

March Specials

15% off



LeCrystal Clear

LePaine

LeWomen Wise



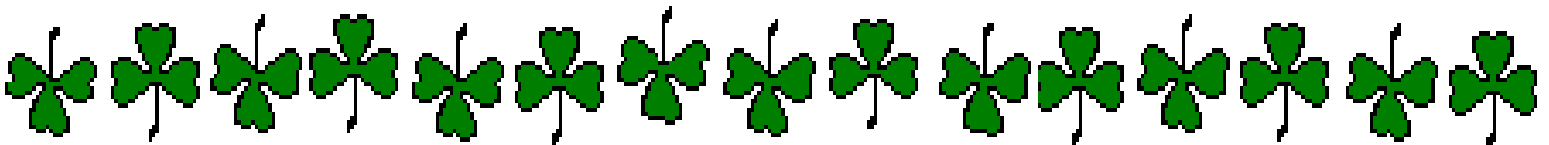
Coriander



Frankincense

Eucalyptus *Peppermint*

A very sweet smelling, minty Eucalyptus



LeCrystal Clear

Nourishing to the nerves and adrenal cortex; stimulant for low energy; treatment for pending shock; use for improvement of memory or concentration; as an aid when studying or needing to remember difficult or complicated data; helps to organize the thought processes; also useful for the cardiovascular system and the solar plexus chakra.

Ingredients: basil, peppermint, rosemary

Affinity for: brain, nervous system, emotional balance; brow chakra; solar plexus chakra

Aromatic Considerations: clears the mind; energizes and 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

Eucalyptus Peppermint (*Eucalyptus Dives*)

A very versatile and useful oil; can be used to cool the body in summer and protect from air borne bacteria and virus in the winter; eucalyptus actually becomes more antiseptic with age; Emotionally, this oil is energizing and promotes feelings of steadfastness and confidence in oneself; helps us release resentment calmly, without explosions of temper and hostility; Use for catarrh, bronchitis, colds, flu, fever, sinusitis, muscular aches and pains, headaches, sluggishness, mental exhaustion, rheumatism, asthma, bronchitis, insect bites, rashes, skin ulcers, chilblains, sore throats, allergies, burns, candida, diabetes, low energy, hypoglycemia, fevers, flu, measles, migraine, skin

infection, tuberculosis, ulcers, and stimulates the urinary tract.
Therapeutic Properties: anti-inflammatory, antiseptic, balsamic, expectorant, antibiotic, anti-fungal, febrifuge, anti-infectious, anti-parasitic, anti-neuralgic, pectoral

Application: apply to appropriate areas of the feet, directly on area of concern; apply under and on each side of the nose for quick sinus relief; dilute and apply on chest

Aromatic: influences and promotes health, well-being, purification and healing, especially of the respiratory system

Contra-indications: can be caustic if used too often undiluted

LeWoman Wise

Relief of pre-menstrual/menstrual cramps and other symptoms. May also be effective for men dealing with prostate problems, although **LeBalance** is usually a better choice; use with **LeDeeper**, especially when headache is involved.

Ingredients: clary sage, spikenard, patchouli, lavender, jasmine, fennel, marjoram

Affinity for: hormonal system; emotional balance

Aromatic Considerations: diffuse at home or in the workplace to balance hormones, deal with mood swings, irritability, etc.

Application: rub over lower back and abdomen; apply to feet and ankles; use in the bath; dilute for a massage oil.

Resonance: physical and emotional

Coriander (*Coriandrum sativum*)

Has been used for centuries - some coriander seeds were found in King Tut ankh amen's tomb; both a gentle stimulant for people whose energy levels are at a low ebb and a sedative in times of stress; these characteristics make it particularly valuable during convalescence from illness; helps with fear of failure and fear of making decisions; Can be of benefit for physical and mental fatigue; one of the most important uses of Coriander is in lowering glucose levels and supporting pancreatic function; coriander also has a high estrogen content and is often beneficial in regulating menstrual cycles and relieving cramping; useful in dealing with anorexia; can also be used for digestive problems, dyspepsia, flatulence, stomach cramps, muscle aches and aches due to fatigue, nervous exhaustion and mental fatigue, poor circulation, rheumatism, nausea, gout, arthritis, and colds. Use with reasonable caution as overuse can be quite sedating.

Therapeutic Properties: sedative, anti-bacterial, anti-spasmodic, carminative, antiseptic, deodorant, diuretic, lymphatic decongestant, prostate decongestant, vasoconstrictor, stimulant, tonic, regenerative

Aromatic: gentle stimulant for low physical energy; relaxes stress irritability, nervousness; excellent for shock or extreme fear

Application: appropriate areas on feet, directly on areas of concern

Contra-indications: Use in small quantities over short periods of time. Overuse can result in a cloudy or stupefied feeling.

LePaine

Pain relief; promotes quicker healing by inducing oxygen to injured area; aids in healthy circulation; anti-inflammatory; use for sciatica, bone pain, arthritis, sports injuries, muscle spasms, torn ligaments, bruises, headaches, osteoporosis, bone spurs, bursitis.

