

The Energy Connection Newsletter



Inside this issue:

Looking Toward Spring!

I am looking forward to the Aromatherapy & Herbs Lunch & Learn I am teaching at Womanspace this month. I have been teaching some of the basics about herbs and Aromatherapy for many years. Last fall I took a 40 Aromatherapy course to update my knowledge, and enjoyed it a lot. My friend Sheila, who I mentioned in the January newsletter, loves doing blends and is great at it. I am

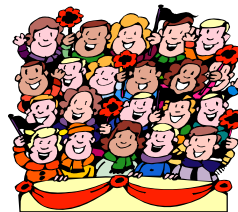
more likely to suggest individual oils for health issues. Both are valid ways of recommending essential oils to people. In this issue, though, I am asking Sheila to discuss blending and what works for her about that. (See pp. 2 & p. 3).

If you are wanting to develop skills yourself in Aromatherapy—I would suggest you contact the National Association for Holistic Aromatherapy's website. They are a repu-

table group who pioneered some of the classes in this country.

www.NAHA.org

If you are in the Rockford area, come and enjoy the class. If you are from out of town, you can glean a few tips from the newsletter.



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Classes

Aromatherapy & Herbs for Spring Wellness

April 19, 12n-1p
www.womanspace-rockford.org

Sept 5-Oct 10, 2017

Oncology Coaching

www.wisdomofthewhole.com

Energy Connection Services

Massage Therapy

- Swedish
- Heated Stone
- Lymphatic
- Oncology
- Senior/Geriatric

Energy Work

- Therapeutic Touch
- Healing Touch
- Acupressure information for specialized health issues
- Use of magnets for health

Naturopathy & Holistic Coaching

- Assessments
- Seeking guidance from within
- Experiencing coaching tools
- Herb & Supplement Info



Your Feedback

So, what are you learning from the Newsletters so far—and what would you like to see covered here? I am enjoying your feedback so far and would like to have you continue to share.

Also, please feel free to check out the new **Store** on my website at—www.energyconnectionholistichealth.com

I am trying out the store and would eventually like to offer a course that can be purchased. I am still deciding what I want that course to be. I have done several massage, energy work, and herbal courses in the past—and am deciding what would be best to offer in a webinar format.

If you have thoughts about what you would like in a webinar—please let me know.



Advice from the experts—Aromatherapy Blends

Rene Maurice Gattefosse coined the term Aromatherapy. Each oil contains 2–200+ chemical components all working in synergy. (NAHA brochure)

Sheryll G. Ryan who taught the recent 40 hour course I took—recommends asking clients to identify scents they like—and then making appropriate combinations based on odor and intensity de-

sired. If you want to find blends to use—Sheryll likes the Amrita Company. I like that one and also like Aura Cacia oils. You may have other companies you like. It is important to know how the oils are processed and where they are obtained—as that can influence specific effects they have and their effectiveness. Use the Latin names (binomials) for the oils, as each works differently.



(Always consider your individual health needs, allergies, and other medical needs; and consult your health care providers when beginning a new health promotion program.)

Holistic Health Tips—Self-Care for the Forearms

If you have discomfort in your forearms, these tips may help reduce your pain and prevent further injury.

1. Support your forearms when you can, but do not rest them or your wrists on anything while typing.
2. Don't pound on the keys; use a light touch.
3. Hold the mouse lightly as if you were

cradling a small bird.

4. When typing, keep all your fingers and your thumb softly curved. Relax your pinkie finger to avoid injury.
5. Take mini-breaks every few minutes., Let your arms hang to your side, shake them out, and take several full breaths
6. Stretch frequently. Hold your arms out in front of you and bend your wrists.

(Information for People—Client Education Handouts for Self-Care)

(Follow your MD's recommendations for Stretches.)



Aromatherapy Blends by Sheila Holland, Aromatherapist (815-973-4954)

I use essential oils every day, often straight, but usually in blends. I dilute these blends in a carrier oil for body care or dilute them in water for mist. I am so environmentally sensitive; and I have found oils that helped to save me. Toxins in our cleaning products, soaps, and cosmetics have led me to using oils as a self-defense measure.

