

DID YOU KNOW? 12/7/08

EUCALYPTUS ESSENTIAL OIL CAN KEEP BACTERIA AND PAIN AWAY



*Essential Oils have been used for thousands of years in many, many cultures to effect change in emotions, health and wellbeing. At Balance, we use and sell **doTERRA's Certified Pure Therapeutic Grade (CPTG)** essential oils. This is third in a series of informational articles about the use of Essential Oils for wellbeing. For more information, stop by Balance or call Marty Harger.*

One of the most profound discoveries I've made with use of essential oils over the last 10 years, comes from the "health shield" effect that a few drops of Eucalyptus can bring. There are several varieties of Eucalyptus trees that each produce a distinctly different aroma. We use Eucalyptus Radiata in our Essential Oil blends as the preferred oil for its healing properties. We have diffused Eucalyptus essential oil in our treatment room and lobby area at Balance since we opened because Eucalyptus is one of the most powerful antibacterial and disinfecting essential oils available. Its pleasing aroma is something you've likely noticed when you walk in our door. It is ideal to "shield" us from colds and flu, year-round.

Eucalyptus Radiata is grown in Australia, Africa and even in the USA. It is one of the "must have" oils for your home, car or office. It not only kills bacteria and infection, but it also is a fantastic pain reliever for everything from sore muscles and arthritis to back pain. Eucalyptus is an excellent decongestant. When mixed with a carrier oil and applied directly to the chest and throat - it can help calm asthma, bronchitis, allergies and other lung stressors. Ailments such as migraines and stomach aches will find relief with the application of Eucalyptus. The aroma it creates can be uplifting and invigorating. Eucalyptus is also a great insect repellent when diffused or misted. When you combine the many benefits of Eucalyptus, it is easy to understand why leading spas and fitness clubs diffuse Eucalyptus in their steam and sauna rooms. At Balance, we have switched to using **doTERRA CPTG** Eucalyptus oil in our massage oil blends to improve its effectiveness and aromatic value. If you like to experience the difference in aroma - ask us to give you a comparative sniff test next time you're in.

Stop by Balance to pick up a bottle of doTERRA Eucalyptus Essential Oil for the holiday season. It makes a great healthy gift for your own use, to help your family or for friends. And, if you'd like to be included in our upcoming Essential Oils lecture series - email marty@balance245.com.

DID YOU KNOW? - 12/1/08

PEPPERMINT ESSENTIAL OIL CAN IMPROVE YOUR HEALTH



*Essential Oils have been used for thousands of years in many, many cultures to effect change in emotions, health and wellbeing. At Balance, we use and sell **doTERRA's Certified Pure Therapeutic Grade (CPTG)** essential oils. This is second in a series of informational articles about the use of Essential Oils for wellbeing. For more information, stop by Balance or call Marty Harger.*

Peppermint is one of the most multi-purpose/"must-have" essential oils available. Peppermint essential oil is prized for its ability to aid digestion, improve respiration and circulation, lift the spirits and act as an anti-inflammatory and antiseptic. It is a widely accepted and powerful aroma--found in foods and candies over the holiday season. It is also found in other products we put on and in our bodies such as dental, pharmaceutical and cosmetic products.

Peppermint was used by ancient cultures, including Egyptians, Chinese and American Indians for its diverse health benefits. So versatile is Peppermint that it can literally be used head-to-toe. To ease headaches - try a drop on your temples and the back of your neck. To improve mental alertness and reduce fatigue - apply a few drops to the base of your feet and massage in. To relieve muscle and joint discomfort - we blend it into some of our massage oils. To lift depression and lift the spirits - put a few drops in your cupped hands and then inhale. Whether to reduce nausea and motion sickness or to calm colds and coughs when applied to the chest - Peppermint can play many roles in your physical and emotional wellbeing.

Peppermint essential oil is steam-distilled from the leaves of the plant. It grows best in more damp climates in Europe, Australia and North America. At Balance, we have switched to using **doTERRA CPTG** Peppermint oil in our massage oil blends to improve its effectiveness and aromatic value! Isn't it incredible what natural remedies like essential oils can do to help our everyday wellbeing?

Stop by Balance to pick up a bottle of doTERRA Peppermint Essential Oil for this holiday season. It makes a great healthy gift for your own use, to help your family or for friends. And, if you'd like to be included in our upcoming Essential Oils lecture series - email marty@balance245.com.

DID YOU KNOW? 11/20/08

USING ESSENTIAL OILS CAN CHANGE YOUR EMOTIONAL LANDSCAPE



*Essential Oils have been used for thousands of years in many, many cultures to effect change in emotions, health and wellbeing. At Balance, we use and sell **doTERRA's Certified Pure Therapeutic Grade (CPTG)** essential oils. This is the first in a series of informational articles about the use of Essential Oils for wellbeing. For more information, stop by Balance or call Marty Harger.*

As we move toward winter, we encourage you to consider supporting your health with preventative measures that can keep you well. Many of us know the popular, pure scent of Lavender and may even grow some in our gardens. Lavender essential oil is steam-distilled from the flowering tips of the plant. Although there are many species of Lavender plants, the highest quality Lavender essential oil usually originates in Europe. This is the origin of the **doTERRA CPTG** Lavender oil we use at **Balance**.

But did you know some of the powerful, natural effects Lavender essential oil offers your health? Lavender is the ideal choice to induce calm and reduce stress with its sedative and antidepressant properties. With a few drops applied to the bottom of your feet or inhaled through a diffuser, you can expect to reduce anxiety, improve your sleep and your overall mood. In cold and flu season, its antiseptic and disinfectant properties help to keep germs at bay when drops are added to a room diffuser or water-spray bottle for cleaning. Try applying a drop on the temples for headaches or migranes. And consider Lavender's anti-inflammatory properties to help with bruises, muscle pain, sunburn or minor scrapes. The many attributes of Lavender, along with its marvelous scent, is why we offer it as an option for all our Therapeutic Massage treatments at **Balance**.

