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Butterfly Express^{LLC}®

March Specials

15% off

^{Le}**Bountiful**
^{Le}**Tomorrow**
^{Le}**Vision**

Coriander
Lemon
Lavender

Buy all six and receive 20% off

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March Health Tip: MOVE YOUR BODY DAILY

Find creative ways to "move your body" daily. You don't need to spend a lot of money joining a health club...you just need to find fun (and sometimes hidden) ways to move and get some exercise on a daily basis!!

Climb stairs instead of taking the elevator, take the dog (and the kids) for a walk in the park and build a snowman, park on the far side of the parking lot at the mall. Moving your body will not only help you become more physically fit and burn a few extra calories, it will also help you reduce stress. Exercise has been shown to increase happiness as well as improve our overall outlook on life. And being outside will help you with your Vitamin D quotas.

(See Butterfly Expressions January 2009 newsletter)

Good health habits can come in small baby steps forward. Current research is showing that making small changes can add up to a big difference.

"The man who rolls up his sleeves rarely loses his shirt."

~Thomas Cowan

Yarrow - Usnea

Yarrow contains all the usual vitamins and minerals found in plants used medicinally, but it also contains the less commonly found Vitamin F. Vitamin F is an essential fatty acid that is necessary for the good health of body membranes, including those surrounding the brain and for the health of the brain itself. The vitamin F content puts yarrow in a class of herbs called astringents. This means yarrow causes a tightening of the membranes and tissues. The list of conditions this affects is long. One example would be the expelling of mucous from the lungs and bronchials and from the intestinal tract - really, anywhere in the body where the over-production of mucous is a problem. This tightening of tissues also makes the retention of gallstones or kidney stones, etc. impossible. Vitamin F is also the basis for the production of the hormone-like prostaglandins produced in healthy cells and is partially responsible for yarrow's ability to heal wounds.



Usnea



Yarrow

Usnea is a lichen which grows in the tops of dying pine trees and is one of nature's most potent anti-bacterial agents. It is said to be strong enough to tackle even the strongest strep and staph infections and has proven valuable and effective many times.

www.butterflyexpressions.org

Yarrow - Usnea

SALE

1 Regularly ~~6.50~~

on sale for 4.95



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Coriander (*Coriandrum sativum*)

Has been used for centuries - some coriander seeds were found in King Tut ankh amen's tomb; both a gentle stimulant for people whose energy levels are at a low ebb and a sedative in times of stress; these characteristics make it particularly valuable during convalescence from illness; helps with fear of failure and fear of making decisions; can be of benefit for physical and mental fatigue; one of the most important uses of coriander is in lowering glucose levels and supporting pancreatic function; coriander also has a high estrogen content and is often beneficial in regulating menstrual cycles and relieving cramping; useful in dealing with anorexia; can also be used for digestive problems, dyspepsia, flatulence, stomach cramps, muscle aches and aches due to fatigue, nervous exhaustion and mental fatigue, poor circulation, rheumatism, nausea, gout, arthritis, and colds. Use with reasonable caution as overuse can be quite sedating.

Therapeutic Properties: sedative, anti-bacterial, anti-spasmodic, carminative, antiseptic, deodorant, diuretic, lymphatic decongestant, prostate decongestant, vasoconstrictor, stimulant, tonic, regenerative

Aromatic: gentle stimulant for low physical energy; relaxes stress irritability, nervousness; excellent for shock or extreme fear

Application: appropriate areas on feet, directly on areas of concern

Contra-indications: use in small quantities over short periods of time; overuse can result in a cloudy or stupefied feeling

LeVision

For dominant personalities who may become unfocused or overbearing; aid our ability to see and grow from mistakes and mis-perceptions; move past over-reliance on other people's opinions; balances emotions; clears the mind; reduces anxiety and stress; restores inner strength; improves decisiveness; prevents apathy; good for irritability or irritable people; gallstones; insomnia.

Ingredients: German and Roman chamomile, angelica, lemon, spruce, hyssop, lavender

Affinity for: nervous system, emotional stability and balance

Aromatic Considerations: diffuse to promote spiritual awareness and intuitiveness

Application: use in bath - especially at the end of the day

Resonance: physical and emotional

Cautions: some of the oils in this blend are on lists to use cautiously if pregnant; repeated use, especially undiluted, could possibly result in skin irritation

Lemon (*Citrus limonum*)

Beautiful fragrance which helps us let go of grudges and resentment; often provides a dose of reality to our resentments; helps us handle life with joy and a sense of humor; Valuable uses: anxiety, blood pressure, debility, digestive problems, fever, gallstones, lymphatic system cleansing, memory improvement, nervous conditions, respiratory problems, sore throat, water purification, colds and flu, skin care, and general tonic.

