



## ***What are Essential Oils??***

**By: Mindy Nelson**

If you have ever experienced a scent that makes you feel happy or makes you feel calm, you've experienced the aromatic qualities of Essential Oils. Essential Oils are naturally occurring, volatile aromatic compounds found in seeds, bark, stems, roots, flowers and other parts of plants. In addition to giving plants their distinctive smells these essential oils protect the plants from disease, predators and keeps the plant healthy. When the oils are extracted from the plants, these oils provide us with the same healing benefits. These plant remedies have been used throughout the world for thousands of years and are one of nature's most powerful support tools available to help your body heal itself. Essential oils can be used in many aspects of our daily lives to support the emotional and physical needs of the body.

As you become versed in the powerful qualities of each oil, blend and supplement, you will find confidence in turning to nature as your first resource for wellness. Nature's vast diversity provides answers to any health interest, be it physical, mental or emotional. Essential Oils can provide you with a natural alternative to synthetic drugs.

For an example let's talk about Melaleuca (TEA TREE) oil. Melaleuca can be used to support eczema, athlete's foot, cold & flu, cuts & wounds, acne, sore throat, dandruff, hives, gum disease and ear infections... just to name a few.

To be truly therapeutic and superior grade an essential oil needs to be tested and certified as pure, potent, genuine and authentic. When it comes to healing, choose a supplier of essential oils who is well known for quality. Unless the bottle states CPTG, you can't be sure it is therapeutic grade.

The bottom line to wellness is that each and every day you make choices that affect your health. Ultimately your health rests in your hands.

Keep your eyes out for class offerings right here at Mountain Life Fitness. Our next scheduled class is April 16. We will be teaching you all about Natural Solutions with Essential Oils. You will be shocked at how many pharmaceutical items in your medicine cabinet can be replaced with Essential Oils.

