

Essential In-Touch

Healing Energy & Relaxation Therapy

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Yes, that's right. I completed my first term of school and the time just flew by. It's truly amazing how much we learned in such a short time. Now, I'm very excited to offer foot reflexology sessions! So what is reflexology?

Reflexology is an ancient method of activating the body's inherent healing abilities. It is both an art and a science involving thumb and finger techniques working the reflexes and zones on the feet, hands and ears believed to correspond with all the organs and systems of the body to bring about homeostasis. The feet are more commonly used in reflexology than other parts of the body because their reflexes are more responsive.

For those individuals diagnosed with specific medical conditions, reflexology can facilitate healing when practiced in conjunction with sound medical advice from a qualified physician.

Effects and Benefits of Reflexology

- Reduces stress and tension
- Improves circulation
- Cleanses the body of toxins and impurities
- Assists in balancing all the body's systems
- Revitalizes and increases energy
- Stimulates creativity and productivity
- Nurtures relationships
- Rewarding to the practitioner and the client
- Complementary and preventative health care

For more information or to schedule a session contact Michelle at 360-263-1306 or michelle@healandrelax.com. I look forward to working on your feet soon!

What's next? Massage and advanced reflexology classes (hands and ears)

ESSENTIAL OILS FOR THINGS THAT BUG YOU AROUND THE HOUSE

Among the many chemicals in our industrial environment that get into our systems and make us sick are the pesticides we use in our homes. We use them because they are toxic to the creatures that bug us, but they are also toxic to us. Sometimes the toxicity is immediately apparent: we get a headache, get sick or feel nauseous from the fumes or other contact.

Sometimes the toxicity is subtle and can accumulate resulting in chronic complaints and disorders (including allergies, cancer and miscarriages) that can be serious and even deadly over time. Sometimes we even put poisons on our pets to deal with ticks and fleas, not realizing that these substances are not healthy for us or our animals.

How to Use Oils for Pest Control

We don't need poisons to kill pests. We can repel them (and even sometimes kill them) with substances that are not only harmless to us but are actually healthful to us. Below is a list of oils that will solve most of your pest problems around the house. And how do you use them? One way is to get a pistol-grip squirt bottle. Mix a few drops of the oil with some water, shake it up,

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ESSENTIAL OILS FOR THINGS THAT BUG YOU AROUND THE HOUSE CONTINUED

and start firing. If you have bugs on your plants, like aphids on your roses, you can squirt the leaves and drive the bugs away with no harm to your plant. You can do the same with the other pests. As for ants, you can smear a line of peppermint or spearmint across your kitchen counter or floor and the ants won't cross it. If you already have a line of ants invading your house, just draw a line of oil across them and they will turn back. It is fun to watch. And as for flies, you can knock them dead right out of the air with one shot from your pistol grip.

Specific Oils for Specific Insects

ANTS – Peppermint, Spearmint
 APHIDS – Cedarwood, Hyssop, Peppermint, Spearmint
 BEETLES – Peppermint, Thyme
 CATERPILLARS – Spearmint, Peppermint
 CHIGGERS – Lavender, Lemongrass, Sage, Thyme
 CUTWORM – Thyme, Sage
 FLEAS – Peppermint, Lemongrass, Spearmint, Lavender
 FLIES – Lavender, Peppermint, Rosemary, Sage
 GNATS – Patchouli, Spearmint
 LICE – Cedarwood, Peppermint, Spearmint
 MOSQUITOES – Lavender, Lemongrass
 MOTHS – Cedarwood, Hyssop, Lavender, Peppermint, Spearmint
 PLANT LICE – Peppermint, Spearmint
 SLUGS – Cedarwood, Hyssop, Pine
 SNAILS – Cedarwood, Pine, Patchouli
 SPIDERS – Peppermint, Spearmint
 TICKS – Lavender, Lemongrass, Sage, Thyme
 WEEVILS – Cedarwood, Patchouli, Sandalwood



A Brown Recluse Experiment

Seeing how squirting a peppermint-water spray would kill flies in mid-air, I wondered what pure oil would do. So I did an experiment on a brown recluse spider. I captured a live one in a jar and carefully placed one drop of peppermint on one side. The pure peppermint repelled the spider who crowded to the other side to avoid the oil. When I tipped the jar to force the spider to fall into the oil, it merely squirmed and got away, still repelled by the oil, but not apparently harmed. Then I put a drop of water with the oil and tipped the jar so that the spider slid into the water and oil together and, instantly, it shriveled up and died.

Conclusion: The oil alone is an insect repellent. Combined with water, it is an insecticide.

Safe Insect Repellents

As far as repellents go, when you go into the woods and fields, put a little lavender around your ankles, wrists, and waist-band and you won't have to worry about chiggers or ticks (or Lyme Disease or Rocky Mountain Spotted Tick Fever). Lemongrass, sage or thyme would work, too, but might irritate your skin so put it on your pant cuffs and shirt sleeves.

As for your pets, you can put oils such as Purification*, around their necks and backs, but watch to keep oils from around their eyes.

