

Balanced BE Essentials

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Christmas Newsletter 2010



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

**MERRY
CHRISTMAS
from all of
us at
Balanced
Essentials**



**Our office will be closed
for the holidays from
5pm on Wednesday
22nd December 2010.
We re-open on Monday
3rd January 2011.**

What a wonderful time of year to give a present to family and loved ones that will benefit their wellbeing. We have a selection of our most popular products as Specials all gift-wrapped. If you like we can even send them on your behalf. All orders over \$150 are delivery FREE (except overseas orders).

Aromatherapy is one of the best ways to make a positive change to your health by using a natural and proven alternative to existing pharmaceuticals. Essential oils are also a great moisturiser for your skin whilst also protecting against the many microbes and bacteria that can infect and cause damage to your skin and health.

Over the last fifteen years that I've worked with essential oils I've often commented that the right blend of essential oils is the best "chemical warfare" that we can use. Imagine if a blend of lemon, lemongrass, lavender, bergamot and geranium were used as room deodorisers and body moisturisers so that everywhere you went you inhaled these wonderfully uplifting and positive scents. Every time we met and greeted anyone we'd be more open, less aggressive and anxious. Perhaps we'd even volunteer more of our time for family and community. And because these essential oils are more stimulating than most we'd have the energy to do so. See article in this Newsletter "Can an uplifting citrus smell help make a change for the better in our world?"

We wish you a very happy, healthy and prosperous time over the coming months and thank you again for your generous support! And I'd like to say a big thank you to those who have sent customer testimonials and comments during the year. They have helped guide and encourage others to enjoy the benefits of aromatherapy.

My warmest wishes to you,

Cheryl Gilbert

(Owner/Creator of Balanced Essentials).

Oct/Nov/Dec 2010

SPECIAL # 1

"Calming Relief"

BE Relieved 100mL x 2
with Lavender Pure 15mL
\$129.50 (save \$19)

SPECIAL # 2

"Stimulating Relief"

BE Sport 100mL x 2
with Lavender Pure 15mL
\$129.50 (save \$19)

SPECIAL # 3

"AM/PM Pack"

BE Relieved 100mL
BE Sport 100mL
with Lavender Pure 15mL
\$129.50 (save \$19)

SPECIAL # 4

"BE Lite Twin"

BE Lite for Cellulite x 2
with BE Uplifted Body Wash
\$139.50 (save \$19)

SPECIAL # 5

"For the Face"

BE Vital Massage/Facial 100mL
BE Lite Firming & Toning Lotion
\$85 (save \$19)

SPECIAL # 6

"BE Silver Twin"

BE Silver Colloidal Water x 2
\$29.50 (save \$19.50)

SPECIAL # 7

"Supreme & Chocolate Shake"

Isagenix Ionix Supreme
IsaLean Shake Chocolate
\$109.50 (save \$20.50)

SPECIAL # 8

"Supreme & Vanilla Shake"

Isagenix Ionix Supreme
IsaLean Shake Vanilla
\$109.50 (save \$20.50)

For secure online ordering visit
www.aroma.com.au

BALANCED ESSENTIALS IS ALL AUSTRALIAN OWNED & OPERATED

IDEAS FOR GREAT SKIN – Natural Scrub

A great idea for a natural facial scrub is to make your own. Most on the market these days contain a mixture of chemicals that can damage your skin over the long term. Making your own can be satisfying and very healthy.

Ingredients: 2 tbs Oatmeal, ½ - 1 tbs Honey, 1tbs Hot Water, 2 caps BE Vital Massage Blend, 2 caps BE Silver (optional).

Crush oatmeal into small pieces (a mortar & pestle is the easiest); add the BE Silver; then the BE Vital and mix together. Add hot water and stir until it becomes a paste, finally add the honey and mix all ingredients together.

Gently apply to the skin in a circular motion, leave for approximately 5 to 10 minutes then rinse off with warm water. You can use this as either a cleanser once a day or as a scrub a few times per week.

