



March Highlights

Is “Spring Fever” Real?

Yes, Spring Fever is real! It is not an illness, but a condition. Webster dictionary describes Spring Fever as “a lazy or restless feeling often associated with the onset of spring”. Author Michael Smolensk in his book “The Body Clock Guide to Better Health” explains that the retina in your eyes react to the increased amount of daylight. This triggers hormonal changes, including a decrease in melatonin (a hormone secreted by the pineal gland especially in response to darkness), which affects sleep cycles and moods. As melatonin production eases up in spring we are motivated to come out from our winter long hibernation, excited to socialize again, enjoy the outdoors, get into shape, clean out the winter, start a new project, etc.

Want More Good Energy?

Herbal Minerals© and Herbal Vitamins© are two formulas made entirely from natural whole foods and herbs. Together, these two formulas contain over 30 ingredients known for their outstanding nutritional value. Available in capsule form, they are easily digestible and easy to take for a boost of energy and to promote well-being.

Octane Power© is a blend of natural ingredients to help with physical energy. This formula contains American Ginseng, known to increase physical and mental performance; Whey is high in proteins, and therefore fuel to the body; Red Clover oxygenates the system; Cayenne is a blood thinner and circulatory stimulant.

Bee Happy© is available in capsule as well as liquid form, providing support for physical and mental performance.

Sea Veggies is a rich blend of different sea vegetables and Icelandic Moss known to increase metabolism, energy and a sense of well-being.

Want To Balance Your Moods?

Living Vibrational Essences can positively affect your moods, energize, uplift and adjust you to this season of increased energy, new growth, expansion and excitement.

Out And About©

This essence promotes friendly, sociable feelings, where you want to mix with people, being out and about in the world, circulating and digesting reality. This essence also balances enzymes in the gastro-intestinal system, excellent for a “nervous stomach”, which is actually an enzyme imbalance.

Mood Elevation©

This essence is a disposition enhancer, a “feel good” essence. When you feel better, you actually think clearer; your thoughts are much more conjoint in the process of creating what you want and need from life. This essence energizes the adrenals, consequently it increases physical energy. It also has a mild effect on cleansing the colon.

Stamina And Will Enhancement©

This essence increases will power, mental focus and physical stamina. By increasing life vitality you feel better physically, and your desire and your will are stronger. This essence is excellent for athletes for a boost of energy without steroids, but above all, a boost of will. Very often it is the will that increases one’s potentials.

Energize With Aromatherapy

All citrus essential oils are wonderful helpers to assist you in the transition from winter to spring.

Grapefruit essential oil is perfect for a morning wake-up or afternoon pick-me-up. On long trips in the car, this oil is useful in relieving anxiety and fatigue.

Lemon essential oil has an energizing, uplifting and refreshing effect on the psyche, promoting mental clarity.

Lime essential oil is uplifting, stimulating and refreshing. Combine with other citrus oils to freshen up a sickroom, to remove cooking odors, or to create a happy atmosphere.

Mandarin essential oil relieves tension and anxiety, as well as insomnia. Use in the car diffuser to relieve travel fatigue and calm down restless children. This oil promotes uplifting feelings, motivation and a sense of well-being.

Red Mandarin essential oil has similar properties as Mandarin. Use for low energy due to anxiety and depression.

Morning Wake-Up Blend:

Add 3 drops orange and 3 drops rosemary essential oil to your diffuser.