



Fall 2016

Boyd's Alternative Health

"Where your health matters and nice people care."

Newsletter issue #55

Welcome Back!!!

It's that time of year again when our hot summer days or, this year, our wet summer days turn to cooler and shorter days. There is something about fall that is comforting even though I know what is in store in just a few short months. I happily anticipate the return of order and schedule that seems to fly out the window with summer break. I look forward to that early morning walk outside, the smell of the leaves decaying that says...yes time for warmer clothes, slower weekends and a need to make homemade soup. There is a lot to do to get ready for winter and fall seems to be the season that reminds us to get busy! Gardens to take off, canning for some of us, yards to clean up before the snow flies and back to school for many children young and old!

After a fun packed summer, late nights and visiting people all around our country we are usually pretty run down by the end. Time to get into the routine of good nutrition and supplements to boost the immune! Don't let a rushed time schedule be your excuse for poor food choices. Plan ahead for the time you know you will be busy. Perhaps a menu so you can pre-shop and be prepared for good food choices. This is also the time of year we need to be preparing our bodies for cold and flu season.

I'd like to mention that we still highly recommend our "Three Amigos" **Bio 87, Bio 88, and Bio 93**. Bio 93 can be taken long term to keep the immune system strong. It is not a booster but a fortifier so it is safe to take for extended periods of time. This regime has been working for families for many years! Start before you or your family gets sick to keep your health all year long! This is a great combination to start kids with at the beginning of the school year. After 2 weeks on all three, you only need to continue the Bio 93 at 1/3 dosage to maintain the immune and use the other two only when you feel you may need them. The cost of being sick is what very few people take into consideration. Lost work hours for yourself or having to stay home with sick children gets very expensive, the little cost for our Three Amigos is easy to take when you consider what being sick actually costs in the end. We will have a special on for the Three Amigos during September! The Three Amigos will be on sale together as a trio for \$63.60+GST - That's a savings of \$15.90!!!

Goodbyes and Hello!

It is with sadness that we are saying goodbye to Jaylene Ricker. Jaylene has been a part of our office family for the last 4 years and she will certainly be missed by her clients and our office family here as well. We wish her all the best in her future endeavours in Red Deer. Jaylene will still be seeing clients in her Red Deer office by appointment.

Also, we will be saying goodbye to Tara, for a year anyway, as she will be leaving us sometime in November to have their 1st baby, exciting times for the Reed family! We will be introducing you to Tara's replacement very soon.

PLEASE Be Aware: Jackie is not taking any new clients until the new year.

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“The best six doctors anywhere, and no-one can deny it are; sunshine, water, rest, air, exercise and diet.”
– Wayne Fields

Can you imagine the action that would be going on outside if computers, televisions, phones and so on didn't exist?! How fun would that be? It is unfortunate that so many people struggle to get even 10 minutes of sunshine a day. Sunshine, and of course Vitamin D, is absolutely essential. Vitamin D nuclear receptors have been detected on over 30 organs in the body, so the role of Vitamin D is almost endless. Some of these organs include our kidneys, bones, lungs, muscle and skin.

Why Is Sunshine So Essential?

1. Think about how happy you are after a day in the sun. Several studies have proven that exposure to sunlight significantly reduces or even eliminates, one's symptoms of depression. Therefore, daily sunshine may be an easy, cost-effective way of improving mental illness.
2. Vitamin D is essential in order to heal and seal a leaky gut.
3. Vitamin D is required for calcium absorption, ensuring your bones are kept strong and healthy.
4. Autoimmune disorders have tripled in the last 50 years, so clearly we are doing something wrong. Vitamin D has been shown to reduce symptoms as well as the risk of autoimmune disorders including rheumatoid arthritis, Crohn's disease, multiple sclerosis and Type 1 Diabetes.
5. Vitamin D can regulate your blood pressure and increase your chance of a longer life span.
6. It can reduce your risk of obesity, Type 2 Diabetes and other metabolic syndromes due to the link between insulin sensitivity and Vitamin D levels.
7. Vitamin D is a huge contributor in regulating your immune system.
8. Sleep and sunshine go hand in hand. Just 10 minutes of sunshine a day is enough for the body to produce all the vitamin D it needs for health, however, without at least 9 hours of full darkness no matter how much sunlight you get there will never be enough Vitamin D produced.

