



Product Line and Services

Optimum Health and Nutrition

Newsletter Date April 30, 2007

Volume 1, Number 2

In This Issue

- Mind/Body Connection
- History of Aromatherapy
- Recipe of the Quarter

Upcoming Events

Snowmass Wellness Experience, Snowmass Village, Colorado

Online Store

[Therapeutic Grade Essential Oils](#)

To place an order use code: **929991**

[Total Wellness Self-Help Resources](#)

Book of the Quarter
Relaxation/Healing CD plus Instructional CD

The Relaxation/Healing CD gently guide listeners into a deep state of relaxation using guided imagery to reduce anxiety and connect with an inner peace.

Contact Us

<http://www.tarastechniques.com>

[Request for Information](#)

[Click here to schedule an Appointment](#)

Schedule an Aromatherapy Seminar in your home or workplace and receive a complimentary Essential Oil starter kit.

Call for more information.

Mind/Body Connection

Welcome to our online edition! We are pleased to present you with articles, tools and tips for a healthy living. For this quarter we are focusing on Aromatherapy and the soothing effects of Essential Oils. Of all the complimentary and alternative therapies aromatherapy is probably the one that is most misaligned and misrepresented. Our sense of smell (olfactory) is located in the catalyst area of the brain and is extremely powerful.

The sense of smell has a tremendous impact on how we feel, think, and behave. We should never underestimate the power of the nose in particular in helping to manage stress. Certain scents can calm the body and relieve the tension and anxiety that is often associated with daily stressors. Essential oils of lavender, chamomile, geranium, rose, neroli, sweet marjoram, and ylang-ylang are just a few examples commonly recommended for stress relief. They can be used in massage, added to a bath, or inhaled through a vaporizer.

We hope you enjoy this month's article on the essence of flower power and the important roles that essential oils could play in the future of health care!

Next quarter we will discuss and feature the Benefits of Breath- work. Happy Spring!

Sincerely,

Taras NK Raggio, M.P.A., HHP, CHSMS
Board Certified in Holistic Health

History of Aromatherapy



What is Aromatherapy?

The history of aromatherapy crosses many continents, cultures and centuries. In order to truly understand aromatherapy today it is paramount that one understands how it has crossed the span of time and how it has developed and grown from one culture to the next as it spread around the world. The term aromatherapy simply means "treatment with scent". It is the use of Essential Oils extracted from plants, trees, shrubs, flowers and leaves

The use of aromatic plants was part of herbal medicine, which dates back thousands of years and is not confined to one geographical area.

According to Biblical theology Moses was given a formula of special anointing oil, which contained myrrh, cinnamon, calamus, cassia, and olive oil as some of the essential ingredients.

Our Mission...

Our wellness mission is to provide our clients with natural products and information that may promote healing, relaxation, and an enhanced life style.

Modalities we offer...

Breath work
Clinical Aromatherapy
Stress Management
Therapy
Clinical Counseling

Essential Oil comes from the Latin word "essentia" meaning "essence" and are volatile, meaning "to fly" because they are a liquid that quickly becomes gaseous. Essential Oils are highly concentrated and potent oils.

There are four methods by which essential oils are absorbed.

- 1. Topical:** using external skin via touch compress, or bath.
- 2. Internal:** via internal skin via mouthwashes, douches, suppositories.
- 3. Oral:** via gelatin capsules or diluted in honey.
- 4. Inhaled:** directly or indirectly with or without steam or by diffuser.

Effective Uses

Essential oils have the potential to eliminate many imbalances and restore health and well being. They bond with many nutrients and work as a catalyst to carry and deliver more oxygen. Essential oils also assist in the effective disposal of toxic waste and are the highest known source of antioxidants.

It takes a great deal of work to produce a tiny amount of essential oil. For example, sixty thousand rose blossoms are required to produce one ounce of rose oil, where as the lavender plant, 220 pounds will yield 7 pounds of oil. Quality essential oils are sometimes quite expensive, although price is not always a guarantee. Unfortunately, U.S. law stipulates that only 5% of pure essential oil needs to be in a product to call it "pure."

