

Butterfly Express<sup>LLC</sup>®

# October Specials



**15% off**

LeAspire



LeInside-Out

LeWarm Down



Cinnamon

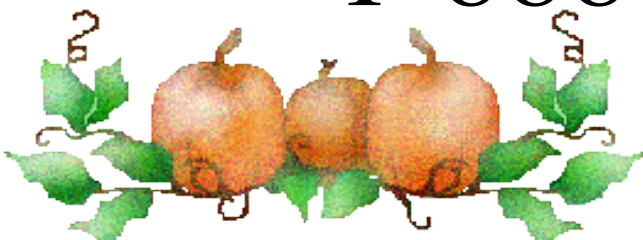
Juniper Berry



Rose Geranium

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

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## LeAspire

Relief from colds, bronchitis, sinusitis, respiratory congestion, and allergy symptoms, deep pneumonia, pleurisy, asthma; especially effective when used alternately with LeBreezey. LeBreezey is considered more effective for upper respiratory conditions and LeAspire for use in chest complaints such as bronchitis, pneumonia, asthma, etc.

**Ingredients:** pine, rosemary, eucalyptus, spruce, peppermint, cypress, myrtle, marjoram

**Affinity for:** respiratory system

**Aromatic Considerations:** especially effective used in a humidifier to decongest and clear respiratory passages and to relieve coughs and sore throats; can also help to eliminate snoring in some cases

**Application:** diffuse; dilute and apply on chest, neck, ears, bottom of feet; can be applied alternately with LeBreezey; use LeDeliverance to fight the infection while LeAspire is opening the airways

**Resonance:** physical



## Juniper (*Juniperus communis*)

Evokes feelings of health, love, and peace; helps to elevate one's spiritual awareness and reverence for sacred things; opens one to direction by inspiration and religious beliefs; improves circulation, particularly to the kidneys. Can also be used for fluid retention, rheumatism, ulcers, arthritis, acne, eczema, obesity, gout, mental exhaustion, infections, nervous tension, toxicity, overindulgence of food, cystitis, sciatica, hay fever, premenstrual bloating, acne (cleanses and detoxifies), coughs, depression, nerve function & regeneration, obesity, ulcers, urinary infections, wounds and edema.

**Ingredient In:** LeDreams, LeEnergy, LeEverlasting, LeInside-Out, LeMagi, LeTenda Care, LeWhispering Hope

**Therapeutic Properties:** antiseptic, diuretic, expectorant, emmenagogue, anti-parasitic, tonic, depurative

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

**Aromatic:** said to improve mental clarity and memory without undue stimulating effects on the nervous system, quite relaxing

**Contra-indications:** avoid during pregnancy, use with caution on children and very cautiously on people with kidney disease (great for infections, but not for people with kidney disease)

## LeWarm Down

Tight, sore, tired, and aching muscles; muscle spasms; sprains and sports injuries; excellent anti-inflammatory; torn or stretched ligaments and muscles; fatigue; joint and back pain; bursitis; charley horses; arthritis; stress headaches; add to bath water; dilute with carrier oil for body massage.

**Ingredients:** lavender, basil, cypress, marjoram

**Affinity for:** muscles, bones, respiratory system

**Application:** apply diluted on location for all muscles, neck, feet; dilute with carrier oil for body massage; often used in conjunction with LePaine and with LeMillenia to improve and correct structural alignment

**Resonance:** physical



## Cinnamon (*Cinnamomum verum*)

Part of the formula the Lord gave Moses (Exodus 30:22-27); cinnamon has very specific purposes: 1) a powerful purifier, 2) a powerful oxygenator, 3) enhances the action and the activity of other oils; may have a stimulating and toning effect on the whole body and particularly the circulatory system; virus spores, bacteria and fungi cannot live in the presence of this oil, making it useful against infections of all types; use for coughs, colds, flu, rheumatism, arthritis, general debility, aches, pains, typhoid, vaginitis, warts.

**Ingredient In:** LeBountiful, LeDeliverance, LeEnergy, LeFocus, LeHoliday Spirt, LeInner Peace, LeJourney

**Therapeutic Properties:** stimulant, antiseptic, antibiotic, anti-viral, anti-putrescent, analgesic, antispasmodic, emmenagogue

**Application:** appropriate areas on feet or directly on areas of concern (dilute well first), diffuse with caution

**Contra-indications:** avoid if pregnant; too strong for use in baths; use with caution with children or sensitive skin; best used in low doses and in blends



## LeInside-Out

Improves the function of the digestive system; helps with upset stomach, belching, bloating, stomach cramps, heartburn, constipation, diarrhea; use following any bout of intestinal flu; very useful during and after food poisoning; also useful for morning sickness (a drop or two placed behind the ears); obsessive worry which brings on nausea and vomiting; useful in treatment of parasites in animals and people (on people place on the feet and massage across abdomen).

**Ingredients:** fennel, juniper, lemongrass, lemon, peppermint, thyme, patchouli

**Affinity for:** digestive system

**Application:** apply 1 drop behind each ear for morning sickness; apply topically over the stomach or as a compress over the abdomen; see general notes above

**Resonance:** physical and emotional

**Cautions:** this blend contains a small amount of fennel - though great for morning sickness, should be used with prudence and caution

## Rose Geranium (*Pelargonium roseum*)

Very similar to regular geranium (*Pelargonium graveolens*); rose geranium has a delightful aroma, sweeter and lighter than geranium with a rosy overtone and an herbal undertone; has been used for PMS, menopausal symptoms, fluid retention and breast engorgement; apply topically for inflammatory conditions and for the infection of wounds, eczema, acne and burns; also used in the treatment of scarring and stretch marks and to delay the onset of wrinkles; see geranium for other uses of this oil. I, personally, find it delightful, sweeter and lighter than geranium.

