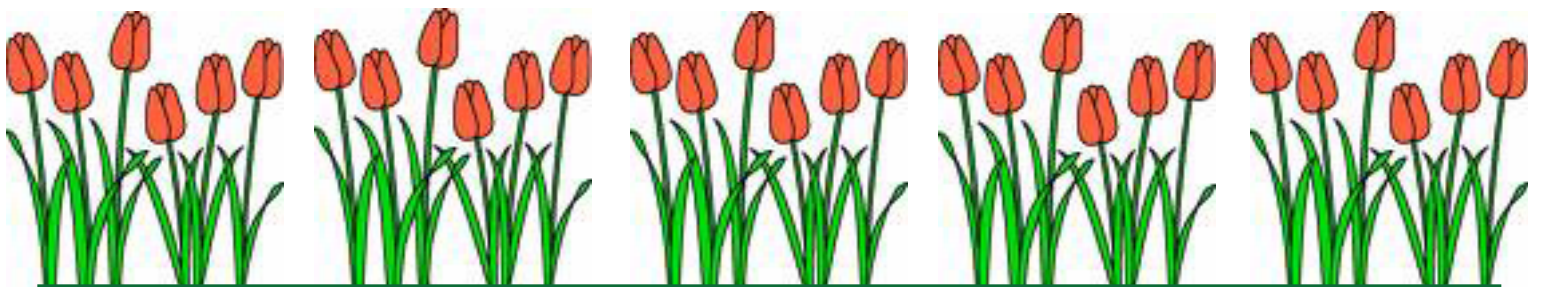
^{Le}Tranquility

Sweet, Orange

Oregano

Tea Tree

Buy all six and receive 20% off



LeBenediction

A favorite among massage/energy therapists because it strengthens one's own energy boundaries; effective after an illness or all the time if you are 'energy sensitive' and easily drained by people and situations; often useful with tension headaches and high blood pressure where picking up on the energies of others is a factor; affects our connection to others on many levels

Ingredients: Myrrh, Angelica, Rosewood, Sandalwood, Rose, Spruce, Ylang Ylang, Geranium, Hyssop, Melissa, Lemon

Affinity for: energy system; emotional balance; throat and crown chakras

Aromatic Considerations: Aroma can increase integrity of auric field, strengthening our personal energy shield; can also be useful in times of deep thought or meditation; for feelings of loneliness - profoundly affects our connection to other people

Application: Place on shoulders or thymus area as a protective shield.

Resonance: physical and spiritual

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. This is a good oil to diffuse during cold and flu season.

Ingredient In: LeDeliverance, LeLife Force, LeNo-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

LeTranquility

One of the best loved of our blends, promotes relaxation, relieves anxiety, stress, tension and depression; can help us develop inner strength, patience and understanding; quell rebellious spirit in teenagers and adults; insomnia; circulatory problems; migraine headache; osteoporosis; has been used in programs to help children and adults get off Ritalin and Prozac and to deal with panic attacks. This oil is the first one to reach for whenever someone is suffering from panic attacks.

Ingredients: Lavender, Patchouli, Orange Sweet, Lime, Ylang Ylang, Geranium, Blue Tansy, Chamomile German, Palmarosa

Affinity for: nervous system, circulatory problems, emotional stability

Aromatic Considerations: Diffuse in the home, or wear as a perfume (you wear it and everyone enjoys it). Just the aroma alone has been known to reduce or eliminate panic attacks and other anxiety based disorders.

Application: Apply under nose, on the back of neck, on the feet, in bath water; wear as perfume or cologne.

Resonance: emotional

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: LeBelieve, LeBeloved, LeBountiful, LeDiscernment, LeEternity, LeEverlasting, LeEz-Traveler, LeHeart Song, LeInsight, LeSolitude, LeSunburst, TLeRanquility, LeVisibility, LeWake-Up, LeWisdom

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

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

Tea Tree (*Melaleuca alternifolia*)

Has been used for centuries and was issued to soldiers and sailors in WWII to help them treat tropical infections. Promotes cleansing and purity. Most Valuable Uses: Rashes, insect bites, nail fungus, dermatitis, ringworm, thrush, head lice, sore throats, boils, bronchial congestion, scabies, ulcers, wound, arthritis, cold sores, acne, fatigue, all infections, athlete's foot, candida, colds, coughs, diarrhea, sunburn, vaginal thrush, wounds, and mild tissue regenerator.

