

THE NEXT LEVEL WITH...

AROMATHERAPY FIRST AID KIT

HEAL YOURSELF FROM THE INSIDE
OUT USING NATURAL TIME TESTED
AROMATHERAPY REMEDIES



THE NEXT LEVEL SERIES, BROUGHT TO YOU BY FS PUBLICATIONS

AROMATHERAPY FIRST AID KIT

*Discover How to Heal Yourself From
The Inside Out Using Natural Time
Tested Aromatherapy Remedies*

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AROMATHERAPY FIRST AID KIT

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Aromatherapy First Aid Kit – Healing With Nature’s Help

First of all I’d like to take this opportunity and thank you for purchasing the Aromatherapy First Aid Kit system.

You’re going to discover exactly how to get your body back into balance naturally with aromatherapy remedies you can make from your own kitchen sink, no first aid kit should be without this information.

Because we know how damaging the toxic chemicals are that we find in everyday household cleaners and products you’re also going to learn how to create your own natural alternatives to household detergents, hair treatments, cosmetics and fragrances so you can create a healthier, safer environment for both you and your family.

Before man made medicines burst onto the scene we used to rely on nature for the treatment of our ailments. In fact, all of the chemically synthesized medications artificially formed in a lab are all derived from nature’s building blocks.

But nothing beats nature itself, there’s simply no substitute for it. Nature is perfect, it instinctively knows what to do and it never second guesses itself. It doesn’t create mistakes and in our seemingly perfect concrete jungles that we live and work in, we’ve never become so detached from nature as we are now.

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Look all around you. We live in an environment that wouldn't have made sense 100 years ago. So separate from our surroundings and light years away from the way our ancestors used to live that with our modern fast paced lifestyles and our even faster food, we're sicker in this generation than we've ever been before.

We've got to realize that for better health we need to live in harmony with nature because it holds the key to every cure of every disease, all we need is time.

In this ebook you will find the remedies to treat everyday ailments naturally and you will also get to the root cause of those symptoms to discover what's triggering those ailments in the first place for greater, holistic healing.

So let's get started...

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Aromatherapy For Natural Beauty And Great Looking Skin

The Egyptians have been using essential oils for millennia and can be traced back to the ancient art of embalming. Specific oils were chosen for their preservation characteristics.

It was also discovered that essential oils encouraged cellular regeneration which promotes healing and can have a significant effect on the tissue appearance of the skin. This is why so many opt for natural beauty treatments these days involving the use of essential oils as it naturally plumps the skin.

Instead of botox and unnatural fillers to artificially plump the skin and fill out wrinkles, essential oils can be used to provide a natural, non-invasive alternative to minor cosmetic surgery.

First off, beauty creams that claim to nourish the skin actually contain synthetic chemicals that can harm and irritate the skin.

You only need to look at the ingredients in most of the brand name moisturizers to see chemical names that you can't pronounce outside of a chemistry laboratory.

Even most of the commercial brand skin toners on the market these days contain alcohol which can end up dehydrating and drying the surface of the skin and aging it.

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Creams derived from fruit and vegetable oils such as avocado, coconut and apricot are the best to use on the skin as they nourish the blood capillaries in the skin's lower dermal layers and essentially nourish the skin from the ground up. This is why opting to use natural moisturizers stimulates dermal regeneration and nourishes the skin giving a healthy, clear complexion.

Before embarking on a beauty regime you should always ensure that you work with a blank canvas and this means to prepare the skin for the best results.

Because the skin is a living organ it absorbs the nutrients you apply to it, in order to prepare the skin to properly absorb the natural moisturizers you apply, you need to slough off the dead skin cells clinging to the surface of the skin.

You can exfoliate the skin using a good, coarse oatmeal face scrub. Thoroughly rinse the skin until clean.

Now that your skin is a clean blank slate you can work on toning and tightening your pores. You can achieve this with a home made face sauna.

To make a special toner, add 30 drops of rose oil to 100 ml of distilled water.

To cleanse your pores, simply fill a bowl with boiling hot water, add 7 drops of rose oil and carefully place your face over the bowl then place a towel over your head to concentrate the steam on your face. Do this for 10 minutes.

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Add your toner you created earlier by splashing onto your face, pat dry.

Once the skin has finished air drying, apply face cream to lock in moisture.

To create your own clay mask simply add 3 drops of peppermint oil to 30 ml of clay paste, mix thoroughly and apply. Leave to set for 20 minutes and rinse off thoroughly.

To get a real deep clean you should do a face mask at least once a week.

Remember that your skin will only look as good as the nourishment you give it. So to truly improve skin from the inside out make sure that you eat foods rich in water. Cells lacking in water get flaccid which ages skin. You can easily replenish fluids that you lose by drinking more. You know that you need to get around 8 glasses of water a day.

Also eat foods rich in antioxidants like fruits and vegetables. For nutrients that you might lack from your diet try taking a multi vitamin.

Another important point to remember is that your cells can only repair themselves with the proper rest, so ensure that you get 8 hours of rest per night.

Follow these tips and you'll see an improvement in not only the quality of your complexion but also your health and energy levels.

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Aromatherapy Essential Oils And Their Uses

In this chapter you're going to learn more in depth about the specific essential oils and how they're used within the context of aromatherapy. This list is by no means a complete list of essential oils, there are several more but these represent some of the more important ones used the treatment of physical ailments.

Angelica Root

Angelica root is not to be used by pregnant women or by diabetics and should be used in dilutions of 1% because of its extreme potency.

Can be used blended with citrus oils and patchouli.

It's ideal in the treatment of psoriasis. Great for improvement of circulation, reducing arthritis inflammation and also relieves water retention and gout. Is also an effective expectorant and relieves Bronchitis and calms coughing.

Effective for use as a massage oil, helps to relieve fatigue, tension headaches and stress related conditions.

As a potential perfume it possesses an earthy, musky tone and has a stimulating, refreshing effect.

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Bergamot

Works well in conjunction with lavender, citrus oils, jasmine and juniper.

It acts as an antiseptic, bactericide and parasiticide. Also known to have a laxative effect.

In perfumes it brings a spicy/fruity tone and is uplifting and revitalizing and is effective as an antidepressant.

Caution must be used when using Bergamot oil in large doses particularly with respect to the skin. Its uses in aromatherapy range from treating acne sores, skin conditions, greasy skin, cracked skin and open wounds. Also can be used as a natural alternative to insect repellent.

Also effective in the treatment of colds, flu, fever and for the treatment of stress related disorders such as anxiety and depression.

Cedarwood

Cedarwood oil has many applications, ranging from an astringent, antiseptic, expectorant and fungicide.

Cedarwood oil can be blended with jasmine, bergamot, juniper, rosemary and ylang ylang.

As a perfume Cedarwood has a sweet fragrance with earthy undertones and can be used to uplift, comfort and revive.

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Great for the treatment of dandruff, dry skin conditions, fungal infections, oily skin and problem acne.

Cedarwood is also used in the treatment for the relief of chest congestion and coughs and is effective for relieving stress related disorders and stress tension.

Chamomile

Most people associate Chamomile with tea and are aware of its soothing properties but they don't often realize that Chamomile has several other uses that extend far beyond just tea.

Chamomile in its oil form is an effective antiseptic, bactericide, analgesic and a mild nerve sedative.

Chamomile has a sweet and spicy, fruit scent and works well blended with bergamot, sage, lavender and neroli.

Although generally non toxic, Chamomile in its oil form has been known to cause dermatitis in individuals with sensitive skin types.

Chamomile as a fragrance brings with it a fruity bouquet with full bodied apple-like tones. Great for adding depth to any aromatherapy fragrances you create.

In addition to Chamomile being calming and relaxing it's also comforting, soothing and sedate. Great for treating boils, skin acne, ear ache, wounds and sensitive skin. It also helps improve blood circulation and relieve joint pain and inflammation, sprains and arthritis.

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Effective for treating insomnia, stress related conditions and tension headaches and migraines.

Cinnamon

Cinnamon is one of the most widely recognized of the spices and shares our everyday lives with us from the oatmeal that we sprinkle it on to the crowning glory garnish of the best lattes, cinnamon will long continue to be the kitchen companion we'd be lost without.

As a perfume Cinnamon brings beautiful depth with its warm and spicy influence. Cinnamon mixes well with other essential oils and can be used in conjunction with orange, frankincense and ylang ylang.

