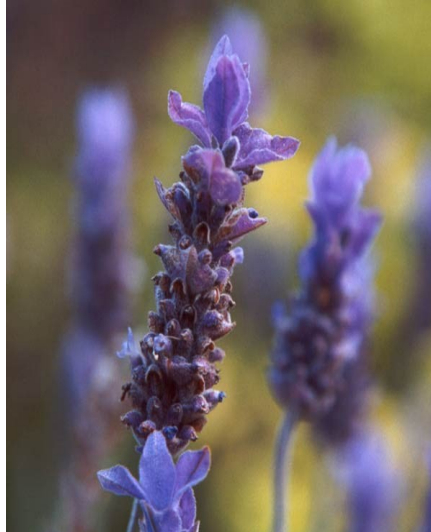


## ♥ Health Minute

Do you get stressed out?

Managing your stress is an important part of preventing heart disease. Stress contributes to high blood pressure, poor eating habits, and physical inactivity. Aromatherapy is a simple way to bring calm into your life. Light scented candles, use pure oils in a diffuser or oil burner, or add drops of oil in a neutral oil to customize your own massage lotion. Sit quietly and soak up the calming fragrance of these healing scents. Your heart will thank you for it.



<b>Flower Power</b> (reported uses of selected oils)	<b>Essential Oil Safety</b>
<ul style="list-style-type: none"><li>♥ Rose oil – menopause, nausea, circulation, anxiety, PMS</li><li>♥ Jasmine oil – anxiety, insomnia, depression, memory, dry skin</li><li>♥ Lavendar oil – high blood pressure, migraines, stress, dandruff, burns, insect bites, stings</li></ul> <p style="text-align: center;">♥</p>	<ul style="list-style-type: none"><li>♥ Avoid essential oils if you are pregnant</li><li>♥ Essential oils should <u>not</u> be taken internally</li><li>♥ Undiluted essential oils should not be placed directly on the skin</li><li>♥ Test oils on a small patch of skin before use to make sure you are not allergic</li></ul> <p style="text-align: center;">♥</p>

For more information, try [www.naha.org](http://www.naha.org), National Association for Holistic Aromatherapy