Ingredient In: LeCandila, LeMela Plus, LePurify, TLeEnda Care

Therapeutic Properties: Anti-bacterial, anti-fungal, anti-septic, anti-viral, immunostimulant, antibiotic, anti-parasitic, vulnerary, anti-inflammatory, expectorant, decongestant, analgesic

Application: Apply to appropriate areas of feet, directly to areas of concern

Aromatic: Very strong, but cleansing and antiseptic in killing air-borne bacteria, etc.

Butterfly Express
introduces
a new essential oil

LeSpice C

In response to your many requests, we have developed a new blend! Spice C is similar in taste and smell to Thieves and comparable in therapeutic properties to LeDeliverance in most applications.

\$17.00

15% off through April

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Herbal Medicines

By LaRee Westover

There are basically two ways to use herbal remedies.

The first is to focus on the immediate NOW, concentrating on making the pain or the miserable symptoms go away. Herbal remedies, by their very nature, do not mask symptoms, although they often relieve pain and make you feel better almost immediately. The NOW is where we, as herbalists, spend most of our time and energy - and it is often necessary that we do so. Getting back to work and on with our lives is often a necessity.

The real beauty of alternative medicine, however, is in building strong bodies and resistant immune systems. Waiting until you get really sick (and nothing else has worked, anyway) is to miss the beauty that is the nutritive boost that herbs can give you every day! The real goal is to build healthy, vibrant people who love life and have all the energy they need to accomplish whatever they desire.

Herbs as nutrition: There is sound science behind the belief that one of the ways in which herbs work is that they provide nutrients that are otherwise missing in our diets and in ourselves. Dr. John R. Christopher believed that much of what we call disease is simply our body's own way of attempting to deal with, or at least bring our attention to, deficiencies in our nutrition intake and absorption. Herbs are incredibly high in vitamins and minerals - particularly the trace minerals that are so all important to good health. Below are some examples of nutrient needs and the herbs that meet them.

Vitamins, deficiencies and herbs: *Vitamin A* is needed to absorb iron. Signs of deficiency include anemia, chronic exhaustion, night blindness (eyes become slow to adjust from bright to dim), acne and dry, scaly patches of skin, unhealthy teeth and gums, increased susceptibility to respiratory, middle ear, intestinal and middle ear infections.

RDA for Vitamin A - 3,000 IUs. 2 cups of alfalfa tea contains an average of 3,500 IU's, Dandelion contains a whopping 14,000 IUs, Mallow averages 2,000 IU's and Nettles contains 6,500 IU's.

Vitamin C is also needed to absorb iron and has been shown to help fight the side-effects of many drugs, particularly the damage to heart muscle. Vitamin C is needed for bone growth and for the growth of all connective tissue. Signs of deficiency included fatigue, liver diseases, eye and vision problems, heat rash, susceptibility to hepatitis, gum disease, and low resistance to nearly every known virus and bacteria.

RDA for Vitamin C - 90 mg. 2 cups of alfalfa tea averages 162 mg, the mints average 65 mg, nettle averages 75 mg in 2 cups of tea.

Iron is a key factor in the production of red blood cells. Deficiency produces anemia, fatigue, hair loss (especially in women). Birth control pills and anti-depressants have been linked to the destruction of absorbable iron in the bloodstream.

RDA for Iron - 8 mg. Alfalfa contains an average of 6 mg, dandelion 3 mg and horsetail 4 mg. The mallows contain an impressive average of 12 mg of very easily absorbed iron in 2 cups of tea made from even the dried herb.

*Herbal medicine is a positive healing science;
not merely the practice of putting out 'fires' as they erupt in our lives.*