Cinnamon has several health benefits. By adding a teaspoon of Cinnamon to your diet every day can actually reduce your risk of heart disease by lowering the amount of bad cholesterol in the body and also helps to lower the blood sugar in diabetics.

Cinnamon is also known to be an antibacterial and fungicide and is effective in the treatment of the candida bacteria variety.

In addition to Cinnamon being a great spice to perk up and liven the senses it also is effective in the treatment of lice, tooth hygiene and care, bee stings and wart removal.

It also helps to stimulate circulation and is great in the relief of rheumatoid arthritis. Also aids in slow digestion, heals intestinal infection and ailments and helps to relieve diarrhea.

Also helps to fight infection against colds and flu's.

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Elemi

In its natural habitat, Elemi can be sourced from its tree form. The resin is drained from the trunk and within that mixture is the Elemi essential oil and resin.

Elemi acts as a great antiseptic and an expectorant and blends well with the likes of myrrh, lavender and rosemary.

As a perfume Elemi brings with it spicy, refreshing notes and revitalizes and stimulates. Great as a natural antidepressant.

Also effective in the treatment of aged, dry and cracked skin, for healing infected wounds, for inflammation. Also helps to relieve bronchitis.

Effective in the use of stress and nervous related conditions.

Frankincense

Often when we think of Frankincense, we think of the Three Wise Men. Thought to carry prayers to Heaven by burning it, Frankincense is also being hailed as an antidepressant and contains soothing and medicinal properties. It is an antiseptic, an anti-inflammatory, an astringent and expectorant and a mild sedative.

Frankincense blends well with several other essential oils in the treatment of ailments such as pine, geranium, orange, cinnamon, pine, camphor, pepper, etc.

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In perfumes it brings a sweet and spicy warmth which gives any scent that extra layer of depth. It's scent is also revitalizing and refreshing.

In the use of aromatherapy, Frankincense aids in the improvement of circulation. It can also treat gout, arthritis and rheumatism. Also aids in the treatment of flatulence and liver problems and aids in the relief of sciatica.

Frankincense must not be used under any circumstances during pregnancy.

Fennel

We often think of fennel with applications to the dinner plate. With its distinctive spiciness that adds a kick to any dish fennel has many uses outside of the culinary world. In fact fennel can be used to help heal the body externally as well.

In essential oils it blends well with lavender and sandalwood.

As a perfume it has similar tones to aniseed, a licorice influence that it adds another dimension to any scent that it's added to.

Fennel's fragrance is thought to have restorative and cleansing qualities and is both purifying and invigorating.

Fennel can be used for natural skin care and can help bring some life back into a dull complexion. It also helps improve circulation and relieve the symptoms of rheumatism and edema. It also helps in the relief of bronchitis, constipation and nausea.

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Ylang Ylang

Ylang Ylang is well known for its aphrodisiac properties. It also has anti bacterial and antiseptic abilities. It also acts as a sedative and circulatory stimulant.

With its own characteristic fragrance it blends well with the likes of sandalwood and jasmine in perfumes.

As a scent Ylang Ylang is sweet, spicy, oriental and full bodied and adds an extra layer of depth to any perfume its added to.

Can be used in the treatment of acne, insect bites and for oily hair.

Is thought to be instrumental in the relief of high blood pressure and rapid breathing. Is a great treatment for depression and insomnia and nervous/stress disorders. Conclusion

This list of essential oils only scratches the surface and is by no means comprehensive.

Essential oils have differing potencies so it pays to always do your homework, read all of the informational data about each oil and what they do before using them.

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How To Make Your Own Sumptuous, Natural Perfumes

With the toxic cocktail that often makes up the composition of our perfumes it pays to create your own from scratch.

No matter just how “organic” or natural perfume manufacturers claim their fragrances to be often you’ll find an alcohol base in there somewhere. This alcohol or “phenol” as its derived from the alcohol family and is used to give fragrances their scents.

Phenols are tolerated in small doses but in larger doses can irritate and burn the eyes and the lungs. It is a neurotoxin and can affect the heart and the nervous system causing seizure and coma.

Long term exposure to phenol can affect the liver and kidneys.

You don’t want that on your skin, so why not make your own perfume? After all, every celebrity and their accessorized dog is.

From Britney Spears to J Lo to Paris Hilton now even Kim Kardashian has her own fragrance. These ladies know that perfume is big business and that even our emotions and yes, even a person’s self esteem can be inextricably tied to the scent you wear.

Don’t believe me? Why do you think that people run out in droves to swoop up these famous scents? Because they believe that if they wear J Lo’s “Glow” or Kim Kardashian’s self titled

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creation “Kim Kardashian” that perhaps a little of that star will rub off them giving them an elevated sense of self confidence.

We are ruled by our noses, without our sense of smell we wouldn't be able to fully appreciate the flavor of our food or beverages, after all taste is 90% smell and is why we can't taste our food when we have a cold or have blocked sinuses.

It's unbelievable just how powerful scents and fragrances are because they have the ability to trigger memories. It's incredible that certain scents are tied to memories and experiences that even a whiff of a scent from our childhood can evoke a whole rainbow of emotions and cause them to flood back as if it were yesterday.

Each smell is tied to memory and can be easily retrieved no matter how long it's been filed away in the storage recesses of our minds. This is an evolutionary survival mechanism, for example by brain-smell association we can recognize the familiar sulfurous odor of gas leaks or detect the faint hint of fire smoke and flee to safety.

So as you can see, smell plays a huge part in our world.

The formula for making perfumes, at its core hasn't changed all that much throughout the years. The idea is to capture a feeling or a mood and translate it into a tangible scent and this is why so many fragrances on the market these days are multi-layered and contains several undertones that the fragrance is never really just one scent but rather a multitude of many.

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This adds interest, much like a fine wine goes far beyond just the grapes it was made with but takes into consideration the soil conditions and composition, its acidity, the amount of sunlight and water the grapes had while they grew, when they were harvested, what components were added to it while it fermented, right down to the type of wood the wine was barrelled in.

Everything contributes to the overall taste and every factor that went into its creation can be detected in layers. Upon sampling, you might initially experience the tart taste of the wine but over a few seconds go on to detect the oak layers coming through from the barrel itself.

These days, fragrance creation is treated along similar lines to wine creation and is very rarely made from one thing only. Having several layers makes the fragrance more distinct and more difficult to duplicate.

Paris Hilton casually dismissed her perfume creation skills as nothing more than throwing in a little of this and that into the mix but you can almost guarantee that her perfume was no accident but carried out methodically and heavily scrutinized until the winning combination was created.

So today, you're going to get to do what J Lo and Beyonce have done and concoct your own perfume creations. The best part is with essences and oils that your creations will be made from all natural ingredients and that you can infuse your own signature and personality into it.

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The great thing about using natural essences for your perfumes is that they tend to be more three dimensional in scope and full bodied (remember our wine example earlier?) Another perk for going the natural route is that essential oils are more hypo-allergenic and have less tendency to flare up skin reactions or headaches as some other concentrated, alcohol based perfumes can.

Most perfumes on the market contain hundreds of different components and can be quite an arduous task to create but the great thing about using oils is that you can use just a handful of them to achieve the same result. This is because each is a complex being and is made up of hundreds of different natural components. Many scents derived from nature are difficult to duplicate artificially because they are constructed from hundreds of different ingredients found only in nature. So why re-invent the wheel when nature's done such a great job already?

These are the 4 main families from which all fragrances are derived. The more complex a fragrance, the more cross pollinating between the elements.

Earth (Natural)... *Spicy Earthy Woody*

Wind (Enlivened)... *Musky, Oriental, Honey*

Fire (Passionate)... *Floral, Fruity, Citrus, Lemon*

Water (Invigorated)... *Green, Herbaceous, Healing*

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Perfume Recipe

To get the right fragrance combination for you will take lots of testing, tweaking and mixing. Don't forget to take note of your combinations so that when you do hit the right note, you'll remember what you used as well as the quantities.

Start with a few essential oils and over time, expand your collection for greater variety.

You might want to begin with the basics of sandalwood, mace, patchouli, rosewood, jasmine. Mix one at a time so that you have control over the scent and can fine tune it drop by drop. Think of it as making a stew, you don't dump in all of the seasoning at once but rather add it in gradually until you get the right taste. It's always easier to add more if it needs an extra kick than it is to tone it down.

