

Natural Healing Express Weekly

Column 309 Essential Oils

First of all, Happy New Year to all of you! Our family took a vacation over the holidays and we arrived back in God's Country just in time to host a New Year's Eve party. To all of you, who braved the cold and came out, thank you for making it a great time. It was a lovely and most of us indulged in a few hurricanes that we brought back from Pat O'Briens in New Orleans. What a night.

So, with kicking off 2018 in decent form, I wanted to get right to the heart of the matter in my next few articles. This week and next we will be chatting about essential oils. Many of you have learned about essential oils and their wonderful benefits. Kudos to you! My personal philosophy is that the more knowledge you have of essential oils, the more power you have in overcoming your daily encounters - from everything from cleaning to preventing illness.

My plan is to share the benefits of a few "essential" Essential oils and then take your current knowledge and step it up a little! So many of these multi-level marketing companies provide good education, but stop short of taking it over the top. And of course, in 2018, we are taking it over the top! Annie bar the door!

Let's start with one of my personal favorites – Lavender. What few people know is that there are many strains and blends of lavender. You should make sure you are getting a high quality and well manufactured oil or it will effectively defeat your purpose in using it. I highly recommend Lavandula Angustifolia, which is farmed in many places around the world. However, the best sources in my humble opinion are from France, Idaho and Utah. And probably in the order (no offense to anyone).

Lavender essential oil is perhaps the most useful and versatile oil that one can possess. It is an antiseptic. It is antifungal, analgesic, antitumoral, anticonvulsant, vasodilating, relaxant and anti-inflammatory. It reduces blood fat/cholesterol and combats excess sebum on skin.

It can be used for respiratory infections, high blood pressure, arteriosclerosis, menstrual issues, skin conditions, burns, hair loss, insomnia and nervous tension. I have used it internally when I had my wisdom teeth removed. We have used it several times with clients prior to surgery. We have used it on teething babies and whiny old men!

As an aroma therapy, it can be utilized for calming, relaxing, balancing (both physically and emotionally). It can be used to improve mental function and concentration. It has been known to be helpful for depression and memory.

At Natural Healing Express we sell a beautiful lavender oil for only 12 dollars! Every Mom and med kit should have one! Call us to reserve yours today and get started building you natural medicine Kit!

Lots of wonderful things happening at Natural Healing Express! And the Silver Fox café is the place to be!

Come try some healthy gourmet food – delicious and fast! Dr. Susan is available on Wednesdays and Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural

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