



NEWSLETTER

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HAPPY FALL!

Indian Summer - Autumn Leaves - Halloween - Thanksgiving

What's happening in the Store!



1 ¼" X 1 ½" Oval

Diffuse all day long on just one drop of essential oil,
applied to the pendant.

Hard as rock, lightweight, smooth edged, kiln-fired clay.

All natural 18" waxed cotton cord and silver plated safety
clasp.

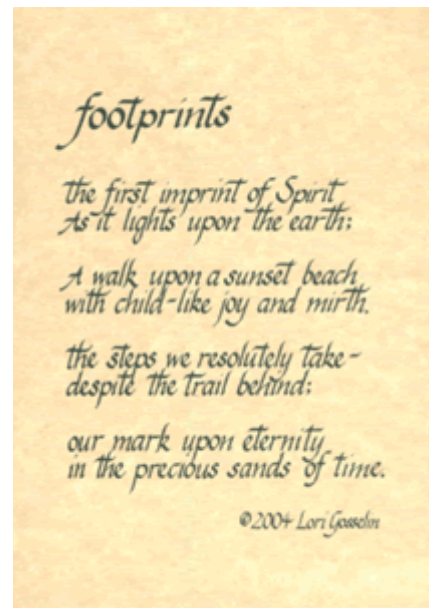
An Original Footprints poem included with each pendant.

Terra Cotta

Aromatherapy

Footprints Pendants —

**Not JUST for wearing
around your neck!**



\$9.99 ea.

Some uses for the aromatherapy pendants:

- I have one hanging in the bathroom of my home office.
- In the Session room at the Wellness Center I work at.
- On the rear view mirror of my car.
- I've used as part of a baby gift to hang up in the baby's room.
- As part of a housewarming gift.
- I received a pendant with a vial of lavender just before a BIG test. As I pondered answers, I enjoyed the soothing aroma of lavender.
- Speaking of Lavender—hang a pendant on your bedpost with Lavender oil for a great night's sleep.
- Let your imagination run wild!

Putting drops of essential oil on the pendant will help the scent to linger wherever the pendant is placed.

I also carry Kokopelli, Quintessence, Ankh, Serendipity, Joy, Heart, Gratitude, Promises, and Love pendants. If you're interested in any of these designs, let me know & I'll send you a picture of it.



Heal Thyself—Simple remedies for common problems

By Jennifer Haupt

HANDS

Warts

Remedy—Cover with duct tape. A recent study at Cincinnati Children's Medical Center asked patients to wear duct tape over their warts for six days, then remove the tape, soak the affected area in water and scrape it with an emery board or pumice stone. After continuing the treatment for up to two months, participants were free of warts.

Why it works—The duct tape irritates the wart, which causes an immune-system reaction that attacks the growth.

Dull, Splintered Nails

Remedy—Rub a dab of cod liver oil or castor oil onto cuticles and nails.

Why it works—Both oils soften cuticles and make nails shiny, plus the massage helps them grow, says Tourles.

Achy Joints

Remedy—Soak your hands in a few tablespoons of rosemary mixed with warm water.

Why it works—Rosemary is a natural anti-inflammatory, and warm water helps improve circulation, says Dr. Page.

FEET

Dry Skin and Hard Calluses

Remedy - After showering, coat your feet with vegetable shortening and cover with socks. Wear overnight.

Why it works - "Vegetable shortening is the cheapest miracle moisturizer," says Tourles. "The longer you let it soak in, the softer your feet will be."

Swollen Feet

Remedy - Fill a foot tub with ice water and another tub with warm water. Add a few drops of peppermint oil and alternate soaking for five minutes in each.

Why it works— Peppermint is an essential oil that relieves pain and relaxes the muscles. Alternating hot and cold will reduce the swelling.

Athlete's Foot

Remedy - Soak your feet in vinegar for 10 minutes four times a day until symptoms disappear.

Why it works—Vinegar is acidic and kills bacteria and fungi. "You can also wash your lesions with Listerine," says Joey Green, author of *Amazing Kitchen Cures*. "It stings quite a bit, but the anti-septic seems to kill the fungus."

Foot Odor

Remedy—Dissolve two Alka-Seltzer tablets in a quart of warm water and soak feet for 15 minutes twice a week.

Why it works—Green says that the baking soda in Alka-Seltzer increases the acid level on your feet, which inhibits the growth of odor-causing bacteria. If you're allergic to aspirin (a key ingredient in Alka-Seltzer), try sprinkling baking soda into your shoes to absorb any odors.

Plantar Warts

Remedy— At night, mash a clove of garlic and smear it directly on the wart, then cover with a bandage. Wear a sock to bed and remove the bandage in the morning. Repeat for 10 days.

Why it works - "Plantar warts are caused by a virus, and garlic is a natural immunity booster as well as an antiseptic," says Andrea Murray, a reflexologist and herbalist at Akari Hair and Day Spa in Portland, Maine.

Nancy Bartlett, NBCR

"If you're feeling out of kilter,
Don't know why or what about,
Let your feet reveal the answer,
Find the sore spot, **WORK IT OUT!**"

--- Eunice Ingham