Therapeutic Properties: antibiotic, sedative, carminative, diuretic, hemostatic, astringent, digestive, immunostimulant, antidepressant, stimulant, antiseptic, febrifuge, calmative, antispasmodic, anti-sclerotic, depurative, vermifuge, cicatrisive

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

Aromatic: light and refreshing while balancing nervous system and relieving symptoms of fatigue, helps reduce cellulite deposits

Contra-indications: use caution when applying neat to the skin and before exposure to the sun; probably best not to apply to skin before exposure to the sun

LeTomorrow

Used in emotional work to bring the focus from the past to a happy anticipation of the potential of the future; helps one to find calmness and joy in the challenges of every day living; useful at the changing seasons of our lives to help us maintain emotional stability; helps us desire to forgive and love others more unconditionally; aids us with leaving the past behind; attaining wisdom.

Ingredients: frankincense, clary sage, lime, sandalwood, cypress, geranium, rose, lemongrass, sweet orange

Affinity for: emotional balance

Aromatic Considerations: calmness and joy; peace and forgiveness

Application: apply over heart chakra, wrists, neck; dilute for a full body massage

Resonance: physical, emotional, spiritual

Lavender (*Lavandula officinalis*)

A universal oil that has been shown to balance the body and to work wherever there is a need; called 'the grandmother of essential oils' because it cares for and nurtures us through such a variety of physical and emotional stresses; balances between masculine and feminine traits; promotes faith even in the hard times; promotes a return to kindness and generosity if we have been in a place of judgement of others; if in doubt, use lavender. Can also be used for cuts, grazes, burns, chilblains, dermatitis, eczema, sunburn, insect bites, headaches, migraine, insomnia, infections, arthritis, anxiety, tension, panic, hysteria, fatigue, inflammatory conditions, rashes, nervous conditions, dysmenorrhoea, spasms, allergies, cramps, dandruff, flatulence, hair loss, headaches, irregular heart beat, high and low blood pressure, indigestion, insomnia, excess waste products clogging the lymphatic system, mouth abscesses, nausea, minimize scarring, sprains, stretch marks, tachycardia, thrush and edema.

Therapeutic Properties: antiseptic, diuretic, expectorant, emmenagogue, anti-parasitic

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

Aromatic: calming in small amounts but can be stimulating in large amounts, use to reduce stress and tension, lessen pain, and promote restful sleep

LeBountiful

This oil is specifically designed to affect the energy fields around us and to help us achieve a frequency that attracts good fortune into our lives; promotes feelings of abundance and protection; aids us in thinking clearly about money issues and lessens the stress in these areas; moderates feelings that there is never enough and certainly not enough for everybody to have all that they need; alleviates tendencies to greed and selfishness; beneficial to the brain - seems to clear sluggish thought processes; immune support and stimulant; excellent for used with bronchitis

Ingredients: myrrh, patchouli, frankincense, clove, cinnamon, thyme, sweet orange, bitter orange

Affinity for: immune and respiratory systems; body's external magnetic field; emotional balance

Aromatic Considerations: creates feelings of security, generosity, thankfulness; brings the 'blessings of heaven' down

Application: diluted and worn on wrists, behind the ears, as perfume or cologne; place a drop or two in checkbook, on car dash, phone or wallet for profound results

Resonance: physical, mental - frequency similar to healthy brain

Where All Healing Comes From

From the beginning of time, the Prophets of God have invited all mankind to Come unto Christ. Jesus Christ, Himself, gives that same invitation, Come unto me, all ye that labor and are heavy laden, and I will give you rest [peace, comfort, quietness and renewal].

As I live life, I have come to recognize that all people and/or families everywhere find themselves, at times, laboring and heavy laden with difficult circumstances. Such as, strained relationships within the family, a wayward child, physical ailments, mental depression, emotional distress, spiritual darkness, varieties of addiction, and the list goes on. Matter-a-fact, the list of difficult circumstances is as endless and as different as the human race. Many of our difficult circumstances last for short periods of time, but there are those that can last for many months, years or even a lifetime. We also find that our difficult circumstances can cause us to become embarrassed, grieved and filled with fear.

In my search for answers and truth, I have come to conclude that the Lord Jesus Christ is the ultimate source where all healing comes from. It is by Coming unto Christ we are healed and given the gifts of rest, comfort, quietness and renewal. We find that our feelings of embarrassment, grief and fear are replaced with a bright hope for our deliverance, greater faith, and peace to our soul. We take courage and become fixed with a determination to conquer to the end. Whatever and whenever the end may be.

There is a Prophet of Old who found himself heavy laden and in the midst of life's difficult circumstances. He poured out his heart to Heavenly Father in prayer, pleading: Do not slacken my strength because of my afflictions. It is during our most difficult times we too should remember to not slacken our quest to Come unto Christ. For as the apostle Paul teaches, I can do all things through Christ which strengthens me.

The power and strength is within our reach to become healed and receive rest, peace, comfort, quietness and renewal. That power and strength come through our Lord and Savior Jesus Christ. I too would commend all people everywhere to seek this Jesus of whom the prophets and apostles have written and to Come unto Him.

David C. Hansen
Riverside, California

Resources

Matthew 11: 28

Alma 58: 7-12

Topical guide: Rest

2 Nephi 4: 29

Philippians 4: 13

Ether 12: 41