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Butterfly Express<sup>LLC</sup>®

# April Specials

## 15% off



**LeMoonlight**

**Sandalwood**

**LeSunburst**

**Sweet Orange**

**LeUnity**

**Tea Tree**

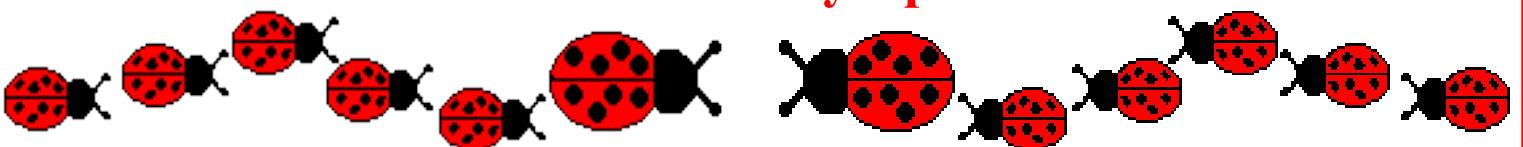
**Buy all six and receive 20% off**

**Special SALE**

**15% off Almond oil**

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## Health Tip:



### The Lymphatic System has no pump of its own

The lymphatic system carries nutrients to and waste products away from the cells. The main lymphatic vessels run up the legs, up the arms and up the torso. These vessels contain unique valves which keep the lymph moving towards the trunk of the body. Unlike the circulatory system, which has the heart, the lymphatic system depends upon muscle movement to circulate the lymph. When the lymph system is not working well, waste products and fluid can build up in our tissues resulting in edema, muscle fatigue and pain. During times of illness, when our activity level is diminished, our lymph system suffers greatly.

Exercises which create an up and down movement for the body are the most helpful for the lymph return. Jumping on a mini trampoline is perhaps the best, with horseback riding being second. Exercise such as rebounding has been reported to increase lymph flow by as much as 15 to 30 times. Other activities which help improve the lymphatic flow throughout the body include brisk walking or jogging, yoga, and dancing. A good massage during convalescence is helpful to get the lymph moving again as well.

# Butterfly Expressions LLC

## Announces

### **NEW 2 DAY CLASSES ON HERBS, TINCTURES, AND HOMEOPATHICS**

Beginning in April, we will be offering a series of classes designated to herbs, tinctures and salves as well as homeopathics. The first class will be taught in Clifton, Idaho.

For more information, please call  
Butterfly Expressions @ 208-747-3009.  
or visit us on the web at  
<http://www.butterflyexpressions.org/ClassesMain.html>

**“Do what you can - with what you have - where you are.”**

~Theodore Roosevelt~ 26th president of the United States



## Heart Healing Music

Vibrational Healing begins with opening the Heart Chakra. The heart affects every other organ in the body; likewise the heart chakra helps open all of the other chakras. As you listen each time, open your heart to healing and focus on finding joy in the present.

### Here's What Our Listeners Say:

“Vibrational Healing creates a very relaxing and healing atmosphere for my clients.” -**Martha Harrison, Brigham City Hypnotherapy Center**

“This music is incredibly calming and helps me remember everything that is good in my life.” -**Fischer L.**

**Listen online**

**@ [www.healingmusic.tv](http://www.healingmusic.tv)**

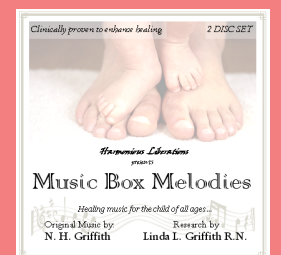
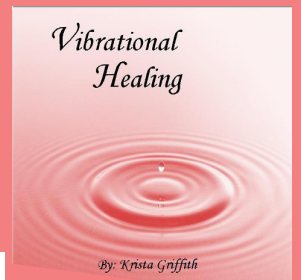
**Get 15% off all music!**

Coupon code: **butterfly15**

**Get 3 or more get 25% off!**

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## Tea Tree (*Melaleuca alternifolia*)

Has been used for centuries and was issued to soldiers and sailors in WWII to help them treat tropical infections; promotes cleansing and purity; can also be useful for rashes, insect bites, nail fungus, dermatitis, ringworm, thrush, head lice, sore throats, boils, bronchial congestion, scabies, ulcers, arthritis, cold sores, acne, fatigue, all infections, athlete's foot, candida, colds, coughs, diarrhea, sunburn, vaginal thrush, wounds, and mild tissue regenerator.

