

Better Me Kit

The Better Me Kit is specifically for depression. It focuses on taking time for and care of yourself. This kit includes two of my favorite essential oils for depression, ^{Le}HeartSong and ^{Le}Vitality. They are great for the diffuser, applied to the skin, or in the tub. This kit also contains vitamins and minerals to help improve nutrition. Nutrition often plays a part in depression.

^{Le}HeartSong

^{Le}HeartSong is the number one oil for depression because it reminds us that we are loved and cherished by many people, and certainly by Heaven. It is also useful in overcoming grief and trauma. ^{Le}HeartSong allows the heart to find its joy and learn to sing again. This is a very high frequency spiritual and emotional blend. ^{Le}HeartSong is also helpful in stabilizing mood swings, relieving stress and tension, and helping one to relax. You do not need to be suffering from depression or a recent loss to enjoy ^{Le}HeartSong. This blend is wonderful for getting through a tough time or just making it to the end of a difficult day. It is also quite effective as a protection against negative energy that you might be picking up from others at home or on the job. Can be placed in a clockwise motion on all the chakras starting at the base moving to the crown chakra. This is a beautiful oil to diffuse, and may be worn as a perfume or as cologne.

Coconut Oil

Coconut oil is odorless and colorless. It absorbs readily into the skin, leaving no residue. Doesn't stain clothing and easily washes out of clothing and bedding. Coconut oil is an excellent skin moisturizer; rarely aggravates existing skin problems such as fungal or bacterial infections and does not clog pores. It leaves the skin feeling smooth but not greasy. Coconut oil has almost no aroma at all and has the added advantage of a long shelf life at room temperature without rancidity. Coconut oil is considered one of the best carrier oils.

Vitamin D-3

Vitamin D is vital to mental health. I have noticed over the years that if I take Vitamin D in the fall and through the winter I am less likely to get depressed. We get less sun in the winter and as a result we absorb less Vitamin D. Vitamin D boosts our immune system protecting us from a wide range of nasties, reduces inflammation, aids in weight-loss, strong bones, and helps keep us mentally alert and emotionally stable.

^{Le}Vitality

^{Le}Vitality provided me with a hopeful feeling about the state of my health. When I apply this essential oil blend, and smell the aroma, I feel more confidence in my body's ability to heal and be strong again. ^{Le}Vitality gives one more enthusiasm for life. As stamina and strength improve, there is more energy and you feel good enough to enjoy life more fully. ^{Le}Vitality should be diluted and applied on the chest over the heart area several times a day. It can also be applied to the acupressure heart area on the left foot, or alternatively, to the heart points found under the left ring finger and corresponding toe on the left foot. Additional points that may be of benefit are found on the arms just above the elbow. It may also be of benefit to apply ^{Le}Vitality on the arteries of the neck, and to massage it along the spine between the 1st and 4th vertebra.

KNA

Formerly Kelp/Nettles/Alfalfa. These three herbs contain all of the trace minerals, in adequate amounts and excellent proportions, that have been identified as vital to good health. This will help fill in any nutritional gap that may be contributing to depression. KNA is particularly high in absorbable calcium, natural iron that does not cause constipation, iodine, vitamin C, and vitamin A. In addition, Alfalfa contains a lot of a very usable form of protein, which is unusual in herbs. Vegans should pay particular attention and make it a habit to supplement their diets with Dulse or Kelp. Dulse and Kelp are very similar.