**Ingredient In:** LeBaby Me, LeBalance, LeBenediction, LeEverlasting, LeHeart Song, LeUnity

**Therapeutic Properties:** similar to geranium

**Application:** massaged on the feet, as a perfume

**Aromatic:** light and lovely, emotionally calming, said to relieve high blood pressure and tension headaches



# More on Combination Homeopathic Remedies

As commented in the August newsletter, the beauty of low-potency combination homeopathics is that some measure of relief can be attained without the in-depth study of the person and their symptom picture. Once the combination has made improvements on the symptom picture, the short list of single remedies contained within the combination can be studied on an individual basis. The one single homeopathic remedy which fits the remaining symptom picture can then be given at a higher potency. This should result in a deeper level of healing, both emotionally and physically.

This month we are listing the ingredients of two different allergy relief combinations and as well as two different combinations for headaches. As you read through the ingredient list for each, notice the various aspects of each symptom picture and try to find which one of the single remedies best fits you and your symptoms.

## Allergy Relief #1 (7X)

homeopathic ingredients: *Grindella robusta* (rosin-wood), *Urtica urens* (stinging nettle), *Hydrophyllum virginicum* (Virginia waterleaf)

*Grindella robusta* typical allergic responses of lung disorders; respiratory distress; asthma; rashes; itching eyes; insect bites; symptoms are worse in the dark; irregular heart action and hay fever when associated with difficult breathing.

*Urtica urens* wide range of severe allergic reactions; is especially suited for use with bee stings and for the ill effects of eating shellfish; unusual and note-worthy symptoms include chronic gout; joint pain; hives; itchy blisters on fingers and hands; burning pain in the throat; headaches, worse over eyes; sweatiness at night with vertigo.

*Hydrophyllum virginicum* symptoms relating to the eyes; swollen eyelids; eye inflammation; itching; sensitivity to light

## Allergies #8 6X

homeopathic ingredients: *Euphrasia officinalis* (eyebright), *Pseudo-narcissus* (daffodil), *Ranunculus sceleratus* (marsh buttercup), *Sulphuricum acidum* (sulphuric acid)

*Euphrasia officinalis* allergic reactions; eye irritation with discharge and copious watering; glandular swellings; very offensive sweat as the body attempts to detoxify; cough with easy expectoration; disinclined to talk; melancholy; better in the open air

*Pseudo-narcissus* includes allergy symptoms such as watery eyes; frontal headache; increased pulse; increased flow of saliva; severe coryza of the nose; dryness in the throat; may also include heartburn and hiccoughing

*Ranunculus sceleratus* keynote of *Ranunculus sceleratus* is the severe burning and scraping sensations in the throat; fluent coryza with attacks of sneezing; headaches in which the head feels as if it were too large; symptoms worse from motion, touch or pressure

*Sulphuricum acidum* various types of coryza from the nose: dry with loss of smell and taste; great flow that is thin and watery; thin, lemony discharge; often includes itching all over with boils or abscesses on the skin; feeling must do everything in a great hurry; worse from cold, worse towards evening; sleeplessness from mental excitement

## Headaches #1 (6X)

homeopathic ingredients: Aconitum napellus (monkshood), Belladonna (deadly nightshade), Bryonia alba (wild hops), Iris versicolor (blue flag), Nux Vomica (poison nut)

Aconitum napellus congestive headaches; pulsation in forehead; hot heavy bursting sensation (interesting side-note - tendency to phobias and panic attacks); better in open air and from rest; worse from being chilled by cold winds; worse at night

Belladonna congestive headache with red face; throbbing headache of great proportions often in the forehead; worse from light and noise, worse at night; fear of imaginary things, hydrophobia

Bryonia alba migraine headaches which are worse for any motion; bursting and splitting headache; exceedingly irritable - just wants to be left alone; hard to please; worse from anger

Iris versicolor chronic pains in forehead; dull throbbing on right side of forehead; frontal headache over left eye with nausea; neuralgic pains beginning over one eye then changing sides; worse periodically, better from gentle, continued motion

Nux Vomica migraines, headaches brought on by sunlight, very irritable - cannot handle noise or light; angry and impatient when spoken to; suddenly angry without provocation; ambitious and competitive; worse from stimulants and sedentary habits; better from naps and frequent stretching

## Headaches #2 (6X)

homeopathic ingredients: Acetaldehyde isode (weed sprays), Iris versicolor (blue flag), Millefolium achillea (yarrow)

Acetaldehyde, is a common ingredient of weed sprays and lists coughs, respiratory distress, diarrhea, nausea, vomiting, and possible/probable carcinogenic as potential side effects. Even if you choose not to use them personally, acetaldehyde is a common soil and water contaminant. Probably a good one to make a point of staying detoxed from; used for migraines and to reduce fever

Iris versicolor lists in its symptom picture irritation of gastrointestinal mucus membranes; migraine headaches; dizziness and vertigo; easily vexed, irritable moods; worse periodically and from mental exhaustion

Millefolium achillea piercing thrusts of pain in the head - worse stooping or bending over; throbbing in arteries of head and face; vertigo with nausea; loss of memory, confusion and dullness in evening; better bleeding and re-establishment of discharges