

June Specials

15% off



Le Believe



Le Life Force

Le Purify

Geranium



Palmarosa



Ravensara

Buy all six and receive 20% off

1-888-747-3021

LeBelieve

Designed to release negative emotions and perceptions at a cellular level and help us replace them with love, forgiveness, peace and understanding. May promote healthy feelings of self-worth and satisfaction with one's efforts thus far in life, as well as confidence in the ability to do the right things and be in the right places in the future.

Ingredients: frankincense, balsam, palmarosa, rose, rosewood, vanilla

Affinity for: nervous system; cellular memory; emotions

Aromatic Considerations: forgiving and releasing; loving oneself; achieving inner peace

Application: diffuse, use in the bath, wear as perfume,

Resonance: physical, emotional

LeLife Force

Building, strengthening, and protecting the body; raises the frequency of the body and supports the immune system; use with LeEndo Relief for getting through the cough and cold season. Can be helpful after an illness for regaining strength and stamina. Use following any traumatic experience that has left one feeling weak, shaky or on edge.

Ingredients: rosemary, ravensara, thyme, dill, frankincense, geranium, hyssop, oregano, clove, blue tansy, lemon

Affinity for: immune system

Aromatic Considerations: Diffuse to protect the home or environment

Application: Dilute and apply along the spine to protect oneself. **Resonance:** physical and emotional

Palmarosa (*Cymbopogon Martini*)

Strengthens one's feeling of security and helps to reduce stress and tension. It promotes recovery from nervous exhaustion. Most Valuable Uses: Physical exhaustion, stress-related problems, convalescence, acne, scarring, tissue regeneration, all types of skin care because it stimulates new cell growth and regulates oil production, nervousness, anorexia, intestinal infections, general fatigue, circulation, athlete's foot, fungal infections, uterine tonic, vaginal infections, candida.

Therapeutic Properties: Antibiotic, anti-fungal, anti-viral, tonic, antiseptic, emollient, digestive and circulatory stimulant, hydrating

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

Aromatic: Reduces stress and tension while relaxing tight muscles and lessening pain, may have a beneficial effect on thyroid function

Ravensara (*Ravensara aromatica*)

Is a member of the Laurel family and is a 'universal' oil - meaning that it is effective for a wide range of applications. Ravensara has some of the best properties of both clove and nutmeg and seems to be supportive of the adrenal glands, making it very effective for muscular fatigue and as a general tonic. It can be used for colds, flu, bronchitis, diarrhea, fever, cold sores, muscular pain, infectious mononucleosis, insomnia, shingles, sinusitis. Ravensara is listed throughout the literature for use with chicken pox, measles and viral infections. Often acts as an expectorant and helps to promote healthy fever with destruction of the 'little critters.'

Therapeutic Properties: Antiseptic, anti-viral, antibiotic, anti-fungal, expectorant, febrifuge

Application: Apply to appropriate areas on feet, directly on areas of concern, best diffused as part of a blend

Geranium (*Pelargonium graveolens*)

Helps with hormonal balance and liver and kidney function by discharging toxins and dilating the biliary ducts. Geranium opens the liver chakra (solar plexus). It brings peace, well-being and hope. Geranium may help to release negative memories, ease nervous tension and stress, balance the emotions, lift the spirit, and foster peace, well-being and hope. Most Valuable Uses: provide relief from bleeding, circulatory problems, female reproductive disorders, infertility, depression, bruising, ulcerations, hemorrhoids, nervous fatigue, emotional imbalances, hormonal imbalance, diarrhea, eczema, gallbladder problems, gastric ulcers, jaundice, kidney and urinary stones, neuralgia, sore throats. Geranium regenerates tissues and nerves. It may be used for skin care (excellent for the skin of expectant mothers) and the sores of shingles.

Therapeutic Properties: Astringent, diuretic, antiseptic, antidepressant, regenerative, tonic, anti-biotic, antispasmodic, anti-infection

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

Aromatic: Fosters positive thought patterns, feelings of hope for the future and peace with today

LePurify

Kills odors, bacteria, molds and fungus; apply to spider bites and insect stings; toothaches and dental abscesses; citrus oils are useful for anorexia and other eating disorders; use for repelling bugs, insects and mice.

Ingredients: lemongrass, grapefruit, lavender, citronella, tea tree

Affinity for: digestive system, skin, emotional stability
Aromatic Considerations: purifies the air; neutralizes mildew, cigarette smoke and noxious odors

Application: Diffuse; apply topically or place on cotton balls in air vents, etc.