What are some criteria for choosing an essential oil?

Are they food, medical, or perfume grade oils? There are different grades of essential oils: food, perfume, and therapeutic or medical. Only 5% of essential oils are extracted, the other 95% are used for flavor in the food industry.

Do the fragrances vary from batch to batch? This is important because if the soil, climate, and place where they are grown change year to year, the quality of the oil and scent will also differ.

Why is it important to use organic essential oils that have been distilled at low temperatures and have a high level of beneficial chemical constituents? Because you will use these powerful oils to care for yourself, family and others to assist in maintaining the health and balance of your body, mind, emotions, and spirit.

It is important to buy the very best. Do your research! Before using any therapeutic grade essential oil for medicinal or relaxation purposes, seek the assistance of a qualified Level I or Level II Aroma therapist or Certified/Licensed Health Professional.

The Essential Seven

When you are new to essential oils you face an array of choices to choose from. We suggest you start with Taras' Seven™ as a basic starter kit.

Peppermint (*Mentha piperita*): Sweet, highly fragrant, assists the digestive tract.

Lemon (*Citrus limon*): Powerful antioxidant, refreshing uplifting.

Lavender (*Lavandula angustifolia*): Calming, multi-faceted support.

Eucalyptus (*Eucalyptus globulus*): Anti-septic, decongestant, acne, hay fever.

Tea Tree (*Melaleuca alternifolia*): Anti-viral, anti-fungal, antiseptic.

German Chamomile (*Matricaria recutia*): Sedative, migraine headaches, teething pain, inflamed joints.

Rosemary (*Rosmarinus officinalis*): Circulation, arthritis, skin, hair, antidepressant, diuretic, relieve of painful overworked muscles.

These and many other essential oils can be ordered through [Young Living® Essential Oils](#). Use distributor code: **929991**

If you are unsure on how to use essential oils, remember to seek the assistance of a qualified Health Professional. [Download the Contradictions worksheet](#) before using any essential oil.

Recipe of the Quarter (Fruit Slaw)

Ingredients (Makes 8 servings)

3 cups finely shredded cabbage
1 cup thinly sliced celery
3/4 cup chopped walnuts
1/2 cup raisins
1 can (8-1/4 ounces) pineapple chunks in syrup
1 can (11 ounces) mandarin orange sections, drained
1 medium banana, peeled and sliced
1 carton (8 ounces) orange-flavored yogurt
1 tablespoon lemon juice

Directions

1. Drain pineapple, reserving 2 tablespoons syrup.
2. In a small bowl, combine the reserved 2 tablespoons pineapple syrup, yogurt and lemon juice. Mix well.
3. In a large bowl, combine the drained pineapple, cabbage, mandarin oranges, celery, walnuts and raisins. Fold the yogurt dressing from the small bowl into the mixture. Gently fold in the banana.
4. Refrigerate, covered, until ready to serve. Serve chilled.

Memorial Day Special

Save 15% on a reduced fee for service when you schedule an appointment for three sessions of Therapeutic Aromatherapy. [Click here](#) to make an appointment.

(Valid from 05/01/2007 to 06/28/2007)

Don't have time to cook a healthy meal? Visit "[My Girlfriends Kitchen](#)" for a list of locations. Ready made meals at your finger tips. Use referral code: #64998

This newsletter is provided courtesy of Youthful Beginnings, Anti-Aging Internet Solutions, a division of TARAS TECHNIQUES, LLC. These product statements have not been evaluated by the Food and Drug Administration. The health products are not intended to diagnose, treat, cure or prevent disease. We are not an online pharmacy. We recommend consulting a physician before taking any health supplements or herbal product with or without the use of a prescription. If you are pregnant or nursing, it is recommended that you not take any of our Chelating or Detoxify products without consulting your physician. Please read our [Terms and Conditions](#) online before purchasing any product.

You are receiving this email because you either visited or requested information from our website, or purchased one of our products. If you do not wish to receive future mailings of our online newsletter, please [unsubscribe](#) and we will remove you from our mailing list. Thank You.