



April 2011

## Monthly Specials


Vol. 1

### HEALTH NUTRITION AND THE WORD OF WISDOM

Part 1: All Wholesome Herbs  
Saturday, April 30  
Noon - 4:00  
Cost: \$40  
Centerville, Utah

As I prepare for this class, the excitement is starting to build. There are lots of wonderful things that I want to share with you and I'm sure there's something for everyone in this class.

To start the class, we'll go to the scriptures, specifically D&C 89 to see exactly what the Lord tells us about why we should use herbs. Then I'll introduce 10 herbs that are easy to grow in your yard (you may already be growing them) and talk about the culinary uses, traditional medicinal uses, and even ways to use them in cleaning! We'll talk about different methods of preparation including steams, teas, infusions, decoctions, tinctures, salves, and of course essential oils. And at the end we'll bring it right back to the scriptures and talk about how the use of herbs point to Christ.

 Please call 801-292-7574 to register for this class.

For complete descriptions of essential oils, check out [www.MindBodyandSoleOnline.com](http://www.MindBodyandSoleOnline.com)

### ESSENTIAL OIL SPECIALS—15% OFF

#### Blends

Acknowledgement	Full Price: \$27.00 Sale Price: \$22.95
Meditation	Full Price: \$22.75 Sale Price: \$19.34
Wake Up	Full Price: \$11.00 Sale Price: \$9.35

#### Singles

Birch, Sweet	Full Price: \$8.75 Sale Price: \$7.44
Coriander	Full Price: \$12.00 Sale Price: \$10.20
Orange, Sweet	Full Price: \$5.00 Sale Price: \$4.25



Buy all six and receive 20% off!

### ESSENTIAL OIL DIFFUSER

**\$60.00**



The essential oil diffuser order will be sent in soon. If you've been thinking about getting one, now is the time. Retail cost is \$79.99, but we can get them for \$60 when we order in cases of 12.

It looks like we'll be ordering 2 cases with this order but there are still a few diffusers that haven't been spoken for. If you're interested, please give me a call at 801-292-7574. Here is the order form, you can fill it out and send it to me with your check. Call me if you have any questions.

### TESTIMONIAL



"The foot zone you gave my daughter had wonderful results! She is a sweet girl with a lot to offer but growing up she has become cynical with a "know it all" attitude. All of that melted away after her first appointment with you. She became openly loving to me and had more patience. I was pleasantly surprised. When her new attitude wore off I knew it was time for another foot zone. Thank you so much for blessing our relationship. We have always been polite to each other but now there are wonderful feelings behind our actions.

I am glad I get to start getting foot zones and feel confident it will bless many of my relationships.

Keep up the good work!"

### EASTER & MOTHER'S DAY SPECIALS

During the month of April and up until Mother's Day, I'll be offering three specials that are sure to delight Mom or anyone who finds one in their Easter basket!

**FIRST** - Foot zone gift certificates are the perfect gift for the person you love. Beginning April 1st through Mother's Day, when you purchase 4 gift certificates, you'll get the fifth one FREE! That's a \$200 value for only \$160!

**SECOND** - You can get a foot zone gift certificate and four essential oils in an organza gift bag (6ml Eternity, 6ml Cedarwood, 6ml Frankincense, and 6ml Sweet Orange) for only \$50! That's a \$70 value for only \$50!

**THIRD** - You can get four essential oils in an organza gift bag (6ml Eternity, 6ml Cedarwood, 6ml Frankincense, and 6ml Sweet Orange) for only \$20! That's a \$30 value for only \$20!

### UPCOMING CLASSES



#### Health, Nutrition, and The Word of Wisdom - Part 1: All Wholesome Herbs

Saturday, April 30  
Noon - 4:00  
\$40  
Centerville, Utah

During different dispensations of time, the Lord has provided nutritional guidelines. How well do you understand the instructions we have given for our day and our time? Which foods have been given a sacred calling to provide nutrition for man? What role do herbs play in our diet? When is the best time to eat cauliflower, carrots, apples, or figs? When has the Lord instructed us to eat meat, and why? What drink has the Lord specifically instructed us to drink?

In this class we'll explore the Word of Wisdom and develop a greater understanding and appreciation for the instructions the Lord has provided for "the temporal salvation of all saints in the last days." Then we'll learn EASY ways to incorporate these instructions into our everyday lives and everyday meals.

