

# Balanced BE Essentials

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## Newsletter June/July 2010



***“A balanced approach to health and lifestyle are the key ingredients for a successful and happy existence.”***

### Why are diets not successful?

Most of us have tried to lose weight at some point in our lives. Some of us are continually trying. Have you ever felt frustrated when your weight drops initially and then the cravings become stronger? Have you noticed that adding lots of exercise only helps for a time and then you start to feel tired, sore and will make any excuse to not exercise that day? **To put it simply the reason it doesn't work is that your body needs nourishment in order to function effectively.** And it needs to remove the overload of toxins that has been accumulated as fat deposits, noticeably around the abdomen, upper thighs & arms, back and neck.

The body stores toxins in the fatty tissues of the body to protect itself from the overload that can't be released easily. If you diet you are reducing the size of your body but many of the impurities/toxins remain meaning that you now have a greater percentage of toxins as your body is now smaller. This causes a response in your body to create more fat to protect itself from this increase. A rebound effect takes place and you begin to crave and pile on the kilos that you have just shed. And often you pile on more!

If the majority of toxins are removed and you are adequately nourished your body responds by giving you lots of energy, helps you think more clearly and positively and best of all keeps the fat deposits from creeping back on.

If you have more energy and feel stronger and more positive you will automatically want to exercise and move your body. Think of young children who can't sit still. They never think of exercising they are just continually active and on the go with lean, strong bodies.

There are a number of ways to encourage your body to remove toxins. But some of them are too severe. Rapidly detoxing your body can cause a "healing crisis" and is especially severe for those on medication. It's all a matter of balance and commonsense. Aromatherapy is one that I love to use everyday to begin this process. It works with our body to speed up the process of elimination and due to the diuretic nature of some of the essential oils helps encourage our body to break down the water capsule around the toxins, speeds up circulation and helps rid our body of these toxins without overwhelming our body.

But you must also look to what you put in your body and work from the inside out as well as from the outside in. Minerals and trace minerals (electrolytes) are the foremost thing you should supplement with in your body. When supplementing do your homework and see if it contains all the ingredients and nutrients that support your body to function effectively and help you maintain a healthy weight.

My warmest wishes to you,  
Cheryl Gilbert (Owner/Creator of Balanced Essentials).

**BALANCED ESSENTIALS IS ALL AUSTRALIAN OWNED & OPERATED**

**Jun/Jul 2010**

All specials stay current until  
our next Newsletter

#### **SPECIAL # 1 “Relieved & Calm”**

**BE Relieved,  
BE Calm Massage Blend  
\$89.50 (save \$19.50)**

#### **SPECIAL # 2 “BE Lite All 3”**

**BE Lite for Cellulite  
BE Lite Firming & Toning Lotion  
BE Lite Stimulating Body Wash  
and loufa gloves  
\$135 (save \$24)**

#### **SPECIAL # 3 “BE Sensual”**

**BE Sensual 100mL  
\$49.50 (save \$15)**

**POSTAGE & HANDLING CHARGES  
\$10.50 for each order under \$150.  
Any order over \$150 (or if this is  
your first order with us) postage &  
handling is free.**

**Pensioners receive a 10% discount.**

**SPECIALS ONLY AVAILABLE WHILE  
STOCKS LAST**

**BULK DISCOUNTS NOT AVAILABLE  
FOR NEWSLETTER SPECIALS**

**PLEASE NOTE: FREIGHT ADDED  
FOR OVERSEAS ORDERS**

**We send our products to:**

**NZ, USA, UK, Japan, China,  
Malta, Singapore, Greece,  
Germany, Latvia, Hong Kong,  
Taiwan, Canada, France,  
South Korea, Malaysia, Qatar.**

**Don't forget our website at**

**[www.aroma.com.au](http://www.aroma.com.au)  
for secure ordering -  
or e-mail us at  
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**ROSE**  
"Rosa damascena"

## ESSENTIAL OIL PROFILE

# ROSE

**Botanical Name:** Rosa damascena

**Family:** Rosaceae

**Synonyms:** Rosa damascena is commonly known as Bulgarian Rose, Turkish Rose or Rose Otto.

**Origin:** The birthplace was probably northern Persia, or Faristan on the Gulf of Persia. It then spread across Mesopotamia, Palestine and across to Asia Minor and Greece. The European name for the Damascus rose dates from the Crusades, but it is now incorporated in its botanical name.