So go into making your own perfumes with that attitude. Layer your scents gradually.

Take your main essential oil this can be sandalwood, rosewood, patchouli, etc and add it to 1 teaspoon of fractionated coconut oil in a small glass bottle.

The coconut oil acts as a "carrier" and the reason why it needs to be fractionated is so that it remains a liquid at room temperature so it can be mixed with other oils. Regular natural coconut oil is solid at room temperature is not suitable for creating perfumes with. You need carrier oils to tone down the potency of essential

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oils as full strength oils may in some sensitive individuals cause irritation when applied directly to the skin in their concentrated form.

Don't forget to write down how many drops of your main essential oil you added. You may want to start with 3 drops, shake the ingredients until mixed and then sample the resulting scent.

Again, as with our stew example, add drops gradually. So take your time and test and don't be afraid to mix all varieties of essential oils for your own signature scent.

Seal the bottle and store in a dry, cool place. Like a fine wine the scent will mature over time.

More about combining oils

Working with the main 4 elemental families is like working with the base primary colors red, yellow and blue, for instance, mixing red and yellow creates the new color orange. You can make several different scents by combining these 4 elements and go on to further create additional scents by combining your newly formed creations.

Blends from the 4 elements work well together as each type balances harmoniously with the other. This means that you can take an oil from 3 or 4 of the elements and combine them together. The interesting thing about combining oils is that once you mix them together, the chemical bonds between them break and reform new ones bringing newly formed scents with them.

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Natural Hair Care Treatments

Your hair is your crowning glory it's just a pity that what we put into it can leave it dry and dull and even brittle.

Here are some effective hair remedies that will infuse some much needed bounce and shine back into dull and lifeless hair.

Greasy Hair

It's incredible to think that your hair can reveal a lot about the person it belongs to, for instance with modern day science you're able to identify what kind of diet a person exists on along with the types of metals and elements that are present inside the body and the level and toxicity, all this revealed from a single strand of hair.

Greasy hair is the product of over-active sebaceous glands that reside on the scalp. In commercial hair care products and shampoos are harsh detergents that strip the hair of its natural oils, the sebaceous glands over compensate for this lack of oil by kicking oil production into overtime hence the reason why you get oily, greasy hair.

You really are what you eat, just as a lot can be revealed about a person through their hair, the same also applies with the foods you eat. Even what you put into your body is manifested through your pores and your hair follicles.

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So for instance if you eat a diet high in junk food, greasy chips, foods with high fat content, it will have an effect on the amount of oils produced.

The best way to combat the greasy hair condition is to, like everything we've talked about here, begin working from the inside out.

By beginning with proper nutrition you will start to see an improvement in the look and texture of your hair.

So start off by cutting back on the amount of fat content you consume on a daily basis, start incorporating more vitamins like vitamin B, C and F into your diet and get your fatty oils from a diet of fish. These fats are good for the heart and contain health promoting omega-3 fatty acids.

By making these dietary changes you should see an improvement in the amount of oil you produce.

When it comes to shampoo, try opting for the variety that has a more neutral pH, the pH that is closest to water to preserve the hairs special protective outer layer.

Take your pH balanced shampoo and add to it 3 drops of rosemary to every 5 ml of shampoo. Try not to shampoo too frequently, spacing it out to every 3 to 4 days is ideal.

For your natural alternative to conditioner add 11 drops of rosemary and lavender to 25 ml of sunflower seed oil, add

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liberally and massage into the scalp. Bundle the hair up in a towel and leave in for 30 minutes. Before rinsing, apply your shampoo to help remove the oily conditioner treatment.

Dry Hair

With hair straightening and blow drying not to mention harsh environmental conditions it's no wonder our hair looks frazzled.

You know what I mean, no matter how much you condition, gel or mousse you butter on, your hair still has little escapees in the form of stray fly away's. Guaranteed to ruin the perfect outfit you spent hours getting ready for or the photo you spent hours preparing for.

So if you're sick and tired of wrestling with stray hairs that stand to attention and you know that cutting them off is only dealing with the now rather than getting to the (pardon the pun) root of the problem then you need some serious frizz control treatment outside of a V05 hot oil commercial.

So here it is, your secret anti-frizz remedy, and best of all, it's completely natural too. Opt for gentle pH-balanced shampoos that don't dry or strip the hair of its natural oils.

Add 3 drops each of lavender and chamomile to every 5 ml of your pH balanced shampoo.

My grandmother swears by this, long before they had store bought conditioner from the likes of Pantene or Tresemmé, my grandmother used castor oil.

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We're going to put a unique spin on my grannies old classic and add some extras to make it more sumptuous and smell less, castor oil-like.

Add 11 drops of chamomile and lavender with 25 ml of castor oil OR extra virgin olive oil, apply generously and gently massage throughout the hair, paying special attention the length of the hair shaft and the tips where hair is at its driest and most vulnerable.

Wrap the hair in a towel and leave for 30 minutes, for deep treatment, leave in for an hour. Add in shampoo after leaving in for 30 minutes and work into a lather before rinsing clear.

Wash the hair every 3 days to maintain the natural oils and to keep the frizz at bay.

Dandruff

Nobody likes it when dandruff spoils the look of your new black sweater or jacket. If you've been suffering with dandruff I'm sure you know all too well the annoying dusting off your shoulders from your friends and family.

If you've tried commercial treatment products that don't seem to get the job done, there are natural alternatives you can try.

Again, unlike the chemically manufactured, store bought variety, natural remedies always aim to get at the heart of the dandruff and works from the root cause.

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Dandruff usually indicates a mineral deficiency or a food allergy of some kind. Try adding to your diet vitamin E and evening primrose oil capsules.

Here are a couple of simple, yet effective treatments to help alleviate the symptoms of dandruff. For a deep treatment add 20 drops of tea tree oil and 6 drops of lemongrass oil to 50 ml of coconut oil. Massage thoroughly paying special attention to the scalp area. Leave in for at least 30 to 40 minutes.

Before rinsing add 5 drops of tea tree oil to every 5 drops of pH balanced shampoo. Work into a lather and rinse thoroughly until water runs clear.

Do this once a week.

During washes throughout the week, simply massage 4 to 5 drops of tea tree oil throughout the scalp and leave it in.

You should see a noticeable reduction in the amount of dandruff within two to three weeks.

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Natural Cosmetics

If you managed to get your free report you would have discovered the amount of toxins that we apply on our skins daily from moisturizers to hair products to cosmetics, in fact there hundreds of banned chemicals that are still finding their way into the products we use each day.

Unfortunately government regulation is not as strict as the United Kingdom so are still prevalent in the products we entrust our skin, our health and our lives with.

Because the products we use still contain these toxins that have been banned in other countries it essentially makes us one huge chemical experiment.

If you are going to purchase over the counter cosmetics just make sure that you check them out first. Nothing can substitute a little due diligence and just because your country may not have a ban on these types of chemicals does not make them safe to use.

The best way to see if your cosmetics contain chemicals from the hot list is to visit this site:

<http://www.natural-skincare-authority.com/cosmetic-chemicals.html>

Some cosmetics are lead based because of its ability to last particularly with regards to color stay lipsticks. The lead gives

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the lipstick the greater ability to adhere to the lips for longer. You're better off selecting lipsticks that aren't designed for long wearing.

Remember that not only does the skin absorb the lipstick when it comes into contact with the lips but that when eating or drinking you also consume small quantities of it. In fact it's estimated that throughout a woman's lifetime that she will consume around 7 pounds of lipstick inadvertently through eating and drinking.

So with that in perspective, you would want to ensure that the lipstick that does find its way into your body won't be harmful to your health.

The side effects of lead has been linked to brain function impairment and learning disabilities. In addition to this it also affects the nervous system and is therefore classified as a neurotoxin. Because in the body lead resembles the structure of calcium it's very readily absorbed and transported throughout the bloodstream and distributed to the organs causing damage. Even low levels of lead poisoning can cause kidney and liver damage, fertility issues, damage to the central nervous system, seizures, coma and death.

With these potential side effects it pays to go as organic as possible with your cosmetics. Your health shop should have a decent array of organic brands for you to choose from.

If you wanted to make your own natural cosmetics, health shops provide the means.

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Here are a few great home made, organic recipes to make your own cosmetic creations from.

