

Essential In-Touch

Healing Energy & Relaxation Therapy

MAKE A HEALTHIER CHOICE

In America, we have the highest levels of cancer, heart disease, and diabetes in the world. The fourth largest cause of death in the USA is Adverse Drug Reactions-meaning, reactions to prescribed medications.

Because of the overuse of antibiotics, the epidemic of poor nutrition, the widespread inclusion of toxic chemicals in almost everything we put on or in our bodies, and the stress so many people experience on a daily basis---our immune systems are weak and we are aging prematurely.

Did you know that the average family, unknowingly wastes hundreds of dollars each month on toxic products, many times making themselves, their children & their pets sick? That most people poison themselves 30 ways before 8am daily?

You can make a healthier choice!

Essential oils hold nature's design for enhancing and enlivening every system in our bodies-physical, mental, and emotional. That's why we need them now...possibly more than ever.



THE CHOICE

The way to achieve a healthy life is to make healthy choices every day:

INSIDE THIS ISSUE:

THE CHOICE CONTINUED	2
ABOUT ESSENTIAL OILS	2
ESSENTIAL OILS 101	2
CHRISTMAS SCENTS	3
NATURAL AIR FRESHENERS	3
AIR FRESHENER HOLIDAY SCENT IDEAS	4

- Stop consuming hidden poisons.
- Replace toxic products in your home with others that enhance your health.
- Clean out and rejuvenate your digestive system (where 70% of your immune system is located!).
- Refresh and oxygenate your brain.
- Support and invigorate your immune system.
- Manage aches and pains without drugs.
- Uplift your mood without drugs.
- Relieve stress without drugs.
- Manage your weight without drugs.
- Restore and enhance your passion for living.
- Consume lots of antioxidants.

Obligatory Disclaimer: The information in this newsletter is for educational purposes only and is not intended to diagnose, treat, cure or prevent any disease. These statements have not been evaluated by the Food and Drug Administration. Anyone suffering from any disease, illness, or injury should consult with a physician.

THE CHOICE (CONTINUED)

- Supplement your diet with vital nutrients.
- Eat lots of fruits and vegetables.
- Breathe clean air.
- Exercise, feel, relax.
- Connect with nature and your spiritual path.
- Develop caring relationships.
- Prosper



I invite you to discover how therapeutic-grade essential oils can transform your health and your quality of life.

ABOUT ESSENTIAL OILS

Essential oils are the aromatic, volatile, and often delicate liquids that are stored in the stems, leaves, fruits, flowers, seeds, and roots of plants. Unlike common vegetable oils, essential oils do not oxidize and become rancid, nor are they greasy. More often they feel watery and barely there.

Throughout the history of humankind, in almost every culture in the world, essential oils were legendary for healing, fighting infection, and enhancing physical, mental, emotional, and spiritual strength.

Essential oils are nature's most unique and direct way to support all the structures and functions of the body - physical, mental, and emotional. They will enhance every healthy choice you make.

You can learn more about essential oils by attending an essential oils class, visiting oils4healing.younglivingworld.com, or contacting Michelle at 360-263-1306 or michelle@healandrelax.com.



ESSENTIAL OILS 101

Sit back, relax, and soak your feet while experiencing and learning about essential oils.

- Learn what essential oils are
- How they work
- The importance of therapeutic-grade oils
- Various ways of using essential oils
- Guidelines for safe use
- Take home a sample of an essential oil

Toast to your health with NingXia Red, a naturally delicious nutrient infusion!



Fall Class Dates:

November - 8th, 13th, 17th
December - 6th, 11th, 15th

Tuesdays & Thursdays at 7pm, Sundays at 3pm

Space is limited.

To reserve your spot contact Michelle at 360-263-1306 or michelle@healandrelax.com

CHRISTMAS SCENTS by Kelli Nelson

One of my favorite things during this time of year is all of the wonderful scents. Whether it be from special meals we have prepared or greens we have decorated with, the holiday smells are everywhere. I love the way the scents welcome me as I enter a room. There is no question in my mind of the therapeutic value of aromas.

While I diffuse all year round, there are certain oils I like to diffuse in the Christmas season. Among my favorites are Christmas Spirit, Citrus Fresh, and Evergreen Essence. Diffusing essential oils during this time of year is crucial because this is also the time of year that viruses and bacteria are rampantly invading our environment. Nobody wants to be sick, especially during the holiday season. When we diffuse essential oils, we greatly reduce the risk of catching and spreading these ugly little bugs.