**Therapeutic Properties:** anti-bacterial, anti-fungal, anti-septic, anti-viral, immunostimulant, antibiotic, anti-parasitic, vulnerary, anti-inflammatory, expectorant, decongestant, analgesic

**Application:** apply to appropriate areas of feet, directly to areas of concern, particularly to insect bites

**Aromatic:** very strong, but cleansing and antiseptic in killing airborne bacteria, etc.



## 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 the feet, 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



## Orange, Sweet (*Citrus sinensis*)

Brings peace & happiness to the mind and body and joy to the heart; provides emotional support to overcome sadness; courage to escape emotional and physical abuse; re-establishes optimism and a sense of humor when they have become lost through abuse or sadness; also use for false angina, cardiac spasm, colds, complexion (dull & oily), constipation, water retention, nervous dyspepsia, digestive problems, chronic diarrhea, flu, insomnia, menopause, mouth ulcers, obesity, overindulgence, general body tonic, tissue repair. Really does work very well as a cleaner for grease, etc. This is a very nice and very inexpensive oil.

**Therapeutic Properties:** disinfectant, diuretic, calmative, anticoagulant, sedative, stomachic, cholagogue, diuretic, tonic, anti-spasmodic, antiseptic, antibiotic, depurative

**Application:** apply the feet, on areas of concern

**Aromatic:** delightful fragrance, promotes feelings of well-being and happiness; restful sleep

## LeMoonlight



The aroma of this blend is earthy with a strong floral note; use to find more connection to and appreciation for your romantic partner; create delight in the sensual and passionate side of your lives together; create emotional depth and bonding; potent aphrodisiac

**Ingredients:** sweet orange, cedarwood, ylang ylang, geranium, patchouli, angelica, spikenard, myrtle, cinnamon, sandalwood, clary sage, mandarin, jasmine, neroli

**Affinity for:** emotions, body structure and alignment; muscles; skin; nervous system

**Aromatic Considerations:** emotional and physical; base, sacral and heart chakras

**Application:** diffuse any time you like; wear as a perfume

**Resonance:** physical with deep emotional impact

## LeUnity

Promotes physical and mental well-being; reduces stress levels; promotes harmony within ourselves, with others around us and with our Creator; promotes emotional balance and spiritual growth. One of the great strengths of this blend is its ability to balance every chakra to the extent of even greatly minimizing or eliminating altogether any reaction from overuse of essential oils.

**Ingredients:** orange bitter, sandalwood, palmarosa, sage, angelica, neroli, mandarin, spikenard, hyssop, ylang ylang, frankincense, spruce, lavender, geranium, rose geranium, rose

**Affinity for:** every chakra; emotional balance; spiritual growth

**Aromatic Considerations:** diffuse in groups where incompatibility or quarrelsomeness is a problem

**Application:** apply over each chakra, beginning at the base and working up to the crown; on the feet; over the heart; on areas of poor circulation

**Resonance:** emotional; spiritual; all chakras



**Comments:** LeUnity can be used to eliminate or minimize reactions to oils that are caused by suppressed emotions or a toxic system. Apply the oil to the palms of the hands and place the hands over the navel and the thymus. Hold for 20 seconds and then change hands and hold for another 20 seconds or more.

## LeSunburst

A favorite among citrus blends; relaxing and calming, especially for children; promotes a sense of well-being and is an excellent remedy for insomnia; good for energy on waking; has been used in treatments for anorexia and bulimia because of citrus oil content; useful for circulatory problems, varicose veins and lymphatic congestion; an immune stimulant; useful as an antiseptic; anti-bacterial in the washing machine, dishwasher or throughout the house.

