

# Thyme For Me/August

Aroma Therapies Spa/814-443-1217

## Kathy's Blog

### Diaphoretic- Sweating Out The Toxins

Not only is it important what an individual eats, it is important that we take note of proper absorption or assimilation, proper metabolization and also proper elimination. A person can put an assortment of whole foods into the body, but if the waste materials are not eliminated, the body becomes toxic.

To build new, healthy cells, old ones must be broken down and in this process unstable by-products must be expelled from the body. Secretion and excretion of most substances, including toxins are controlled by the autonomic nervous system through the vasomotor function. If there is an imbalance causing overreaction of the sympathetic nerves, elimination will be affected. The imbalance can be caused by emotions, structural problems in the spinal area or local damage. Nervines can be used to promote relaxation to local areas or the whole body. Pain blocks proper elimination.

### The Four Major Channels Of Elimination Are:

- 1) The Colon: Eliminates residues, indigestible material, chemical by-products.
- 2) The Skin: Eliminates perspiration, local chemical by-products.
- 3) The Kidneys: Eliminates excess water and chemical wastes, balances electrolytes.
- 4) The Lungs: Eliminates carbon dioxide and other gaseous chemical by-products.

Even though there is a great deal of emphasis on keeping the colon clear, these other three important elimination systems must also be equally observed. One of the main concerns in a proper health program is a balance between systems of elimination. Poor performance of one, will put a great burden on the others. A weak colon can increase the elimination through the skin, often manifesting acne, or skin ulcers. Inefficient kidney function may result in extra catarrh released from the mucous membranes of the lungs and eruptions can also develop on the skin.



## August Promotion

Shop Aroma Therapies Gift Shoppe now through the end of August and purchase \$100 in gift sets/baskets and receive a \$30 gift certificate back to either use yourself on your next service or you can use it as a 2nd gift for someone on your list. These gift sets make great birthday, wedding, sympathy, hostess, Christmas or just 'thinking of you' presents.



Apparently RSVP'ing to a wedding invitation, "Maybe Next Time", isn't the correct response.