



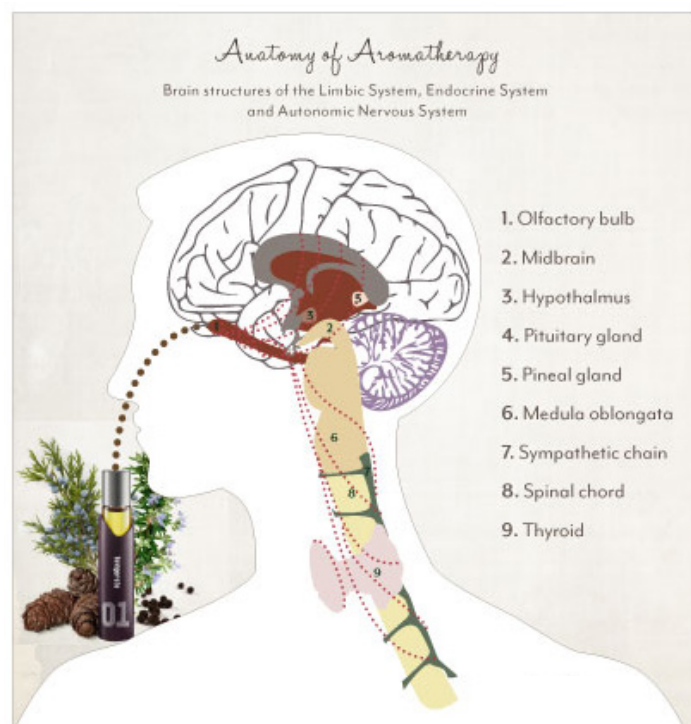
This Month's Article:

Essential Oils really are...well, essential!

I like to talk a lot about the power of food but this month, I want to focus on **the power of scent**. Aromatherapy is the practice of using natural oils to enhance physical, psychological and spiritual wellbeing. It is used in massage and at home and is quickly gaining momentum as a wonderful natural health tool to help pain relief, mood enhancement and cognitive function.

Aromatherapy uses essential oils, which have been a cornerstone of not only alternative medicine but also Ayurvedic and traditional Chinese medicine for thousands of years. Essential oils are the vital, aromatic essence of the plant. Primarily extracted through steam distillation but also through cold pressing, the purest essential oils are far more powerful than the plants from which they were extracted.

So, how does it work for you? Our nostrils are attached to a part of the brain called the limbic system. The limbic system **controls emotions and influences the nervous system and hormones**. When you inhale essential oil molecules, messages are transmitted to the limbic system and affect heart rate, stress level, blood pressure, breathing, memory, digestion, and the immune system. That's a lot of benefit for just smelling something good!





Here are 3 ways that you can incorporate essential oils into your life:

1. **Aromatherapy massage** – With massage, essential oils are added to the massage oil or lotion. This type of massage is suited to those with stress conditions and has been shown to help with headaches, back pain, insomnia and digestive issues.
2. **Oil diffuser** – Clean and purify the air in your home by purchasing a sleek looking oil diffuser. Not only does it make your house smell good, it also helps get the essential oils into your respiratory system.
3. **Apply directly to your skin** – The oil can be applied on the back, along the spine, on the soles of the feet, the hands, ears, or any area of concern. The soles of the feet are a great starting point for those new to using oils, as it is one of the safest and most effective places to apply them. This technique is recommended for children and those with allergies or sensitive skin.

These essential oils do so much for us so why not take a few minutes and find the scent and application that works best for you. Then unwind, meditate and give thanks for another wonderful product given to us by the earth.

