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Butterfly Express LLC®



# July Specials



## 15% off

**LeCypernium**

**Dill**

**LeJourney**

**Pine Needle**

**LeSanctuary**

**Yarrow Blue**

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

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Be one of the first 100 people to place an order in July and receive a 16 oz (1 pound) Sweet Orange for \$12.00 retail. Call for wholesale pricing.



# ★ Class Update ★

**Homeopathy #1** - August 22<sup>nd</sup> \$45.00  
9:00 a.m.- 4:00 p.m. at Clifton office. Fee covers extensive handouts. Bring your own lunch.

**Homeopathy #2** - Will be taught in a 2-day session (Friday/Saturday), date to be announced. Bring your own lunch.

*(must take Homeopathy #1 to take #2)*

**Please Call to Pre-register**

For more information, please call:  
Butterfly Expressions @208-747-3009  
or visit us on the web at

<http://www.butterflyexpressions.org/ClassesMain.html>

## Health Tip:

### CAN LOTIONS AND CREAMS CAUSE DRY SKIN?

If you are using lotions and creams on your skin you may be contributing to the cause of your dry skin, not preventing it! These products can clog the pores, especially if those products contain petroleum. Once the pores are clogged, the skin's ability to produce its own moisturizer shuts down. This inability in turn leads to dry skin.

To keep the pores of the skin open and functioning well, bathe with <sup>Le</sup>Endo Relief, <sup>Le</sup>Baby Me or <sup>Le</sup>Tenda Care instead of soap. The natural cleansing effects of the essential oils will open the pores and stimulate the skin to balance itself. Bathing at night gives your skin those extra hours of sleep to refresh. Opening the pores with the use of steam or a hot sauna is also beneficial.

Besides being a protective layer, the skin is also an organ of elimination and will take the brunt of a sluggish bowel. To keep the skin functioning and lubricating itself naturally, support the liver and the colon for proper digestion and elimination.

"If you tell the truth, you don't have to remember anything."

~Mark Twain

## Grass fed beef, is it in your food storage?

This is the perfect time to add grass fed beef to your family's meat supply. Grass is best in June and September, thus producing the best meat. In addition to being grass fed, our animals are certified organic. We use no hormones, or injections of any sort. When we feed our animals we get great meat, grown the way nature intended. At The Rocky A we grass fatten our beef. It takes a little longer. Others use grain to fatten cattle in less than a year, and while growth hormones and steroids make it go even faster, you really don't want to eat meat produced that way. The studies also point out that grass fattened beef has a different flavor from beef fattened using high volumes of concentrates. That is true, but once you eat grass fattened beef for a while you will get so the other stuff is unpalatable. I've had people tell me that after eating our grass fattened beef other beef tastes like liver. (*I happen to like liver, but not when I'm eating a steak*). Please visit our web site at [www.rockyAranch.com](http://www.rockyAranch.com) to discover more benefits of grass fed beef.

The current price is \$1.98 per pound on the hoof. The animal will dress out at about 60 percent of live weight, and of course, unless you want to cut it up yourself, there will be about a .45 per pound cut and wrap charge. When you are ready, we will deliver the live animal to either Theurer's in Lewiston, Utah or to Phil's in Downey, Idaho. We need to sell these animals live on the hoof, but there is no problem with two or more families sharing.

Visit our web site @ [www.rockyAranch.com](http://www.rockyAranch.com)  
or call 208-747-3414



## **Pine Needle** (*Pinus pinaster*)

Specific for moving on from regrets and self-judgement; relief from feeling a necessity to 'carry the whole world' on our own shoulders; helps to establish a healthy respect for our own needs, including the need to rest and rejuvenate; was used by the American Indians to prevent scurvy; they also stuffed mattresses with pine to repel lice and fleas; pine is dilating and opening to the respiratory system, particularly the bronchial tract; improves circulation throughout the lungs. Most valuable uses: rheumatism, muscular pain, muscular fatigue, bronchial infections, colds, coughs, general debility, mental exhaustion, asthma, sinus infections, cellulite, urinary problems; an excellent tonic when used in sauna or bath tub; diffuse to soothe mental stress, deodorize a room and revitalize the entire body.

**Therapeutic Properties:** anti-infectious, anti-fungal, tonic, pectoral, expectorant, diuretic, balsamic, stimulant, depurative, restorative

**Application:** apply to appropriate areas of feet, directly on areas of concern, use in bath or sauna

**Aromatic:** wonderful alone or in blends for respiratory ailments or mental fatigue, freshens and deodorizes

**Contra-indications:** possible irritant to sensitive skin

## **Dill** (*Anethum graveolens*)

Helps normalize glucose and insulin levels; supports pancreatic functions; keeps energy on an even plane - no glucose spikes followed by a period of too low glucose levels; relieves bronchial catarrh, colic, constipation, dyspepsia, flatulence, headaches; use to stimulate the digestion and as a mild liver cleanse; promotes milk flow in nursing mothers; seems to have a particular affinity for the lungs, bloodstream and digestive system.