Commercial rose growing to produce rose oil was well established in the Kazanlik region of Bulgaria by the end of the 17<sup>th</sup> century. Bulgarian rose oil is still considered the most prized of all rose oils.

The Bulgarian rose industry is confined to one mountain district, having for its centre the town of Kazanlik.

The major rose oil producing countries are France, Bulgaria, Morocco, Turkey, Italy and China.

**Essential Oil Characteristics:** Rose absolute from Rosa damascena is an orange-yellow to brown-orange viscous liquid with a rich, warm, spicy-floral and very deep rose odour with a pronounced honey undertone.

**Method of extraction:** Rose oil is obtained by steam distillation of the whole flower. The flowers are generally picked manually and to minimise loss of oil harvesting needs to be done between 5 and 10 am as this is the period that the flowers are open and the oil content is highest.

**Chemical Composition:** Rose is one of the most complex essential oils known. It contains more than 300 chemical compounds, of which the great part is still unidentified.

**History and Traditional Uses:** No other flower has been exalted in literature, mythology and used for so many sacred purposes as the rose. In ancient art and literature the rose was the predominant flower symbol. Its blossom symbolises beauty, love, youth, perfection and immortality. Ancient Rome had an insatiable appetite for roses and rosewater. During festivals and banquets rose petals were strewn over the floor and along the streets. Self-indulgent Romans wore rose garlands at their feasts, as prevention against drunkenness. To them, the rose was a sign of pleasure, the companion of mirth and wine, but it was also used at their funerals.

Generally, therapeutic remedies containing rose have a cooling and soothing influence. It is interesting to note that the fields of application of rose oil in ancient medicine are almost identical with those of modern aromatherapy.

**Indications:** Rose oil has the most diverse therapeutic properties of all essential oils. Most aromatherapists agree that rose oil is effective in all levels of life - for the soul, spirit and body.

**Nervous System:** Rose oil has been assigned to the heart. The essential oil of rose has a profound psychological effect. It is referred to as a gentle but potent antidepressant. Rose may be used as a sedative for the nerves. It is useful for the treatment of palpitations, irritability and insomnia. It helps to release anger, despair and frustration. Rose comforts in times of sorrow, dissolves psychological pain, refreshes a sad heart and opens doors to love, friendship and empathy.

**Reproductive System:** Rose oil is valuable for the treatment of gynaecological problems. Rose oil has an astonishing effect on the female sexual organs as a purifying and regulating agent. It regulates menstruation and relieves menstrual cramps and excessive menstrual bleeding. Rose is recommended for functional infertility. It is beneficial when it is difficult to predict ovulation dates because of an irregular cycle.

**Skin Care:** Rose oil has excellent emollient, softening and hydrating properties which, accompanied by its stimulating and antiseptic qualities, make it ideal for all skin care, especially for mature, dry or sensitive skin. Rose oil has a tonic and astringent effect on the capillaries and can be used for the treatment of broken capillaries, redness and inflammation of the skin.

**Energetics:** Rose oil is classified as cool and moist in nature, and is recommended for clearing heat and inflammation and for alleviating anxiety and depression. It may be beneficial for hot conditions involving the liver and gall bladder that result in tension, irritability, headache and constipation.

**Administration:** Topical application – massage, compress, bath, ointment, skin care. Inhalation – direct inhalation, diffuser and oil vapouriser.

**Balanced Essentials' BE Sensual contains rose essential oil.**

### References:

- Battaglia S, *Complete Guide to Aromatherapy 2<sup>nd</sup> Ed 2003 ICH*
- Worwood VA, *The Fragrant Mind, Doubleday MY 1995*
- Davis P, *Aromatherapy an A-Z CW Daniel Co 2000*
- Valnet Dr Jean, *The Practice of Aromatherapy CW Daniel Co 1980*

**SPECIAL # 1**  
**“Relieved and Calm”**

**BE Relieved 100mL with  
BE Calm Massage Blend 100mL  
\$89.50 (save \$19.50)**



**SPECIAL # 2**  
**“BE Lite All 3”**

**BE Lite for Cellulite 100mL  
BE Lite Intensive Firming & Toning Lotion  
BE Lite Stimulating Body Wash 250mL  
and loufa gloves  
\$135 (saving \$24)**



**SPECIAL # 3**  
**“BE Sensual”**

**BE Sensual Massage/Facial Oil 100mL  
\$49.50 (saving \$15)**



**Special # 1 – “Relieved and Calm”**

BE Relieved is a penetrating blend of anti-inflammatory, anti-spasmodic, analgesic & calming pure essential oils. This special blend offers temporary relief of muscular and joint aches & pains and can be used to help reduce joint inflammation & swelling and increase joint mobility. It may also assist with headaches and period pain.