What Can You Do About It?

The best source of Vitamin D obviously comes from the sun and through high-quality Vitamin D rich foods. Take note that cholesterol is required for the production of Vitamin D in the body, Vitamin D is a fat-soluble vitamin and, therefore, requires dietary fat to be absorbed and utilized. If you have high cholesterol, your body may be doing you a favor by trying to increase your Vitamin D absorption, so use this as a sign that you need to increase your sun exposure and Vitamin D dietary intake. Try to include foods that are also naturally rich in Vitamin D, such as grass fed liver, butter, ghee, eggs and dairy, as well as oily fish, cod liver oil and even mushrooms that have been exposed to the sun.

To get the Vitamin D your body needs when you can, expose as much skin as possible to the sun for at least 10 minutes a day. Sit, walk, ride, swim, run or read a book outside and in amongst nature. It will make such a difference to your overall health, happiness and wellbeing. With winter and freezing temperatures on the way, getting a decent amount of direct sun exposure is not always something we can accomplish. When this just cannot be done for any reason, we recommend Bio Lonreco's Liquid MCT Vit D3 at 1000 IU per drop. MCT standing for Medium Chain Triglycerides from coconut oil ensuring optimum absorbency of this fat soluble vitamin.



Lactose Intolerance...Love Dairy Again!!!

If you suffer from an intolerance to dairy, there is new and exciting help for you!!! For years the only solution to lactose intolerance for many people was taking digestive enzymes that included the enzyme Lactase or simply cutting all dairy from the diet. Symptoms of lactose intolerance can include gas, bloating, flatulence, stomach rumbling, abdominal pain, diarrhea, nausea and even vomiting after the consumption of dairy products. We here at Boyd's Alternative Health now have a viable solution called Sulmedol. Sulmedol can eliminate your lactose intolerance by reactivating your body's natural production of lactase, the enzyme that digests lactose!

Sulmedol is a unique solution that can eliminate the need for digestive enzymes and allow you to enjoy dairy foods again. Imagine all the convenience and enjoyment with less cost. Sulmedol is a unique form of the mineral sulfur, called sublimed sulfur. Sublimed sulfur (Sulmedol) is the first licensed natural health product (NHP) known to activate Lactase production in your intestine and restore the ability to digest lactose. This unique ability of sublimed sulfur was discovered by Dr Airudin Khan M.D. of London, Ontario.

How long will it take? In most cases, just one bottle – a 50 day supply – is needed to restore lactose tolerance and allow you to enjoy dairy foods again. Results will vary for each individual depending on the severity of their condition. By taking just 1 capsule, twice daily immediately after meals, symptoms of lactose intolerance should begin to disappear – generally as soon as 2 weeks, or sometimes up to 12 weeks. Just think of the food possibilities....

Your Hot Tub

Fall is here and nothing is more relaxing than sitting in your hot tub at night looking at the stars and moon. But how healthy is it to sit in a hot tub?

Let's see, we have tap water, which has chlorine and fluoride in it already, and then we use either chlorine or bromine which are the most popular cleansers and then we add all kinds of additional chemicals and fragrances.

So to start off with, chlorine isn't the healthiest thing to be sitting in. Chlorine is commonly found in nature, but almost always in combination with other natural building block elements. Every time you drink a glass of tap water, read a newspaper, put on a vinyl raincoat, brush your teeth, drink a diet cola with Splenda®, or drive your car, you are using chlorine in some unnatural form. Chlorine vapors can irritate your lungs and pose a serious risk to people who suffer from lung problems. This is especially true for people suffering from heart conditions or chronic respiratory problems such as asthma or emphysema. Chlorine is also a highly corrosive substance capable of damaging the skin, eyes, and other delicate membranes. Remember how your eyes burn after swimming in a highly chlorinated pool of water?

Pregnant women in their first trimester who drink five or more glasses of chlorinated tap water a day may be at a much higher risk of miscarriage than women who drink non-chlorinated water.

Ok – so what you may not know is that chlorine (and fluoride) pull iodine out of our bodies. You may think this is no big deal, but iodine deficiency is a huge problem now days. The thyroid controls our body's metabolism. The thyroid also affects our sinuses, lungs, kidneys and the lymphatic system. Sitting in chlorinated water can only make this worse. In addition, iodine is a well-known cancer preventative. Viruses, which cause many cancers, cannot live in an iodine environment. So taking iodine out of our bodies just cannot be a good thing!