Ingredients: peppermint, clove, birch, balsam, helichrysum, eucalyptus

Affinity for: nervous system, muscles, bones

Application: dilute and apply on location; can be used in a compress; often used in layers with **LeWarm Down** and **LeMillenia**

Resonance: emotional and physical

Cautions: use in the tub for overall muscle relaxation and pain relief - use only 2 - 3 drops

Frankincense (*Boswellia carterii*)

Considered a holy oil in the Middle East; used in ancient times for improving the communication skills with the Creator; contains sesquiterpenes, which research indicates cross the blood-brain barrier to help oxygenate the pineal and pituitary glands; relieve feelings of bitterness, skepticism & cynicism; promotes forcefulness, energy and the will to live; regenerates warm-heartedness & generosity; When we have a better attitude, we have a stronger immune system; useful for skin diseases or disorders, circulation problems, hemorrhoids, coughs, colds, bronchitis, rheumatism, urinary tract infections, antiseptic, antibacterial, depress, general tonic, mental fatigue, headaches, laryngitis, nervous conditions, pneumonia, sores, stress, tension, ulcers and sciatic pain.

Therapeutic Properties: tonic, stimulant, expectorant, antidepressant, balsamic, antiseptic, revitalizer, anti-catarrhal, anti-tumoral

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

Aromatic: use in times of stress, tension, fear, anxiety, and mental exhaustion

Depression Free for Good

We all have thoughts and beliefs about ourselves and life in general that are not true, but are continually stirring up feelings of hopelessness, and keeping us feeling overwhelmed, and just plain miserable most of the time. When these deep seeded beliefs go unchallenged or unresolved, they manifest in the body as disease and chronic illness, especially in the form of depression and anxiety.

Being Depressed all the time is incongruent with who we are. We are here to experience happiness and joy, success and inner peace. But when our thoughts are stuck in a continual pattern of self-defeating negative thoughts, our feelings actually block the energy that runs thorough out our bodies on pathways, called Meridians.

As a Healthy Kinesiology Practitioner, and former 20 year sufferer (now a conqueror) of depression, I know depression is thought driven. Our body's way of getting our attention is to manifest as physical disease, propelling us to challenge and change our beliefs to what is true and harmonious with who we are and what we want to become.

“Energy First – the Body Follows”

By working with our Meridian Energy System, we can release built up emotion that is held in the body and blocks these energy pathways. Once our energy is free to flow along the Meridian channels, we feel emotionally supported and physically better. The next step is the change our habits of thinking.

Stop Anxiety with the “Brush Down” Exercise.

We are generationally programmed to flee from a situation or to fight in order to survive a threat. There is an energy pathway called the fight and flight Meridian. It runs from our ring finger, up the arm, to the front of the ear. When we feel anxious about a situation, our body interprets this as a threat, and the energy along this pathway starts running on overload.

To calm this energy surge down, retrace backward over this Meridian. Here's how:

With your right hand, Start in front of your left ear (where you would plug your ear) move up and over the ear to the back, down the side of your neck, across your shoulder and down your arm to your ring finger in a swiping motion. Do this several times as you take a slow deep breath. Repeat several times. Change sides. Repeat. This will relieve an anxiety attack in just minutes.

Mona Merz is a Health Kinesiology Practitioner and an Emotional Release Energy Therapist. She specializes in recognizing client's belief patterns, and help them become free from depression. Mona teaches classes in Energy Work at the Crystal Ray Store in Pleasant Grove, Utah. For Information on upcoming classes or for an Individual consultation, call Mona at 801- 607- 5835. Website: www.Time2HealRetreats.com

**Footzone training is
now available in
Bountiful Utah**
**Have you given any
thought to becoming a
footzoner, now is the
perfect time to learn.
New Seminars begin
May 1st, 2nd, and 3rd**

**Questions? Contact
Kris Anderson @
801-347-7980, or email
bk4manderson@msn.com**

Advertise here

If you would like to run an article
or share something you have
learned. Let us know

208-747-3009

or e-mail Valaree at
danvalarees@yahoo.com

Butterfly Express® LLC

Now Carries

Pure Melissa

NOT A BLEND

Regular Price

28.00

On sale through March 10% off

Personal Inhalers

Filled 3.95

Empty 2.95

To Purchase call Butterfly Express
208-747-3021



Although topical application of essential oils allows their molecular components to be absorbed readily into the blood stream, inhaling the aroma is also very beneficial. The small molecules are readily absorbed into our bodies through the olfactory and respiratory systems. Also, present in the limbic system of the brain is a gland called the amygdala. This gland is directly connected to the olfactory bulb and is stimulated by the sense of smell. Research has discovered that the amygdala plays a major role in the storing - and releasing - of emotional trauma. Certain essential oils were developed specifically with this emotional release in mind. Now, with the use of a personal inhaler, you can carry essential oils with you wherever you go. Don't forget that inhaling the aroma of oils such as Deliverance, Aspire, Breezy and Mariah also works very well on killing viruses and bacteria that may be upsetting your immune system.

Article by Sharon Moran
Touch the Earth LLC