

# Thyme For Me/April

Aroma Therapies Spa/814-443-1217

## ARE YOU FAMILIAR WITH BEE POLLEN?

From Kathy

Bee Pollen has been accredited with a vast array of healthful and medicinal properties from the slowing of the aging process to reduction of cancer, enhancing sexual vigor, ulcers, prostatitis, and especially allergies. It has been proven to be an excellent remedy for asthma. One of the theories to the pollen-allergy connection is that the body is taking in very small doses of the irritant. This has been processed and acts as a homeopathic dose of medicine does. It is known to increase the bodies stamina and every levels.

Tom McNab, coach of the British athletic team experimented with bee pollen on five of his athletes. All noticed a dramatic improvement in their performance. The improved stamina of the bee pollen eaters enabled them to train harder and develop more muscle weight, but were able to train longer. The benefits of bee pollen are not limited to just humans. Mr. Royden Brown of CC Pollen Co. has been feeding bee pollen to race horses and getting outstanding results. One of his subjects includes Alysheba, winner of the Kentucky Derby and the Preakness. In a recent derby in West Texas four of 17 horses were fed bee pollen. At the end of the race it was found that the first four horses to place were the four horses who were being fed bee pollen. Another pollen supplemented horse, Zany Tactics, had set a new world record for six furlongs.



**ALYSHEBA**– In October 2008, King Abdullah of Saudi Arabia returned Alysheba to his homeland as a gift to the American people. After spending eight years in the king's royal stables, Alysheba returned to the United States to live at the Kentucky Horse Park.

Bee Pollen is available in many forms. Raw pellets, prepared capsules, tablets and plain. You can mix bee pollen with smoothies, milkshakes, put it on cereals etc.

Allow about three months to really notice the difference. The changes will start sooner, but they are subtle and you may not notice that at first. Good nutritional habits need to be followed. Bee pollen can be taken with any of your other herbal supplements.

Bee pollen is simply the flower pollen collected by the bees. The bees have a little area on each leg that they use to store the pollen. This is collected while they are foraging for nectar.

If you are interested in trying bee pollen, I have an excellent brand at the spa that is certified organic, non-GMO, Kosher certified and gluten free.

## DIY KIDS RECIPES

CREATE SOME FUN IN YOUR HOME OR BACKYARD THIS SUMMER WITH THESE EASY TO MAKE PROJECTS THAT WILL KEEP YOUR KIDS OR GRANDKIDS BUSY FOR HOURS!

### Chalksicles

½ cup + 3 tablespoons of plaster of paris

1/3 cup of water

few drops of food coloring paste

popsicle silicone mold

popsicle sticks

2-4 drops of Wild Orange essential oil for a summer scent

Note: This recipe makes enough for one popsicle.

In a plastic cup, mix the plaster, Wild Orange essential oil and water until a paste forms. Mix in the food coloring for the color you desire.

Place the plaster mix inside the mold with a plastic spoon, and place a popsicle stick far down in the middle.

After about 45 minutes, the popsicle chinks will harden enough to take out of the molds, then allow them to dry upright in a cup until they are completely hardened.

Tip: Silicone molds are the best way to go, when they are dry you simple roll the mold down the popsicle.

### Polka Dot Slime

2 five ounce bottles of clear school glue

liquid starch

craft pom poms

2-3 drops of Lavender essential oil

Pour your two five ounce bottles of clear glue into a bowl along with the Lavender essential oil.

Add liquid starch a little bit at a time (in tablespoons) and stir well in between each tablespoon.

Knead to make it uniform, then add your pom poms and knead them in as well.

Tip: Always shake your liquid starch container before use. You will want to keep adding liquid starch until the slime is no longer stringy or sticking to the bowl.

When you feel like you need charge up for the day, the blend is ready to lift your diffuse this cheery blend in month long! If you would like all three essential oils (Cheer, will be 10% off during the



to chin up, cheer up, or Cheer Up Charlie diffuser spirits. We are excited to the Aroma Therapies Spa all to diffuse this blend at home, Wild Orange, and Douglas Fir) month of April.

---

## Summer Highlights

8 drops Lemon EO  
8 drops Geranium EO  
2 oz. spray bottle  
Add essential oils to the spray bottle and fill with water.

Spray on your hair before spending time outside in the sun and get fabulous highlights.

---

## After Sun Cooling Spray

1/2 cup witch hazel  
2 tbls. pure aloe vera gel  
10 drops of Lavender EO  
10 drops of Peppermint EO  
4 oz. spray bottle

Combine all ingredients and mix well.  
Pour into spray bottle, shake well, and apply to skin.

Be sure to avoid spraying around the eyes. Re-apply as often as needed.