Many people think that if they use bromine (also called bromide) instead of chlorine that this is a healthier option. But actually, bromines are even worse than chlorine and are finding their way into our environment in ever increasing quantities. This is noticeable by the fact that the amount of bromine found in breast milk has increased ten-fold over the last decade. There is no positive affect from bromide, but instead it also affects the absorption of iodine in our bodies. (Iodine: Why You Need It Why You Can't Live Without It, M.D. David Brownstein)

For the chemistry behind this - there is this well-known chemical law, called the law of halogen displacement. The halogen group is made up of: Fluorine, Chlorine, Bromine and Iodine. Respectively their Atomic Weights are: 19, 35.5, 80, and 127. The clinical activity of any one of these four halogens is in inverse proportion to its atomic weight. This means that any one of the four can displace the element with a higher atomic weight. Since Iodine has the higher atomic weight it is constantly at risk of being removed from our thyroid, especially if we drink chlorinated water. (Folk Medicine, DC Jarvis, 1958, pg.138)

Creating a Healthy Hot Tub

Don't get rid of your hot tub just yet – there are many healthy options.

First of all, once you fill your hot tub with clean water, use a filter to remove the fluoride and the chlorine or pour in a product you can purchase at greenhouse or hot-tub stores that does this. Once you remove these harmful elements. You still need to keep the water clean. The key to this is the pH. The pH is “the potential of Hydrogen”, which is a measure of the acidity or alkalinity of a solution. The lower the pH number, the more acidic the solution is, the higher the number, the more alkaline the solution is.

PH is pH, is pH. It doesn't matter whether you are testing your pool, your body, or your fish tank. The scale is all the same. Know that the pH of the water in your hot tub should optimally be between 7.2 and 7.6. Purchase some pH strips that show you the actual numbers, not which product to use per color. You can get these online, in health food stores, pet stores, and sometimes in hot tub/pool stores.

If your pH is too acidic, you will need to alkalize it. Baking soda is a great alkalizer. If it is too alkaline, you will need to add something acidic. Food Grade Hydrogen Peroxide (which can be purchased at Boyd's Alternative Health) is a good choice here. Some people add 1 cup of Hydrogen Peroxide every week and use nothing else to sanitize their hot tub. Hydrogen peroxide is one of the most powerful oxidizers known -- stronger than chlorine actually. And it is also an effective bacteria killer, but much safer for people.

Another option is essential oils. The recipe commonly used is 18 drops of geranium, 5 drops of lemon, and 3 drops of lavender. These are all medicinal grade essential oils – not the inexpensive perfume oils. Young Living and Pranarom are both acceptable grades of essential oils for this purpose and are available here at Boyd's.

Essential oils keep the water clean and sweet smelling for about 2 weeks, although you should likely still change the water more frequently after birthday parties, etc. The original recipe calls for 3 drops of Tea Tree oil, but enough people have skin sensitivities to it that we would recommend substituting with lavender. Oils work extremely well, leave no residue in the filter, and do not interfere with any of the plumbing. Be sure to always add the oils directly into the center of the water, not directly into the filter. I have heard that some people also use this recipe when they want to go away for a few weeks, and that the water was always fresh and clean when they returned home.

As with any of these cleaners, once you put them in – be sure to take the pH of your water weekly to make sure you keep the pH of your tub where you want it. After you add something to make a change, let your hot tub cycle through a water flush and then take the pH again to make sure you are getting the desired results. You can keep adding your preferred product little by little to make sure you are moving the pH in the direction you need.

So have a great fall & winter in your hot tub –after you make it a healthy place to be. Your body will thank you for it!

Time to clean all those sweaty, smelly summer fungus filled shoes!!

After a summer of hot, rainy weather make sure you take the time to sanitize your footwear before putting them away until next year. Use apple cider vinegar and water to wash the soles of the shoes. Secondly, spray down with a mixture of Nature's Fresh and a few drops of Aromavita 82 (Anti-Fungal) Essential Oil. Let dry and put away for another season. It's a good idea to use the same Aromavita 82 in a bucket of water to wash down your entry way or where you leave your footwear at the door. This also works great for athlete's foot and athlete's footwear year round!

