

# Thyme For Me/June

Aroma Therapies Spa/814-443-1217

## Rosemary Lemon Hummus

Servings: 12-15 minutes

Prep Time: 10 minutes

- 1 can garbanzo beans (1/2 liquid drained)
- 2 garlic cloves, peeled
- 2 tbs. olive oil
- 2 tbs. Tahini

Blend all ingredients in food processor until smooth. Chill in refrigerator 30 minutes and serve with sliced cucumbers, carrots, celery, cherry tomatoes, crackers, pita bread etc.

## Pineapple Nectarine Salsa

Servings: 6

Prep Time: 30 minutes

- 1 pineapple, sliced and diced
- 2 small nectarines, diced
- 1/2 cup chopped cilantro
- 1/2 cup red onion, diced (about half a medium onion)
- 5 drops Lime EO
- 2 drops Cilantro EO
- 3 tsps. sea salt

Mix all ingredients together. Allow salsa to sit and chill for at least 4 hours before eating to allow time for flavors to marinate and maximize. Serve with chips, over fish tacos, or as a tangy fruit salad all on its own.



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## Kathy's Blog-

Just two generations ago, people knew how to use home remedies and treat most ailments without ever calling on a doctor. Home health care and “doctoring” was generally handled by the women in the family. The healing traditions had been handed down through the family and the neighborhood. You’ve probably heard me say many times, that when I was a girl, my family rarely knew what a doctor was. I had five siblings and none of us went to a doctor unless someone came down with a strep throat which was extremely rare. Mom had remedies for coughs, colds, sore throats etc. and they worked.

In this country most people have been conditioned to allow only a doctor to make a diagnosis. This has produced a population of people that not only no longer takes responsibility for their illnesses, but they are generally completely out of touch with their bodies and their emotional states. The complete burden of the illness is placed on the doctor or healer. This is really quite absurd if you think about it, as the doctor or healer had nothing to do with it in the first place. This evolving dependency has proven to be a grave mistake in the development of the human being. It has created an extremely weak, totally dependent consciousness when it comes to looking after the health of the body.

One of the important points to be considered in treating any disease successfully is that YOU take responsibility for your condition. By this I mean that YOU must realize that YOU play an active part in the recovery process. Many people blame something or someone else for the illness and expect something or someone else to cure it! Herbologists and other healers play an important role, but active participation on behalf of the ill person is the key factor to complete recovery. I say complete recovery because that is what we are aiming for.

I’ve had clients come to the spa with chronic diseases and ‘hands down’ they are my most intense challenges. I have to look at the large picture, meaning the whole individual in regards to their mental, spiritual and physical makeup. Albert Einstein was quoted as saying, “God doesn’t play dice with the Cosmos, there are no accidents.” Disease and illnesses often happen to people for their spiritual growth as well as to build inner strength in understanding life’s lessons. Chronic diseases generally take much longer to bring about positive results and unfortunately not many are willing to fight the battle.

My hope for you is that you listen to your body and at the onset of any illness, you nip it in the bud immediately before it has time to get its boots on. If you need assistance let me know, I’d be happy to help get you on the path of a healthier life.