



Aromatic transformations

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Heart Health & Essential Oils

Prevention is always better than cure, especially when it comes to heart health. So if you have poor circulation, high blood pressure or runaway stress—conditions that can increase your risk for cardiovascular problems—therapeutic-grade essential oils and specific nutrients can be of immense help to you.

De-stressing is a must for healthy hearts

If you're not getting off the merry-go-round periodically, you may need to schedule time solely for relaxation. Many of us—particularly men—don't realize that chronic, constant stress takes a heavy toll on every body system.

TOP ESSENTIAL OILS FOR HEART HEALTH

Helichrysum stimulates circulation, enhancing the cleansing of plaque and debris from blood vessels.

Marjoram may calm nervous tension and have a diuretic effect.

Ylang Ylang was traditionally used to balance heart function and lower high blood pressure.

Cypress is one of the oils used most to stimulate the circulatory system.

Georgetown University Medical Center

is searching for safe and proven natural products to treat Type II diabetes and the high blood pressure that often accompanies it. Edible oils of oregano, cumin, fenugreek and pumpkin seed were tested on animals with encouraging results.¹

www.georgetown.edu/gumc/external_affairs/press_releases/herbal_treatment_10062001.htm

RESOURCES

¹Press release. Georgetown University Medical Center, Oct. 6, 2001.

²Maxwell-Hudson. Complete Book of massage. May, 1988. Dorling Kindersley, UK.

³Jackson, AJ. Massage Therapy. Optima.

⁴Vitacost.com. January, 2004.



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Three Aromatic Ways to Better Heart Health

- 1 For a mini-time out, breathe deeply of a relaxing essential oil such as **Lavender** for 2-3 minutes. It's as simple as that.
- 2 Self-massage is a fantastic way to unwind. Massage shoulders, back of neck and both sides of your arms – *always working toward the heart*.
- 3 For deep, lasting stress reduction, get a monthly therapeutic massage. It will increase circulation and help speed detoxification of the body.

Need more encouragement to get your monthly massage? Read on...

Did you know that therapeutic massage alone can **reduce blood pressure by up to 40 points**? When combined with selected essential oils, it aids in countering the effects of stress and treats **headaches**, commonly associated with high blood pressure, post-stroke and other cardiovascular conditions.^{2,3}

Specific Nutrients Can Reduce Cardiac Risk Factors⁴

Research has identified risk factors that may be warning signs on the road to cardiovascular degeneration. What's very encouraging is that we can reduce these risk factors by adding specific nutrients to our diets.

Risk Factor - Low antioxidant status

Add nutrients that act as antioxidants, such as Chinese wolfberry, Vitamin E, CoEnzyme Q10. *YL Product CardiaCare™*

Risk Factor - Low levels of fatty acids

Add nutrients that promote healthy cholesterol levels and ratios, such as fish oils, garlic and fiber. *YL Products HRT™, Essential Omegas™*

Risk Factor - Low levels of magnesium and potassium

Found in figs, almonds, nuts, seeds, dark-green vegetables, lemons.
YL Product CardiaCare and others

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Order Your Healthy Heart Kit

Aroma Life™ essential oil

Brings vitality to the heart with cypress and marjoram essential oils, known for stimulating circulation plus helichrysum italicum, which may help regulate cholesterol and clean plaque from the circulatory system. Apply over the heart, under ring finger and on the heart VitaFlex points on feet. Dilute with V-6 mixing oil for body massage.

CardiaCare nutritional supplement

Nourishing blend of nutrients especially formulated to support the cardiovascular system: Chinese wolfberry, a superantioxidant rich in amino acids; magnesium, a pivotal mineral for supporting heart function; Coenzyme Q10 and natural Vitamin E.

HRT nutritional supplement

Herbal tincture combines concentrated extracts of some of the best-studied herbs for supporting better heart function, such as Hawthorn berries, garlic, cayenne pepper and royal jelly. Add to distilled water.

Essential Omegas

Get the full spectrum of essential fatty acids to support normal cardiovascular and immune function. Rich in omega 3, 6 and 9 fatty acids plus gamma linoleic fatty acids.

Treat Your Sweet Heart

Here's a delicious gift for Valentine's Day—the Chivalry Kit! Express your love with this beautiful boxed set featuring Chivalry essential oil blend and scented massage oil. Rich with the aromas of Valor, Harmony, Joy, and Gratitude blends with a touch of ylang ylang, Chivalry helps to open energy centers and imparts overall well-being.



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# to Order	Product Name	Code # Size	Preferred Customer Price*
	Aroma Life essential oil blend	#3306 15 ml	\$35.00
	CardiaCare nutritional supplement	#3197 120 caps	\$54.00
	HRT nutritional supplement	#3260 2 fl oz	\$23.00
	Subtotal		\$112.00 *ask about wholesale prices
	Essential Omegas supplement	#3238 4 fl oz	\$24.00
	FOR YOUR VALENTINE Chivalry Kit Oil blend & massage oil	#3121 15 ml oil & 4 oz massage oil	\$83.00

Radiant Health News

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