

# Thyme For Me/January

Aroma Therapies Spa/814-443-1217

## Kathy's Blog- Blood Pressure

Regardless if your blood pressure is high or low, garlic and ginseng are excellent choices to regulate blood pressure; what more could you ask for?

In the November issue of 'Thyme For Me' newsletter, I mentioned the ginseng elixirs that come in small glass vials and you take one a day. They actually get into your system quicker than the capsules, just because of them being in a concentrated liquid form. I have them available at the spa if you would like to give them a try. Teas like Sassafras, Red Clover and Alfalfa are important and can be included in your diet as well.

Cayenne Pepper is specific for circulation and blood. If the blood pressure is low use a small amount and if its high use it very liberally. I use cayenne pepper a lot in place of the regular ground black pepper in cooking. You can also get the capsules if you prefer.

My goal here is to give you ideas of things to try to remedy whatever your situation; not everything works for everybody and what may work for you today may not work for you in the same way in six month. I honestly don't believe anybody should be on the same thing for life, whether it is pharmaceuticals or herbs — switch it out. You don't eat the same foods everyday, so why give your body the same drugs/herbs. I believe in taking things for the course of time its needed and when it stops working, its your body trying to tell you, "I don't need that any longer". As are bodies change and are healed we need to move on to the next level. The iTovi Scan that I offer at the spa helps clients do just that — move on to the next level. If your not familiar with it, you can go to my website: [aroma-therapies-spa.com](http://aroma-therapies-spa.com) and read about it under the Herbology tab.



Save on all three of these essential oils during January -  
Frankincense, Citrus Bliss and White Fir.

Aroma Therapies Spa will be diffusing this blend during January.  
4 drops Frankincense, 2 drops Citrus Bliss and 2 drops White Fir.

## HOLIDAY SPECIAL

November 1st through November 30th  
Purchase \$100 in Gift Baskets and receive a  
Free Reflexology Treatment (\$59 Value)



**Reminder: Aroma Therapies Spa will be closing at noon on Saturday, December 12th and will reopen on Tuesday, December 29th.**

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**Chills and Poor Circulation-** The body is generally overloaded with toxins and therefore the circulation is impaired. A cleanse is in order to remedy this along with supplements and moderate exercise. Avoid animal fats, smoking and alcohol.

**High Cholesterol-** Daily exercise is important and a low fat diet. Siberian Ginseng, Echinacea, Red Clover, Burdock Root and Chaparral are fantastic herbs to aid in lowering cholesterol but this will take time. Be patient.

**Warts-** Buy a small bottle of iodine, put a couple drops on the warts. Notice the color. When this color fades out in a few hours, put on more. It is only necessary to put the iodine on the warts, not on the skin around them. The iodine color will be helpful in reminding you to keep putting more on. TIP: Keep the bottle handy!!! At the kitchen table or somewhere you sit. Keep the iodine out of the reach of small children, it is poisonous.

**Corns and Calluses-** Use a good herbal oil, like olive oil with wintergreen or Wool Wax Cream which I carry at the spa.

**Coughs, Sore Throats, Flu-** A cleanse is necessary to clean the bowels. Do not drink any milk or milk products while there is cold or flu symptoms. They increase the mucus in the system and there is plenty of that already. A hot toddy at bedtime can be very helpful. Take one ounce of brandy, two tbs. of honey and the juice of one lemon. (The lemon is the herbal part!!!) This really helps you get a good nights sleep. If the throat is really sore, (and this is esp. good for children), slowly sip on a tbs. of raw honey. It coats the throat and has a natural anti-bacteria formula which helps in combating the infection. If the blood is kept clean, colds, flus, etc. can be kept to a minimum and if you do get a little infection, it won't knock you out for days.

**Ear Aches-** Garlic oil is great for earaches. I would wash the ear out with a few drops of hydrogen peroxide. There is a bubbling sound in the ear, but that is normal and harmless. Leave the peroxide in the ear for a minute or so and then tilt the head and wipe. Then put a few drops of garlic oil in the ear. Don't underestimate the power of garlic.

**Hay Fever, Allergies, Hives-** This has to be treated with blood purification therapy. It may take the body up to 6 months to re-regulate and become free from the condition. Diet, exposure to irritants, emotional stress, all have to be reconciled. There is a cure for allergy sufferers, but it does require diligent effort on their part.

**Hemorrhoids-** Here the cause is from the overuse of constipating proteins and heavy starches. Excess use of dairy products, a sluggish liver, obesity, and lack of proper exercise. The bowels should be cleaned out with herbal blends and enemas.

**Kidney and Bladder Infections-** Stop eating solid foods. Use broths and herb teas until pain is gone. Castor oil packs would be good here as well as supplements like chaparral and echinacea in equal parts.