**Ingredients:** sweet orange, tangerine, lemon, citronella, grapefruit, spearmint, lemongrass

**Affinity for:** circulatory system; immune system; lymph system; emotional stability

**Aromatic Considerations:** diffuse to purify the air, remove odors or just to enjoy a delightful citrus aroma (put on a cotton ball and simply place it on a desk or in a vent)

**Application:** apply over heart; place on wrists; use as a perfume or cologne; add to bath water

**Resonance:** physical and emotional



# Ionic Foot Bath Cleanse

## What is it?

Detoxification has a long and rich tradition among humans throughout the ages. Purification to both heal and reconnect with the divine has been part of human wellness and rituals for thousands of years. Detoxification is a way to rid our bodies of built-up environmental toxins, pharmaceutical drug residues and the effects of a poor diet to name just a few. One current modality that has made its way into the healing world is the Ionic Foot Bath. The process is simple, soak your feet in a tub of fresh water containing an ionic array and when you are done the water has changed to a gross black color full of metals, toxins, and harmful substances eliminated from your body.

## How does it work?

As stated, this particular modality consists of placing your feet in a tub of water. An array made from ceramic plates, copper, titanium or other conductive metals is connected to a controller box with a power supply. Added to the water will be a small amount of sea salt to act as a conductor. The array is placed in the water and here is where the magic begins!

The array produces positive and negative ions that create a change in our bodies. Several things happen at this point. First, the ionic charge in the water circulates through your body creating an ionic field charging every cell with positive and negative ions. Charging each cell in your body creates a state of homeostasis (or balance). By achieving homeostasis, your body can begin to release toxins stored at the cellular level. These stored toxins are released into the blood stream so the body can eliminate them through its own natural means of cleansing.

Secondly, the array, through its positive and negative charges on the cells, draws the poisons, toxins and heavy metals from our blood stream, through our capillaries, and eventually out through the pores and sweat glands in our feet into the water. The array attracts the toxins and metals, similar in the way a magnet works, and as they build up on the array they fleck off into the water and create the interesting colors of black, brown, green, orange, and white. There have been many studies showing an increase of metals in the water after a 30 minute foot soak.

## What is it used for and it's benefits?

One of the main uses of the ionic soak, as already discussed, is to pull heavy metals out of the body that are stored at a cellular level. Another use is for lactic acid build up, Candida (yeast) control, as well as the elimination of excessive medication residue in our bodies.

We find it very beneficial to use this modality with other healing methods such as chiropractics, acupuncture, energy work, and foot zone therapy.

## How we use it?

As my wife Sue and I are foot zoners and instructors by trade, we implement this therapy as needed and requested. We have found it extremely beneficial to soak clients prior to a foot zone. The ionic charge through the body helps open up the energy signals that we work with, aids in the detoxification of the body and helps open some stubborn signals. We also find a foot zoning session exceptionally beneficial after an ionic foot bath as a zone will balance any possible side effects that may occur from the detoxification experienced from the foot bath.

As with most detoxification modalities, ionic foot baths have been met with controversy from the medical field. This is to be expected as they are less informed about this modality. The precautions are similar to any other modality of cleansing. Pregnant or nursing mothers should avoid ionic foot baths. Severely toxic, unhealthy people or people suffering from malnutrition should always use caution.

There are many types of Ionic Foot Bath systems on the market. Some practitioners use older technology and some more modern. We use the Erchonia EB 305. Which ever system you choose to use, detoxification at any level has shown great benefits.

To locate a practitioner in your area the internet is a great resource. Also check with ionic foot bath manufacturers as they will usually keep a list of practitioners that use their machines. You can also contact us to get a list of our practitioners that use this modality.

If you would like more information on the ionic cleanse, foot zoning or foot zone training, please visit our web site or contact us directly by phone or e-mail. We would love to chat with you.

## Brad Noall

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