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LeLife Force

LeRevitalize

LeEndo Relief

Patchouli

Thyme

Lime

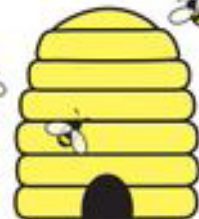
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Classes will be taught in Clifton, Idaho.
The class time will be from 9:00 a.m. to 4:00 p.m.
with a ½ hour lunch break - bring a sack lunch.

*Aerodynamically the bumble bee shouldn't be able to fly, but the bumble bee doesn't know it, so it goes on flying anyway.
~Mary Kay Ash*

Health Tip:

The Basic Principles of Homeopathy

By Sharon Moran

In light of the recent increased interest in homeopathics, we thought it prudent to reprint this homeopathic article, "The Basic Principles of Homeopathy."

Hippocrates, generally considered the father of medicine, wrote, "By similar things a disease is produced, and through the application of the like it is cured." Dr. Hahnemann, in 1791, described the Law of Similars as "Let likes be treated with likes." Homeopathy is the treatment of disease with a similar substance to create a curative process within the vital body.

Unlike most forms of natural medicine which can bolster the body's natural defenses and make the body's vital energy stronger prophylactically, homeopathy **MUST** treat the symptoms that are presenting at any given moment. The symptom must be present first in order for the homeopathic remedy to be effective.

Homeopathic remedies are made from substances that would create the same symptoms that you are trying to correct in a healthy body. For example, arsenicum album is basically arsenic, a fairly deadly poison. If a healthy individual were to take arsenic, it would produce symptoms of nausea, vomiting and convulsions. However, if an individual with these symptoms were to take the homeopathic remedy arsenicum album, these same symptoms would be reversed and a level of homeostatic balance would be achieved.

Homeopathy is an excellent addition to your natural medicine chest. They work well with essential oils as well as herbs... just be sure to treat the symptoms as they are presenting.

In addition to using the principle of "like cures like", you must also take into consideration the vital energy of the patient when you are using homeopathics. A person is said to be suffering from disease when their vital energy is out of balance. Many factors need to be considered when determining how the vital energy has become imbalanced. One of the most important factors is heredity. Specific disease patterns can be passed from parent to child energetically. These tendencies can lie dormant in the child until some external factor causes them to awaken. Once awakened, these symptoms are treated with the appropriate remedy. Vital energy is also upset by emotional trauma. Emotional wounds, left untreated, can create chronic ailments in the physical body. Once the physical body is weakened, a specific symptom picture is presented which should be addressed with the appropriate remedy. Exposure to toxic substances as well as serious injuries also alter the body's vital energy and should be dealt with as quickly as possible.

After treatment with the right homeopathic remedy, it is essential to know in what direction the healing will occur. The direction of the cure will always be from the inside out and from the upper part of the body to the lower. Improvements in the vital energy must come first. With a balanced vital energy, improvements are made in the mental and emotional aspects of the individual. Finally, the physical body responds. Change will occur in the deeper organs first moving to the surface as well as starting in the upper part of the body and moving downward. The order of the healing will be in a reverse order of the appearance of the symptoms. This means that the most recent symptom will disappear first and the first symptom will disappear last.

One final thought: Never repeat a homeopathic remedy as long as it is continuing to act. It is acting as long as the symptoms have dissipated. When the symptoms reoccur, then reevaluate the symptoms and treat with the appropriate remedy.

Lime (*Citrus aurantifolia*)

Has a fresh, lively fragrance that is stimulating and refreshing; helps one overcome exhaustion, depression and listlessness; may stimulate the muscles around the eyes. Can also be used to relieve anxiety, stabilize blood pressure, soothe broken capillaries, dissolve cellulite, improve clarity of thought, help relieve debility and exhaustion, aid with digestive problems. Also useful for fevers, gallstones, hair (cleansing), promoting leukocyte formation (immune), liver deficiencies in children, lymphatic system cleansing, memory improvement, strengthening nails, building low energy, respiratory problems, sore throats, water and air purification. Works extremely well in removing gum, wood stain, oil and grease spots; brightens a pale, dull complexion by removing the dead skin cells and is capable of tightening skin and connective tissue.

Therapeutic Properties: anti-bacterial, antiseptic, antiviral, restorative, tonic

Application: excellent in baths, lotions, deodorants, etc.

