

Thyme For Me/April

Aroma Therapies Spa/814-443-1217

ENZYMES—Part 2

If you stop and look at the basic North American diet, you will see that very few raw enzyme active foods are used on a daily basis. I believe this to be one of the major factors in the increasing problem with health. By depleting the energy system of the body by not ingesting the enzyme boosters of life force, the body becomes weakened and starts a slow decline towards dis—ease and chronic illness. We live in a time of virtually life force dead diets! If the body does not receive live enzymes, it must draw internally from the system. Millions of people live for many years on completely cooked food diets, but eventually this will cause cellular enzyme exhaustion which lays the foundation for a weak immune system. The modern diet is quite removed from the diets even our grandparents had. Fresh garden vegetables, uncooked, unpasteurized milk (full of enzymes) and non—processed foods are almost a thing of the past.

This is interesting to note: The pancreas of animals living exclusively on raw plant food are much smaller in relative scale to humans. The human pancreas is twice as

large percentage wise to that of a cow or a horse.

It is quite possible that the pancreas must enlarge to compensate for the foods that are eaten cooked. Other research shows that humans who eat a large amount of cooked rice (three meals a day) as their staple diet, have 25 to 50% heavier pancreases than Americans. This may also indicate that the pancreas is overworked to aid in the digestion of the enzyme depleted foods. It is a fact that cooked foods show a larger outpouring of enzymes from our digestive organs. Since the enzymes in raw food actually help digest the foods they are contained in, we can assume that eating a large percentage of raw foods will help take the stress off the pancreas as well as the rest of the organs. The enzymes available from raw foods can actually be absorbed into the blood and other areas of the body to assist in the proper metabolic functions of the entire system.

Enzymes—Part 3 next month.



Wander into the woods and discover your secret garden with this enchanting diffuser blend. Rich with comforting floral and evergreen scents, this soothing blend will put you at ease and transport you to a leafy safe haven of wonder. Fir's & Lavender 10% off during April.

Strawberry Almond Salad with Raspberry Lime Vinaigrette

Servings: 4

Prep time: 15 minutes Cook time: 30 minutes

Strawberry Almond Salad

10 ounces baby spinach

1 pound strawberries, cut in thick slices 1/2 cup sliced almonds, toasted

Raspberry Vinaigrette

2-4 drops Lime essential oil

1 pint fresh raspberries

1 tablespoon honey

2 tablespoons Dijon mustard

2 tablespoons red wine vinegar 1/4 cup olive oil

1. In small bowl, mash raspberries.
2. Add remaining vinaigrette ingredients and mix using wire whisk until combined.
3. Chill vinaigrette for 30 minutes.
4. Toss salad ingredients with raspberry vinaigrette.

The Benefits of Joining a CSA

You know exactly where your food comes from.

The food tastes better.

Freshly picked produce is more nutritious.

Produce is free from harmful chemicals.

Your overall diet will be healthier.

CSAs save you money.

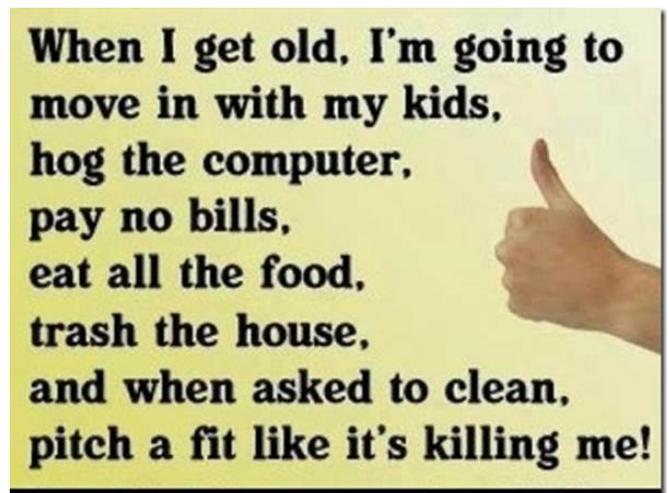
CSAs save you time.

