

Thanksgiving Survival Kit

Happy Thanksgiving!!

Thanksgiving is a time to gather and give thanks for all the bounty in our lives. But Thanksgiving is also a time to eat. The traditional meal includes many tasty treats and many of us tend to over eat. Are you prepared? Let me tell you about my Thanksgiving survival oils.

LeEZ Traveler

LeEZ Traveler is a great digestive oil but really shines if you or your children tend to get motion sickness or have a fear of traveling. Traveling in a car or plane for very long with sick children can really ruin Thanksgiving. This oil is calming and restful, providing a hint of humor and a sense of gladness to be alive. LeEZ Traveler promotes feelings of calmness, emotional strength, and the ability to cope with the days events and responsibilities.

LeJulia

LeJulia is another wonderful digestive oil but it's a little milder. Although created for newborns and children, it is also wonderful for adults. Careful dilution is recommended. LeJulia should be applied to the abdomen and/or to the feet. LeJulia is for the release of flatulence (gas), constipation, and other intestinal distress in infants and small children. This blend is also useful for colic, upset tummy, and nausea caused by fear or over-excitement. Diffuse for emotional calming and improved sleep.

LeInside Out

LeInsideOut is my favorite digestive oil all around and I wouldn't dream of doing Thanksgiving without it. LeInsideOut improves the function of the digestive system. It helps with upset stomach, belching, bloating, stomach cramps, heartburn, constipation, and diarrhea. Apply to the abdominal area and the bottom of the feet.

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.

Thanksgiving also means spending time with family and sometimes this can be a little stressful. I love my family but I don't always love crowds and my family is not perfect. Close but not quite! When you get us all together it can be lots of fun but it can also be overwhelming.

Rescue Remedy

Rescue Remedy is a great Blessed Water for anyone who is feeling overwhelmed. Rescue Remedy is also great for a child who is having a meltdown. Meltdowns can happen because they are tired, over sugared, or over stimulated. Rescue Remedy brings immediate calm and helps with both the physical and emotional aspects of shock. Rescue Remedy helps calm the emotions, slow any bleeding that may be occurring, and aid in maintaining consciousness. Use for everything from the hysteria of a child to very serious trauma and injury.

LeTranquility

LeTranquility is the last item in my Thanksgiving survival pack and is for anxiety. Smelling this oil makes it possible for me to really enjoy my family instead of feeling overwhelmed. LeTranquility can help us develop inner strength, patience, understanding, and confidence. It promotes relaxation, relieves anxiety, stress, tension, and depression. Use for panic attacks. Helps reduce insomnia, quiets the mind and helps with feelings of rebellion, aids in understanding all aspects of a situation, develops inner strength and confidence, and lessens migraines and tension headaches.