Beetroot Red Lipstick

That's right instead of crushing and adding iron to give your lipstick pigment, we're going to use something that isn't toxic and that you can eat any day of the week.

Recipe:

Add 1 tablespoon of grated beeswax from your local health store to 2 tablespoons of olive oil. Place in a microwavable glass dish and microwave on high for 2 minutes.

Then add 1 teaspoon of beet juice to the oily mixture. Mix thoroughly. Depending upon your taste, you can add more beet juice if you want a deeper, richer red color.

After mixing, let the mixture cool until it reaches room temperature then transfer the mixture to a small plastic container and either apply using your finger or use a lipstick application brush and there you have it, non toxic, completely organic, lead free lipstick.

You have the flexibility to create different colors and tones by simply controlling the amount of beet juice that you add. Little beet juice gives a pink coloration. More beet juice gives the overall lipstick color a deep, rich red color.

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Foundation/Concealer

Remember as with anything, even natural organic cosmetics can have the ability to cause allergic reactions in some individuals. So always perform a patch test on your skin first and leave on for an hour to gauge if an allergic reaction is developing.

This is usually a good indicator if you're allergic or not. There will be some minor cases where an allergy can develop hours or even days later so be watchful to see if a delayed allergic reaction develops after the initial hour time period. If symptoms persist, see your doctor.

Recipe:

First off we need to create our foundation/concealer mixture because it will also double up as the basis for our eye shadow.

Combine together an equal mixture of the following, 3 tablespoons of potato starch and 3 tablespoons of corn starch. If the mixture is lumpy, grind with the back of your tablespoon until fine.

To add some natural warm tones to your concealer, take 1 tablespoon of your foundation/concealer mixture that you just created and add a sprinkling of cinnamon until you get the desired tone for your skin color. Cinnamon is great for the skin, has healing properties and gives a beautiful natural scent without the use of harsh chemicals.

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Eye Shadow

Combine 3 tablespoons of cocoa powder, any kind will do with 2 pinches of your home made concealer (untinted). By combining cocoa with your concealer mixture not only do you have color but your pre-made concealer mixture gives the eye shadow adhesion properties. The cocoa gives a natural looking warm tone to the eye shadow, if you want to add a little color you can purchase dry powder food coloring from your local cake shop. It's natural and its pigmentation is derived from plant extracts so you know it's beneficial to the skin.

Special Note:

Avoid the use of artificial food coloring both in your baking and on your skin, they are derived from tar and petrochemicals. In fact artificial food coloring has been linked to ADHD and

behavioral problems in children. There is also a potential link between artificial food coloring and brain tumors. So if at all possible, try opting for the natural variety in future.

Add the colored powder to your eye shadow mixture until you get the level of color desired. This is where you can depart from your standard nude warm tones and branch out into your blues, greens and purples.

The great thing about using powdered food coloring is that one little pot can last years. That means that you won't have to purchase new eye shadow for the foreseeable future, just blend and mix what you already have and experiment until you get the colors you want.

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Blush And Lip Gloss

To make the basis of your lip gloss add 2 tablespoons of sunflower oil to 1 tablespoon of beeswax beads, again you should be able to source any of these ingredients from your local health shop.

Place in a small cooking pot and heat until both have melted and combined together.

Add in a little pinch of beet powder for coloring, the more beet powder the darker and richer the color. Control the amount you put in until you get the desired color. If you want to save time, make 5 of these mixtures and add from a pinch in the first mixture and add a little more to the second batch until by the time you reach the final batch you've added a teaspoon.

That way you have 5 lip glosses with different shades from pink all the way to red. It saves time when you're in a hurry and you're looking for that perfect shade to go with your outfit.

For blush, just dab a little on the apple of each cheek and blend. Use more to highlight the cheekbones.

So there you have it, natural cosmetics without all of the harsh lead based chemicals found in store bought brand varieties.

You can also get your friends making their own cosmetics by having a natural cosmetic party. It's fun and you get to go home with cosmetics you made with your own hands.

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Natural Household Cleaners

The toxicity that household cleaners introduce into our homes goes far beyond the usual “harmful if swallowed” warning. In fact you don’t need to consume household cleaners for them to poison you, your skin does a perfectly efficient job of doing that.

In fact, you can still be poisoned from the vapors of chemical cleaners and from being in contact with them.

The skin itself, being the largest organ of the body presents all kinds of opportunities for contact with toxic chemicals which can then enter into the bloodstream and affect your internal organs.

Some household cleaners can adversely affect your nervous system, damage the liver and the kidneys and impair your fertility, just to highlight a few side effects.

So if the toxins you come into contact with each day can affect your health without having to be swallowed then it pays to look at more natural alternatives.

There are fantastic green/eco brands of household cleaning products you can invest in these days, but if you want to create your own, there are several effective cleaning recipes that get the job done.

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Cinnamon Scented Disinfectant

10 drops of an emulsifier (grab this from your local health shop)
10 drops of cinnamon essential oil (can also be sourced from your health shop) 1 cup of water

Place the essential cinnamon oil in a bottle, add the emulsifier and the cup of water. Shake thoroughly before use to mix the ingredients, scale up the mixture amounts depending upon your needs.

This disinfectant can be used in place of your regular household ones and it leaves a natural, refreshing cinnamon scent.

Sanitizing Deodorizer

Add 1/2 (half) a cup of borax to 1 gallon (4 liters) of tepid warm water.

Can be used in place of your household cleaners and is just as effective as industrial strength brands without the potential harm to your health.

Tea Tree Oil Disinfectant

10 drops of tea tree oil (found at your local health shop) 10 drops of emulsifier
1 cup of water

Add all of the ingredients together and mix thoroughly before use.

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This recipe is almost identical to the cinnamon disinfectant recipe just substitute the cinnamon essential oil with tea tree essential oil.

These are cost effective, they last and are more friendly to your health and the health of the environment.

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Aromatherapy Remedies For Health And Well-being

The skin is the largest organ of the body, it's also the first thing people see and one of the first things people base their impressions on.

Why do you think that celebrities shell out thousands of dollars to fix problem skin issues? Because their looks are their assets, so important is great looking, vibrant flawless skin that they'll go to extreme lengths to get it.

I'm here to tell you today that you don't have to part with a fortune to get healthy, great looking skin. You can do it from the comfort and privacy of your own home and best of all, it's completely natural.

Dehydrated, Aging Skin

Whether we like it or not, aging is a part of life. It's the name given to a process that involves the degeneration of our cells. When this takes place, the process of cell division slows and our outer layer of skin or the epidermis becomes thin and loses its youthful appearance. Wrinkles appear when the skin thins and loses its tonality.

In addition to natural aging there are other contributing factors that you need to be mindful of in order to slow the aging process. Things such as air conditioning, the sun, diet, stress, smoking, drugs and medication can all play a part in how quickly you age.

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With our fast paced lifestyles, change in environmental conditions and intensifying radiation doses from the sun it's no wonder our skin is looking worse for wear long before our time.

You don't have to tolerate rapidly aging skin and there is something you can do about it without botox or going under the knife to shave off a few years here and there.

First off, the effects of aging is a microscopic process that occurs at the cellular level. Far smaller than the eye can detect. These tiny degenerative cellular changes that take place over time ends up turning into major changes detected as wrinkled, sagging skin.

See I believe that in order to truly turn back the clock on aging skin you need to attack at the point of change, which again is at the cellular level and to do that we need to nourish the skin from the foundation up.

Up Your Fluid Intake

Although it may seem like a no-brainer, the best place to start is with drinking more fluids. Everyone thinks they drink at least 6 to 8 glasses of water a day, but without proper monitoring you'll find that on average, a lot of people don't. Try to drink at least 6 glasses a day of actual water, preferably room temperature, unchilled. Not beverages, alcohol, fruit juices, teas or coffee.

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These may contain fluid however the body has to separate out the fluids in order to use them. If on the other hand you drink regular water the body can immediately absorb it into cells and utilize it right away without having to separate out the other elements. Drinking room temperature water instead of chilled means that the body doesn't have to expend extra energy warming the water in order to utilize it.

Drinking more fluids keeps your cells functioning properly and keeps them supple.

What You Eat

Getting a balanced diet also helps to slow the oxidation and cell degenerative process. Foods that fight free radicals such as fresh fruits and vegetables, foods high in water.

Here are a few aromatherapy treatments to help keep aging at bay...