Christmas Spirit is a beautiful blend of orange, cinnamon bark and spruce. The aroma reminds us of the spices and evergreens associated with the holidays which bring about a sense of joy and happiness. Orange is rich in the powerful antioxidant d-limonene and supports the respiratory, digestive, and circulatory systems. Cinnamon bark is highly antimicrobial, anti-infectious, and antibacterial for a wide spectrum of infections. It is also antiviral and antifungal. Spruce is anti-infectious, antiseptic and helps the respiratory system. So, you can see that diffusing Christmas Spirit will do much more than just spread good cheer.

Citrus Fresh is a blend that is usually not associated with the holidays. I like it because this time of year tends to be the most stressful time for me and Citrus Fresh is a very calming, relaxing blend. It is also a fantastic air purifier.

Evergreen Essence is a seasonal blend that is not available year round. This combination of a variety of pine, cedar, and spruce trees refreshes your senses while taking you back to nature.

For hundreds of years essential oils and other aromatics have been used for religious rituals, ceremonies, and celebrations. Doesn't it seem fitting to include it in our Christmas holiday traditions?

YLEO Item Codes & Prices for Oils Mentioned (Customer/Preferred Customer/Distributor)

Christmas Spirit #3315, \$21.71/\$19.11/\$16.50

Evergreen Essence #3353, \$24.67/\$21.71/\$18.75

Citrus Fresh #3318, \$14.47/\$12.74/\$11

To place an order go to oils4healing.younglivingworld.com and click "Order Here" or contact Michelle at 360-263-1306 or michelle@healandrelax.com.

"Article reprinted from The Raindrop Messenger, Volume 2, Number 7, a FREE e-newsletter. To subscribe, send a blank email to RaindropMessenger@getresponse.com or visit the website: <http://www.RaindropTraining.com>." Kelli Nelson is the Editor and Co-publisher of Zia's Essential Connections.

"The doctor of the future will give no medicine, rather interest their patients in the care of the human frame through lifestyle, diet and in the cause and prevention of disease." ~ Thomas Edison



NATURAL AIR FRESHENERS

It's easy to make your own healthy, natural air fresheners. They are perfect for giving in a gift basket, as samples, party favors, door-prizes, or stocking stuffers.

Instructions:

Mix 10-30 drops of your favorite essential oil or blend (or try one of the special holiday scent ideas on the next page) to 1 oz. of distilled water in a 1 oz. spray bottle. You can also make larger sizes in a 2 oz. or 4 oz. spray bottle.

To use the air freshener, shake well, and mist into the air as needed.

Use ribbon, string, yarn, raffia, or pipe cleaners to attach a gift tag/label to the neck of the bottle that tells the recipient how to use the bottle of air freshener, and the contents of the bottle (i.e. "Pine Air Freshener: contains 100% pure pine essential oil & water. Shake well and mist into the air as needed."). You can also use these tags to write "To:" and "From:" information.

Healing Energy & Relaxation Therapy

Using healing energies to help the body heal itself.

Michelle Pash
Young Living Essential Oils Independent Distributor #505508
Phone: 360-263-1306
E-mail: michelle@healandrelax.com
Web: www.healandrelax.com

I truly believe that the body, on all levels—physical, mental, emotional, and spiritual, is an amazing machine and it can heal itself if given the proper tools. That's why I'm sincerely dedicated to bringing honest, quality services, products, and classes to everyone so they will have the tools to heal themselves naturally.

Services: Raindrop Technique, Reconnective Healing™, Personal Reconnections™, Reiki, VitaFlex, and Customized Wedding Ceremonies

Products: Therapeutic-grade Essential Oils

Classes: Essential Oils 101, Raindrop Technique, and VitaFlex

Learn more about essential oils at
oils4healing.younglivingworld.com

AIR FRESHENER HOLIDAY SCENT IDEAS

Candy Cane: Use peppermint essential oil.

Evergreen/Christmas Tree: Use pine, spruce, or fir essential oil (or try blending two or three of these oils together).

Wassail: Use clove and orange essential oils, mix 50/50.

Gingerbread: Mix 10 drops clove, 8 drops ginger, 7 drops cinnamon, and 5 drops orange essential oils.

These essential oils blends are also great for freshening the air:

Christmas Spirit—tap into the happiness, joy, and security associated with the holiday season with this blend of orange, cinnamon bark, and spruce essential oils

Evergreen Essence—a blend of Colorado blue spruce, ponderosa pine, pine, red fir, cedar, white fir, black pine, pinyon pine, lodge pole pine, and other conifers.

Gathering—bring your next holiday gathering together with this blend of lavender, geranium, galbanum, frankincense, sandalwood, ylang ylang, spruce, rose, and cinnamon essential oils.

Purification—purify and cleanse the air from cigarette smoke and other disagreeable odors with this blend of citronella, lemongrass, rosemary, Melaleuca alternifolia, lavandin, and myrtle essential oils.