Aromatic: beautiful fragrance, said to relieve anxiety, increase energy and promote a general feeling of well-being

Contra-indications: avoid direct sunlight for 8-10 hours after use

Patchouli (*Pogostemon cablin*)

An oil I have come to love it for its effect on physical exhaustion, general fatigue and stress-related problems; great for tissue regeneration and aids with scarring, rashes and eczema; has anti-fungal properties and is especially good for vaginal infections (candida) and as a uterine tonic; improves hormonal balance and aids the liver and kidneys by discharging toxins; especially suited to strong persons who rarely pay attention to their health until they collapse, mentally & physically, from over-work - valuable aid to their recovery; useful for fungal infections, bacterial infections, constipation, uterine tonic, dandruff, insect repellent, insect bites, stress-related emotional disorders, substance addictions, dermatitis, chapped skin, athlete's foot, ringworm, parasites, helps eliminate toxins, allergies, depression, hemorrhoids, weeping wounds

Therapeutic Properties: anti-inflammatory, tissue regenerative, tonic, cytophylactic, antiseptic, decongestant, antibiotic, anti-fungal, anti-depressant, aphrodisiac, astringent, calmative, nerve

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

Aromatic: may have an influence particular to sexual relations, physical and money matters

LeEndo Relief

Endocrine balance and support; improve vitality; help with feelings of physical and mental exhaustion; improve metabolism; stimulate natural weight loss; regulate hot flashes and balance hormones; helps us establish, or re-establish, boundaries between ourselves and others; allows us to be both tactful and firm about our personal boundaries: Also use for diabetes, hypoglycemia, bladder infections, candida, regulation of thyroid, lymph congestion, provide support to pineal, pituitary, parathyroid, thymus and adrenal glands; increasing metabolism

Affinity for: endocrine system, lymph system; emotional boundaries

Application: should be applied to the lymph glands of the neck, chest, and the armpits whenever a cold, etc. is coming on; great for a soak in the tub when feeling "sluggish"

Resonance: emotional and spiritual

Thyme (*Thymus zygis*)

A general tonic for the stomach; can be very beneficial for fatigue and physical weakness after illnesses such as flu, urinary tract infections and wounds; attacks viruses along spine (spinal meningitis, perhaps); specific for intellectual or physical exhaustion with a lack of direction and for those needing a fresh view or new way of looking at a situation. Most valuable uses: All infections including viral infections, mucous congestion, colds, flu, muscular pains, arthritis, obesity, bronchitis, coughs, general debility, poor circulation, gout, physical exhaustion, throat infections, muscular debility, anorexia, acne, gum infections, thrush, warts, anthrax, asthma, colitis, cystitis, dermatitis, tuberculosis, urinary infections, wounds.

Therapeutic Properties: anti-bacterial, anti-parasitic, anti-fungal, anti-infectious, antiseptic, anti-viral, antibiotic, pectoral, analgesic, expectorant, stimulant, tonic, rubefacient, diuretic, emmenagogue, vermifuge, anti-venomous, anti-putrescent, immune stimulant

Application: apply to the feet, directly to areas of concern

Aromatic: anti-bacterial, anti-parasitic, purifying the air in your home during flu season

Contra-indications: use *Thymus zygis* or *vulgaris* because they are milder. Other types may irritate the mucous membranes. Avoid all other types of thyme when pregnant and do not use them on children. Use even these types with caution if dealing with high blood pressure.

LeRevitalize

Powerfully stimulating; increases mental alertness; alleviates mental fatigue; helps to replenish inner stores of strength for those worn out from serving and helping others; aids in cleansing the liver and improving vitality; useful for overcoming addictions; anger management.

Affinity for: digestive system; brain function; emotional stability

Aromatic Considerations: diffuse for short periods of time only

Application: dilute when applying to the body; apply to appropriate areas of the feet - especially over liver area; when using over entire body, dilute well

Resonance: physical

LeLife Force

Building, strengthening, and protecting the body; raises the frequency of the body and supports the immune system; use with **LeEndo Relief** for getting through the cough and cold season; can be helpful after an illness for regaining strength and stamina; an adrenal gland stimulant and tonic; should be used following any traumatic experience that has left one feeling weak, shaky or on edge.

Affinity for: nervous system; immune system

Aromatic Considerations: diffuse to strengthen the immune system and energy of those living in the house and to disinfect

Application: dilute and apply along the spine to increase energy and stamina and to strengthen the immune system

Resonance: physical and emotional

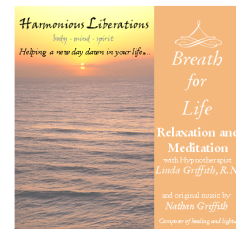
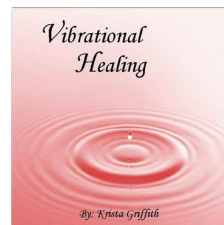
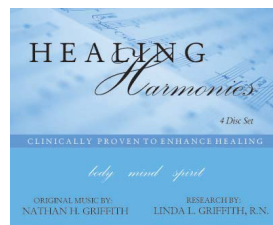
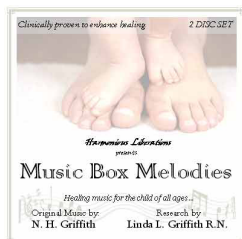
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