If stored in an airtight container it can be kept for a number of days.

Your skin will feel smooth, hydrated and soft.

For a more indulgent and moisturising treatment replace **BE Vital** with **BE Sensual** Massage oil.

BE Vital contains frankincense, sandalwood, neroli, orange, sweet almond, wheatgerm and macadamia oils.

BE Sensual contains rose, neroli, ylang ylang, benzoin, patchouli, rosewood, frankincense, jojoba and sweet almond oils.

*Just another comment about **BE Vital**. Normally any moisturiser I use takes quite a while to be absorbed and of a night usually the pillowcase wears about 25% of it. Not with your oils my skin absorbs them within 10 minutes. Marilyn Adams*

***BE Sensual** felt so soothing and within two days my skin looked normal again, which was great as I had been trying different products trying to fix the blotchy red patches – to no avail. But **BE Sensual** was healing my skin. It looked smooth, firm and plump. It is without a doubt the best face product I have used. Margaret McCarthy*



Hand washing using soap is still one of the best ways to clean your hands. Soaps and hand washes containing essential oils are advisable as bacteria are unable to become resistant to essential oils.

OUR NATURAL SOAPS are made using traditional saponification (soap-making) methods and cured for 8 weeks prior to packaging. These soaps have a rich, creamy texture and will lather easily without a lot of foam. Mild and gentle enough for use all over the body, including the face. Ideal for babies and children. Made from organic coconut oil, purified water, sweet almond, macadamia & wheatgerm oils blended with our own blend of essential oils.

Available in BE Uplifted, BE Calm, BE Aware, BE Vital or BE Inspired gift sets of 3 soaps.

OUR AROMATHERAPY BODY WASHES are made from saponified coconut & olive oils with sweet almond, wheatgerm, jojoba and macadamia oils and aloe vera to leave your skin moisturised, smooth and soft. Combined with our own blend of essential oils plus a quartz crystal bead to help energise the oils.

Available in BE Uplifted Stimulating Body Wash, BE Calm Relaxing Body Wash, BE Aware Invigorating Body Wash, BE Vital Balancing Body Wash & BE Inspired Motivating Body Wash.

Did anyone see the story on A Current Affair about silver and the common cold?

Researches are now extolling the virtues of using silver to help treat the common cold and also for helping with a variety of conditions and infections. It's been many years since I added Colloidal Silver to my range of products and have been unable to fully explain the many benefits due to the fact that it can't be listed as a medicinal product. Originally it was in the U.S. but was taken off the FDA listing when pharmaceutical companies developed penicillin. Bacteria are becoming drug-resistant to our antibiotics. It's time it was brought back.

MERRY CHRISTMAS FROM BALANCED ESSENTIALS

SPECIAL # 1
"Calming Relief"
BE Relieved 100mL x 2,
with Lavender Pure 15mL
\$129.50 (save \$19)



SPECIAL # 3
"AM/PM Pack"
BE Relieved 100mL
BE Sport 100mL
with Lavender Pure 15mL
\$129.50 (save \$19)



The essential oils used in these products work for pain management because they are analgesic, anti-inflammatory and have prostaglandin inhibition properties that provide physiological pain relief. They do not build up a tolerance in the body, therefore over time you use them less rather than more frequently.

We believe **BE Relieved** is the most versatile pain relief and first aid product on the market today. Apply it to cuts & scratches, minor burns, gums & face for toothache, insert a few drops in the ear for earache, arthritic joints, sore back, neck, feet etc. **BE Sport** is stimulating & ideal for: diabetics with poor circulation, migraine, bruising, arthritis, sore muscles and more.