**Therapeutic Properties:** antispasmodic, anti-bacterial, expectorant, stimulant

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

**Aromatic:** calming to the autonomic nervous system

**Contra-indications:** mild caution if known epileptic condition or seizure disorder

## **Le Journey**

Comprised of essential oils mentioned in the Bible (see Exodus, chapter 30); expels disease and dead tissue; tones the body; an immune stimulant; effective against colds and flu.

**Affinity for:** immune system

**Aromatic Considerations:** not recommended for diffusing

**Application:** dilution is recommended because the blend contains cinnamon bark; apply on the appropriate points on the feet; directly on area of concern.

**Resonance:** high frequency spiritual oil that acts dramatically in the physical plane.

**Cautions:** contains cinnamon - should be diluted well before skin contact.

## **Yarrow** (*Achillea millefolium*)

This is one of the truly great healing oils!! Applied topically to a cut, even a deep one, yarrow will pull the edges together and help the cut to heal almost miraculously while preventing any trace of infection. In Chinese folklore, the fragrance alone is said to bring about the meeting of Heaven and Earth, allowing us to have both the vision possible when our heads are in the clouds and the stability of having our feet firmly on the ground. Balances highs and lows, both externally and internally and physically and mentally. I have had many amazing experiences with both the herb and the essential oil in use with both people and animals. Mild enough to use with children. Can also be used for acne, amenorrhea, dysmenorrhea, stimulating the appetite, bladder or kidney weakness, colds, catarrh, digestion, eczema, fevers, gallbladder inflammation, gout, headaches, hypertension, kidney stones, pelvic infections, sprains, flu, sunburn, ulcers, urinary infections, varicose veins, and wounds.

**Therapeutic Properties:** anti-inflammatory, antiseptic, astringent, styptic

**Application:** apply to appropriate areas of the feet, directly on areas of concern, excellent in bath or massage blends

**Aromatic:** especially good for people whose moods swing rapidly between highs and lows, moderating

**Contra-indications:** caution during pregnancy; prolonged use may result in skin sensitivity

## **Le Cyperium**

Effective for use on hemorrhoids - be sure to dilute well (4-5 drops to 1 T.) by placing in carrier oil, almond oil, or KY jelly; useful for vein health and healing any type of varicosity; improving circulation to specific areas.

**Affinity for:** circulatory system; vascular system and vein health

**Application:** dilute and apply to or massage into the area of concern

**Resonance:** physical

## **Le Sanctuary**

Promotes feelings of protection and safety; aids in self-awareness and spiritual intuition; build trust in one's intuition, wisdom and judgement; brings each chakra into harmony with the others

**Affinity for:** soothing to respiratory and nervous systems; emotional balance; all chakras

**Aromatic Considerations:** soothing; uplifting; promotes feelings of contentment and faith

**Application:** apply to solar plexus, brain stem, crown of head, back of neck, behind ears, thymus and wrists; wear as perfume or cologne

**Resonance:** very high frequency; can often be used to advantage in place of expensive rose oil



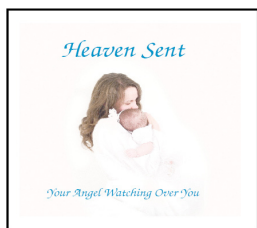
Music Box Melodies helps calm children and adults who experience moments of high emotional stress. It also helps those who have trouble going to sleep. Its soft simple melodies help not only children, but also the child within.

“In our preschool, we have an hour nap time for the children. It would take me at least 45 minutes to settle all the children down. “When I play this music, within twenty minutes everyone of my kids are lying down peacefully. This music is amazing!”  
*Laura A. Pre-school Teacher*

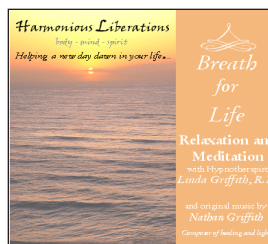
“My two three year old twins took an hour going to sleep. After playing Music Box Melodies they calmed down and fell asleep in 15 minutes!” *Randee S., UT*

“When I travel, I have trouble sleeping. I put these melodies in my hotel room and its like I’m right at home-- fast asleep.” *Annette N. Texas*