Did You Know?

In the 1960's, bakers stopped using iodine as a dough conditioner and started using bromides instead. So instead of contributing to iodine intake, breads made from brominated flour now help rob iodine from the body. Since iodine is needed to make thyroxin, the hormone that triggers fat to burn in the body, is it any wonder that the increase in exposure to these iodine robbers has paralleled an increase in obesity?



Rougier's Tincture of Iodine 5% (topical) available at Boyd's Alternative Health.

We all love a good sweet from time to time, and while raw desserts are often touted 'healthy' they are still high in natural sugars and energy so they should still be considered a treat. The trick is, though, most desserts can be created in a healthier way using mother nature's ingredients and minimal processing. That's where the goodness is! So next time you want Caramel Slice, ditch the tinned caramel sauce, packaged biscuits, evaporated milk and swap to these more natural options.

BASE

- 1/2 cup almonds
- 1/2 cup Medjool dates (pitted) Approx. 6 dates
- 2 tbsp melted coconut oil
- 1/4 cup raw cacao powder

Using a food processor, process base ingredients until a sticky crumble forms.

Spread evenly over a lined dish (we have used a square dish or a smaller rectangle dish). Place into freezer while you make caramel layer.

CARAMEL LAYER

- 1 cup Medjool dates (pitted), approx. 10 dates
- 1/2 cup melted coconut oil
- 4 tbsp tahini
- 2 tbsp maple syrup
- 1 tsp vanilla

Process in food processor until smooth and creamy. Spread evenly over base and replace into the freezer to set for 20-30 minutes.

TOP CHOC LAYER

- 1/4 cup raw cacao powder
- 1/4 cup melted coconut oil
- 1/4 cup pure maple syrup

In a medium bowl, mix chocolate ingredients together well with whisk. Pour evenly over caramel layer and place back in the freezer to set for 10 minutes.



Quinoa Broccoli Cheese Soup

1 cup of cooked quinoa has 8 grams of protein

For a different flavor substitute $\frac{3}{4}$ cup blue cheese for the cheddar.

3 cups broccoli florets

1 tbsp. butter

1 cup chopped onion

$\frac{1}{4}$ cup quinoa

3 cups chicken or vegetable stock

1 $\frac{1}{2}$ cups half & half cream

Salt and ground black pepper to taste

1 cup cheddar cheese

Separate the broccoli into smaller, bite size pieces and set aside. Melt the butter in a large saucepan over medium heat. Add the onion and sauté until softened, about 8-10 minutes. Add the broccoli, quinoa and chicken stock to the saucepan. Cover and reduce heat to low. Simmer for about 18 minutes, until the quinoa is tender.

Puree the cooked mixture with a hand blender or cool slightly and puree in 2 batches in a blender or food processor. Return the soup to the saucepan and add the cream. Season with salt and pepper. Reheat the soup on low heat, being careful not to boil it. When the soup is hot, stir in the cheese until just melted and serve immediately.

Clean Indoor Air

Winter is just around the corner. With it comes locked in, stale air that we just cannot always escape. We long to open the windows to let a fresh breeze cleanse our lungs but here in Alberta as we well know, that is not usually possible if we want to stay warm! You might think that this isn't so bad, it's just old air with some penned in dust and maybe some left over cooking smells but you may be shocked to find out that there is usually a fairly large pollution content as well. There is a wide range of pollutants that are common in our homes, some in large quantities. Here is a list of the most common ones:

Formaldehyde

Where it's found: particleboard, paper, carpets, foam insulation, plywood, grocery bags, waxed paper, fire retardants, natural gas, and cigarette smoke

Why it's bad for us: Formaldehyde is carcinogenic and can irritate our skin, eyes, nose, and throat, causing itchiness, coughing, and nosebleeds.

Trichloroethylene

Where it's found: varnishes, spot remover, inks, paints, and adhesives

Why it's bad for us: Trichloroethylene is a known carcinogen that, if inhaled, can irritate the nose and throat and harm the nervous system. Symptoms of exposure can include headaches, nausea, drowsiness, and dizziness.

Benzene

Where it's found: paint, detergents, inks, plastics, dyes, synthetic fibres, vehicle exhaust, and emissions from gas-powered equipment and stored solvents

Why it's bad for us: Benzene is classified as a carcinogen. At high exposure levels, it may cause dizziness, tremors, nausea, and drowsiness. At lower chronic exposure levels, it has been linked to bone marrow damage and altered immune response.