Class 1: All Wholesome Herbs, will discuss the roll of herbs in our life and our diet, easy herbs to grow in your backyard (or already are growing) and how to use them, various ways to prepare herbs for use, essential oils, tinctures, and MUCH more! Pre-registration is required, please call 801-292-7574 to register. Space is limited so sign up today!

#### Sue Noall's, The Energy Connection

April 8 & 9 - Davis County, Utah

May 13 & 14 - Wellsville, Utah

\$200

What is energy and how does it affect us? Everything around us, including our own bodies, is made up of energy and it runs at different frequencies. If the energy that is in our bodies becomes blocked and trapped we can become out of balance and ultimately tired and sick. These blockages emerge from many different sources but the bottom line is they need to be cleared.

"The Energy Connection" is a combination of several different techniques and methods I have learned along the way through experience and inspiration. I have found that anyone is able to use this technique with just a few days of training. It is not me (or you) fixing anything; it is a very simple and complete method that fixes the human body. The blockages, or old patterns that are not serving us, are simply released so that we are able to move forward no longer being governed by old programs and false foundations within ourselves, some of which we may not even be fully aware of. As balance is restored the changes are felt throughout every aspect of your life: physical, spiritual, mental, and emotional.

This class includes two fun filled days of energy work starting with what energy is, how to balance ourselves and then using this tool to balance others. Come join us for a fun filled, hands on, self improving weekend that will not only benefit yourself but the ones you love the most. Please call 435-764-2717 to register.

#### Yogurt, Kefir, Sourdough, and Other Fermented Foods

Saturday, May 14  
Noon - 4:00  
\$40

Want to know more about yogurt, kefir, and sour-dough? Want to know what they are and what they do to help the body? Want to know what to do with them? In this class, we'll discuss probiotics and how they help alleviate constipation, diarrhea, IBS, allergies, and other digestive problems. I'll provide demonstrations on: making yogurt and dishes made with yogurt, kefir (both milk and water) and foods and drinks made with kefir, sourdough and different things to make with sourdough, and other fermented foods like sauerkraut, Japanese sauerkraut, ginger carrots, and pickles. You won't believe how EASY it is and how little time it takes! Then you'll have an opportunity to taste for yourself AND you'll get the starters to begin making these foods and drinks at home for yourself and your family! Pre-registration is required, please call 801-292-7574 to register today!

#### Kim Watt's, Synergetic Cleansing & Health

May 18, 19, and 20  
9:30-4:00  
\$400  
South Jordan, Utah

The Synergetic Cleansing and Health 3 day workshop will teach and instruct you how to get to the root cause of issues happening within the body. This program teaches about the physical body and its functions and how that affects us emotionally, physically, mentally and spiritually. This program goes deep into the body and how our body systems reflect spiritual principles. This program was designed to strengthen the body and the soul. Through proper nutrition and correct foundations we can help our bodies heal. By using this program within the home you can get to the heart of the issue. A very beneficial class for any member of your family. Please call 801-879-9017 to register or email your information to [kimberly.watts@hotmail.com](mailto:kimberly.watts@hotmail.com)

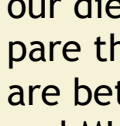
#### Health, Nutrition, and the Word of Wisdom—Part 2: Fruit of the Vine

Saturday, May 21  
Noon—4:00  
\$40  
Centerville, Utah

During different dispensations of time, the Lord has provided nutritional guidelines. How well do you understand the instructions we have given for our day and our time? Which foods have been given a sacred calling to provide nutrition for man? What role do herbs play in our diet? When is the best time to eat cauliflower, carrots, apples, or figs? When has the Lord instructed us to eat meat, and why? What drink has the Lord specifically instructed us to drink?

In this class we'll explore the Word of Wisdom and develop a greater understanding and appreciation for the instructions the Lord has provided for "the temporal salvation of all saints in the last days." Then we'll learn EASY ways to incorporate these instructions into our everyday lives and everyday meals.

Class 2: Fruit of the Vine, will discuss the role of fruits and vegetables in our life and our diet, fruits and vegetables in season and how to use them, various ways to prepare them for use, natural and digestive enzymes and fasting, raw foods, which foods are better for us when we eat them cooked rather than raw, food and farmer co-ops, and MUCH more! Pre-registration is required, please call 801-292-7574 to register. Space is limited so sign up today!



**Pre-Registration is required for all classes.**