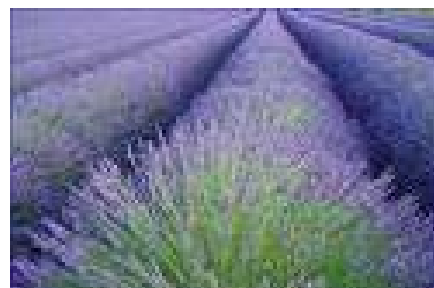
BE Relieved and **BE Sport** each contain a blend of 11 essential oils. The natural chemical complexity of essential oils makes them an ideal form of pharmacological therapy in pain management.

SPECIAL # 2
"Stimulating Relief"
BE Sport 100mL x 2
with Lavender Pure 15mL
\$129.50 (save \$19)



On another note I've just been sent a video from Dr Ross Perry – famous bird vet that I thought you might like to view. His calming approach to birds is just amazing plus he uses **BE Relieved!** To view go to:

<http://www.youtube.com/watch?v=KFDVhPsDrIg>



Lavender is one of the most versatile of the essential oils and has been used for centuries to treat a variety of conditions. The Romans added lavender to their bath water, hence the name derived from the word "to wash", lavare. It is one of the few essential oils that can be used neat on the skin.

When purchasing any essential oil make sure you purchase only the highest quality *therapeutic* essential oils. There is a difference! Many synthetic oils are marketed the same so if they seem cheaper it's a good indication they're not real or natural. Therapeutic lavender can be used in the following way:

- * Sprinkle a few drops on your pillow or use in the vapouriser for a calming night's sleep.
- * Use a few drops on a cotton ball and sit it near your window to help repel insects.
- * Add 5 drops to your bath - (add drops to 1 tablespoon of full cream milk to help oils disperse or agitate with your hand before immersing)
- * Blend 5 drops with 10 mL of sweet almond oil and apply/massage onto the face or body.
- * Apply neat to acne, blemishes, cuts, scratches.
- * Can be used for minor burns and blisters. Apply neat every few hours.
- * Sprinkle some drops on your dog after washing to discourage fleas.

Why do we include crystals in each product?

Balanced Essentials produces a range of aromatherapy oil blends. Each blend consists of a selection of essential oils combined in carrier oils of sweet almond, wheatgerm and macadamia. During manufacture a crystal bead is placed in the bottle. Essential oils are crystalline structures that carry light. They are electromagnetic, as we are ourselves. They are thought to travel through the space between cells, where the molecules of emotion may also travel. The vibrational energy from the crystal helps to enhance the benefits of the essential oils and helps to balance the body.

“There is a force in nature, invisible and imperceptible to most of modern humankind, which plays a vital role in health and healing. This force has been called many things – Universal Life force, ‘Chi’, pure consciousness, prana, the Universal Field. This force courses through all things and in doing so produces an outer energy field referred to as the ‘aura’. It is this which allows you to interact on a non-physical level with all things.”

“We now know that what underpins biochemistry is electromagnetism, a form of energy. It has taken quantum physics to show that what we perceive as solid matter is actually 99.9999% empty space filled with energy. By understanding that all matter is energy it is easier to understand how man can interact with a crystal.”

The Book of Crystal Healing by Liz Simpson

CARNELIAN

For motivation, clarity of mind, self-confidence, expression of ideas and courage. Stimulates analytical capabilities. Helps to banish sorrow from the emotional body allowing an uplifting, positive approach to life.

AVENTURINE

Opens the heart chakra, promotes intuitive capabilities. A stone of transformation that encourages the positive. Attracts success, prosperity & abundance. Feelings of love and calm are transmitted and enhanced.

AMETHYST

Promotes intuition, creativity and motivation. Soothes the mind allowing it to focus on serenity. A stone of spirituality and contentment. Bestows stability, strength, invigoration & peace. Presents an opportunity for complete change.

ROSE QUARTZ

For love peace and harmony. Helps to open the heart chakra and invokes a sense of calm. Extremely healing, it also promotes unconditional love. Known as the “Love Stone”.

CLEAR QUARTZ

Balances the emotions, transmits and amplifies energy. It enables thoughts to more effectively influence matter. A stone of power and a connection between the physical dimension and the dimension of the mind. Helps to utilise talents & abilities whilst assisting with calmness and clarity.