Resonance: Very low physical range blend that also affects emotions

Butterfly Express

announces new blend

LeStefanie 15 % off

through June

Ingredients: spruce, blue yarrow, valerian, helichrysum, melissa

Developed to help fight anti-biotic resistant pseudomonas bacterias, especially in the lungs; has a great affinity for the entire respiratory system; the high percentage of melissa in this blend makes it especially effective for instilling a positive mental outlook on life and improving one's ability to enjoy life to the fullest. Valuable Uses: anti-infectious, anti-inflammatory, antispasmodic, anti-bacterial, anti-microbial, anti-viral, sedative, anti-depressant, mucolytic

Affinity for: immune system, respiratory system, nervous system

Aromatic Considerations: balancing and uplifting to the emotions; melissa adds a light, lemony scent

Application: directly on area of concern, on the feet, diffuse

Resonance: physical, emotional, and spiritual

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1. 4 x 6 glossy color photo of individual aura.
2. Comprehensive 14-page aura and chakra guide.
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2. Comprehensive 14-page aura and chakra guide.
3. Definitive detailed chakra info and treatments.
4. Quantum Transformational energy corrections.
5. Music therapy and meditation.

Call to schedule your session today!

Butterfly Express

20 % off

LeEnergy

through June

Ingredients: cinnamon, nutmeg, rosemary, pine, lemongrass, juniper, thyme, black pepper

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

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

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Achieving Good Health is a process not an Event

Nolan A. White, D.C.

One of the many challenges that we face when we are trying to overcome a health problem is to remember that our dis-ease did not occur overnight. Therefore, the healing process will not take place quickly either. Now there are always exceptions to the rule, but the process of nature usually takes time. The human tendency especially in this age of high technology is to want a quick solution to our problem. Modern medicine has led us to believe that there is a pill, cream, or surgery for anything that ails us. Though medical technology has brought about wonderful advances in emergency medicine and contributed to prolonging life and relieving pain and symptoms, the goal of restoring health has come up quite short.

In alternative medicine and therapies, we also sometimes get caught up looking for that quick cure remedy, herb, or tonic. Albeit the side effects and negative consequences are minimal. That is not to say there aren't many wonderful nutritional supplements, remedies, therapies and modalities available to us. It behooves us to step back and look at the body from a whole body perspective. Because our body is always striving for balance, equilibrium, or homeostasis, we need to evaluate what are the factors that are having a negative and positive influence on our health. If the stressors on our body is greater than our bodies ability to deal with or remove those stressors than the disease process will be manifest.

To illustrate this, picture a clear drinking glass. At the bottom of the glass there is a round hole. At the top of the glass there is faucet with water flowing into the glass. The water flowing in represents different stressors that are negatively effecting our body. The glass represents our body. The hole in the bottom represents our bodies ability to deal with or remove toxins or stressors from our body. As the amount of negative energy, toxins or stressors flowing in increase beyond our ability to remove them, the glass begins to fill up. Eventually if that continues the water will completely fill the glass. At that instant it will only require a single drop of water added to the glass to cause the water to spill over. The body has a amazing ability to deal with the physical, emotional, and chemical garbage we put into it. Eventually the stressors will overcome our bodies ability to remain in balance and begin to break down.

In order to correct the problem and give the body the optimal chance to heal, we either have to decrease the flow of negative stressors into the body or increase or expand the ability of the body to remove the stressors. The ideal is to do both. If a person is not willing to or can not decrease the amount of negative stress or toxins going in than they must find ways to increase the elimination of the stress or toxins, but how do we do this?

We first must identify what the stressors are. These may include lack of sleep, too little exercise, poor nutrition, refined carbohydrates (white sugar, white flour products), soda pop, caffeine, wrong kind of fats, not enough pure water, environmental toxins, negative thinking, emotional trauma (conscious and subconscious), not forgiving, not repenting, negative music or media, misaligned spinal vertebrae physical trauma or injury.

We can increase the removal of stressors or toxins by, improving our nutrition in all its forms, herbal and nutritional supplements, drinking pure water, breathing enough clean air, adequate sleep, essential oils, homeopathic, foot bath detoxification, foot zoning, chiropractic care, cold laser therapy, massage, chi machine, emotional release techniques, meditation, prayer, forgiving others as well as yourself, colon hydrotherapy, acupuncture, energy restoration techniques, positive thoughts, loving others and yourself, having faith, healing music and laughter.

As you can see there are many factors that can influence the healing process. What helps one person may or may not help the next person in the same way. As we seek inspiration we will be directed to the modalities and tools that will assist us at that time. But we must remember healing takes time and effort and getting back to health and having wellness is a continual process and not one event.

Dr. Nolan A. White is a Chiropractic Physician practicing in Logan, Utah since 1988. He specializes in evaluating and balancing the body structurally, nutritionally, and emotionally.

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