

February Specials

15% off



LeBeloved

LeSego Lily

LeVitality



Lime

Sandalwood

Ylang Ylang



LeBeloved

A beautiful oil for relationships - both romantic and with family and friends; assists us in feeling the love that God and the Universe has for each of us; feeling loved can help us to heal our own emotional wounds and then, from our wholeness of heart, we can see clearly and respond generously and in just the right way to those around us; the negative emotions found in out of balance relationships can manifest in a variety of ways, making this blend effective for such things as bed-wetting, headaches, heart palpitations and menstrual cramps, to name just a few.

Ingredients: bergamot, geranium, lemon, mandarin, sweet orange, ylang ylang

Affinity for: profoundly affects the heart chakra, especially as it has to do with relationships;

the spiritual side of our natures as we realize that we are loved more than we can possibly comprehend.

Aromatic Considerations: the aroma is like a breath of fresh air for our hearts and souls when we feel out of sync with our loved ones or overwhelmed by our responsibilities to them.

Application: apply over the heart chakra and on the palms of the hands.

Resonance: spiritual, emotional

Sandalwood (*Santalum album*)

Like frankincense, has a high sesquiterpene count which crosses the blood/brain barrier. It was discovered at the University of Vienna, Austria, to increase oxygen around the pineal and pituitary glands, which improves attitude, alleviates depression, and improves body balance; can be stimulating as well as grounding as it vibrates between the 7th and 1st chakras; recommended for meditation: used by some yoga disciplines; is beneficial in having the ability to go into the DNA of the cell and unlock emotional trauma; can help one accept others with an open heart while diminishing one's own egocentricity; helps less enthusiastic personalities open to pleasure and relaxation; increases desire to ponder and then act on discovered solutions to problems (this is a function of the amygdala); helps to curb manipulative or controlling tendencies; helps us develop inner calm even when we know that there are difficult challenges ahead; can also be used for bronchitis, coughs, fluid retention, bladder infections, throat infections, depression, cystitis, scarring, anxiety, acne, skin care, aphrodisiac, relaxing, stress, tension, lumbago, nausea, nervous exhaustion, chronic illness, obstinate diarrhea, hemorrhoids, hiccups, impotence, lymphatic stress, skin regeneration, tuberculosis.

Therapeutic Properties: supports cardiovascular system, antiseptic, antidepressant diuretic, tonic, aphrodisiac, astringent, emollient, calming, anti-infectious, decongestant

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

Aromatic: love to diffuse or wear this one (especially in a blend), slowly calms, harmonizes, and balances the emotions, brings people to a calm place where they can accept others around them, be where and who they are, wonderful for impatient, judgmental people

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 and vein health; 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; can be applied to heart points on the feet or on the heart points found 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

Lime (*Citrus aurantifolia*)

Has a fresh, lively fragrance that is stimulating and refreshing; helps one overcome exhaustion, depression and listlessness; may stimulate the muscles around the eyes. Can also be used to relieve anxiety, stabilize blood pressure, soothe broken capillaries, dissolve cellulite, improve clarity of thought, help relieve debility and exhaustion, aid with digestive problems. Also useful for fevers, gallstones, hair (cleansing), promoting leukocyte formation (immune), liver deficiencies in children, lymphatic system cleansing, memory improvement, strengthening nails, building low energy, respiratory problems, sore throats, water and air purification. Works extremely well in removing gum, wood stain, oil and grease spots; brightens a pale, dull complexion by removing the dead skin cells and is capable of tightening skin and connective tissue.

Ingredient In: ^{Le}Tomorrow, ^{Le}Tranquility, ^{Le}Weightless

Therapeutic Properties: anti-bacterial, antiseptic, antiviral, restorative, tonic

Application: Excellent in baths, lotions, deodorants, etc.

Aromatic: beautiful fragrance, said to relieve anxiety, increase energy and promote a general feeling of well-being

Contra-indications: avoid direct sunlight for 8-10 hours after use

LeSego Lily Blend

Has a delightful aroma - good enough to wear as perfume anywhere; promotes a feeling of being loved and appreciated and inspires us to show love and appreciation to others; a great blend for calmness during a crisis or when feeling anxious and out of sorts; physically this blend promotes skin elasticity and may slow the process of aging.

Ingredients: balsam, grapefruit, rosewood, vanilla

Affinity for: skin, heart chakra, emotional health

Aromatic Considerations: light and airy with a beautiful, uplifting, and calming aroma.

Application: diffuse; wear as a perfume; place on wrists; use diluted as a massage oil; add 1-2 drops to the bath.

Resonance: emotional

Ylang Ylang (*Conanga odorata*)

Balances the male-female energies; helps with spirituality and desire for communication with Heaven; assists in focusing thoughts and filtering negativity and garbage coming at us; calming and relaxing; use for insecurity, dare-devil tendencies, temper tantrums that are thrown with the underlying intent of getting one's own way; helpful for times of sudden loss of interest in work, personal appearance, or other family members; may help stimulate the adrenal and thymus glands; help with anger, rage and low self-esteem; brings back the feeling of self-love, confidence, joy and peace; influences sexual energy and enhances relationships; can also be used for nervousness, physical exhaustion, depression, stress, aphrodisiac, skin care, nervous tension, irritability, anxiety, PMS, regulates circulation, uterine tonic, hair growth, high blood pressure, rapid breathing, rapid heart beat, depression, diabetes, frigidity, hypertension, impotence, insomnia, intestinal infection, mental fatigue, palpitations, sex drive problems, skin problems, tachycardia, hair loss, constipation, regulate heartbeat and respiration.

