

HEALTHY HEALING

NOVEMBER 2009 Newsletter

<http://www.healthyhealingli.com>

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THE ESSENTIALS OF ESSENTIAL OILS

Essentials Oils (EOs) have been around since the time of Pharaohs, Buddha, and Jesus Christ. The Egyptians were the first people to extensively make use of aromatherapy and aromatic herbs. They also included essential oils in religion, cosmetics as well as medicinal purposes. The Egyptians did have access to the distillation method via the Mesopotamians as distillation pots have been found at Tepe Gawra dating back to about 3,500 BC.¹

Herbs and essential oils can be an invaluable element of natural healing. Essential oils are considered volatile liquids since they are made up of light molecules that can evaporate or flash off if a jar is left uncapped. These same light molecules are able to cross the blood-brain barrier, affecting the emotions and assisting with memory and brain function.² Essential oils are extremely potent. One drop of peppermint oil is said to have the same potency as 30 cups of peppermint tea. Many essential oils contains anti-microbial and anti-viral properties and can help to boost the immune system.

Peppermint and Lavender EOs

Peppermint: for headaches, a drop on the temples or rubbed into the palm of your cupped hands, held over the nose and mouth, and inhaled; for stomachaches, applied directly on the stomach; for sore throat, inhaling the oil (as above) or a drop taken in the mouth (Warning: This is only safe with therapeutic-grade essential oils). Peppermint is also good for muscle spasms, soreness, and relief from most kinds of pain.

Lavender is part of the mint family with English lavender and its many varieties most commonly grown in our American gardens. It is renowned for its benefits to the skin and in treating burns. Lavender is soothing, calming, and relaxing. It may be applied to the skin to treat acne or skin lesions, on healing wounds; on the bottom of the feet before bed, to assist in relaxation and deep sleep; inhaled (as

¹ www.essentialoils.co

² naturalmedicine.suite101.com/article.cfm/herbs_and_oils__part_2

peppermint, above) for headaches and sinus trouble. Be careful to get real lavender - the hybrid, lavandin, is often sold as lavender. Lavandin smells the same but will not have the same effects on the skin - it will only worsen burns.

Essential Oils and TCM

The effectiveness of essential oils cannot be fully understood without some mention of frequency. Frequency is the measurable rate of electrical energy flow that is constant between any two points. The healing energy of essential oils affects the physical and mental states just like acupuncture and Chinese herbs. Essential oils can be applied directly to the acupuncture points before needle insertion to enhance their action. In Chinese terminology lavender and peppermint regulate the qi and harmonize the shen/mind. Peppermint also has an invigorating effect on the blood which is why it is good for muscle spasms and pain. Peppermint can also harmonize the stomach.

As a distributor of Young Living Essential Oils, I can recommend a variety of single and blended oils. See some of the highlighted gift choices below.

UPCOMING EVENTS!

LIWA – Health Committee sponsoring "It's Time for You! – Food for Thought"

When: Thursday, November 19, 2009, 6:00 pm

Where: Molloy College's Suffolk Center, located at 7180 Republic Ave., East Farmingdale, NY 11735

Contact: Cheryl Berman, 516-677-5492 or go to www.liwa.org. Fee: Member: \$10.00, Non-member: \$15.00 Student: \$10.00

This seminar will cover the topics of emotional health for the sandwich generation and physical health through proper nutrition in two segments called "It's Time for You! – Food for Thought" and "Mind over Platter."

UNIQUE GIFTS FOR THE HOLIDAY SEASON:

Gift Certificates for a 1 hour session of Acupuncture, Acupressure & Massage - \$75.00

Spa Gift Bag of 1 Young Living Essential Oil (choose Lavender, Peppermint or Pine) with Herbal bath blend of rejuvenating herbs, Calming Herbal Eye Pads, Herbal Foot Detox and Young Living Cinnamint or Lavender Lip Balm - \$40.00

Single & Blended Young Living Essential Oils by Request, varied price/bottle

Essence of the Season – EOs of Frankincense, Myrrh, Christmas Spirit (orange, cinnamon & spruce) and Resins of Frankincense & Myrrh - \$75.00

Essential 7 Young Living Essential Oils – Blended oils of Joy, Panaway, Peace & Calming, Purification. Single Oils of Lavender, Peppermint and Lemon - \$90.00

Everyday Oils Collection – **9 essential oils** consisting of single oils of Lavender, Frankincense, Lemon, Peppermint. Blended oils of Thieves, Purification, Panaway, Valor and Peace & Calming - \$135.00

Chinese Quote of the Day: “When I let go of what I am, I become what I might be” –
Lao Tzu