



### Missing Links for Your Wellness

What are your missing links for wellness? Two important links that you may be missing are using quality essential oils and creating movement for wellness. Years ago, I listened repeatedly to a cassette with the title, *A Missing Link*. The information was about pure, quality, therapeutic essential oils. I was already using essential oils and wanted to learn more, much more.

**Quality essential oils** go far beyond the pleasures of scent. They bring us all kinds of benefits and possibilities for alleviating physical, mental and emotional ailments and conditions. Quality essential oils are concentrated, highly potent substances. Knowledge of how to use them safely is vital to get the most benefit from them. Many factors contribute to the effectiveness of their use, such as compounds in the oil, the dosage, frequency used, and the method of application.

In humans, blood is the essence of life, distributing oxygen and nutrients to the body, giving us energy and vitality. In plants the clear liquid or the "life blood" works the same way. Because the molecular structure is similar, the human body has the ability to use essential oils to nourish, detoxify, increase blood circulation and mobilize the body's own self healing powers. They enter the blood stream easily and leave efficiently, with no side effects. The oils are very concentrated so it takes very little to have a dramatic healing effect.

#### **Five unique properties:**

1. All have anti-bacterial properties
2. Many are anti-fungal, anti-viral and/or anti-parasitic.
3. They create a higher frequency and more energy in our body.
4. European scientists have found that essential oils work as natural chelators, bonding to heavy metals and carrying them out of the body
5. They benefit on all levels –physical, emotional, mental, and spiritual

The most important thing to understand when selecting essential oils is the difference between genuine, pure, authentic oils and adulterated or synthetic. Quality affects the price of essential oils. Growing plants and distilling essential oils is labor intensive. High quality essential oils come from plants grown and distilled at optimal conditions including best soil and climate conditions, as well as harvest methods, including low temperatures and pressures. Because the FDA has no regulations in labeling, companies can do what they want, without indicating it on the label.

### *How Do Essential Oils Work?*

Absorption through the skin in a massage, bath or compress is a very effective. It is recommended to use a carrier when applying these quality essential oils to the skin. A carrier is a lotion, massage oil, shampoo, bubble bath, hand soap, or any unscented skin care product. Avoid products with synthetic scents, mineral oil, petrolatum, or propylene glycol, a systemic, harmful ingredient, used as a humectant. Once beneath the skin, essential oils go to the intercellular fluid surrounding skin cells and enter the blood stream. They travel to the internal organs and the lymphatic system where they aid the immune system

Inhalation is the fastest way to benefit from using the oils and may be preferred to help balance mood and emotions. Research has shown that people surrounded with pleasant scents enjoy higher self-esteem. An easy way to inhale the oils is to put a few drops in the palms of the hands and inhale. Essential oils travel through the olfactory system to the blood stream. Using a quality diffuser will allow the micro mist to stay suspended in the air, continuing to benefit long after the diffuser is off.

We are exposed to toxins in our environment, personal care products, and even in the food we eat every day. Daily exposure can cause these toxins to build up in the body. The organs of detoxification become overwhelmed and cannot perform effectively, resulting in a weakened immune system, discomfort, pain, and a wide array of emotional conditions.

Lymphatic obstructions are a result of the problems created by our society in the use of pesticides and growth stimulants or hormones in food production. Once these hormones are absorbed in the food we eat, they accumulate in specific organs, which attract this class of chemicals such as the prostate and breast tissue.

### *Choose Essential Oils for Different Body Systems*

Essential oils will help to stimulate our immune system and ward off infection and disease. Choosing which essential oil depends on the effects you want. Choosing or creating a blend can be more effective than using a single species because a blend works synergistically to help with more than one aspect of a condition.

**Pain:** Generally, we think of using essential oils to relieve pain.

**Relax sore muscles** and relieve headaches and migraines with Lavender, Peppermint, or Marjoram.

**Warm and stimulate painful joints** with a blend of Peppermint, Basil, Eucalyptus, Ginger, Black Pepper, Thyme, Rosemary or Wintergreen.

**Respiratory:** We can **boost our respiratory system** with essential oils. A few basic oils responsible to help with colds, flu, coughs, chills, sinus, and allergy symptoms are Eucalyptus, Lavender, Lemon, Peppermint, Ravensara, Rosemary, Tea Tree, Clove, Cinnamon, or Thyme. Creating a blend with 3-4 of these oils will be beneficial.

**Digestive:** Essential oils proven to be effective to help conditions like diarrhea, constipation, indigestion, and nausea are **Roman Chamomile, Ginger, Peppermint, Orange, Lemon, Grapefruit, Lavender, or Black Pepper.** *Studies indicate that Peppermint oil had a significant effect in improving*

*symptoms of patients with irritable bowel syndrome (IBS).* Use Peppermint when you or your children have a **tummy ache**.

