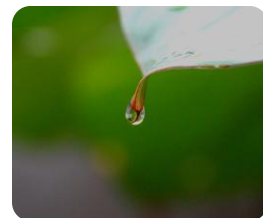


Essential Oils Then & Now Newsletter

- By Joanna Barrett, RN, CNHP



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What If?

What if we take the opportunity to go to Egypt? Could we? Should we? The still small voice said twice “Be strong and of good courage.” I often thought of that verse. “Strength and courage” was a command not a choice. We are almost at the place where we “owe no man.” Lord, if this is truly your will, we need you to provide.” And He did. And we were booked.

“If you choose to participate in this once-in-a-lifetime opportunity, you must be physically and emotionally fit. This includes being able to lift 50 pounds, walk upright without assistance for 5-10 miles in sand and rocky terrain: endure the heat of the desert; be willing to ride or lead a camel; and pass a medical release stating you are able to participate from your doctor.”

Then the fearful what ifs - Do I have enough stamina to hike through the desert? (Mer hired a trainer at a gym to get us ready.) Great – do I have the stamina to do that? Be strong and of good courage. K. We will be participating in the final filming of the frankincense documentary. As an extra in this film we will join Gary Young in the recreation of an ancient camel caravan. I will have to dye my hair dark and wear artfully darkened skin and Egyptian eyes. Green eyes – I will certainly not be a major character. Did the ancient Egyptians have naturally curly hair? Well, they did mention wigs may be available.

Ok – oils. I know I haven't written about the blends I often use. The training I have had in blending was just scratching the surface and I would like some extra courses to better know how to blend well. Currently, I don't have the time. Someday I may be willing to turn my office kitchen in to a blending lab. But until then I appreciate the blends of Young Living. They are more experienced than I would ever be. What if I use the blend “Brainpower”? It's good for narcolepsy. Peppermint will cool the heat and we could put it in our water, on our feet and where ever else. Plus Peppermint is good for mental clarity. And digestion. I understand we will be eating in the desert an authentic Arabian Barbeque of Goat. Jet lag - hmm, “Brainpower” and the blend “EN-R-Gee”. “En-R-Gee” is also good for the energy we'll need, and packets of NingXia Red will give us sustained energy. “Aroma Life” for the heart murmur and occasional shortness of breath on exertion. “Thyromin” a supplement for low thyroid. For the probable aches and pains, the blends of “Panaway”, “Aroma Seiz” (Tight muscles) and “Relieve it”. “Thieves”, on my feet before takeoff to protect from the bacteria and viruses in ten hours of recycled air and from whatever I might encounter on land. Lavender in case of sun burn. Purification to deal with insects – a natural bug-away. Emotionally fit? How about my favorite Ylang Ylang? It's also good for the heart.

Bon Voyage!

Joanna