You get the chance to try new foods.

2020 CSA (Community Supported Agriculture) is getting underway. With the milder temperatures we've had thus far, I've been itching to dig dirt. So I've been in the greenhouse planting some onion seeds and lettuce since they don't mind a cold snap here and there.

The Ranch at Weatherby is GAP (Good Agricultural Practice) Certified, which means Ernie & I go to class each year to keep up-to-date on any changes that the PA Dept. of Agriculture has made, particularly with safety standards. We only use Non-GMO seeds and no herbicides or pesticides. This is our 8th year offering the CSA to the local community.

The Ranch at Weatherby is family owned and operated. We grow a wide variety of produce using only heirloom seeds. If you are interested in signing up for a share of our harvest, you can email me and I will send you the application form.



www.yesemails.com



This is just one of the many trade magazines I receive to keep me up to date on what is going on in the industry. I don't often subscribe to all their ideas on what the latest trend may be but Bakuchiol keeps popping up time after time in my literature.

Many of you are already using Bakuchiol as I carry it at the spa. Those of you that haven't, I think its worth taking a look at.

I only printed off the first page because the article is quite lengthy but i will try to highlight in a nutshell what the article is stating.

Bakuchiol is an active constituent found within the leaves and seeds of the botanical species known as Babchi, as it's commonly known in the Asian countries where it grows wild. In fact, this plant

RETINOL ALTERNATIVE

Getting results with Bakuchiol

by Daniel Clary

In the ever-evolving industry of skincare, where purveyors of goods are looking to capitalize on the multi-billion dollar anti-aging cosmeceuticals market, we often find ourselves sifting through "buzz-words," scientific jargon and claims, and new ingredients that, more often than not, come without the crucial scientific evidence needed for proof of efficacy. On occasion, however, as product formulators, we get new raw material ingredients that not only galvanize our industry, but actually have solid evidence-based data to support their usage on skin. Enter Bakuchiol, the plant derived molecule being touted as the true retinol alternative. So, what is this "magical" ingredient, celebrated and glorified across all beauty sectors, all about? Let's start at the top.

species has been used for hundreds of years, if not longer, in traditional eastern medicine cultures to treat a variety of systemic and cutaneous ailments. Its therapeutic value is undeniable as it possesses numerous pharmacological properties. So it is believed to be a viable alternative to Retinol, and can achieve the same clinical objective.

Those of us that have used retinoids know the unfortunate downstream effects can be irritation, excess peeling, dryness, and enhanced sun sensitivity.

While a few active raw materials presented to cosmetic formulators have made the bold claim of being retinol alternatives, none of these have come close to the retinol-like characteristics of Bakuchiol.

Bakuchiol has been put through rigorous testing and the results were published in the 2014 edition of the International Journal of Cosmetic Science. Bakuchiol has proven to target all main contributing pathways linked to aging from oxidative stress, inflammation, mitochondrial cell energy production, MMP regulation, and protection against UV induced skin damage. In fact, Bakuchiol outperformed the antioxidant and anti-inflammatory capacity of commodity raw materials known to be gold standards in this category.

Science suggests that it also has shown significant power in treating acne skin types, not only from its anti-inflammatory capacity, but its ability to regulate sebum output, modify the microbial ecosystem, downregulate localized hormone levels, and reduce hyperkeratinization. And, finally, to further highlight this ingredient's protective potential, it has proven to stop the proliferation of cutaneous malignancies such as skin cancer.

While Bakuchiol is a relatively new raw material available to us in skincare, it is an

extremely promising active with a wealth of benefits for the skin.



TIP: If you're doing any painting this Spring / Summer, here's an easy paint clean up tip.

Oil-based paint: Soak your paint brush in a jar with doTerra Fractionated Coconut Oil and several drops of Lemon EO.

Water-based paint: Soak your paint brushes in a warm water mixed with Lemon EO. You can also remove paint stains from your skin by rubbing with a few drops of Lemon on a cotton ball or a rag.

There will be a party at Aroma Therapies Spa coming in April — stay tuned for more details.