Remember that you should be able to source any of these ingredients at your local health store. To target those areas that age hits the hardest, apply a little rose hip seed oil or alternatively you can use wheat germ oil to the area under the eyes before going to bed. Leave it on all night and then cleanse your face in the morning.

To lessen the appearance of wrinkles, create your own home made wrinkle busting face mask.

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You can create yours by adding 4 drops of frankincense, 4 drops of carrot seed and 4 drops of lavender oil to 2 tablespoons of clay, 2 teaspoons of liquid honey and 1 teaspoon of water.

Combine until well mixed.

Apply liberally over the face and leave on for 30 minutes. While you wait cut cucumbers and place over each eye. This not only soothes your eyes but helps you relax.

Cracked skin

Cracked skin can often be painful especially in areas exposed to the elements such as the mouth. Cracks can also appear on the heels of the feet and hands and if left unattended can lead to infection and in those with diabetes, complications.

Cracked skin usually indicates a deficiency in vitamin's B2 and B6, thankfully you can infuse these vitamins naturally back into your body with diet. Believe it or not, liver is actually is a great source high in vitamin B. If liver's not your thing and you can't stand the taste then you can substitute it with wheatgerm and even brewer's yeast. You shouldn't have any problems sourcing this from your local health shop.

Now that you're replacing the vitamins your body needs, you want to give your cracked skin some relief, wheatgerm oil is ideal for this or alternatively, if you've got it in your kitchen pantry snap

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up a bottle Extra Virgin Olive Oil, anything that can act as a natural lubricant to re-infuse some that lost moisture will work well. The oil acts as a protective barrier to prevent further moisture loss and allow healing to take place.

A good bottle of EVOO works wonders and keeps skin supple, hydrated and reduces wrinkles. Remember, during times of extreme cold to moisturize paying special attention to the neglected areas such as the hands and feet.

Warts

Gone are the days where the only treatments were out of a chemical jar or used burning liquid nitrogen. Warts can be stubborn but with a good natural treatment can become yesterday's news.

Warts are derived from the papilloma virus and because of this can be contagious and spread to other parts of the body.

With the exception of anal and genital warts are mostly harmless however in terms of verruca's can be uncomfortable and sometimes painful to live with which is why people prefer to get rid of them.

With warts you'll usually find a visible center containing little black spots which look like finely ground pepper sprinkles. These are the seeds responsible for keeping the wart alive and if you're to have any long term success of ridding yourself of warts permanently, you really need to attack these growth centers.

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This is easy to do, but first you need to weaken the rough, fleshy wart exterior which protects these seeds. To break down the warty protective skin layer you need to soften it with tea tree oil by applying a few drops to the area 3 times daily for the next 30 days.

This callousy exterior layer should soften and easily pull away enough for you to remove the seeds to prevent further growth and spreading.

Once you can see the black pepper dot seeds underneath the upper wart skin layer, sterilize a needle with antiseptic and gently dig out the seeds making sure to carefully dispose of them into a tissue.

Again with the exception of genital and anal warts, this treatment can be used for any wart. After every treatment, cover with a band aid or plaster to keep the area sterile. After complete removal of the wart you shouldn't be able to see any more black pepper spots and the area should no longer be as sensitive as it was to the touch, this means that you've successfully removed the wart at the root.

Over time, the skin will grow back, wart free.

If you want to remain wart free, build up your immunity. Like any virus it manages to thrive when our resistance is low. In order to deter the wart virus from taking hold, increase your immunity by dosing it up on foods rich in garlic. If you don't want to eat enough garlic to keep the vampires away with your garlic breath, there is garlic available in pill form that still packs a punch, minus the scary breath.

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Another connection scientists have made is that Vitamin E suppresses wart formation. Source out at your local health shop moisturizing creams containing vitamin E, this should give you a nice protective layer against those nasty little wart viruses.

Note: if you do have genital or anal warts, please see your doctor, these could be symptoms of something more serious and it's worth getting checked out.

Psoriasis

Psoriasis can be devastating in its severity ranging from raised, reddened skin to circular lesions to all the way to other end of the spectrum with pustules. It's believed that psoriasis is caused by an overactive production of epidermal cells, although not clear what triggers them is thought to be brought on by stress and allergies.

A great treatment for psoriasis is internal. By taking 6 doses of 500mg of Evening Primrose Oil on a daily basis, 60% of people noticed a marked reduction in their symptoms.

A topical treatment you can use to give relief is to mix 5 teaspoons of cider vinegar with 3 fluid ounces of lavender water, 10 drops of lavender cajeput and tea tree oil. Once combined, shake the mixture well and massage gently into your scalp 5 times per week.

This should help give relief to the discomfort of psoriasis as well as reduce the symptoms.

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Cold Sores

Nobody likes a cold sore especially when it's so prominently positioned on your lips that often it's all people can see when they look at you. If you're like me you'd rather ditch yours quickly so that you're not left feeling self conscious.

A fantastic rapid acting remedy is to nip it in the bud. You've seen those tv commercials about treating the cold sore when you experience the characteristic "tingling" sensation.

The same applies here but rather than to use an over the counter medication with artificially synthesized chemicals try using tea tree oil instead.

Just dab a little onto the affected with a q-tip (cotton bud) and dispose of it in the trash. Remember that cold sores are a contagious virus of the Herpes family. By not disposing carefully of your q-tips or washing your hands thoroughly can potentially spread it to other parts of your body.

Repeat your tea tree oil treatment twice a day until the tingling sensation has disappeared and when the cold sore fails to develop.

So next time you get that tingling sensation, whip out your trusty tea tree oil.

Cold sores don't just appear without cause. They're usually a sign of a compromised immune system and can appear during illness or times of high stress. Your best treatment is preventative.

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To stop cold sores from appearing, boost your immune system by taking vitamin supplements. Vitamin C can either be introduced naturally through diet, kiwifruit especially of the golden variety are a fantastic source of vitamin C and contain up to 3 times that of your average joe orange, weight to weight.

That's right, your regular sized orange only packs around 70 mg of vitamin C compared with 85 mg for one small golden kiwi. That means that you can eat just 2 golden kiwis to get your daily recommended dose of vitamin C a day.

Don't forget to get plenty of rest so that your body can repair itself and try not to stress.

By resting, de-stressing and getting plenty of vitamin C you can prevent cold sores from ever appearing.

Burns

No natural first aid kit would be complete without having a knowledge in burn remedies. It's only a matter of time before it happens to us or someone around us and the knowledge that you gain here could be vital in giving much needed relief.

First of all when it comes to severe burns, please get immediate professional attention from a medical practitioner. The help you get immediately following a burn will diminish the long term effects.

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Burns fall into 3 categories of severity.

Superficial: This involves some swelling and redness to the affected area.

Intermediate: Usually involves swelling the affected area accompanied by blistering of the skin.

Deep: Involves charring to the affected area often followed by a numbing feeling indicating tissue damage.

For burns in general, dose up on your garlic intake. Garlic is packed with healing properties. You can incorporate garlic naturally into your diet or if you're not keen on the taste, invest in some tasteless, odorless garlic capsules from your handy local health shop, it still packs a vitamin punch minus the garlic breath.

Treatment:

The first thing you should always do following a burn is to hold the affected area under a cold tap of running water for at least 15 minutes or more if need be. Apply tea tree oil to the affected area 3 times a day until the skin has fully healed.

For larger burn areas, apply a compress containing ice for 20 to 30 minutes or as long as need be. Create a special mixture by combining 9 drops of lavender and 9 drops of German chamomile oil in 50 ml of distilled water. Combine the ingredients by shaking well and apply to the burn area.

Continue to use until fully healed.

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Essential oils are effective in the treatment of minor burns especially tea tree and lavender oils. They not only sooth the burned area but also help promote healing and prevent scarring. So effective are these oils that their use is being deployed more and more in hospitals for the treatment of burns.

Cuts

Note: If your wound is particularly deep and you're experiencing severe blood loss, please seek immediate medical attention. You many need stitches and is beyond the scope of this book.

Some of the most common injuries we sustain in life are cuts. When it comes to nails, wooden splinters or rust, special care should be taken to prevent infection.

When it comes to rapid healing, vitamin C is highly effective accompanied with plenty of rest enabling the body to properly repair itself.