**Circulatory:** Improve circulation, cold hands and feet, **low blood pressure**, with Ginger, Peppermint, Black Pepper, Cypress, Rosemary, or Thyme. **High blood pressure** may be lowered with Roman Chamomile, Lavender, Marjoram, or Ylang Ylang.

#### **Nervous System - Stress and Anxiety:**

**Stimulating oils** create a blend for depression and nervous fatigue with Cinnamon, Basil, Clove, Peppermint, Thyme, or Rosemary.

**Sedating oils** to use for insomnia, nervousness, anxiety and hysteria are: Roman Chamomile, Lavender, Clary Sage, Frankincense, Geranium, Marjoram, Neroli, and Ylang Ylang

**Relaxation and Sleep:** Create a blend with 3-4 of these oils: Lavender, Orange, Cedarwood, Frankincense, Geranium, Ylang Ylang, Rosemary, Clary Sage, Marjoram, or Cypress.

**Fatigue:** Reduce feelings of fatigue and mental exhaustion with Frankincense, Peppermint, Rosemary, Orange, Clary Sage, or Lavender.

**Balance and Clarity:** Quality essential oils raise the frequency of the human body. They stimulate and release endorphins and have the capacity to clear and balance emotional patterns which may be the root of discomfort, chronic pain, or illness. Consider creating a blend with Geranium, Lavender, Peppermint Frankincense, Ylang Ylang, or Lemongrass. Many times, when we release emotional patterns and trauma, we find a physical condition improves greatly.

### **The Second Missing Link... Movement**

#### **Lymphatic and Immune system:**

The lymphatic system supports every system in your body and is a crucial player in your body's ability to ward off disease. It is a vast network made up of tiny vessels, nodes and spleen. The lymphatic system's primary function is to isolate infection and debris and transport it through filtration points known as lymph nodes. Lymph nodes are strung along like pearls and lie next to blood vessels. Part of the blood escapes from the capillaries and becomes lymph fluid. Lymph nodes also generate and store white blood cells that fight germs and infection, remove waste, and return plasma fluid back to the blood stream.

The lymph system does not have a pump and therefore the lymph nodes are generally located at places of body movement such as the neck and where the arms and legs attach to the body. But this logic does not work for lymph nodes in the breasts. Breasts don't move naturally, especially when you wear a bra.

When lymph becomes blocked, restricted for any number of reasons; it results in a swelling of an affected area. If one node is blocked it may take a detour, but with extreme blockage it can cause inflammation, joint pain, nausea, fatigue, cold and flu infections, headaches, cramping, arthritis, fibromyalgia, mental fuzziness, GI issues, depression, skin breakouts and lymphedema.

Since our lymph fluid moves slowly without its own pump, inactivity can seriously restrict its flow. A blocked lymph system then becomes a breeding ground for pathogenic materials. If not moved out with a light massage, these infected lymph cells can travel to other parts of the body. If they are cancer cells, they can begin to grow cancer, (metastases), in other body parts such as the bone marrow.

After studying and learning about the lymphatic system's role in a healthy immune system, I came to realize there are several steps to ensure your lymphatic system stays healthy with movement:

**Step 1. Push Away from unhealthy food and drinks.** Reduce your body's toxic burden by avoiding processed food, hydrogenated fats, simple sugars, artificial sugars and carbohydrates. **Investigate any food sensitivities** or allergies that may be affecting your digestion. Eat organic when possible. Look into probiotic supplements to help maintain a healthy ratio of intestinal flora. Our bodies work best on whole natural food.

**Step 2 Drink plenty of purified or filtered water** (at least half of your bodyweight in oz) will help to carry oxygen and nutrients throughout the body and helps eliminate toxins and wastes. Your body is 65-70 % water. The lymph continuously bathes each cell. We need plenty of quality water for our lymphatic system to function optimally. Part of the blood escapes from the capillaries and becomes lymph fluid. The average human body has over 600 lymph nodes which carry disease fighting cells to attack germs, remove waste and return plasma fluid back to the blood stream.

**Step 3. Breathe deeply and slowly from your diaphragm**, through your nose, is one of the best ways to **move lymph fluid** throughout your body. Your breath goes directly to your lungs stimulating the vagus nerve to rest and restore the nervous system. You will feel more relaxed instantly.

**Step4. Move with regular physical exercise**, jumping on a rebounder five minutes a day will get your lymph system pumping. Walking, stretching, tai chi, yoga, Pilates, dancing or swimming, all are helpful especially if you do them every day. (Research shows 30% lower risk of breast cancer)

**Step 5. Take it off! Avoid restrictive clothing** that presses on your lymph nodes. Underwires and over tight bras, jeans, and skirts can impede lymph flow. Try to go bra- free for at least 12 hours a day and don't sleep in one! If that is uncomfortable consider getting a stretchy camisole.

