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Butterfly Express^{LLC}®

May Specials

15% off

LeBalance

LeBenediction

LeVitality

Grapfruit

Myrrh

Oregano

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Health Tip:

YOU ARE WHAT YOU THINK

In these uncertain times we often seek false securities to cling to. Our health is one of our greatest blessings; it is easier to maintain than to regain. Remember, all the pills, herbs, oils, tinctures etc are not a substitute for good wholesome food, exercise, and a positive attitude. Our psyche contributes a great deal to our health. Not only are we “what we eat”, we are also “what we think.” Consider:

1. Spend time each day with yourself. Be honest; be as loyal as you would to your best friend. Ask yourself, “What was the best part of yesterday? Why?”
2. Be grateful
3. Love
4. Pray. Ask Heavenly Father to let you feel His love.
5. Exercise
6. Laugh

Are You Alone?

If you're alone when you read this, don't stay alone in your abyss.

You're all alone, unless you speak; and even then, unless you hear.

You're all alone, unless you touch, and even then, unless you feel.

You're all alone, unless you share, and even then, unless you care.

You're all alone, unless you're loved, and even then, unless you love.

You're all alone, unless you seek, and even then, until you find.

You're not alone, unless you're lost; until you're found, you're still alone.

You're not alone, until He comes; unless you live in fear and guilt.

You're all alone, unless you dream, and even then, unless you hope,

You're still alone.

By Val D. Westover

“I have been driven many times upon my knees by the overwhelming conviction that I had no where else to go.

~Abraham Lincoln~ 16th president of the United States

Introducing New Essential Oil Carrying Cases



6.5 x 7.5 x 3

Butterfly Express ^{LLC} now carries a wonderful new product, essential oil bags that holds 30 of the 5ml or 10ml bottles. Available in a variety of colors. A compact and convenient way to carry your oils. Padded to protect your oils while keeping them together and ready to go. This amazing bag has a handle on the top and a pocket on the bottom to hold printed materials like product cards. The pocket is a perfect place to carry our quick reference Spiral books. A 2oz almond or coconut oil can be laid across the top of the oils for added convenience.

Introductory price

15.95

Regularly ~~24.95~~

Price good only in the month of May

Call for bulk pricing



Myrrh (*Commiphora myrrha*)

A true gift, although it doesn't have a pleasing aroma! When we open our hearts and minds to receive the gifts of the spirit and of the material world, they will be given. Can also be used for asthma, bronchitis, coughs, diarrhea, digestion, dyspepsia, (impaired digestion), flatulence, fungal infection, gingivitis, gum infections, hemorrhoids, hypo-thyroid problems, mouth ulcers, prostate gland decongestion, ringworm, sore throats, skin conditions (athletes foot, chapped & cracked skin, eczema), stretch marks, vaginal thrush, viral hepatitis, wrinkles, wounds, chilliness

Therapeutic Properties: anti-inflammatory, pectoral, antiseptic, anti-spasmodic, cicatrative, balsamic, expectorant, anti-fungal, astringent, vulnerary, soporific

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

Aromatic: has been used in meditation for centuries, said to improve appetite after a long illness

Oregano (*Origanum vulgare*)

An extremely beneficial and effective oil which has received some attention from the media lately. Unfortunately, too many reporters and announcers do not know the difference between therapeutic grade essential oils and oils which have been diluted with carrier type oils. DO NOT follow their suggestions and use large quantities at once. 2 or 3 drops of a pure essential oil is always sufficient. Oregano, in either herb or essential oil form, has anti-bacterial, anti-fungal, antiseptic properties and is an immune stimulant. It balances metabolism and strengthens the vital centers of the body. Can be useful for chronic bronchitis, respiratory infection, colds, mental disease, pneumonia, pulmonary tuberculosis, rheumatism, general debility, muscular pain, whooping cough; makes a nice addition - in small quantities - to blends and is a good oil to diffuse during the cold and flu season.

Therapeutic Properties: anti-infectious, antibiotic, anti-viral, antiseptic, stimulant, anti-aphrodisiac, emmenagogue, anti-parasitic, expectorant, rebufacient, anti-fungal, immunostimulant

Application: apply to appropriate areas of the feet, areas of concern - be sure to dilute well

Aromatic: pungent, but a lot of people like it diffused for respiratory problems and to promote a general feeling of strength and stability

Contra-indications: avoid during pregnancy, can cause extreme skin irritation if applied repeatedly without dilution: often used in a diffuser, do not use in baths, dilute well if applying to body

Grapefruit (*Citrus paradisi*)

Good for eating disorders and liver, kidney and lymphatic problems; acts as a tonic to many body systems and is specific for depression, migraine headaches, pre-menstrual tension and water retention; other valuable uses: muscle fatigue, stiffness, cellulite, acne, mental exhaustion, hangovers, fluid retention, antiseptic, disinfectant, detoxification, drug withdrawal, dyspepsia, eating disorders (anorexia, etc.), gall stones, jet lag, kidney and liver disorders, pre-menstrual tension. Emotionally, promotes feelings of joy, confidence, and spontaneity

Therapeutic Properties: tonic, digestive, antiseptic, anti-infections, restorative

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

Aromatic: uplifting to the mind; it is hard to be negative or anxious in the presence of this oil

LeVitality

Excellent for the cardiovascular, circulatory and lymphatic systems; use for all heart related conditions; high blood pressure; stress reduction; varicose veins; shock, and to increase stamina among the sick or the elderly; for use in treating hemorrhoids (dilute well here).