I first started seriously studying essential oils, carrier oils, and various flower essences in the late 70's and early 80's. The adventure of moving across the country

brought me to the heat and humidity of Illinois. Coming from San Francisco, I hadn't experienced extreme temperature fluctuations or the variety of molds and pollens here. It became quickly evident that I needed to use my previous studies to help myself adjust to the new atmosphere.

The earliest blend I experimented with used eucalyptus, pine, and peppermint. It is best with more of the tree oils and the smallest amount of peppermint (if the blend is 15-20 drops of trees oil—2-4

drops of peppermint. It is a hard working blend that is anti-viral, anti-fungal, and anti-microbial. It can be used sparingly to relieve upper respiratory stress by adding a few drops to a bowl of warm water. Then you cover the bowl and your head with a towel to inhale the warm mist.

You can also use the above oils to freshen the air. A small amount in a spray bottle of water will help settle dust and remove odors. And in a stronger solution, it can be used for cleaning anywhere you need to disinfect (Continued below)

Aromatherapy Blends continued

and eliminate smells, like bathroom floors. We are still talking drops in water.

A nice thing about making your own blends is that you can adjust the strength to your personal choice. Too much peppermint in a steam can bother your eyes, but it may be perfect for an air freshener. It is interesting how one blend can be used in such different ways.

A current blend I enjoy and use daily is

frankincense, ylang ylang, and atlas cedar (different from cedarwood). This is good for a relaxing bath or it can be mixed in carrier oils for nurturing your skin. If you dislike ylang, ylang—you can use lavender, jasmine, or a different flower oil that has the actions you desire. (See Chart-in back of Book # 1 below). It has charts for emotions, skin problems, physical problems, hair care, and complexion types.

I continue to explore scientific research that validates the different uses of oils. In the classes I've been in, either as a student or teacher, I have seen many different responses to the oils, and it is always interesting. It is about enjoying the experience and desiring a healthy response.

There are also different oil philosophies in different cultures. In one area, a type of oil may be used for a (Continued Below)

Aromatherapy Blends Recipes continued

specific purpose. In another culture, a different oil may be used for that purpose, or the same oil may be used in a completely different way. I would encourage exploring information from various sources and experimenting with various oils to make blends that are most useful and appeal to you in the moment. There are different schools of thought on the uses of oils, so your creation must be

personal. You will find many different opinions when cross-referencing respected educational materials. The variety of places that the study of essential oils will take you is most interesting.

A few of the books I have really enjoyed—

1. *Aromatherapy: A Complete Guide to the Healing Art*. Kathi Keville. (1975).
2. *The Complete Guide to Aromatherapy*.

Salvatore. Battaglia. (1995).

3. *Advanced Aromatherapy: The Science of Essential Oil Therapy*. Kurt Schnaubelt. (1998).

Only buy oils that are unadulterated. The label should include country or origin and type of extraction. Do not use oils directly on the skin. Have fun. Use safety precautions.



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**Offices on Riverside Blvd in
Loves Park, IL and at
Womanspace in Rockford, IL**

**I look forward to connecting
with you!**

WHAT IS THE ENERGY CONNECTION?

The Energy Connection is a Holistic Health private practice that focuses on the needs of women and their families. The owner is an RN who is also an Advanced Practice RN and a Holistic Health Specialist.

Services of The Energy Connection are available to women and their families who make appointments with The Energy Connection

For more detailed information—please check out the website at

www.energyconnectionholistichealth.com

The Energy Connection Special Offer—April

ENERGY CONNECTION PACKAGE THAT IS AVAILABLE FOR PURCHASE

Call 815-633-5553 or e-mail me at Energy819@aol.com

***Relaxation Package**

1 lavender aromatherapy massage

1 handout of acupressure for the wrists

1 Handout & demo of Andrew Weil's Breathing Techniques

1 Relaxing Retreats CD

If purchased separately = \$ 90

Your price = \$ 71.50

*** (Available only for in-person sessions or gift certificates for in-person sessions)—Regular Prices—\$65/hr, \$40 for 30 min)**

Gift Certificates available

**Grow With Us
Into Wholeness!**