Eat foods loaded with vitamin C, a great source as mentioned previously is that of the golden kiwifruit. For its weight it packs a vitamin punch compared to its bigger, bulky fruity counterparts. That means that you can get more of your recommended daily intake from its snack sized portions.

Again, garlic is the “go to” healing elixir which helps boost the body's natural immune defenses and reduce infection.

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When it comes to minor cuts and abrasions, as with burns, lavender is excellent because of its healing properties. In fact when applied to an affected area, lavender didn't sting to the touch as iodine does. Lavender promotes healing by stimulating a supply of blood to the damaged area. Not only does lavender help heal but it also prevents scarring.

Tea tree oil is another great natural antiseptic which draws infection from wounds and with its germicidal properties left affected areas clean and infection free unlike most commercial, chemically synthesized antiseptics which kills the bacteria and damages the tissue in the process.

So as you can see, nothing beats natural. Everything grown naturally that is available to us works in synch with our bodies to heal from the inside out, that's why it's so important to get back to basics and get our bodies back into harmony the way they were supposed to be. If we lived the way nature intended, there would be a lot less illness in the world.

Treatment:

Clean the affected wound area with water and apply 3 to 4 drops of lavender or tea tree oils. Apply a plaster taking the care to air the wound several times a day so that it doesn't become a breeding ground for bacteria. Apply the lavender or tea tea oil 3 times a day until healed.

For larger wound areas cover with gauze that has been dipped in tea tree or lavender oil. For wound seepage, add a a few drops of yarrow or myrrh to the gauze, this will help promote healing.

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Excess perspiration

The skin is the largest organ of the body and facilitates several functions on a daily basis from temperature regulation to acting as a protective barrier shielding us from disease and radiation.

As part of the skin's role in temperature control, a familiar by-product is sweat. By its nature, sweat does not smell, it's not until it's attacked by bacteria which perform a sneaky little biochemical trick which essentially changes its chemical structure breaking it down into the odorous lactic acid. These are the smells that we've all grown to hate and why we spend dollars upon dollars on products to mask it.

Store-bought deodorants work by clogging the sweat glands inhibiting the amount of perspiration given off and while we may smell better it's not a natural condition. The sweat glands were intended to work, they work to remove toxins and impurities from your system, a type of drainage point for your lymph nodes. In order to keep your body functioning normally, these lymph ducts need to drain and by blocking them with off-the-shelf brand deodorants is inhibiting them from working properly encouraging toxic build-up in your glands which can potentially affect your health in the future. Deodorants shouldn't inhibit normal lymph drainage and to do so means that you could run into all sorts of problems, health-wise in the future.

Here's an effective way to treat perspiration without affecting your health.

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First off, one of the simplest things that people tend to overlook is your internal health and by doing something as simple as drinking more water, you can dilute the amount of ammonia in your system that comes from a diet high in protein. You'll find doing this will reduce the strength in urine odor.

Wash your body regularly to remove the bacteria responsible for transforming your innocent perspiration into stenchy lactic acid. Use natural organic soaps containing tea tree oil which acts as a natural bactericide.

Be aware of the kinds of clothing you wear, for instance try to avoid wearing man made, synthetic fabrics such as polyester or nylon, these prevent the skin from aerating and breathing and promote the build up of those offensive lactic acid producing little nasties.

Here are some great remedies to help you ditch your body odor:

For the Feet

Add 5 drops of lavender and tea tree oil along with 1 tablespoon of cider vinegar to a bowl of warm water. Soak your feet each evening for at least 5 minutes. If you want extra soothing for tired aching feet add a few drops of lemon oil to the mix.

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Natural Deodorant

Add a 3 drops to of tea tree oil to witch hazel and rub liberally into the soles of the feet. It's also a great use as natural deodorant for the under arms too.

Lice

Lice are a fact of life, no matter how clean your personal hygiene lice will always manage to find their way into your hair.

If you want to wash that lice right out of your hair, here are a couple of things that you can do. Start off by investing a fine toothed lice comb. Lice are often the size of a pin head and are hard to spot so using a fine toothed comb will help to physically remove them from the hair shaft.

Rather than to use toxic commercial lice products you can easily substitute them with essential oils.

Special note: Essential oils can not kill the lice eggs, only the lice. You must therefore be vigilant in treating your hair every 2 to 3 days if you are to naturally rid yourself of lice. You may not be able to kill the eggs (nits) but treating regularly ensures the lice that do hatch, die.

Natural remedies not only ensure that you rid yourself of lice but it also leaves your hair in better condition before treatment.

When you or your family have contracted lice, switch to a tea tree oil or lavender oil based shampoo. This should minimize contamination between household members.

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Treatment:

Between combing on a daily basis to remove the eggs, treat your hair by using a mixture of 1 to 3% of tea tree oil or lavender to a pH balanced shampoo from your local health shop. Massage thoroughly into the scalp and leave for 15 minutes before adding a few drops of lavender oil, lathering and rinsing completely.

You must continue this treatment until no more eggs are lodged in the lice comb and until you see no more evidence of lice still lingering.

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Muscular Pain

Often we only ever realize the presence of our muscles when we over exert them and experience pain.

Muscular pain can be the by-product of other conditions, namely arthritis, muscle strain from excessive computer use and bad posture or from tension caused by stress.

Whatever the situation, muscular pain can prevent you from getting on with your life.

Start by tackling muscular pain from the inside and look closely at your diet. Are you eating properly? Do you have a diet balanced in vitamin E and biotin? You can introduce biotin in your diet naturally with yeast derived products, if you don't fancy the taste, try taking them in pill form.

Muscular pain can also be from a diet lacking in vitamin E. When you don't have enough vitamin E in your diet you experience tissue and muscular degeneration of which the symptoms are pain. By adding an evening primrose oil supplement into your diet can greatly alleviate the symptoms of pain caused by this deficiency.

To relieve muscle aches massage is very effective especially with the right essential oils to promote pain relief.

You can create your own massage oil by using 10 drops of lavender, rosemary and marjoram oils to 50 ml of carrier oil. Apply to the affected area and massage until the oil is

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thoroughly worked into the muscle. This treatment is best suited after a warm shower or after application of a heat pack to loosen the aching muscle.

Another great remedy is to add 10 drops of chamomile to a hot bath and soak for 30 minutes to relieve aching muscles.

Cramp

Cramps are involuntary muscular spasms that can be painful and can range from the extremities to the abdomen.

To minimize the pain and frequency of cramps you need to look at your diet. Often cramps can be triggered by a lack of sodium (salt) in the diet. Garlic supplements are great for replenishing what you lack as are zinc and calcium supplements.

To treat muscular spasms of the extremities, namely the calf muscles and the hamstrings, create a massage oil by adding 4 drops of marjoram, lavender and rosemary oils to 3 drops of ginger oil in 25 ml of cream.

To prevent the likelihood of cramping after extreme physical activity mix 10 drops of lavender, marjoram and rosemary oils with 45 ml of carrier oil (vegetable). Warm up the muscles with a warm shower or bath and apply the massage mixture to the affected area taking special care to thoroughly massage into the muscles until evaporated.

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Hemorrhoids

Hemorrhoids are no laughing matter and depending upon the severity can affect your quality of life.

Hemorrhoids are swollen veins located within the walls of the anus. They can be external and internal and are often detected because they tend to bleed. These can be caused through genetic factors, as a result of pregnancy but more than likely through dietary habits.

To treat your hemorrhoids from the inside out, first start with your diet. It's not enough to treat the painful symptoms without treating the cause.

Try to up your daily intake of fiber. A diet high in bran, cereals, fruits and vegetables enable the ease of removal of waste from your body, as does drinking plenty of fluids every day. Garlic and vitamin E supplements are also recommended.

If you want to rid yourself of hemorrhoids for the long term, you need to change your diet permanently. Altering your diet for the sole purpose of treating your hemorrhoids for today will only ensure temporary relief.

To relieve yourself of the painful symptoms create yourself a soothing ointment by adding 5 drops of yarrow and 5 drops of germanium oil in 25 ml of calendula gel. Apply to the affected area 3 to 4 times per day or as necessary.

Another great way to gain relief is to add to 10 drops of rose oil to a bath of warm water and soak for 30 minutes.

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Varicose Veins

Often a painful condition, varicose veins can be a symptom of lifestyle, for example jobs that require standing for hours at a time can see the development of varicose veins. Pregnancy and obesity also contribute to the development of varicose veins and can be attributed to poor circulation.