MOONSTONE

The balancing energy of moonstone provides the body with a stimulating force. It cleanses negativity from the chakras. Moonstone is also used to enhance the assimilation of nutrients and to assist in the elimination of toxins.

The Hippocratic oath

I swear by Apollo Physician and Asclepius and Hygieia and Panacea and all the gods and goddesses, making them my witnesses, that I will fulfill according to my ability and judgment this oath and this covenant:

To hold him who has taught me this art as equal to my parents and to live my life in partnership with him, and if he is in need of money to give him a share of mine, and to regard his offspring as equal to my brothers in male lineage and to teach them this art—if they desire to learn it—without fee and covenant; to give a share of precepts and oral instruction and all the other learning to my sons and to the sons of him who has instructed me and to pupils who have signed the covenant and have taken an oath according to the medical law, but no one else.

I will apply dietetic measures for the benefit of the sick according to my ability and judgment; I will keep them from harm and injustice.

I will neither give a deadly drug to anybody who asked for it, nor will I make a suggestion to this effect. Similarly I will not give to a woman an abortive remedy. In purity and holiness I will guard my life and my art.

I will not use the knife, not even on sufferers from stone, but will withdraw in favor of such men as are engaged in this work.

Whatever houses I may visit, I will come for the benefit of the sick, remaining free of all intentional injustice, of all mischief and in particular of sexual relations with both female and male persons, be they free or slaves.

What I may see or hear in the course of the treatment or even outside of the treatment in regard to the life of men, which on no account one must spread abroad, I will keep to myself, holding such things shameful to be spoken about.

If I fulfill this oath and do not violate it, may it be granted to me to enjoy life and art, being honored with fame among all men for all time to come; if I transgress it and swear falsely, may the opposite of all this be my lot.

Translation from the Greek by Ludwig Edelstein. From *The Hippocratic Oath: Text, Translation, and Interpretation*, by Ludwig Edelstein. Baltimore: Johns Hopkins Press, 1943.

Few medical schools today require students to recite the classical version of the oath.

What a better world it would be if they did!



Cheryl Gilbert
Owner/Creator of BE

MERRY CHRISTMAS FROM BALANCED ESSENTIALS

SPECIAL # 4 **"BE Lite Twin"**

BE Lite for Cellulite 100mL x 2
with BE Uplifted Body Wash 250mL
\$139.50 (save \$19)



SPECIAL # 5 **"For the Face"**

BE Vital Massage/Facial Blend 100mL
BE Lite Intensive Firming & Toning
Lotion 250mL
\$85 (save \$19)



What can I do to help my Cellulite?

BE Lite for Cellulite is a blend of essential oils such as cypress, fennel, geranium, juniper berry, lemon, orange and petitgrain that are detoxifying, stimulating to the lymphatic system, hormone balancing and which have diuretic properties. This helps combat cellulite and encourage the removal of toxic wastes and impurities from the body's four major organs: kidneys, bowels, lungs and skin. Next, resistance and elasticity of the supportive connective tissue is strengthened and the functioning of the body's own natural drainage and circulation systems are improved.

BE Lite Intensive Firming & Toning Lotion contains essential oils of lavender, geranium, sweet orange, lemon, lime, sage, frankincense, ginger, cypress, juniper and fennel. Some of the properties of fennel essential oil are phyto-hormones, which create equilibrium within our endocrine system and can be used in the management of menopausal symptoms.