Therapeutic Properties: sedative, antiseptic, aphrodisiac, nervine, antidepressant, calmative

Application: apply to appropriate areas on the feet, directly on area of concern

Aromatic: influences sexual energy and enhances relationships

At many different times in our life we put our personal safety into the hands of others. In reality, as we reach adulthood, we are responsible for our own safety.

We teach our children to swim in case they get into water over their heads. We teach young children to look both ways before crossing the street so they can become aware of traffic. Likewise, we should teach ourselves, as well as our children, methods of self defense before they leave the nest and venture out into the world alone. Young women, especially, need information on how to protect themselves and prevent possible dangerous situations.

The DVD *“Know Your Stuff”* gives the viewer the tools necessary to help defend oneself should the need arise. Jeff Gunnell has put over 25 years experience into this 40 minute DVD. Taking the time now to learn how to survive may save your life or the life of someone you love.

This DVD is available by:

Calling Jeff at *1-208-852-3373*

or by sending him an e-mail @ *jeffNwatch@yahoo.com*.



Frequently Asked Question about Acupuncture

What is Acupuncture?

Acupuncture originated in China over 3,000 years ago and it has received growing attention in the western hemisphere since the 1970's.

Acupuncture is a part of traditional Oriental /Chinese medicine, which tends to view the vital substance and bodily functions along a continuum of two poles, which may be regarded as “matter” and “energy”.

Acupuncture regulates the flow of “Qi” (“Chi”- energy) through the channels (meridians) and organs (matter). It works to remove blockages, strengthen the body's protective Qi and lessen the effects of external influences that cause bodily weakness. Imbalance of “matter” and “energy” manifest itself in physical, emotional, & psychosomatic/stress-related disorders.

Acupuncture is one of a number of energy balancing techniques used in traditional therapy. It is a technique of treating certain conditions by passing disposable needles through the skin to specific points on the body (“needling”). Other available techniques are: Oriental Manipulative Therapy (Tui Na), herbal remedies and moxibustion, cupping, electric stimulation, and dietary counseling.

Needling: Disposable, thin, sterile, stainless steel, gold needles are placed in specific points on the body. The needles are at least five times thinner than typical hypodermic needles and insertion is usually painless.

Oriental Manipulative Therapy: Oriental Manipulative Therapy is a massive system based on the theory of free flow of energy through certain pathways of the body. A blockage in the flow of energy reflects an imbalance in the body and manifests itself externally as pain, or internally, as a malfunction of an associated organ. Some systems of oriental massage are based on acupressure (stimulation of acupuncture points without the use of needles), while others concentrate on deep tissue manipulation used primarily to heal injuries or sports related malfunctions.

Herbal Remedies/Formulas: Herbology is an intrinsic aspect of traditional Oriental /Chinese medicine. Herbs may be prescribed to treat disease or as a dietary supplement to build and strengthen various bodily functions.

Moxibustion: “Moxa” is a Chinese herb (*mugwort*), which is rolled into sticks or cones and burned above the skin. This aromatic herb regulates the Qi and creates a warming, pleasant sensation to the body.

Cupping: Cupping is a healing method that involves suction technique used to manipulate soft skin tissue.

Electric Stimulation: Electric stimulation is a very low-level electric current applied to the acupuncture needles to induce gentle muscle spasms promoting facial lift, acupuncture analgesia, and generally to enhance positive stimulation.

How can acupuncture be used in preventative health care?

Traditional Chinese acupuncture or oriental medicine recognizes that many times aches, pains, or other discomforts are only symptoms of a deeper, underlying health problem. Therefore a comprehensive diagnosis is completed which takes into account your body, mind, and spirit rather than simply categorizing them into a one-sided symptom picture. The basis of acupuncture is to build the body’s own immune system so that disease will not develop. Prevention is believed to be the best medicine.

How many treatments are needed?

The number of treatments needed to alleviate a disorder varies depending on the type and length of illness and person’s constitution. Generally, acute diseases can be treated successfully within a few treatments. Chronic problems, which have taken years to develop, will not be “cured” overnight. Change, over time, will reflect the gradual restoration of bodily strength and vitality.

Will treatments be covered by my insurance?

Many major health insurance policies cover part of the expense of acupuncture. We suggest that you check your particular policy. If you need a receipt for submission to your insurance company, please request it from your practitioner. In case you are not covered, voice your concern to the company letting them know that a licensed acupuncturist has effectively treated you.

Can acupuncture needles spread diseases?

No! We only use disposable (one time use), sterile needles. There is, therefore, no possibility of spreading AIDS, hepatitis or other viral or infectious disease. They are disposed in biohazard containers.

What kind of health problems can acupuncture treat successfully?

The World of Health Organization of the United Nations recognizes the efficacy of acupuncture in the treatment of:

Addictions	Backache	Irregular Periods	Migraines
Aging	Bronchitis	Indigestion	Muscle Strain
Allergies	Cataract	Joint Pain	Menopause
Anxiety	Common Colds	Low Energy	Neck Pain
Arthritis (osteo)	Constipation	Mastitis	
Asthma	Irritability	Menstrual Disorders	

Acupuncture is intended to relieve human suffering and cure disorders. Acupuncture is a medical treatment, not magic or hypnosis. Many diseases are not quick to show results from only one or two treatments. Some chronic disorders show no apparent improvement in the beginning but after a period of continual treatment will improve if not relieved altogether. For additional information please contact David Flater @