

# Thyme For Me/July

Aroma Therapies Spa/814-443-1217

## BLOOD PURIFICATION- (Cleaning The Blood)

You may have recalled me saying in the past, how much easier it is to prevent disease vs. fix it. As I reflect on the many different ways to go about this, I can't help but think about cleaning the blood. When the blood is clean and not full of toxins, the body system can work at peak efficiency. Blood Purification Therapy is used to cleanse the blood and the lymphatic system of acid and other poisons that cause disease and irritate the body. If the blood and lymphatic system in the body were in perfect order, no disease could exist. When the blood is toxic, the additional poisons cause severe side effects that manifest as disease.

The cleansing of the blood is an on going maintenance, similar to changing the oil in a car. Air pollution, chemical preservatives, food wastes, the bodies natural waste, etc., can all cause an accumulation of toxins. I would recommend that everyone use a Blood Purification Therapy once in awhile. Even if you

are not sick once or twice a year would be good for blood maintenance.

Whenever there is an illness, Blood Purification Therapy along with bowel cleansing should be considered. After all, the liver, bowels and kidneys are the major eliminatory organs of the body, so you should consider herbs that will aid in elimination through them to help purify the blood.

There are many herbs that I use and would recommend to clean and keep the blood in an optimum state of cleanliness. **This is not a one treatment fits everyone;** so if your interested in a consult, let me know and I'll use the iTovi Scanner plus the information given to me from the consultation form and come up with a customized report that will get you back on track to a healthier, disease free body.

REMEMBER: Its easier to prevent than fix; don't wait till your backed into a corner.



HERBAL SPOTLIGHT THIS MONTH IS ON-

## CHAPARRAL

I choose to highlight **CHAPARRAL** this month because it is one of nature's BEST antibiotics. It goes after bacterial infections, viral infections and parasites. It is a very potent herb and very effective.

When you need a healer, you'll want to reach for **CHAPARRAL**. It is especially known for its anti-cancer action and anti-arthritis qualities. This herb not only purifies, but it tones and helps rebuild tissue.

**CHAPARRAL** can be made into a tea (trust me on this one, the tea is nasty) or taken in capsule form, which I highly recommend. It can also be made into an ointment for nasty sores such as chicken pox, cuts with puts, etc.

If you are interested in a bottle of **CHAPARRAL**, let me know as I have a limited supply on hand at the spa. If you prefer the ointment, I can get that for you as well.



Wade into the crystal clear waters of your dream vacation with this fresh combination of Whisper™, Purify, and Lime. Get these three essential oils at 10% off this month so you can diffuse Crystal Tides diffuser blend in your home.

## Spearmint Chocolate Chip Cookies with Spearmint essential oil

1/2 cup coconut oil  
1/2 cup butter  
3/4 cup raw sugar  
1/2 cup honey  
1 teaspoon cocoa  
1 tablespoon molasses  
1 egg  
1 1/2 cup spelt flour  
1 1/2 cup soft white wheat flour  
1 cup quick oats  
1/4 cup chia seed  
1 teaspoon baking soda  
1/2 teaspoon salt  
1 cup chocolate chips  
1 drop Spearmint essential oil

Preheat oven to 350 degrees Fahrenheit. Combine refrigerated coconut oil and butter, whisk until smooth. Once smooth, add raw sugar, honey, cocoa, molasses, and egg, mix until creamed together.

In a separate bowl, combine spelt flour, soft white wheat flour, quick oats, chia seed, baking soda, and salt. Slowly pour into the liquid mixture while mixing. Add 1 cup of chocolate chips and mix.

Scoop 12 cookies onto a cookie sheet and bake on 350 for 12 minutes.

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## UPCOMING CLASSES

- \* Making Comfrey/Goldenseal Salve
- \* Spotlight on Spearmint EO includes:  
Spearmint Soap Making & Spearmint Foot Soak
- \* Using EO's in the Laundry Room
- \* Learn to make Tin Foil Dinners
- \* Homemade Ginger Ale