



March 2011

Monthly Specials

Vol. 1



LIMITED EDITION

Sandalwood African 6ml
20% off Sale Price: **\$19.60**

The aroma of African sandalwood in general gives one a sense of inner peace and tranquility. Because of the high percentage of sesquiterpenes, it readily crosses the blood/brain barrier. This, in turn, increases the oxygen around the pineal and pituitary glands in the brain, as well as the amygdala. This elevated oxygen level in the brain can also help us control our fears and alleviate mental confusion.

Sandalwood has the ability to unlock the emotional trauma stored in the DNA of our cells. By unlocking this trauma, it can curb our manipulative and controlling tendencies.

Sandalwood is relaxing and soothing, promoting restful and relaxing sleep.

For complete descriptions of essential oils, check out www.MindBodyandSoleOnline.com



CSA SIGN UP

How would you like to have FRESH, ORGANIC, UTAH GROWN produce every week?! Bell Organic Gardens has agreed to use my home as drop off point for CSA Members!

Bell Organic Gardens of Draper has provided fresh, local produce for 10 years. Their produce is certified organic and weekly shares consist of 6-8 items at a cost that comes to \$25/week. Their season runs for 30 weeks and they have great local add-ons. A share is good for a family of 2-4.

We do need at least 20 people signed up, so don't miss out on this great opportunity! Spring deliveries begin in May, but they are usually full before then, so go to their website to register and choose the Centerville location.

ESSENTIAL OIL SPECIALS—15% OFF

Blends

Delicate	Full Price: \$17.00	Sale Price: \$14.45
TendaCare	Full Price: \$16.50	Sale Price: \$14.02
Valee	Full Price: \$18.00	Sale Price: \$15.30

Singles

Eucalyptus	Full Price: \$5.25	Sale Price: \$4.46
Lemon	Full Price: \$5.25	Sale Price: \$4.46
Palmarosa	Full Price: \$6.00	Sale Price: \$5.10



Buy all six and receive 20% off!

WHAT ARE SOME OF THE BENEFITS OF A FOOT ZONE?



Benefits and results vary depending on the individual and what their body is ready to release. However, benefits reported include:

- Release of tension
- Cleansing the body of toxins
- Improvement in circulation
- Increase of the body's energy system
- A state of homeostasis and balance
- A stronger immune system
- A quicker response time for health after injury or illness
- Improved relationships
- Harmony and peace in your home and life

If you have questions, or to schedule a session, please call 801-292-7574.



BREEZEY—ENDO RELIEF GIFT SET

20% OFF

SALE PRICE: **\$14.40**

When used alternately, Breezey and Aspire deliver a one-two punch to those nasty respiratory problems that are so common this time of year.

Breezey opens bronchial and sinus passages while Aspire helps decongest, clear respiratory passages and relieve coughs and sore throats.

Available with a 2 oz almond or coconut oil for an additional \$3.00.

UPCOMING CLASSES

March 11-12, 25-26, April 8-9, & April 22-23; Cliff Dunston's Lymphology & Acupressure Certification; 5:00—9:00 on Friday and 9:00—5:00 on Saturday; \$980

This in-depth, "hands on" class will certify you in lymphology & acupressure. It will provide extensive instruction on acupressure points and how to work them; kinesiology and how to speed the process; homeotoxicology; electrical acupuncture; auricular therapy and how it relates to blood sugar balancing, aiding the digestive system, weight management, and blood pressure; clearing negative energies and blocks of the body; clearing emotional blocks to help physical health; emotional codes—finding and clearing; tapping techniques for meridian clearing and much, much more!

Students can pay for each class individually @\$250 or in one lump sum @\$980.

March 18; Essential Oil Class; 6 PM—9 PM; \$15

This 3 hour class is designed for the beginner as well as the individual who has been using essential oils for some time. We cover a wide range of topics and make the practice of using essential oils fun and easy. By the end of this class you will know how to effectively use essential oils in most situations.

NEW CLASS!!! March 19; Yogurt, Kefir, and Other Fermented Foods; Noon—4:00; \$40 (\$5 discount for spouse or family members) Class fee includes kefir grains.

Lacto Fermented Probiotics—what are they, why do I need them, where can I get them, and what do I do with them? During this 4 hour class, you are invited to learn how to make delicious probiotic foods that enhance your health and well being. We'll talk about Yogurt, Kefir, Sourdough, and other fermented foods. We'll demonstrate different recipes and provide samples. You'll leave with starters, recipes, and the necessary information to start making your own healthy probiotic drinks, sodas, breads, and more! PayPal payments to kacorner@comcast.net by March 12 to reserve your spot! Space is limited so sign up today!

Pre-Registration is Required, call 801-292-7574 to register.