**Geranium** oil is known as an anti-inflammatory, **Bergamot** oil is anti-spasmodic. **Orange** oil stimulates lymph fluids, which is helpful in reducing swollen tissue. **Neroli** oil helps relieve anxiety and is sedative in nature. Lemon oil assists peripheral circulation. **Lavender & Marjoram** oils combine to provide temporary pain relief. **Lemongrass** oil helps tone & warm muscles while **Vetiver, Cedarwood & Petitgrain** oils have a relaxing nature. Includes a Rose Quartz Crystal to help disperse the natural benefits of the oils.

*“Your oils have been a blessing for me, they have been like an invisible blanket that helps take the pain away and keeps me in a positive frame of mind. I put the oil on before I do my rehab exercises knowing I will do them with ease. Everyday I am getting more mobile and with the help of your oils I take less pain relief tablets. Lots of love and appreciation of your products.” Janine Bonello*

**Special # 2 – “BE Lite All 3”**

A wonderfully cleansing special which includes our complete range of BE Lite products – BE Lite for Cellulite, BE Lite Intensive Firming & Toning Lotion and BE Lite Stimulating Body Wash with loufa gloves.

The oils included in BE Lite combined with massage may help reduce fluid retention, assist with blood circulation as well as providing additional benefits such as stimulating digestion and improving general well-being through the natural ingredients.

**Cypress & Juniper** oils have a stimulant action on the lymphatic system, which is responsible for draining excess fluid from the body tissues. **Frankincense** oil contains astringent properties and together with **Ginger** oil assists in the maintenance of peripheral circulation. **Geranium, Lemon, Lime & Lavender** oils help cleanse the skin area. **Orange** oil stimulates lymph fluids, which is helpful in reducing swollen tissue and **Sage** oil acts as a tonic to the digestion. Includes a Moonstone Crystal to help disperse the natural benefits of the oils. BE Lite for Cellulite also contains Wheatgerm oil (helps to encourage the body to remove toxins), Sweet Almond and Macadamia oils.

**Special # 3 – “BE Sensual”**

BE Sensual contains some of the most expensive essential oils, including rose oil. It has wonderful moisturising qualities for the face and body and a beautiful fragrance that can be used instead of perfume.

BE Sensual contains essential oils of **rose**, neroli, ylang ylang, benzoin, patchouli, rosewood and frankincense in jojoba and sweet almond. These anti-oxidant rich ingredients help the skin in many beneficial ways! It's also a wonderful way to indulge your partner or as a gift for the bride and groom.

## Customer Comments ...”

*“I wanted to let you know the results I have experienced using **BE Relieved**. Recently I had a fall in a shop. The shop assistants were moving boxes around the floor of the shop and I did not realise that there were 3 boxes stacked up alongside me. I turned around and fell over the stacked boxes. Immediately I could feel that I was getting a lump just under my knee cap, it was the size of an egg within 5 mins, also from the lump down the front of my leg was turning dark all the way to the top of my foot, the pain was just awful. I went home and rubbed on **BE Relieved**, I used it every 10 minutes on the lump, and with my leg elevated the lump was gone in approx one hour, I also used frozen peas to get the swelling down. The bruising that extended to the top of my foot took a bit longer, however by the end of the day the bruising and swelling was almost gone. I continued using **BE Relieved** for the next few days and thank goodness my leg healed nicely.*

*Also my husband used to get Gout in his ankle and foot, his foot was twice the size of the other. When he had Gout last time he started using **BE Sport and BE Relieved** alternating between the two and the result was amazing. The swelling of his ankle and foot decreased, 4 hours later he could use his foot and was walking without any pain, by the way he hasn't had Gout since. (In order for the products to work and because I could not touch the area I wrapped men's large handkerchiefs that had been soaked in the **BE Sport/Relieved** it worked wonders).*

