

# Thyme For Me/July

Aroma Therapies Spa/814-443-1217

## KATHY'S BLOG

### Aperients

Last month, in the June newsletter, I wrote about an aperient known as Psyllium. Another aperient that can be used as a laxative is Agar Agar. This is a sea algae; it has the property of absorbing moisture and putrefactive material in the intestinal tract. It swells up into a soft mass. Use the same dosage as the Psyllium.

There are also a number of foods that will produce a laxative effect in people. I have known it to vary from person to person. Some people say apples, some people say figs, but one thing that is consistent is prunes. This is a remarkable medicine that is currently overlooked. Another product that is excellent is your olive oil. It acts as a specific on the small intestine. It is not gripping and works very naturally. You can put it on a salad, but use lots and add a little garlic and herbs and it will be delicious!

\*\*Please stay clear of the pharmaceutical laxatives. The chemicals in them do not heal the colon but instead cause a dependency or addiction to them.

Laxative therapy is used to relieve constipation, bloated intestines, remove excess fluid and eliminate inner heat. They are very helpful when dealing with blood toxicity, hypertension, poor skin conditions, etc. Many times the body has become toxic because of a sluggish or clogged up small intestine. These toxins in the small intestine are reabsorbed back into the blood and are eliminated through the skin. It sounds pretty gruesome, but this is the case with many skin disorders.

During fevers, laxative herbs will promote cooling of the body system by eliminating heat from the intestines. They should be taken before going to bed.

Many times with constipation, the body becomes cold. You may experience chills, abdominal bloating and poor digestion causing heartburn. Laxatives used with exercise, warm baths, and warming herbs such as ginger or cayenne will remedy the problem.



Make each moment worth savoring with this tree and citrus diffuser blend. The Savor the Moments blend will promote a relaxing and uplifting atmosphere for all to experience and enjoy. During the month of July, enjoy a 10% savings on Cedarwood, Grapefruit and Lime. It will also be diffused at Aroma Therapies Spa during that month.

## NEW PRODUCTS AT THE SPA

### COCOBACI

15 day Oil Pulling Program in Cool Mint, Raspberry Kisses and Lemon & Fennel Sparkle



Oil pulling refers to swishing oil in the mouth as a cleansing procedure, and is a form of natural oral hygiene that is way more powerful than simply brushing teeth, flossing and/or gargling.

This tried and tested biomedical method of intensive cleansing and detoxing has been enjoying a modern resurgence since the early 1990s, when it was popularized by a medical doctor, Dr F Karach.

Oil pulling is a simple and inexpensive treatment that not only effectively combats yucky bacteria lurking in the mouth, but also simultaneously strengthens gums and whitens teeth.

### HIMALAYAN SALT FOOT ROLLER

Give tired, achy feet a soothing massage with this portable foot roller. Just roll back and forth under the foot with the level of pressure desired. Great for relieving tension under the arch.



ORGANIC GRILLING- The bold flavors of the Northwoods of Minnesota run as deep as the Great Lakes themselves. The Watkins Co. brings the authentic seasonings of the true north to your kitchen or grill.

These ORGANIC GRILLING SEASONINGS bring out the best in whatever you are grilling.

CHICKEN SEASONING

GARLIC & HERB SEASONING

HAMBURGER SEASONING

STEAK SEASONING

ORGANIC GRILLING RUBS

SMOKED MAPLE RUB

SWEET & SAVORY RUB

ORGANIC GRILLING MARINADES

CHILI LIME MARINADE

SPICED MAPLE MARINADE



QUICK TIP—TRY THIS!

Use 1 tbls. to season 1 lb. of meat. If desired, rub cooking oil onto meat before seasoning.

MUSCLE PAIN RELIEF WITH NATURAL MAGNESIUM- Penetrating pain relief for muscle strains and soreness, and aching joints. With natural magnesium, vitamin D, camphor and peppermint. Choose from: ROLL-ON, SPRAY, LOTION OR PATCHES.



COOLING MENTHOL EXTRA STRENGTH PAIN RELIEF- Fast-acting menthol pain relief for backaches, sore muscles and joint pain. Choose from: ROLL-ON, SPRAY, GEL, OR PATCHES

ORGANIC EXTRACTS- Orange, Peppermint, Pure Vanilla

ORGANIC VANILLA BEAN PASTE

CHIVES

CAJUN SEASONING

GARAM MASALA SEASONING

ORGANIC CANOLA COOKING SPRAY

BEEF, CHICKEN & ONION SOUP AND GRAVY BASES

NO-RINSE FOAMING HAND CLEANSER

PLANT-BASED HAND SANITIZERS

ROTATING SPICE RACK

