

Thyme For Me/March

Aroma Therapies Spa/814-443-1217

ENZYMES– I find them fascinating. They put me in mind a lot like wind; you can't see it or them but you can see the effects of it or them (in your health).

Enzymes are little miraculous wonders that will prove to be one of the most effective and powerful of all the healers that are ingested. An enzyme is a protein molecule that transmits the life current as well as acts in certain ways in the body, such as helping to digest food, build protein in the bones, aiding in detoxification, and proper elimination in the intestinal tract, to name a few.

Enzymes are readily available in FRESH foods in the RAW state. Cooking food destroys the enzymes. Once an enzyme is cooked it will no longer do its designated function properly. Even though the protein molecule is still present, it is no longer effective, it has lost the ability to transmit LIFE FORCE. An egg is an excellent example. The egg when boiled actually changes form. It no longer has the ability to carry the LIFE FORCE ENERGY and is in essence dead. This is exactly what happens to the enzymes in the food when they are cooked. Another example. Take two seeds. Cook one for a few minutes. Plant both seeds. Which one

grows? Of course only the raw one. What happened to the seed in cooking? Something very important was destroyed.

Many different diseases can be traced to enzyme deficiencies. Obesity, circulatory diseases, heart disease, digestion problems, colon cancers, etc... There has been a connection made between enzymes and the blood sugar levels.

When starches and cooked foods are consumed it has been shown that the blood sugar level rises dramatically and then drops off. When the raw foods high in enzymes are ingested, there is very little in the way of blood sugar fluctuation.

This brings me to a very important point: Enzymes and Digestion. One should be aware that the body is not maintained by what you eat everyday, but more so by what you digest from what you eat! Every bit of food you take into your body must be broken down by enzymes. The enzymes in raw food digest up to 75% of the food without the help of enzymes secreted from the body.

More information on enzymes to follow next month



Are you and this diffuser blend “mint” to be? In this matrimony of fresh, herbal scents you’ll fall in love every time you take a breath. We think this is a match made in heaven. What do you think? 10% off.

Chipotle Seasoning Blend

1 teaspoon chili powder 1/2 teaspoon salt
 1/2 teaspoon paprika
 2 garlic cloves
 1–1 1/2 tablespoons olive oil
 1/4 teaspoon pepper
 1/2 teaspoon onion powder
 1 toothpick Cumin essential oil
 1 drop Lime essential oil
 1 toothpick Cilantro oil (optional)
 Mix all ingredients together and use to flavor taco meat, chicken, or pork.

Asian Seasoning Blend

2 tablespoons sea salt
 1–2 drops Ginger, Lemongrass, Wild Orange, or Black Pepper, or any combination of these oils
 Mix ingredients together and use to flavor chicken, pork, vegetables, or soup

Rosemary Garlic Rub

1 tablespoon salt
 1 teaspoon onion powder
 1–3 drops Rosemary and Black Pepper oil
 1/2 cup olive oil
 5 garlic cloves, diced
 Mix all ingredients together and use as a rub for chicken, steak, or vegetables

Italian Seasoning Blend

2 tablespoons garlic salt or 1 clove garlic
 1 drop or less of Basil, Thyme, Marjoram, Oregano, or Rosemary, or any combination of these oils
 Mix all ingredients together and use for your favorite Italian pasta, soup, sauce, or meat recipes

Essential Oil Flavored Sugar

2 tablespoons of sugar
 1–3 drops Wild Orange, Tangerine, Lemon, Grapefruit, Bergamot, or Lime oil
 or
 1 toothpick Cinnamon or Cassia oil
 Combine essential oil and sugar, stir.
 Sprinkle in tea, coffee, oatmeal, lemonade, or over toast.