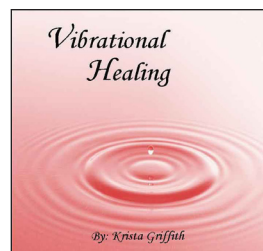
Listen to samples of all our healing music @ [www.healingmusic.tv](http://www.healingmusic.tv)



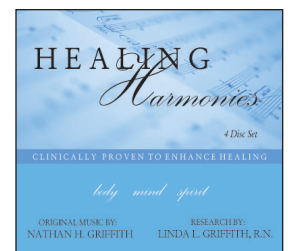
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**Caraway**  
**Oregano, wild**  
**Turmeric**

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## **Caraway** (*Carum carvi*)

Used traditionally to ease fatigue, mental and emotional strain, and to encourage communication skills. Caraway also aids the digestive and urinary systems and is helpful for clearing infection and mucous from the respiratory system. It can help fight skin disorders and scalp conditions. Blends well with chamomile, coriander, frankincense, ginger, lavender and sweet orange.

**Therapeutic Properties:** anti-histaminic, antispasmodic, antiseptic, carminative, digestive, diuretic emmenagogue, galactagogue, expectorant, parasiticide, stimulant, tonic and vermifuge.

**Application:** appropriate areas of the feet, area of concern

**Contra-indications:** may cause skin irritation, dilute well

## **Wild Oregano** (*Origanum vulgare*)

An exceptional broad spectrum natural antibiotic, without the negative side effects of drugs. Wild oregano's primary ingredient is a phenol named carvacrol. It is the high concentration of the compound that gives wild oregano its therapeutic properties. Considered effective against viruses, parasites and fungus. Helps to boost the immune system, increases oxygen absorption and neutralizes venomous bites.

**Therapeutic Properties:** Immune stimulant, antibiotic, antiseptic, antiviral, antifungal, antioxidant, antiparasitic, anti-venom, expectorant

**Application:** on areas of concern, appropriate areas on feet - dilute well.

**Aromatic:** diffuse for respiratory problems

**Contra-indications:** can cause skin irritation, dilute well. Keep away from eyes and mucous membranes. Avoid during pregnancy

## **LeAway**

Insect bites can be dangerous as well as just annoying, but slathering yourself with chemicals may not be the best solution to the problem. LeAway is a synergistic blend of some of the essential oils most often used to repel insects.

**Application:** Add to a carrier of your choice and apply over exposed skin surfaces. Be sure to cover yourself well, including hands and feet. Reapply after swimming or perspiring heavily.

## **Turmeric** (*Curcuma longa*)

Turmeric comes from the root, or rhizome, of the plant, and is in the same family as ginger. It is valuable as an antiseptic for cuts and scrapes. It is also an anti-inflammatory making it helpful with such things as arthritis and fibromyalgia. Turmeric is a strong antioxidant, helping protect the body from free radical damage. Some studies suggest that turmeric helps increase the production of natural cortisone by the adrenal glands. It has also been shown to help reduce platelets from clumping together and to increase circulation, lessening the effects of atherosclerosis. Also beneficial in fighting influenza viruses; lessening the possibilities of them from developing into autoimmune diseases.

**Therapeutic Properties:** antioxidant, anti-inflammatory, antiseptic, anti-coagulant, digestive tonic, cytophylactic, galactagogue, calmative, carminative, emollient

**Application:** always dilute before applying to area of concern, feet

**Aromatic:** has spicy, earthy, warm and woody fragrance

**Contra-indications:** avoid during pregnancy, may cause uterine contractions

## **LeSimplicity**

Potent anti-viral which target the HSV-1 and 2 (Herpes Simplex 1 and 2) virii. Symptoms include fluid-filled blisters which form in clusters and then continue to spread, fatigue, irritability, low-grade fever, slow healing of cuts, infections around the fingernails and whitlow. This virus is carried from person to person in body fluids such as saliva. Infection often occurs during childhood when well-meaning relatives subject children to kisses. Once the virus has entered the body, it 'creeps' along neural pathways and establishes a 'home-base'. HSV-1's site of latency preference is the trigeminal ganglion, a collection of nerve cells near the ear. From this spot, outbreaks tend to occur on the lower lip or face at times when the body is under stress or the immune system is compromised in some way. This blend is designed to kill the virus along the neural pathways and in the bundles where the virus resides.

**Therapeutic Properties:** antiseptic, anti-infectious, antibacterial, lymphatic congestion, potent antiviral, particularly herpes simplex as it affects the body by producing cold sores around the mouth.

**Affinity for:** skin and nerves

**Aromatic Considerations:** best used topically

**Application:** directly on the blistered areas, usually diluted in distilled or spring water or well-diluted as a mouthwash