So there you have it. Non-toxic pest control.

"Article written by David Stewart, PhD, RA. Reprinted from The Raindrop Messenger, Volume 1, Number 5, a FREE e-newsletter. To subscribe, send a blank email to RaindropMessenger@getresponse.com or visit the website: <http://www.RaindropTraining.com>."

***Purification** essential oil blend: will not only help keep the bugs away, but when applied to a bite or sting, will neutralize the venom. We have applied a drop of Purification to wasp, bee, and yellow jacket stings and felt the pain go away immediately and the swelling subside. The next day, there were no traces of a sting. It works well for mosquito bites too.—S. Dastrup

LEMON ESSENTIAL OIL

(Citrus limon) has antiseptic-like properties and contains compounds that have been studied for their effects on immune function. It may serve as an insect repellent and may be beneficial for the skin. CAUTION: Citrus oils should NOT be applied to skin that will be exposed to direct sunlight or ultraviolet light within 72 hours.



1. Use 6 drops of Lemon oil and 6 drops of Purification oil in a squirt bottle mixed with distilled water to use in the bathroom as an air freshener.
2. Use 1-2 drops of Lemon oil to remove gum, oil, grease spots or crayon.
3. Use 1 drop of Lemon oil to add flavor to baked goods or beverages.
4. For homemade lemonade, in a blender mix 2 drops of Lemon oil, 2 tablespoons of honey or agave and two cups of pure water. Adjust the amount of each ingredient to suit your own taste.
5. Rub a drop of Lemon oil on a corn, callous or bunion mornings and evenings.
6. To clean and increase the shelf life of fresh fruit, fill a bowl with cool water and 2-3 drops of Lemon oil. Drop your cleaned fruit into the water and stir. Be sure all surfaces of the fruit contact the lemon water.
7. Add 2-3 drops of Lemon oil to water and spray counter tops to sterilize them.
8. Soak your dishcloth overnight in a bowl of water and a drop of Lemon oil to disinfect and kill germs.
9. Add a drop of Lemon oil to your dishwasher before the wash cycle.
10. Rub a drop of Lemon oil on your hands after using a public bathroom.
11. Use a paper towel soaked with several drops of Lemon oil to sanitize bathroom fixtures.
12. Place a drop of Lemon oil on cold sores, herpes or other mouth ulcers to lessen pain and aid healing.
13. Put a drop of Lemon oil on bleeding gums caused by gingivitis or tooth extraction.
14. Put a drop of Lemon oil on oily skin or acne to balance sebaceous glands (oil glands).
15. Rub several drops of Lemon oil on cellulite to improve circulation and help eliminate waste from the cells.
16. Rub two drops of Lemon oil topically to clear athlete's foot.
17. Rub several drops of Lemon oil on varicose veins to improve circulation and relieve pressure on the veins.
18. Rub a drop of Lemon oil on a wart morning and night until it disappears.
19. Rub a drop of Lemon oil to clean a butcher's block or other cutting surfaces.
20. Put 10-15 drops of Lemon oil in each gallon of carpet cleaning solution to help pull out stains and brighten the rug. This also leaves a fresh smell in the room.

SPRING ESSENTIAL OILS CLASSES

(\$10)

Vancouver:

Join me in this peaceful, relaxing, and beautiful space to learn more about how you can use therapeutic grade essential oils to create health and wellness.

April - 22nd

May - 6th, 27th

June - 10th, 24th

Saturdays at 1pm

Satsang—6115 NE 114th Ave Suite 109
(in the same parking lot as Walgreens, across Fourth Plain
from JoAnn Fabrics just west of 117th)

Call 360-604-YOGA to register.

La Center:

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

April 7th

May 19th

June 16th

Fridays at 7pm

Space is limited.

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



Healing Energy & Relaxation Therapy

Using healing energies to help the body heal itself.

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

Products: Therapeutic-grade Essential Oils, Essential Oil Diffuser Pendants, and Reed Diffusers

Classes: Essential Oils, Raindrop Technique, and VitaFlex

Learn more about essential oils at
oils4healing.younglivingworld.com

SPRING & SUMMER RECIPES

Bug Repellant

6 oz. Soybean Oil
30 drops each of:
Cedarwood
Peppermint
Rosemary
Geranium
Clove
Lemongrass

Combine and store in an 8oz glass jar. Apply like a lotion to exposed skin.

You can experiment with the potency, adding more drops of one of the oils to make a scent that is personally pleasing to you.

Reprinted from a testimonial by a Young Living member in Bellingham, WA

Lavender Lemonade

7 organic lemons, juiced
2 organic limes, juiced
14 c. water
1 ½ c. Blue Agave
1 drop of lavender essential oil

Mix all ingredients together and chill. Add more water or Blue Agave, depending on the size and tartness of the fruit.

Note: I added the lavender to the agave and mixed well, then added 1 ½ c. warm/hot water to the lavender and agave and mixed well, then added remaining ingredients. Make sure to use a glass serving container.

For more recipes using essential oils get the *Young Living Cookbook, Volume I* (item 3947).



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.