Nature offers us amazing healing properties through Essential Oils. Stop by **Balance** to pick up a bottle of Lavender Essential Oil for this holiday season. It makes a great healthy gift for your own use, to help your family or for friends.

If you'd like to be included in our upcoming Essential Oils lecture series - email marty@balance245.com.

DID YOU KNOW? 12/12/08

CINNAMON BARK ESSENTIAL OIL KEEPS THE FLU AWAY



*Essential Oils have been used for thousands of years in many, many cultures to effect change in emotions, health and wellbeing. At Balance, we use and sell **doTERRA's Certified Pure Therapeutic Grade (CPTG)** essential oils. This is fourth in a series of informational articles about the use of Essential Oils for wellbeing. For more information, stop by Balance or call Marty Harger.*

One of the key scents we recognize as a holiday season aroma is the smell and taste of Cinnamon. We find it in scented rooms, foods, drinks and even in fireplace cones. Pure cinnamon bark essential oil can be described as having a rich, sweet, spicy scent. The essential oil of Cinnamon Bark is more than a great flavor and scent - it has incredible power as a warming oil with antibacterial, antiviral, and antifungal properties, making a valuable for immune stimulating and anti-infectious blends.

It is helpful for colds, flu, coughs, nausea, and digestion via diffusion. It is emotionally strengthening, instills courage, and relieves nervous depression. Psychologically, Cinnamon Bark essential oil can be fortifying and reviving. It is indicated for use on older people during the winter months to warm both the mind and body. When combined with a carrier oil - Cinnamon Bark can be applied to sore muscles and joints to relieve pain. As you can see - we can make many more healthy uses of cinnamon year round!

The **d TERRA** Cinnamon Bark essential oil we use at **Balance** is extracted via steam or water distillation from the inner bark of cinnamon trees grown in Southeast Asia where the tropical climate helps generate the highest quality cinnamon is grown. It is very different than the synthetic aroma of cinnamon you find in many holiday foods, store displays and commercial products. For instance, the limbs and leaves of the cinnamon tree, when distilled, create a very different scent than the **d TERRA** cinnamon oil we use. Stop by to smell the difference!

Cinnamon Bark essential oil blends well with frankincense, myrrh, orange, mandarin, benzoin and ylang ylang. Overall, cinnamon is warming, invigorating, restorative and uplifting. One note of important caution when using cinnamon essential oil: when you apply it topically, make sure you disperse only a few drops in a carrier oil if you have sensitive skin. Cinnamon is said to restore a zest for life and can inspire courage---so a

great choice for the holidays and new year!

Stop by Balance to pick up a bottle of doTERRA Cinnamon Bark Essential Oil for the holiday season. It makes a great healthy gift for your own use, to help your family or for friends. If you would like to be included in our Essential Oils lecture series - email: marty@balance245.com.

DID YOU KNOW? 1/5/09

GRAPEFRUIT ESSENTIAL OIL CAN HELP WITH WEIGHT LOSS AND COLDS?

*Essential Oils have been used for thousands of years in many, many cultures to effect change in emotions, health and wellbeing. At Balance, we use and sell **doTERRA's Certified Pure Therapeutic Grade (CPTG)** essential oils. We offer a continuing series of informational articles about the use of Essential Oils for wellbeing. For more information, stop by Balance or call Marty Harger.*



Colds and flu can sneak up on us quickly this time of year. Grapefruit essential oil is a flavorful and powerful oil that can enhance our immune system and our lymphatic system ---making it a favorite to lessen the symptoms of seasonal illnesses. Grapefruit essential oil offers its sweet, sharp and uplifting aroma as an anti-depressant and for balancing the central nervous system. This makes it a terrific boosting scent for diffusing in the darker days of winter. Grapefruit oil is taken from oil glands embedded deep within the fruit's peel. Sources for this beautifully-scented oil are the USA, Israel and Brazil.

Did you know that Grapefruit oil is a lymphatic stimulant that nourishes tissue cells and controls liquid processes, acting as a natural diuretic to lessen water retention? When working to lose weight, put 2-3 drops in a 1 liter bottle (metal or glass only) to flavor the water you drink throughout the day- thereby helping to stimulate the digestive organs of the body as they eliminate excess fluids, toxins and fats.

Grapefruit oil is prized for its antibacterial, antiseptic, antiviral and disinfecting properties as well. Add a few drops to a room diffuser or water-spray bottle for cleaning. A small bottle of grapefruit spray can take the worries out of traveling when you use it to disinfect bedding, rental cars or other surfaces in new places. Use it to disinfect kitchen surfaces, cutting boards and even a toothbrush! Or use a few drops in a sink of water to clean fruits and vegetables. Mixed with a few tablespoons of a vegetable-based oil, a few drops of Grapefruit essential oil can be absorbed into the skin as you massage your body in warding off an oncoming cold or flu. *Please note: Grapefruit and some prescription drugs do NOT mix, so see your pharmacist for details.*

Nature offers us amazing healing properties through Essential Oils. Stop by **Balance** to pick up a bottle of doTERRA Grapefruit Essential Oil this month. It is a powerful citrus oil

with a beautiful scent that is sure to brighten your winter world.

If you'd like to be included in our upcoming Essential Oils lecture series - email marty@balance245.com. If you'd like to learn more about d TERRA Essential Oils, join us on **Wednesday, January 21st at 7:00 p.m.** at Balance when Justin Harrison, our featured speaker, presents "Natural Wellness with Essential Oils." For more information, [Click here](#).