Affinity for: cardiovascular system and vein health; root and crown chakras - connection to both Heaven and Earth

Aromatic Considerations: use for shock or to increase vitality, energy and stamina

Application: apply over the heart; can be applied to heart points on the feet or on the heart points found under left ring finger and left ring toe, on the arm just above the elbow, and on the arteries of the neck; massage along the spine between the 1st and 4th thoracic vertebrae.

Resonance: physical

LeBalance

A great oil for supporting the endocrine system and for balancing hormones in women and men; is useful for men in reducing congestion and enlargement of the prostate and re-establishing proper urinary function; often effective in reducing hot flashes and headaches in women approaching or going through menopause; LeEndo Relief targets the entire endocrine system, healing and balancing in several areas at once; LeWoman Wise, for women who are experiencing hormone imbalances, menstrual problems and PMS, is predominantly a hormone balancing oil as is LeBalance, which often brings quick relief of problems related to menopause; LeWoman Wise and LeBalance should be used in conjunction with LeEndo Relief for best results

Affinity for: nervous system; endocrine system; emotions

Aromatic Considerations: control of mood swings brought about by hormone and endocrine system imbalances in both men and women (Yes, men have hormones that can and do get out of balance, too!)

Application: apply around ankles (both men and women), diffuse; soothing soak in the tub; place a few drops in the shower

Resonance: physical, emotional

Cautions: definitely not to be used during pregnancy!!

LeBenediction

A favorite among massage and energy therapists because it strengthens one's own energy boundaries and protects against 'energy drains' that sometimes occur when working with other people's energy fields; effective after an illness to return energy levels to normal; use at times when you are feeling particularly vulnerable and 'energy sensitive' and easily drained by people and situations; often useful with tension headaches and high blood pressure where picking up on the energies of others is a factor; helpful for speaking up and expressing our needs clearly without blaming or whining; can temper judgement where we feel that other people created the mess they are in and we are justified in leaving them alone to fix it; acknowledgment of the role that blessings from above have played in our successes and achievements.

Affinity for: energy system; emotional balance; throat & crown chakras

Aromatic Considerations: aroma can increase integrity of auric field, strengthening our personal energy shield; can also be useful in times of deep thought or meditation; for feelings of loneliness - profoundly affects our connection to other people

Application: place on shoulders or thymus area as a protective shield

Resonance: physical and spiritual

DOWN THE DRAIN

by Pam Shelline, Licensed Massage Therapist, Master Esthetician

Upon waking, we may notice that our joints feel stiff, and our movements are jerky. As we move, our joints are lubricated by synovial fluid, and our skeletal muscles do their job of contracting and relaxing, which helps pump the lymphatic fluid. After a few minutes of this warming up, our joints can move more freely and our movements become more coordinated and smooth.

For optimum health, the lymphatic system needs to be able to move the toxins from our blood. If the body has a backup of lymphatic fluids, there are a few things that can assist the process.

Our bodies need regular movement to be able to remain in a state of health.

There is an old Chinese Proverb which goes, "Worms will not eat living wood where the vital sap is flowing; rust will not hinder the opening of a gate when the hinges are used each day. Movement gives health and life. Stagnation brings disease and death." Getting regular exercise is a very good way of moving the lymphatic fluid.

Another good way is to receive a massage. Tight skeletal muscles can inhibit the pumping of the lymphatic fluid. As each muscle relaxes as a result of the response of the nervous system to the calming touch, the circulatory system is stimulated and can function to bring needed nutrients to the cells, as well as remove waste products.

For those with slight edema, a massage which focuses on lymphatic drainage enhancement is helpful. Lymphatic drainage massage is very light, as the lymphatic vessels are just beneath the skin. The techniques work to manually assist the drainage of lymphatic fluid toward the nearest lymph nodes. Anyone with severe swelling should consult their physician, since certain swelling can indicate a more serious medical condition.

Certain essential oils can be added to massage oils to enhance the lymphatic drainage process. The Butterfly Expressions Oils I have found particularly helpful are ^{Le}Journey, ^{Le}Life Force, and ^{Le}Sunburst.

At Massage Therapy Academy we offer a class on lymphatic drainage, as well as other continuing education classes and a full massage therapy training program.

For more information, please contact me at:

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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.](#)

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