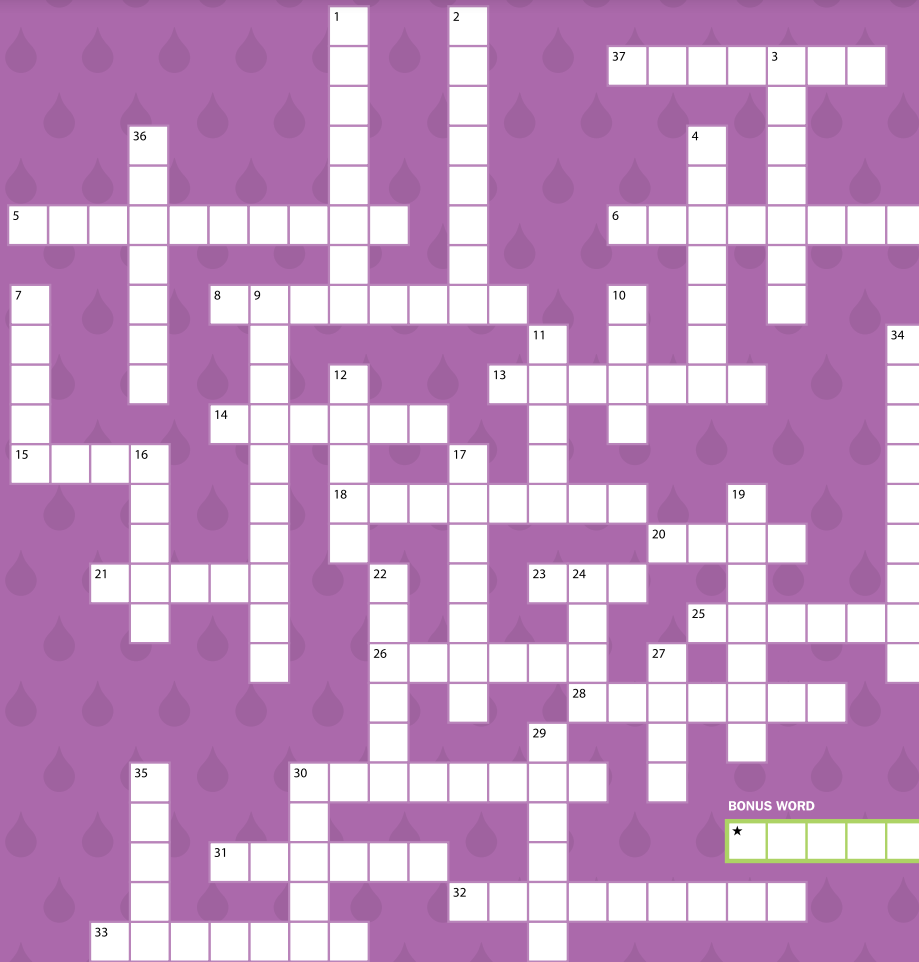
---

## Strawberry Orange Granita with Wild Orange essential oil

1 cup water  
1/3 cup sugar  
1/4 cup fresh squeezed orange juice  
4 drops Wild Orange oil  
1 pound sliced and hulled strawberries

In a medium saucepan, combine sugar and water and cook over medium heat, stirring occasionally, until sugar is dissolved. Cool to room temperature.  
Puree cooled water and sugar (simple syrup), orange juice, Wild Orange oil, and strawberries in a blender.  
Transfer the strawberry-orange puree to a 9x13 glass pan. Place the filled pan in the freezer for 30 minutes.  
After 30 minutes, remove pan from freezer. Rake the mixture with a fork to break up any crystals that have begun to form. Return the pan to the freezer.  
Repeat every 25–30 minutes for about three hours, until the granita is frozen into flakey crystals. Cover and freeze.

# dōTERRA® GURU



BONUS WORD

★

## Down

1. The encouraging blend
2. The name of the dōTERRA® sourcing initiative
3. A dōTERRA product that contains Lavender, Lemon, and Peppermint essential oils
4. What is the term used to describe dōTERRA Fractionated Coconut Oil?
7. dōTERRA diffuser that shares a name with a flower
9. One of the terms used to describe the distillation process of citrus oils
10. Fennel essential oil comes from what part of the plant?
11. dōTERRA essential oil product line for sensitive skin
12. Essential oil found in dōTERRA DigestZen® blend
16. dōTERRA Wintergreen comes from this country
17. The inspiring blend
19. First essential oil applied in the dōTERRA AromaTouch® Technique
22. This essential oil comes from the root

24. What does this symbol (N) stand for?

27. An acronym for dōTERRA quality assurance process
29. Where does dōTERRA Lemon essential oil come from?
30. The name of this essential oil is derived from a Latin word *clavus* which means "nail"
34. dōTERRA testing method that checks for presence of bacteria, fungus, and mold in essential oils
35. Essential oil that is distilled from the gummy resin, and is referenced in the Bible as the "Balm of Gilead"
36. dōTERRA supplement rich in essential fatty acids

## Across

5. The Tree of Life
6. Citrus essential oil with calming benefits
8. The calming blend
13. This name is derived from Latin and means "Gift of the Earth"
14. This historical model first promoted internal use of essential oils

15. What is the largest organ in the body?
18. An active ingredient found in the dōTERRA Slim & Sassy® TrimShake
20. Where is dōTERRA corporate headquarters located?
21. Where does dōTERRA source Vetiver from?
23. What is this year's (2016) dōTERRA global convention theme?
25. Where does Arborvitae essential oil come from?
26. One of the active ingredients found in dōTERRA TerraShield® Outdoor Blend
28. One of the dōTERRA essential oil uses?
30. One of the Boswellia species found in dōTERRA Frankincense
31. From what part of the plant is dōTERRA Lavender essential oil distilled from?
32. Tea tree is another name for \_\_\_\_?
33. Blend for women
37. This essential oil blend delivers powerful respiratory benefits

## ★ Bonus Question:

Which essential oil comes from this plant?



ANSWERS: Down 1. Motivate 2. Compact 3. TriEase 4. Carrier 7. Lotus 9. Expression 10. Seed 11. Touch 12. Anise 16. Nepal 17. Passion 19. Balance 22. Ginger 24. Neat 27. PCTG 29. Sicily 30. Clove 34. Microbial 35. Myrrh 36. xEO Mega Across 5. Arborvitae 6. Bergamot 8. Serenity 13. dōTERRA 14. French 15. Skin 18. Solatrim 20. Utah 21. Haiti 23. One 25. Canada 26. Nootka 28. Topical 30. Melaleuca 33. Whisper 37. Breathe