

Butterfly Express^{LLC}®

November Specials

15% off

LeEternity

LeInsight

LeTurmoil

Basil

Fennel

Nutmeg

*PUMPKINS
FOR SALE*

Buy all six and receive 20% off

*PUMPKINS
FOR SALE*

1-888-747-3021



LeEternity

Has powerful antioxidant properties; enhances vitamin absorption for the overall improvement of health and vitality; the oils in this blend have been used traditionally for various problems related to the cardiovascular system; balances energy; improves mood and mental outlook.

Ingredients: clove, frankincense, sweet orange, thyme

Affinity for: cardiovascular system

Application: apply on chest along sternum.

Resonance: physical



Nutmeg (*Myristica fragrans*)

Supports the adrenal glands for increased energy and the ability to cope with stress - emotional stability is a gift of nutmeg; promotes feelings of wholeness and accentuates the ability to comfort, heal and mediate in other people's emotional traumas; can also be used for loss of appetite, arthritis, bacterial infection, bad breath, debility, chronic diarrhea, gallstones, sluggish digestion, circulation, fainting, gout, impotence, immune function, joints, muscles (also muscle aches and pains), menstruation (scanty periods and pain), nausea, nervous fatigue, rheumatism, neuralgia, vomiting; supports the nervous system; strong cautions against undiluted or prolonged use. Dilute well, use a single drop or - best of all - use in a blend.

Ingredient In: LeEndo Relief, LeEnergy, LeFocus

Therapeutic Properties: antiseptic, anti-parasitic, general cerebral and circulatory stimulant

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

Aromatic: not to be used singly in a diffuser

Contraindications: must be used with extreme caution: if over-used or diffused over any length of time it has been known to cause confusion or delirium-even convulsions and over-stimulation of the heart and cardiovascular system; use extreme caution during pregnancy and never if epileptic; ALWAYS dilute well! In other words, really great when used in a blend!

Important Contra-indication: avoid if pregnant



Fennel (*Foeniculum vulgare*)

Supports the liver in producing the enzymes necessary for good digestion; the liver is believed to be the seat of anger, hostility and negative emotions making fennel beneficial in emotional work; helps establish a balance between appropriate service and total burnout; helps one stand by decisions; stabilizes mood swings; also helps balance hormones. Most valuable uses: abdominal pains or cramps, flatulence, coughs, sore throats, digestive problems, menstrual and menopausal problems, PMS, fertility, obesity, nausea, edema, liver problems, constipation, cystitis, gout, lactation (increases milk supply).

Ingredient In: LeInside-Out, LeRevitalize, LeWoman Wise

Therapeutic Properties: hepatic, carminative, emmenagogue, hormonal, galactagogue, depurative, diuretic, stimulant, regenerative, anti-spasmodic, antiseptic, antibiotic, vermifuge, expectorant

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

Aromatic: said to increase longevity and courage, has a strong black licorice smell

Contra-indications: avoid if pregnant or epileptic, do not use on babies or small children; women with high estrogen levels and/or breast cancer should avoid (find a substitute); experts disagree here - some say kidney problems and kidney stones are listed as contra-indications (strongly) while others say that fennel is a specific for these ailments. I personally would not use it in the presence of these ailment

Basil (*Ocimum basilicum*)

Has been found beneficial for alleviating mental fatigue, sharpening the senses, encouraging concentration and helping with memory loss by stimulating the nerves and the adrenal cortex; also useful for some types of migraine headaches; has a particular affinity for the cardiovascular system, muscles and bones; moderates a tendency to be too blunt and outspoken or independent. Use for aches and pains, physical sluggishness, anxiety, bronchitis, chronic colds, depression, poor digestion, earache, fainting, fever, gout, headaches, hiccups, insomnia, chronic mucus, muscle spasms, prostate problems, loss of smell, snake bites, vomiting, wasp stings and whooping cough.

Ingredient In: LeCrystal Clear, LeDandy, LeJourney, LeWarm Down, LeWeightless

Therapeutic Properties: anti-spasmodic, restorative (stimulant for nerves and adrenal cortex), general stimulant, emmenagogue, digestive tonic, intestinal antiseptic, carminative, antibiotic

Application: appropriate areas on feet; directly on areas of concern; diffused

Aromatic: helps one maintain an open mind

Contra-indications: avoid if pregnant or epileptic; use sparingly (2-3 drops) in baths; may irritate sensitive skin, especially if used undiluted



LeInsight

An uplifting and calming blend made especially for the citrus lover; use when feeling confused or scattered; helpful in healing mental or emotional scarring from early childhood abuse; often used in Inner Child work and to release negative emotions from the past and reconnect fragmented parts of the personality; releases cellular memory; aids intuitive and organizational skills; helps with flexibility of thought and reaction.

Ingredients: tangerine, sweet orange

Affinity for: emotional balance; cellular memory

Aromatic Considerations: calms the nerves; grounds the emotions; useful in connecting the inner layers and fragmented pieces of damaged personalities

Application: apply on the navel, chest, temples, nose; use as a massage oil; diffuse

Resonance: physical and emotional

LeTurmoil

Treatment for shock and trauma, especially those that are affecting physical well-being and weakening the immune system; helps us to view trials from a more positive perspective; aids in rebuilding the physical/emotional connection after trauma and loss; helps cope with grief; useful whenever there has been an accident with physical or emotional trauma.

