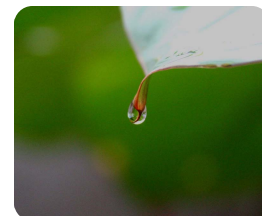


Essential Oils

Than & Now Newsletter

- By Joanna Barrett, RN, CNHP, FCCI



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“YOU WON’T BELIEVE WHAT HAPPENED”

A man came to our office. He said, “I don’t care what you do. Chop me off at the waist if you have to. I can’t stand this pain anymore.” He had chronic low back pain with sciatica down both of his legs. He came in for a Raindrop.

I applied Valor to balance his electrical system. Valor contains Frankincense called the “gateway of the oils” and, according to the Ancient Egyptians, “Good for everything from a broken head to gout” (Head to toe). Valor is also called “Chiropractor in a bottle” since it straightens scoliosis. Emotionally the blend gave Roman soldiers courage in battle when they conquered the then known world. Good way to start

Helichrysum, wild-crafted in Yugoslavia, Corsica, Croatia, Spain and the Italian Alps, is known for its ability to regenerate nerves and tissue and powerful for pain relief. That I applied on his lower back and down the sciatica.

The rest of the Raindrop contained oils powerful against bacteria, viruses, and fungi. Oils that clean out clogged cell receptor sites (almost all Americans have clogged cell receptor sites from various toxins in our food, personal care products, water, petroleum products, etc). Oils to soothe tight muscles, oils for the circular system - blood, blood vessels, also the lymph system which carries nutrients, waste, negative microbes, and toxins to the sides of the spine to be eliminated or where they harbor and leach out into the muscles pulling the spine out of alignment. Lastly, peppermint, a cold oil good for mental clarity, digestion, pain, fever and good sealant oil. A hot pack afterward opened the pores and as water and oil don’t mix, drove the remaining non-absorbed oil into the system. It felt great but when he got up he still had pain.

The pain lasted 2 days. On the third day, I met him in town with a big grin on his face. “You won’t believe what happened,” he said. “In the middle of the night something went ‘snap’ and all the pain went away.”

He lifted heavy car parts for a living and painted them (very toxic profession). Every so often when I saw him I’d ask how his back was. Because of his job I thought he might occasionally need further Raindrops. Over a year went by and he still had no pain.

Emotionally, low back pain deals with money issues (lack of) He was a single wage earner with a large family. He moved away but a few months later he brought his daughter in for back pain especially in the lumbar area. She was helping support the family as his job didn’t go as anticipated. I asked him if he had any pain. He admitted to having some mild lumbar pain again.

Our Creator understands all our physical, emotional, mental, spiritual, and even social and financial needs and provided for those needs through His creation. We use herbs and the plant’s essential oils.

Gratefully,

Joanna