Xylene

Where it's found: auto exhaust, synthetic perfume, and paint

Why it's bad for us: Xylene causes depression of the central nervous system with symptoms such as headache, dizziness, nausea, and vomiting. It may also irritate lungs, causing shortness of breath.

Toluene

Where it's found: adhesives, floor coverings, paint, chipboard, cleaners, polishes, lubricants, tobacco smoke, and running engines

Why it's bad for us: Toluene has been shown to cause eye, nose, and throat irritation, as well as adverse neurological effects such as problems with short-term memory and motor function.

A simple and effective way to help rid your home of these pollutants is to grow some house plants. That simple. Personally I think this is one of the easiest ways I have ever heard of to improve health, as plants are such a beautiful thing anyway, especially in the long winter months of not being able to garden outside! There are very obviously many types of house plants but here are a few that target common pollutants.

Continued...

1. Aloe vera

This is the famous healing plant that no home should be without. It's great for treating minor cuts and sunburns—and for ridding the air of a more insidious threat: formaldehyde. Grow aloe vera by a bright or sunny window in well-drained soil that's kept slightly on the dry side.

2. English ivy (*Hedera helix*)

English ivy is an attractive climbing or trailing evergreen plant with many cultivars to choose from. It prefers moisture in the air (or misting) and moist, well-drained soil in a partially sunny to shady location. The plant is adept at clearing several toxins from the air, including toluene and benzene.

3. Spider plant (*Chlorophytum comosum*)

Grown for its grasslike, often striped foliage, this is an undemanding plant that thrives in medium to light shade and moist air. It is popular for hanging baskets. The spider plant cleans several toxins from the air, but is perhaps best known for decreasing carbon monoxide and nitrogen dioxide levels, as well as ethylbenzene and formaldehyde.

4. Snake plant (*Sansevieria trifasciata*)

The snake plant has long, fleshy, pointed leaves with several variegated forms to choose from. It rarely flowers indoors. It is undemanding, though it prefers well-drained soil with bright to indirect light. In a recent study of 12 plant species, snake plant was the most effective at removing toluene from the air.

5. Peace lily (*Spathiphyllum 'Mauna Loa'*)

The peace lily blooms reliably well indoors with attractive oval, white, papery spathes and leathery, glossy leaves. These plants prefer well-drained soil and filtered light with moderate to high humidity levels. The peace lily helps clear the air of many toxins, including benzene, trichloroethylene, and more.

6. Golden pothos (*Epipremnum aureum*)

Golden pothos is an attractive evergreen vine that is effective as a trailer or climber. Its leathery, bright to dark green leaves are splashed or marbled with yellow. It prefers fairly rich, moist yet well-drained soil in bright, filtered light. Golden pothos can help clear the air of formaldehyde, and it also helps to remove benzene.

7. Boston fern (*Nephrolepis exaltata*)

The Boston fern has a graceful arching habit that is especially attractive in hanging baskets. It is a hardy, easy-to-grow evergreen plant. It prefers fairly rich, well-drained soil, moderate to high humidity with good air circulation and bright, filtered light. The Boston fern works well against formaldehyde; in fact, a recent study found ferns to be the most efficient class of plants for removing formaldehyde.

8. Weeping fig (*Ficus benjamina*)

The weeping fig is a popular houseplant that prefers fairly rich, well-drained soil and full sun to partial shade exposure. The weeping fig helps to remove a variety of pollutants from the air, including octane, terpene, and xylene.

9. Dracaena, especially red edged (*D. marginata*), Warneckeii (*D. deremensis 'Warneckeii'*), and Janet Craig (*D. deremensis 'Janet Craig'*)

Dracaenas are well-known indoor houseplants that prefer well-drained soil and partial shade. They are good at removing a variety of toxins from the air. The red edged variety is particularly good at clearing xylene from the air, while *D. deremensis* varieties are adept at clearing trichloroethylene from the air.