Garlic supplements can help to heal within and just as beneficial, a diet high in fiber and vitamins E and C can also help to minimize the development of varicose veins as well as reduce the appearance of current ones.

To give relief to varicose and to help in the reduction of inflammation apply a cold compress to the affected area. To add even more relief, ensure that the compress is doused in witch hazel. This helps to sooth tired, aching legs.

Always remember to avoid taking hot baths, opt for warm, tepid ones. Hot baths only exacerbates the inflammation of the vein walls and causes them to ache even more.

The next time you take your warm, not hot bath try adding in 10 drops of juniper oil to improve circulation.

Constipation

Constipation is the result of diet and lifestyle where the regular functioning of the digestive tract is disrupted. Although constipation can be a symptom of other underlying factors it usually is linked to poor diet and lack of fluids in the diet causing the body's stool to be dry and compacted and hard to pass.

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By beginning with diet you can control the consistency and quality of stool that you produce. I know it sounds crass, but what comes out of your body is ultimately determined by what goes into it.

By doing something as simple as reducing the amount of refined, processed foods you eat and by substituting them with whole grains, fresh fruit and vegetables and increasing your fluid intake can dramatically improve your bowel movement. When you eat foods high in fiber such as grains and cereals, these foods expand acting as a sweep, moving your stool effortlessly through your digestive tract which is why you need to eat more of them.

It's important to expel your bowels of this harmful waste material to avoid building up toxicity in your body.

Also ensure that you drink 2 glasses of warm, spring water before eating anything. This wakes up your digestive system in preparation for food. It also is a great way to clean out those kidneys following your 8 hours of sleep.

Try incorporating more vitamin B into your regular diet. Diets deficient in vitamin B can be linked to poor digestion and constipation. Try drinking senna or ginger tea at least once a day to help with constipation.

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Here are a couple of natural remedies that can help alleviate the symptoms of constipation:

Apply directly to your abdominal area 4 drops of peppermint with 4 drops of ginger to 25 ml of almond oil, or the base oil of your choice and rub in circles. Do this 2 to 3 times a day.

To help relieve discomfort, use a flannel as a warm compress and add to the flannel 3 drops of peppermint and rosemary. Place on your abdomen for 30 minutes until pain begins to subside.

Another effective method of pain relief is to add 10 drops of peppermint oil to a warm bath, soak for at least 30 minutes. Do this as regularly as you need to.

Diarrhea

On the opposite end of the spectrum we have diarrhea. Unlike a hard, dry stool with constipation, diarrhea is loose, often watery, accompanied by cramps.

The cause of diarrhea can be from bacterial infection such as derived from food poisoning or can be from food allergies such as from an intolerance to gluten. Medication and antibiotics can also be linked to diarrhea and loose stools. Diarrhea can also be the symptom of stress or anxiety and be psychological nature.

So as you can see, diarrhea can have potentially several causes. We're going to cover the things that you can do, but if it persists, please contact your local health practitioner. Living with severe diarrhea is serious and can deplete the body of fluids, minerals and salts needed to function.

If your diarrhea isn't severe, just replenish your fluids and try these remedies.

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If yours is derived from a bacterial infection, boost your immunity by taking garlic supplements. Drink plenty of fluids to replenish the fluids you've lost. The next time you take a drink of water, add a little salt to it to replace the salt you would have lost through excretion.

This is particularly effective for diarrhea as a result of stress, add to a warm bath 3 drops of ginger oil and 3 drops of lavender oil and soak for at least 30 minutes to relieve stress and tension.

If you're unwell from bacterial infection and have a fever, add 3 drops of peppermint oil and 3 drops of lavender oil to cool bath.

Toothache

No one can really comprehend the nagging and inescapable pain of a toothache until they actually experience for themselves first hand.

When it comes to a toothache, just remember that the pain is always symptomatic of something deeper. So if the pain becomes excruciating and if your jaw swells or if you're experiencing fever this could be a sign of infection in which case you should always seek the treatment of a dentist. If left untreated without medical intervention and a treatment of antibiotics the infection could enter into the blood stream and spread to different parts of the body.

For future reference, there are things you can do to reduce the likelihood of getting another toothache. Proper dental hygiene is important to keep germs and infection at bay. Brush and floss at least twice a day. Reduce the amount of processed and refined sugars you consume.

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If you've developed an abscess, garlic is great to help reduce the source of infection, reduce swelling and pain. Vitamin C will also encourage healing.

Before you get to your dentist there are things that you can personally do to help relieve the pain of a toothache.

Cloves are fantastic in the treatment of pain, add 2 drops of clove oil to a q-tip or cotton bud and apply to the affected tooth.

Using reflexology can also help to dull toothache pain. By massaging the area between thumb and forefinger or by rubbing a cube of ice in this area in circular motions can also help to dampen the pain.

To help fight infection, add 6 drops of tea tree oil to a 250 ml glass of tepid, warm water. Stir the mixture thoroughly. Swish around in your mouth paying special attention to the affected area. Do this twice a day directly after tooth brushing.

Another great pain relief method especially for aching pain and swelling is to create a special massage oil using 2 drops of peppermint oil mixed with 2 drops of lavender oil and add to 15 ml of olive oil which is your carrier oil. In a circular motion using your index and middle fingers, gently work the mixture into your cheek for 10 to 15 minutes or until pain begins to subside.

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Colds

By the time you read this book it could very well be winter in your part of the world and with it comes the usual coughs and sniffles that the cold weather blows in.

If you've fallen victim to a cold, here are some simple and natural ways that you can get rid of your cold in record time. You'll notice by now a theme emerging from these remedies. Usually to get rid of any ailment you first need to address the internal issues before dealing with the notion of your cold symptoms.

So before we go down the route of recommending remedies for your running, congestion, headache and fever we first need to look at what compromised your immunity in the first place in order for you to get sick in the first place.

Are you stressed? Are you run down? Are you getting enough rest? By being over stressed and under rested can actually weaken your immune system and make you susceptible to getting colds. A strong and healthy immune system can over ride an attack from cold producing bacteria, but a compromised one can't.

Again, let's bolster your immunity by getting more garlic naturally into your diet. Again if this odor puts you off, opt for capsule supplements.

When you have a cold, what you eat is important and plays a huge factor in your healing time. For instance, if you're getting a little chesty, avoid eating dairy foods as it encourages mucus and phlegm formation. Although not directly linked to the increase in mucus production it does thicken the mucus

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already present and makes it more viscous. An uncomfortable by-product of consuming dairy products while having a cold.

To keep your body as phlegm free as possible try to eat more fruits and vegetables in particular those rich in vitamin C such as golden kiwifruit, guavas, oranges and lemons.

Shocking Fact:

Cut down on your refined sugar consumption. Did you know that eating too much refined, processed sugar actually inhibits your immune system from working properly?

That's right, after drinking soda or eating candy your ability to produce white blood cells, which are responsible for fighting infection, decreases by almost 50%. So fast acting is this sugar immuno-suppressant action that it takes effect only 20 minutes after consumption yet can hinder your immune system from working effectively for up to 6 hours!

Think of it surfing the internet while having your antiviral software disabled. The same applies with eating a diet too high in sugar. We go through life, exposed to all kinds of illnesses and diseases and it's like having our own personal body's anti viral defenses disabled.

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Your Body Knows Best

This explains why when you're sick, you go off your natural cravings for chocolate and candies. This is your body's way of telling you what it needs over what it usually craves. When you're sick, your body knows best and your tastes change to compensate, for example your desire to eat junk food diminishes and your desire to consume more fluids and to eat foods high in vitamin C increases.

So, to give your body's immunity a fighting chance and to reduce the likelihood of getting sick, lay off the refined sugars.

Consume more teas containing peppermint and chamomile and if you can get hold of special Manuka honey. This type of honey is found in New Zealand and is available world wide. The great thing about Manuka honey is it's honey derived from the Manuka tree, this tree contains several healing and anti-bacterial properties and acts as nature's antibiotics.

The ancient Maori people used this honey to help heal their wounds and stomach ailments for hundreds of years before science ever proved its benefits.

I can honestly say that cold sores, gum infections, cuts, scraps and burns heal 2 to 3 times faster with Manuka honey than without, it's nature's healing elixir in a jar. See if a health shop near you stocks and then keep it in your kitchen pantry for easy access when you need it. The best time to take it is when you get that tickle in the back of your throat.