*I have been using **BE Lite** for some time now twice daily my cellulite has nearly all gone and I found I was not so self conscious about how I looked in a pair of bathers, especially with younger mums around. I also use **BE Uplifted and Calm** daily as well – I massage my grandson with the **BE Calm** each night as well – he sleeps much better and so do I.*

Mary Thomson

*Must just say thank you; thank you; thank you for your wonderful products. I've used **BE Relieved** for a few years, but with the addition of **BE Lite**, the swelling in my right leg and ankle, which sustained multiple fractures, is considerably reduced and the pain has also gone. Such a great relief. Am beginning to feel I am getting back to "normal". Thank you again, can highly recommend these products. Sincerely Joan Okey*

BE VITAL

Frankincense, sandalwood, sweet orange, neroli and petitgrain essential oils blended together - soothing, comforting and balancing. One of the best blends to use as a moisturiser for the face and body. Includes a rose quartz crystal bead.

Can an uplifting citrus smell help make a change for the better in our world?

Yes, according to Research conducted by the Kellogg School of Management at Northwestern University in Illinois. Using a citrus scented spray, US researchers have discovered participants are dramatically more ethical and charitable in their behaviour towards others.

The smell of a clean and fresh room is sufficient to provoke a subconscious impulse towards fairness. Psychologist and professor, Adam Galinsky who worked on the study claimed, "basically our study shows that morality and cleanliness can go hand in hand". Participants in the study carried out tasks in either regular or freshly lemon-scented rooms. The first experiments evaluated fairness, the second whether clean scents would encourage charitable behaviour. In the clean scented rooms participants were more than 100%, less likely to exploit the trust of their experiment partners, and indicated they were more interested in volunteering and donating funds to a charitable cause.

"This is a very simple and unobtrusive way to promote ethical behaviour ... Our research suggests that getting our kids to clean up their rooms might help them clean up their acts too..." said Katie Linguist (Assistant Professor at Brigham Young University, Marriott School of Management. Is this what is meant by the phrase "Cleanliness is next to Godliness?"

MERRY CHRISTMAS FROM BALANCED ESSENTIALS

SPECIAL # 6 **"BE Silver Twin"**

BE Silver Colloidal Water 100mL x 2
\$29.50 (save \$19.50)



Silver has been recorded through history as a preventative and as a treatment for disease. The ancient Greeks and Romans put silver in their urns. Traditional Chinese medicine uses silver to fight infection and disease and in India's Ayurvedic medicine, silver is prescribed to build strength and character.

Ancient Egyptians used silver "scalpels" for surgery. Crusader knights shared and drank from silver cups to prevent the spread of disease. Silver coins placed in milk and Christmas puddings prevented spoilage and until recently doctors used silver to hold bones together and in surgery for covering holes in the skull. Silver is also used in water purification.

Silver Colloidal Mineral Water was developed to be taken internally or used externally but absorption into the blood stream is faster and more effective if taken internally.

SPECIAL # 7 **"Supreme & Chocolate Shake"**

Isagenix Ionix Supreme 946 mL
IsaLean Shake Chocolate 854g
\$109.50 (save \$20.50)



SPECIAL # 8 **"Supreme & Vanilla Shake"**

Isagenix Ionix Supreme 946mL
IsaLean Shake Vanilla 854g
\$109.50 (save \$20.50)



Isagenix Ionic Supreme contains 24 key nutrients & more than 100 ingredients. Whether you're looking to regain your vitality and energy, prepare for a marathon or simply play with your family or deal with everyday stresses.

IsaLean Shakes contain balanced nutrients to maximise nutrition while minimising caloric intake for weight loss & effective weight management. They also have added enzymes to break down carbohydrates, proteins and fats for maximum absorption of key nutrients.

WOW! Since sending out an email recently on the **Isagenix Nutritional Cleansing Program** I've been inundated with questions about wanting to know more. So many of you are concerned about better health for yourselves and your families and also weight loss and I congratulate you on your interest.

It's not just about weight loss (although I've lost 10kg) it's also about better health, nutrition, more energy and sleeping well because you nourish both the body and mind.

One of the best ways to learn more about these products is at:
<http://www.isamovie.com/AreYouToxic.html>

Or if you want more information on how to use the individual products go to:
<http://www.isamovie.com/CleansedForLife.html>

If you have any other questions or would like some information mailed to you please do not hesitate to contact our office.