Something to Think About

Ultrasound or sonography screening uses cyclic sound pressure with a frequency greater than the upper limit of human hearing. In research conducted in 2001, in which an ultrasound transducer aimed directly at a miniature hydrophone placed in a woman's uterus, recorded a sound "as loud as a subway train coming into the station." In reality, a number of scientific studies have indicated considerable dangers from exposing the vulnerable fetus to ultrasound, especially to the developing brain. Additionally, frequent exposure to ultrasound is associated with a decrease in newborn body weight, an increase in the frequency of non-genetic left-handedness, delayed speech and potential speech impediments from damage to the inner ear. Another harmful effect of this technology is how much heat the ultrasound causes inside the womb.

Ultrasound heats bone more rapidly than muscle, soft tissue or amniotic fluid. During the third trimester the baby's skull can heat up fifty times faster than its surrounding tissue, subjecting parts of the brain close to the skull to continued heat after the ultrasound exam has concluded. Body temperature is critical to proper enzyme reactions. Temperature affects the actual shape of the proteins that create enzymes, and improperly shaped proteins are unable to do their jobs correctly. If a condition of high heat lasts for more than a few minutes, enzyme reactions become less efficient until they are permanently inactivated, unable to function correctly even if the temperature returns to normal.

The same technology applies to the fetal heart monitor.

Pranarom Vegetable & Macerated Oils available at Boyd's Alternative Health

Calendula: Oil Macerate, for external use only.

Properties and uses:

Traditionally used in herbal medicine to aid in wound healing and to help relieve skin inflammation and irritation.

General properties: Anti-inflammatory, soothing, healing

Can be combined with St. John Wart to treat burns, sunburns, bites, itching or with Arnica and Calophylla to treat rheumatism, bruises and contusions or other circulatory problems.

Very good healing oil



Carrot: Oil Macerate, mainly to be used on the skin but may be ingested.

Properties and uses:

Derives most of its properties from its richness in pro-vitamin A (Retinol or Beta Carotene) which have very important antioxidant effects.

Used with Jojoba and Rosehip oil or on its own to protect against damaging sun rays while also promoting a beautiful tan. An excellent after sun treatment.

Very good anti-wrinkle oil due to its antioxidant action.

Great to use in the composition for acne products (vitamin A is one of the most popular anti acne substances known).



Jojoba: Vegetable Oil, for external use only.

Properties and uses:

Basically cosmetic, it is a beauty oil that nourishes and balances skin, but also the hair and scalp. Equally good for oily or dry skin as it penetrates very quickly as it has a composition close to sebum.

Stimulates the synthesis of elastin by the cells of the skin and limits the loss of water therefore offering better flexibility, hydration and skin resistance.

Very interesting as a carrier oil for essential oils for use in massage oils, after shave masks, sports oils, etc.



Rosehip: Vegetable Oil, for use on the skin and internally.

Properties and uses:

Oral use: unique source of EFA's Omega-3 and 6, therefore supplying molecules implicated in cell wall structure and in the fight against skin inflammation. This makes it a very complete dietary supplement, given its high liposoluble and anti-radical vitamin (A & E) content.

External use: super nourishing, healing and antioxidant oil. Indispensable in all good cosmetic creams and oils. Is often combined with other vegetable oils that are more penetrating and moisturizing. Is in itself a very popular night cream, which can complement any essential oil (Rosewood, Geranium, Lavender, etc.)



Pranarom Essential Oils

Aromavita 6 – Cold & Flu: Most winter infections are caused by viruses, which are more resistant to low temperatures than bacteria, which means the flu, common cold and sore throats are common during the cold season. Their viral origins mean that conventional medicine is highly limited in their treatment, focusing on the symptoms (fever and throat pain/ inflammation) rather than their root causes. Believe it or not, essential oils can neutralize the viral causes of these symptoms. This formula of Ravintsara, Mandravasarotra, Rosemary cineole and broad leaved Peppermint, is specifically made to target those common viral infections and eliminate them in record time while also acting as a powerful decongestant.

Use: Local massage use 1-2 drops added to 1-2 drops of a pranarom carrier oil. Body massage use 2-10 drops diluted in 5-10ml of a pranarom carrier oil. For diffusion use 1-6 drops.

Aromavita 15 – Relaxation: Used to help relieve nervousness and irritability as well as to promote relaxation and restful sleep. This combination of Lavandin, Mandarin, Ylang-Ylang and Roman Chamomile is designed at a molecular level to assist your body into a soothing, peaceful state and to promote de-stressing. (This oil is a substitute for Young Living's Peace and Calming.)

