



Butterfly Express  
LLC ®

# August Specials

15% off



Le Assurance  
Le Meditation  
Le Sanctuary

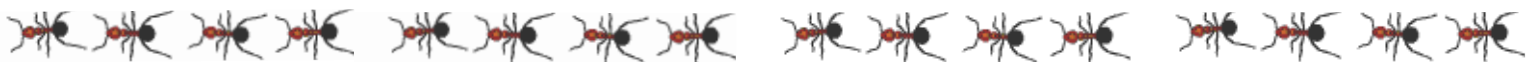


Angelica  
Birch  
Tangerine



**Buy all six and receive 20% off**

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### **LeAssurance**

Especially suited when there is a need to overcome feelings of fear, procrastination or apathy and get oneself back to the task at hand or back to life in general; help in sorting out the reasons for the feelings of fear and reluctance that we sometimes have about achieving our goals and ambitions.

**Ingredients:** spruce, frankincense, Roman chamomile, lavender, ylang ylang

**Affinity for:** nervous system; the emotional realm

**Aromatic Considerations:** Diffuse or wear as perfume (for yourself and others around you) to create feelings of confidence and assurance and desire to accomplish the tasks and goals at hand.

**Application:** Apply to the chest or nape of the neck to stimulate the mind; to the solar plexus, sternum, feet (top of big toe and K1 acupressure points), navel, wrist and palms of the hands.

**Resonance:** emotional, spiritual

### **LeMeditation**

Targets decision making ability; communication with the Creator; pondering spiritual things and the breaking of negative thought patterns; a good oil for meditation.

**Ingredients:** frankincense, myrtle, sandalwood, spruce, myrrh, rosewood

**Affinity for:** emotional and spiritual balance; root, throat, and crown chakras

**Aromatic Considerations:** Creates a spiritual environment conducive to prayer and meditation; diffuse when seeking inspiration

**Application:** Apply to slight bumps on both the right and left side of the forehead, crown, shoulders and the back of the neck.

**Resonance:** High spiritual range

### **Angelica (*Angelica archangelica*)**

Referred to by the German people as the 'oil of angels'. This oil is often used in trauma therapy. Angelica, either singly or as part of a blend, seems to weaken the power of traumatic memories. The event still happened and the memory is still there, but the devastating effect on the body and the mind are greatly minimized. This function is probably related to angelica's ability to aid the liver by discharging toxins. The liver - according to the Chinese - is the seat of anger. Also use for anorexia, bruises, colds, colic, coughs, flatulence, indigestion, menopause, premenstrual tension and rheumatic conditions.

**Therapeutic Properties:** Anti-coagulant, antiviral, calming, expectorant, sedative, stomachic, tonic

**Application:** Appropriate areas on feet; directly on areas of concern; diffused

**Aromatic:** Very calming and supportive but does not smell very good by itself - wonderful in a blend

**Contra-indications:** Avoid if diabetic or pregnant and avoid direct sunlight after use.

### **Birch (*Betula lenta*)**

Has a cortisone-like action, making it useful for muscle and bone pain. Other uses: arthritis, rheumatism, tendonitis, inflammation, acne, bladder infection, cystitis, dropsy, cramps, eczema, edema reducing, fever, gallstones, gout, infection, hypertension, reducing discomfort in joints, dissolving and reducing the pain of kidney stones, draining and cleansing the lymphatic system, obesity, osteoporosis, skin diseases, ulcers, and urinary tract disorders.

**Therapeutic Properties:** Anti-inflammatory, analgesic, antiseptic, antispasmodic, disinfectant

**Application:** Appropriate areas on feet, directly on areas of concern

**Aromatic:** Influences, elevates, opens and increases awareness in sensory system

**Contra-indications:** The International Federation of Aromatherapists recommends that birch not be used under any circumstances. Some people are very allergic to methyl salicylate which can make up as much as 99% of birch oil. Always test a small area of skin first for allergies and dilute well. As a single, birch should be avoided during pregnancy or if epileptic.

### **Tangerine (*Citrus reticulata*)**

Contains esters and aldehydes which are sedating and calming to the nervous system. May help remove excess water from the body tissues. Valuable Uses: cellulite, constipation, diarrhea, digestive system, laxative, lymphatic system decongestant, obesity, stomach tonic, stress, water retention.

**Therapeutic Properties:** Anti-coagulant, anti-inflammatory, laxative, sedative, calmative, nervine

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

**Aromatic:** Diffused with marjoram, it can soothe emotions such as grief, anger, and shock

**Contra-indications:** Like all citrus oil, avoid sunlight after use.

### **LeSanctuary**

Promotes feelings of grounding and protection; aids in self-awareness and spiritual intuition which, in turn, builds wisdom and good judgment.

**Ingredients:** pine, ylang ylang, spruce, cedarwood, vanilla

**Affinity for:** Soothing to respiratory and nervous systems; emotional balance; all chakras

**Aromatic Considerations:** soothing; uplifting; promotes feelings of contentment and faith

**Application:** Apply to solar plexus, brain stem, crown of head, back of neck, behind ears, thymus and wrists; wear as perfume or cologne

**Resonance:** Very high frequency; can often be used to advantage in place of expensive rose oil.

## *SOME HOMEOPATHIC PHILOSOPHIZING*

In the fifth century B.C., Hippocrates, the ‘father of medicine’ wrote that there were two methods of healing: by contraries or by similars. There are still, today, only 2 basic methods of healing: by contraries and by similars, with sub-sets of nutrition, prevention and the surgical removal of the offending part.