*Thanks for such wonderful products, we couldn't live without them.” Kind regards, Gloria and Graham Fardy*

*“Two weeks ago I went into hospital to have a hip resurfacing operation and because I also had a cyst on the area they had to give me a bone graft as well. I took in **BE Lite and BE Relieved** to get me through the discomfort. Thank God for **BE Relieved** it helped me so much with swelling and soreness and helped me get some sleep at nighttime. For the first 2 weeks after the operation I had to sleep on my back with a wedge or rolled up towels between my legs to keep my legs apart and to make sure I did not cross my legs. I have at least a 12-inch cut from the cheek of my left backside down my leg and because lying partly sitting up for those 2 weeks I would get such a sore butt. Rubbing on **BE Relieved** kept me sane. Only now I am allowed to lay on my unoperated side when I sleep at night so having the **BE Relieved** for night time as well as putting it on before I do my rehab exercises helps so much. I am all out of **BE Calm** so I need that oil too to help me get a better quality sleep during the night.” Janine Bonello*

### How I'm Making a Difference to My Body ...

In my last newsletter I mentioned that I was trying a nutritional supplement and I'd let you know the progress. Well, it's now become a way of life. In the past I've tried vegan diets, calorie restricted diets and diets that contained lots of vitamins and minerals. I found with vegan I started to feel as if I was aging faster and had less energy. Exercising didn't help it only made my body feel more depleted. And when you think about the lack of

nutrition in our fruits and vegetables it makes sense now that this was the case. On a calories restricted diet I eventually started craving food as my nutrition decreased. I found with vitamin and mineral supplements trying to swallow them twice a day fine for the first few weeks but with so many different ones to take my body rebelled and I'd start gagging each time I tried to take them.

I've been on a **nutritional cleansing program** now for 2 months (including some at my office who said they'd only try it for 30 days). The first week is the most difficult as your body starts to release stored toxins. I felt toxic as I hadn't used BE Lite or essential oils for days in anticipation of trying these products.

Day 2 I had a very bad headache and decided I couldn't live without my essential oils so I had a BE Lite bath after work. Used BE Calm afterwards then went to bed. By Day 3 wasn't as hungry as I thought I'd be. Went out for lunch as it was a Sunday and felt clearer in the head. Mark, my husband, was feeling a little miserable. But then he'd been on blood pressure medication for years and I guess the detoxing was harder for him. By Day 5 started having more energy at night and went for a walk. Day 6 - enjoyed a BE Lite/BE Relieved bath. Felt great. Day 7 - I was feeling energetic enough to **want** to walk each day and include some exercise. After 4 weeks I'd lost 34cm from my body and 6.5 kg. Carmel had lost 11 kg. Mark hadn't lost any weight but had lost 34 cm in total from his body.

It's 2 months now since we all started. I've lost 44 cm and 7 kg, Carmel 45cm and 12 kg (and has decided to continue on this program for life). Mark has only lost 3 kg but an immense 57 cm in total from around his body. He has reduced his blood pressure medication by half as it was too strong for him. We've all started exercising before work but only because our energy levels are so high that we want to exercise. Our minds are clearer; we feel incredibly positive and focused and laugh lots more at work. I feel younger, sleep well, don't use my glasses as much and have noticed that my clear skin has now become even clearer and more vibrant. We all feel incredibly well. And I'm very impressed! It really **is** the world's best (as they claim) and I don't say that lightly. Those of you who have known me for many years since I first appeared on TVSN 10 years ago know that I very rarely promote other companies' products. I continually research and from time to time try lots of things but to be honest I've found in the health industry many companies want the opportunity to make money not great products.

If you are prepared to put the effort in to make a change and a commitment to your health then these products are well worth a try. If you want to know more about them and how to order them yourselves then please contact me on:

1800 826 836 or by email  
cheryl@aroma.com.au

I thoroughly recommend them.



**Cheryl Gilbert**  
Owner/Creator of BE

**We love your stories! Tell us about your experiences with our products. These become a very valuable reference to help others and become a body of anecdotal evidence to help promote and educate others about the uses of essential oils. Every testimonial is valuable to us!**