Use: Local massage use 1-2 drops added to 1-2 drops of a pranarom carrier oil. Body massage use 2-10 drops diluted in 5-10ml of a pranarom carrier oil. For diffusion use 1-6 drops. A skin test is recommended for sensitive skin.

Aromavita 49 – Sinus & Earache: Treating sinus and ear infections efficiently can often feel impossible. They consist of acute problems stemming from various infection sources. They manifest themselves through mucus/ puss productions and induce great deals of pain. Furthermore, they are often viral, and thus, in many cases, antibiotics are powerless against them. This antiseptic, analgesic oil consisting of Spike lavender, Tea Tree, Rosemary Verbenone, Peppermint, Bay Laurel and Clove is specifically designed to be used on the skin (NEVER directly in the ear canal) to combat ear pain and eliminate the cause of the mucus/ puss.

Use: Adults 18+ add 1-4 drops to 5ml of a pranarom carrier oil and apply to affected area up to 3 times per day. Do not apply in ears or nostrils. Inhalation, apply 1-6 drops undiluted to a handkerchief/ tissue and inhale occasionally up to 3 times per day. Discuss with your health care provider before use on children.

Aromavita 59 – Cellulite: Cellulite comes about through the concentration of intra or extracellular lipid clusters. These then cause micro-inflammatory edema (a collection of excess fluid). This combination of Atlas Cedarwood, Everlasting, Cypress, Lemon zest, Lemon Eucalyptus and Rosemary Camphor is formulated to eliminate inflammation, stimulate the body to disintegrate fat deposits and stimulate the removal process of intravenous and/or lymphatic dissolved lipids.

Use: mix 5-8 drops with 5-8 drops of either Apricot kernel oil (highly penetrative), Macadamia oil (highly penetrative) or Calophylla nut oil (increases circulatory and decongestant action). Apply morning and night on desired area (hips, thighs, buttocks and legs). Before applying, exfoliate and warm the area. After each application, massage the skin with a brush with rubber nubs. A visible improvement will be seen in less than one month of application. A skin test is recommended for sensitive skin.

Aromavita 82 – Fungal Infections – Mycosis: Designed to combat all forms of fungus and aids in preventing bacterial and viral infections. This powerful combination of Lavandin, Lemongrass, Palmarosa, Niaouli, Tea Tree and Clove will effectively eliminate fungal infection in a relatively short period of time.

Use: Is to be used via massage or friction. When treating nail or plantar fungus, do not dilute. Local massage use 1-2 drops added to 1-2 drops of carrier oil. Body massage use 2-10 drops diluted in 5-10ml of carrier oil.

All of these great Essential oils and more are available at Boyd's Alternative Health. Better yet! Essential oils are 20% off for the month of September.

Interested in Natural Weight Loss?

To order: www.valentus.com/boydshappycoffee

If you are struggling with weight loss and haven't tried Valentus it may be time to check us out! It's as simple as one hot beverage (SlimRoast) in the morning, 1 'Trim' in water daily, 1 'Energy' in water daily and 1 'Immune' in water in the evening or before bed. Can it get much easier than that!? The results have been impressive to say the least! My daughter in law is now officially down 52 lbs since Easter...with just these 4 drinks daily! Take a look online or call for more info and a sample today.

SlimRoast: Controls Appetite, regulates fat absorption, regulates sugar absorption, promotes brain health & focus, promotes healthy energy, elevates mood and is a great Antioxidant!

Energy: Great for athletes, Long haul drivers, Afternoon slumps, Students (no more Red Bull), Shift workers, mornings that you can barely stay awake!

Trim: Appetite suppressant, fat burning, increased pH levels, stops sugar cravings, excellent for people that suffer with blood sugar fluctuations -high or low sugar!

Immune: Great for those that do not require weight loss as well! Great immune support as well as digestive support. Many people have noticed increased rest from sleep!

Annual Fall Sale!

For the month of September, all products (excluding valentus) in store are

Buy one, get a second "same" product for 30% OFF

All aq Thermal skincare products are 20% off

All in stock Essential oils *now including Pranarom* are also 20% off

Three Amigos Trio *Bio 87, Bio 88, Bio 93* save \$15.90

This is a great time to stock up on those everyday essentials, just in time for flu season and back to school!

Call or email to order today.