An example of healing by contraries, or anti-dotes as they are known in today’s terminology, is the giving of a laxative to correct constipation. The underlying problem with this form of healing is three-fold. First, most of the substances prescribed are toxic but must be given in unhealthy doses in order to bring about a result. Second is the problem of stopping the action of the ‘cure’ - alleviating the constipation without creating diarrhea. The third problem is the development of dependency on the drug for the body to accomplish a normal function.

The ‘law of similars’ states that when an imbalanced state (given a ‘dis-ease’ name in today’s parlance) exists, we seek a remedy that would create the same symptoms of distress in a healthy body. Put very simply, the remedy brings that particular symptom pattern to the attention of the energy system, or immune functions, which then focuses on the imbalance and handles it in the most efficient manner possible, putting the system to rights (instead of just masking the symptom without any re-balancing or correcting of the underlying problem).

Samuel Hahnemann, considered the originator of this school of thought and the modality of homeopathy, began his search for a way to administer medicines safely, effectively, and without side-effects in 1790. He developed a method of dilution and succussion that is still used today to produce varying levels of potency while creating remedies that were safe. The paradox of homeopathy is that the more diluted a solution is the more potent it becomes.

Hahnemann used, in the early days, only low-potency remedies one at a time - no combining of remedies as is often done today. Even work with the higher potencies was still in early stages of development at the time of his death. Among homeopathic physicians today, there is a split between those who use only low potency remedies given in quick succession and those who use the higher potencies given less frequently. The low potency group is again divided between those who use a single remedy at a time and those who combine several remedies in a “shot-gun” approach.

Lower potency remedies are believed to be especially effective with children and with people who have particularly strong constitutions and whose innate self-healing capacities are still at high levels. However, they are often used on the elderly and the infirm because they are unable to sustain the ‘nudge’ given the immune system by the higher potencies.

The premise of higher potency prescribing is to stimulate the body’s healing mechanism to eradicate the problem entirely and permanently. All homeopathic remedies work on the emotional and psychological underpinnings of a malady, but the higher potencies reach a much deeper level and have a greater likelihood of bringing about permanent changes.

There seems to be a time and a place for both methods, but I am often astonished at the healing capacities of the higher potency remedies. However, people whose constitutions are weaker, or who have suffered long with a chronic condition, often seem to need a 'slow start' with the lower potency remedies. At low potency a slow process of over-all strengthening and alleviating of symptoms is begun. Real improvement, and the complete re-balancing of both the physical and mental spheres, occurs when the higher potencies can finally be utilized.

Every homeopathic remedy has a 'picture' of the symptoms it would produce in a well person. In order to be effective, this 'symptom picture' must match the person's symptoms very closely. Time and care should be taken to understand the nature of the malady as well as the nature of the person - what are their likes and dislikes, what makes their affliction better or worse, etc.

The drawback of homeopathic remedies is that if the wrong remedy is given - the symptom pictures do not match closely enough - those symptoms not already found in the person can be created energetically. In those areas of health where the symptoms do not match, the person is 'well' and the remedy eventually produces the matching symptoms in those 'well' aspects. The severity of the energetic symptoms and the rapidity with which they develop is in direct proportion to the potency of the remedies given. Combination remedies are always low potency because there will be aspects of the various symptoms pictures of the remedies (since they are often quite opposite to each other - dry cough as opposed to wet cough, etc.) which would be produced very quickly at higher potency. Low potency combination remedies should be taken for only a few days at a time. These interruptions keep symptom pictures (or provings, as they are known) from developing.

The beauty of low-potency combination remedies (remedies containing several single remedies that apply to some aspect of a problem in some way) is that some measure of relief - often quite a lot - can be attained without the in-depth study of the person and the problem that would be required for higher potency usage. Nor do you need encyclopedic knowledge about the symptom picture of hundreds of remedies so that you can find just the right one. The small list of single remedies contained in the combination that brought some relief could then be studied individually, their symptom pictures matched to the remaining (or returning) symptoms, and a single remedy chosen for use at a higher potency. The result should be a deeper level of re-balancing, both emotionally and physically.

With this program of using a low potency combination followed by use of a higher potency single in mind, Butterfly Expressions, LLC, has created a booklet of information about some common (and a few rather unusual) combination remedies. Information as to what particular symptoms each single remedy in the combination has been placed there to address is given. This information is available for purchase from Butterfly Expressions, LLC, for a nominal cost, and will soon be available for free download at [www.butterflyexpressions.org](http://www.butterflyexpressions.org). We hope you will find this information useful in planning your homeopathic strategies and in learning about the remedies. It is hoped that you will even, perhaps, let us know of your experiences with this information. If it proves useful, consideration may be given to expanding the data somewhat at a later date.

***Recommendations for starting to use and study these remedies: Allergies #1, Diarrhea #1, Fever, Flu Symptoms #1, Migraine #2, Glandular Support #3, ER911, and Sinus***