Ingredients: rosemary, sandalwood, palmarosa, rosewood, frankincense, rose, lavender, spikenard, lemon, lime, helichrysum

Affinity for: immune system; emotional stability

Aromatic Considerations: diffuse if someone is recovering from an accident or surgery

Application: 'Rain drop' it down the spine or along the inside of the foot, then massage it in

Resonance: physical and emotional



A Study in Cranio-Sacral Therapy

THIS CLASS IS:

- an introduction to the basic concepts and techniques of Cranio-Sacral Therapy
- methods in which body workers can incorporate this modality into their practices

INSTRUCTOR:

Sid Napper, who practices light-touch, energy therapies in Salt Lake City, is an instructor at the Myotherapy College of Utah. He received advanced training in BioMechanical Cranio-Sacral Therapy through the Upledger and Milne Institutes, as well as advanced training with Michael Shea in BioDynamic Cranio-Sacral Therapy. He has practiced and taught Cranio-Sacral Therapy for fifteen years and considers it to be one of the most powerful and gently effective therapies that he has ever learned.

OBJECTIVES: Each student will learn the following:

- The history of Cranio-Sacral Therapy
- Terminology and anatomy of the craniosacral system
 - Basic understanding of cranial rhythms and their palpation
 - Still point induction
- Fascial, dural and “diaphragm” release techniques
- Cranial Vault release techniques
- V-spread and other energy techniques
- Basic protocols for Cranio-Sacral Therapy
- Causes and resulting health problems associated with restrictions of the craniosacral system and how to release those restrictions

PREREQUISITE:

A desire to learn ways to help people

TIME AND LOCATION:

Classes will be held at the Butterfly Express^{LLC}® offices in Clifton, ID. Classes will be taught Jan. 21, 22, 23, and 24, 2009 from 9:00 A.M. until 5:00 P.M. Lunches will be potluck.

CLASS FEE:

\$495. A discount of \$50 dollars will be given if class fee is paid in full and received by thirty (30) before first class day. Please send check or money order to Sid Napper, 1210 West 4365 South #3D Salt Lake City, UT 84123. Please include your name, address, phone number, and E-mail address with your payment.

If you need additional information, please contact Sid at 801-891-3369 or 801-281-9559.

Learn to Foot Zone



Sole Experience Seminars

Do you want: Energy, Stress Relief, Improved circulation, Detoxification, Improved Entire Body Health?

Foot Zoning could help!

I invite you to get Zoned!

Session Includes:

Ionic Foot Soak Energy Work
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To Experience a full Session

Call Kris Anderson @ 801-347-7980

Sole ExperienceSeminars@live.com

If you would like to learn to Foot Zone,
call for Seminar Schedule

BBL

black cohosh, blue cohosh,
blue vervain, scullcap, lobelia



Use much like ASP (antispasmodic). Helps ear infections, both healing and relieving pain. 3-5 drops in ear with 3-5 drops of garlic or mullein oil for infection. Good for coughs, bronchitis and asthma conditions as well as uterine and pelvis problems, insomnia & headaches (back of head at base), high blood pressure, heart palpitations, onset of colds (especially calming for children). For internal use 10-20 drops is generally used. Use 20-40 drops in the tub for relaxation and pain relief.

Excellent blood and body cleanser. Use 20-30 drops 2-4 times a day. Can be used with CAC. RC is safe to use while pregnant or nursing, if necessary.

This can be used as a cancer formula when someone is pregnant or nursing. Be very faithful and keep the doses as high as the body can stand. (Has been tried successfully by people I know personally.)

RC

buckthorn bark, burdock
root, cascara sagrada,
chapparra, licorice root,
Oregon grape root, peach
bark or leaves, poke root,
prickly ash bark,
red clover blossoms,
sarsaparilla, stillingia root



“GRAB AND GO” PREPAREDNESS KITS

These “*Grab and Go*” kits are not intended to replace your existing inventory. The purpose is to have the basics in one place to “*Grab and Go*”. We have actually made 3 kits: 1 with basic homeopathics, 1 with herbal tinctures and of course, one with essential oils. These 3 kits are designed to compliment each other, but would also be a good place to start a basic supply.

Homeopathics

10ml

Rescue Remedy (1oz)
Allergies #1
Apis mellifica 200C
Arnica montana 200C
Arsenicum album 200
Bioplasma
Cantharis vesicatoria 200C
Carbo Vegetabilis 200C
Diarrhea #1
Flu Symptoms #1
Gelsemium semper. 200C
Histaminum muriaticum 200C
Hypericum perforatum 200C
Ipecacuanha 200C
Lachesis muta 200C
Psorinum 200C
Silica terra 200C
Symphytum officinale 200C
Thuja occidentalis 200C
Weakness #2

Comes in a carrying case

Purchased seperately: \$90.95

Kit Price - \$50.00

Tinctures

1oz

BBL
BHM
Cayenne
CC
CCH
CD
IF
KB
KNA
LC
NS
RC
Rosehips
SS
Super C
WC

Comes in a plastic storage container

Purchased seperately: \$108.95

Kit Price - \$88.95

Essential Oils

10ml

LeBaby Me
LeBreezy
LeDeeper
LeDeliverance
LeEndo Relief
LeHeart Song
LeInside Out
LeMela Plus
LeMillenia
LeMy-Graine
LePurify
LeSunburst
LeTranquility
LeVitality
Helichrysum (5ml)
Lavender
Peppermint
Sweet Orange
Yarrow, blue

Coconut or Almond oil (2 oz)

Comes in a carrying case

Purchased seperately: \$300.95

Kit Price - \$240.95

Grab and Go Emergency Kit



In an emergency, you want your valuables organized, portable and ready to go. Butterfly Express® LLC has formulated what we consider to be a basic “*Grab and Go*” Preparedness Kit.

A 5 gallon bucket works well to keep these kits together and ready to “*Grab and Go.*”

PRICE FOR ALL 3 KITS:

\$374.95 (25% discount!)

Call or check the web for wholesale pricing

1-888-747-3021

www.butterflyexpress.net