



February Highlights



MATTERS OF THE HEART

With every stroke of the heart our blood must flow undisturbed to feed, nourish and cleanse our whole system. Clearly, to have a healthy heart it is important to exercise regularly, take care of our stress levels, eat sensibly and above all, keep joy flowing through our hearts. This large pumping organ of fire also has long been associated with emotions, giving and receiving love. You can nourish your heart energy by expressing positive emotions and feelings. A poignant line from the book “Ageless Body, Timeless Mind” by Dr. Deepak Chopra has some merit: “The less you open your heart to others, the more your heart suffers”.

Heart Herbs

The following herbs can be taken in the form of capsules, teas or extracts. Cayenne, Dandelion and Garlic are considered foods, and can simply be added to meals. Hawthorn can be made into a yummy jam, made in a similar way as rosehip jam.

Cayenne is well known to improve blood circulation and to strengthen the heart.

Dandelion contains high levels of potassium, useful when the heart is weak and fails to circulate the blood efficiently through the kidneys (water retention).

Garlic is known to reduce cholesterol and hypertension along with preventing the excessive clumping together of blood platelets.

Hawthorn is the most important heart herb in herbal medicine, both for preventing heart problems and for treating heart diseases. Hawthorn has the ability to either gently stimulate or depress the heart’s activity. This heart tonic has a strengthening effect by bringing micronutrients to the heart muscle.

Motherwort is known to nourish and strengthen the heart muscle. For people who feel overwhelmed by too many activities.

The Emotional Heart

Vibrational Essences are very supportive in helping you heal emotional heart issues. Learning to love your self is the greatest love of all.

Joyfulness

This essence brings joy into your life. Joyfulness is a celebration of existence itself, being filled with joy that you exist and that there is existence.

Love Awareness

This essence opens the heart center. It helps bring out feelings of love, love of self, love of life, love as a whole.

To Heal A Broken Heart

There is no easy way to heal a broken heart. Make some time for yourself, allow your feelings to come up and let the tears flow. The following essential oils can help you go through this painful time. Add 10 drops to your oil burner or put 2 drops on each side of your pillow of one of the following essential oils:

Bergamot is relaxing, refreshing and uplifting, helpful during times of depression, nervous tension and anxiety. It’s the bringer of joy! Bergamot is added to Earl Grey Tea.

Grapefruit promotes joy, a positive attitude and is uplifting.

Petitgrain gives strength during emotional times, as well as self-confidence and joy.

Rose is nurturing and comforting, it is the best choice for grief or to heal a broken heart. The flower for the heart!

Ylang Ylang is helpful during times of stress, sleepless nights, depression, low self-esteem, anger, rage and panic.

Heart Tea

This heart tea may help you stay centered during trying times. It is an excellent blend in which Hawthorn is augmented by Motherwort. Lemon Balm and St. John’ Wort have nerve soothing properties. Good for the “nervous heart”.

Do you sometimes feel “beside yourself”? According to the Chinese healing system, the seat of the shen, or the essence of who you are, sits in the heart. By strengthening the heart center with heart herbs you provide the shen a strong place to reside.

Have A Happy Valentine’s Day!