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To have the healing property effect you will need to get your Manuka honey with either a rating of 20 UMF or 25 UMF. This is still safe to consume daily but also has the natural antibiotic healing properties. Anything lower than this, for example under 20 UMF will dilute its healing abilities.

UMF stands for Unique Manuka Factor and represents the type of plant it was derived from, only plants with the UMF label have the special antibiotic factor specific for healing and is only found on some Manuka (*Leptospermum scoparium*) plants.

UMF factor is determined by placing the Manuka honey on a petri dish with a bacteria culture and gauging the results. The more powerful UMF factor, the more effective its ability to kill bacteria.

Manuka honey can treat stomach ulcers that have resulted from the *h pylori* bacteria and are also effective for treating staphylococcus and streptococcus which is effective in the treatment of sore throats.

From personally using Manuka honey, before the winter season hits I usually up my daily dosage by adding a tablespoon to my oatmeal for breakfast or smearing some onto my morning toast.

A great way to unwind is with a cup of lemon and Manuka honey tea. I take an entire lemon, squeeze it into a cup, add 2 tablespoons of Manuka honey and fill with hot water and enjoy, the perfect ending to a cold winter's day.

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Here are a few of my favorite cold remedies that you can put to work for you:

Before your cold really takes hold, early action can nip the degree of severity in the bud. When you feel a little sniffly, add to a handkerchief or to an old scarf that you wrap around your neck, 3 drops of eucalyptus oil and tea tree oil. If you add to an old scarf, take special care to add it on the part of the scarf directly under the chin. This allows the vapors access for inhalation and keeps the air passages clear.

For a congested chest, make your own home made natural chest rub. Mix 5 drops of peppermint, thyme and ginger to 25 ml of almond carrier oil and massage into the chest and back until oil dries. Do this 2 to 3 times per day until chest clears.

For a stuffy head and sinuses, add to a boiling bowl of hot water, 6 drops of eucalyptus oil with 6 drops of tea tree oil. Place a towel over the head and inhale the vapor for 10 minutes. Ensure that your eyes are closed and that your face doesn't touch the surface of the water. Remember this is extremely hot water and can scold if not done carefully.

For sore throats, place 5 tablespoons of sea salt in a glass of tepid warm water and gargle and spit out. Repeat until all of the water is gone.

Give relief to tired achy and painful joints, by adding 10 drops of lavender and tea tree oil to hot bath and soak for at least 30 minutes. A hot bath eases the pain of painful joints and increases mobility while encouraging more peaceful, restful sleep.

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Coughs

A part from chest congestion, the thing that can disturb a potentially sound and restful night's sleep is coughing. The very action of coughing taxes your energy and can leave you feeling battered and bruised from the inside.

Coughing is the body's spontaneous reflex to clear out the air passages and while designed to rid the respiratory tract of phlegm and to encourage proper breathing, coughing can sometimes to be triggered by other factors such as dust, pollen, dampness and smoking, often leaving you with a dry, irritable cough that just won't go away.

To alleviate coughing during times of chest infection use 5 drops of lavender oil and 5 drops ginger oil to 25 ml of carrier oil such as almond oil. Rub in circular motions into the chest, back and throat area (external use only). These essential oils act as expectorants and help to loosen and remove the mucus from your system.

A hot steam inhalation will give rapid relief to a dry, hacking cough. Add 3 drops of tea tree oil to 3 drops of sandalwood to a bowl of hot water. Cover your head with a towel and inhale the steam for 10 minutes. Repeat once in the morning and once at night.

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Hay Fever

For those who suffer with hay fever you always seem to magically know when spring has arrived. If your hay fever is driving you crazy and you want to try a natural alternative, here are a few great remedies you can put to use.

If you experience hay fever, chances are you've had it since childhood. You usually know from its onset and the weepy, swollen eyes and running nose are clear signs its allergy season.

Hay fever is the result of inflammation of the tissue lining within the nasal passages, it usually affects the eyes, throat and nose and is the result of the reaction to pollen allergens. A hay fever attack can be exacerbated by poor health and stress since the weakening of the immune system leaves your body defenseless against allergens.

By cutting back on the amount of dairy you consume can alleviate hay fever symptoms. By also boosting your immune system with plenty of vitamin C and garlic and getting plenty of rest you can reduce the severity of hay fever symptoms normally experienced.

Try infusing your diet with immunity strengthening Manuka honey. It's healing properties can help better prepare your immune system when hay fever strikes.

To help clear out your nasal passages and to relieve head tension try adding 3 drops of lavender oil to 3 drops of rose oil

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to a tissue or a handkerchief and inhale. Once the mixture has evaporated and lost its potency, add another 3 drops of each again to replenish.

For relief of weeping, swollen and inflamed eyes, try placing a cucumber in the refrigerator for a couple of hours. Slice the cucumber into 1/2 inch pieces and place over each eye for 10 minutes for soothing eye relief.

Another great remedy is to drizzle a teaspoon of rose water (not rose oil) into a cold, damp wash cloth and place over the eyes while closed. Leave on for 10 minutes. You can repeat this over again for as long as you need relief.

Massaging is also a great way to relieve hay fever trauma to the body. Believe it or not, the very action of coughing and sneezing places stress on the body and can bruise and damage the tissue around the ribs. People often feel as though their ribs have been bruised after an intense coughing bout.

To reduce the frequency of coughing and sneezing and to relieve painful aftermath, combine 5 drops of lavender with 5 drops of rose oil and add to 25 ml of carrier oil. When applying and massaging, pay special attention to the neck and chest and rib area.

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Psychological

Even the Romans and the Egyptians had the right idea when they used essential oils for the purpose of calming the mind. The same still applies today, in fact the right combination of essential oils can completely transform your state of mind, taking you from stressed and panicked to calm and collected.

In our modern times we've never found ourselves more stressed than we are now and even though we have technology to automate much of what we do instead of the notion that we would be able to do less, we've found ourselves busier now than ever before. Instead of freeing up the time when we used to do manually we've now filled it with even more work.

It's no wonder that we're more stressed than ever before and the development of the myriad of stress related illnesses is at an all time high.

Stress may be the way that you interpret your surroundings and the external pressures of life around you but it gets serious when it impacts on your health.

In fact stress is linked with blood pressure, anxiety, depression, digestion issues, lethargy and can even compromise the immune system especially when a person is subjected to stress on long term basis.

This is why it's so important to take the time for yourself and to de-stress from a hard days work. Here are a couple of things that you can do to get your stress levels under control.

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Regular exercise is also a great stress relief mechanism and releases endorphins, the body's natural feel good hormones. It also promotes, deeper more restful sleep.

Meditation is also fantastic for clearing the mind of stressful thoughts. The simple action of concentrating on your breathing allows you to shift your focus from your everyday worries and to disrupt your normal patterns of stressful thoughts.

A part from merely treating the symptoms of stress such as the anxiety, the blood pressure, the lethargy and insomnia, the best treatment is to look at the underlying factors causing the stress in the first place. Is it your finances, your job, or your marriage? Look at what you can do to get the right help for your situation. By treating the cause you treat the symptoms.

One of the quickest ways to disrupt the physical symptoms of stress is through smell and touch. Massaging with a mixture of essential oils is a great combination of the two is an effective way of alleviating the symptoms of stress.

Add 10 drops of jasmine oil to 10 drops of lavender into a warm bath and soak for at least 30 minutes. This helps to calm the mind and alleviates stress and tension. It also helps promote better, restful sleep.

Mix 3 drops of lavender oil to 3 drops of nutmeg oil and add to 5ml of almond carrier oil, massage into the soles of the feet for stress relief.

To put yourself in a calmer state of mind have your favorite, soothing scents around your home. Add citrus, lavender or sandalwood to a vaporizer and enjoy the relaxing fragrance.

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Conclusion

We live in an abundant world where the answer to every ailment is available at our fingertips. Nature is literally our medicine cabinet and sadly due to our dependence of chemically synthesized, man made medicines, we've become sicker than at any other time in history.

This is because we've gotten out of balance with nature and our surrounding environment.

In order to gain back our health we need to reconnect with nature and use its bounty to help heal from the inside out.

Thank you for taking the time to purchase our system, put it to good use and you'll begin seeing an improvement in your health ailments.

To your health and wellness,

The Aromatherapy First Aid Team