**Step 6. Nurture & protect** your breast health! Giving your breasts a loving lymphatic massage, every day not only moves the lymph, but it is healing in every way. It assists the lymph in transporting toxins, inflammation, virus, bacteria and other impurities to the lymph nodes and thoracic for processing. Use a light touch, moving the skin instead of massaging the muscles. This is a beautiful fun way to "get to know your girls and take care of them." We move the lymph to bring T cells which protect from cancer cells, viruses, bacteria and other toxins.

**Step 7. Enhance your lymphatic breast self gentle massage using Healthy Girls Breast Oil.** It is created with love all along the way from seed to bottle and



packaging. It is formulated with clear Jojoba oil and 8 therapeutic essential oils each with a specific purpose for breast health.

**Clear Jojoba Oil**, absorbent, unclogs pores, anti inflammatory, and suitable for all skin types.

**Lemon** purifies immune and lymphatic systems, dissolves cellulite

**Sweet Orange** rich in D-Limonene, promotes tissue repair

**Lavender** balances physically and emotionally, cellular repair

**Geranium** balances, regenerates tissue, and opens liver to discharge toxins

**Frankincense** adds oxygen, stimulates immune system, and wards off infection

**Nerolina** promotes healing, slows aging with tissue regeneration

**Marjoram** eases congestion and pain in tissues, increases longevity

**Rose Absolute** raises frequency of all cells, well being and love to the body

### *Lymphatic Self Massage*

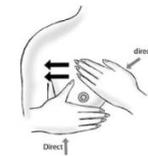
Focus on creating gentle movement of stretching and releasing (pumping action).

1. Gently stroke downward from the top of neck to the top of collar bone.

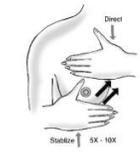
2. Feel the hollow spot above collarbone. Gently stretch the skin from the shoulder toward the neck. This opens the lymph passages before it empties into the circulatory system.



3. Gently stretch the skin under your arm toward your armpit or simply hold it until the tenderness disappears.



4. Support breast and with a gentle stretch and release pumping action move toward underarm.



5. Support breast and with a gentle stretch and release pumping action move breast toward the center of body.



6. Focus on a flat palm and with an upward stretch and release the breast upward toward the neck.



7. Gently stretch the skin away from the nipples all around the breast. Then beep the horn! Press the nipple flat a few times to move the lymph there.



Repeat each step 10-15 times.

Repeat steps 3-7 with the other breast.

Illustrations courtesy of [www.breasthealthproject.com](http://www.breasthealthproject.com)

[www.HeathyGirlsBreastOil.com](http://www.HeathyGirlsBreastOil.com)

715-878-4474

### The lymphatic breast self massage:

1. Start with the lymph on the neck. Gently stroke down from the top of neck to the top of the collarbone.
2. Feel the hollow spot above the collarbone. Gently stroke from the shoulder toward the neck. This opens lymph passages before it empties into the circulatory system.
3. Under your arm; gently use a pumping action and stretch the skin straight up into the armpit. You may feel tenderness. Gently pump until the tenderness disappears.
4. Take the entire breast in your hands and gently pull toward the armpit with a pumping action.
5. With a flat hand on top of breast gently pump the breast upward.
6. Hold the entire breast and gently move it toward the center of the body.
7. Gently stretch the skin all around the breast away from the nipple. Lastly beep the horn with a flat hand on top of the nipple.
8. Repeat each step 6-10 times and then repeat with the other breast.

Testimonials prove the effectiveness of using Healthy Girls Breast Oil with the self breast massage to relieve pain and tenderness, soften breast tissue, as it reduces fibrocystic breast tissue, lumps, PMS symptoms in the breast, regenerates new cells, reduces fear of breast cancer, and gives you a feeling of being pampered.

You have the innate ability to learn to find the missing links for your well being. You will continue, to explore and experiment using quality essential oils, and focus on movement that will give you more vitality and nurture your body. You will see and feel awesome possibilities of healing your physical body, your emotional mind, and your spiritual wellness. Caring for your body is YOUR responsibility, and your pleasure!

Resources: Graf, K. *Advanced Level Aromatherapy Home Study Certification Course*  
[www.aromastudio.com](http://www.aromastudio.com)

Northrup, C. MD *Book Women's Bodies, Women's Wisdom*

Joyce Sobotta, educator, certified in Aromatherapy and Reflexology

715-878-4474/ cell 715-828-0117

[www.aromatherapynaturesway.com](http://www.aromatherapynaturesway.com)

[joyce@aromatherapynaturesway.com](mailto:joyce@aromatherapynaturesway.com)