



## Gratitude and Clearing

Gratitude and Clearing –Learn how to balance stress. This time of year, we may be extra busy perhaps with Thanksgiving Day, celebrations with family and friends, food preparation, travel, and gift giving. Now is the time to understand how gratitude can help clear a pathway for stress-free days ahead. It starts with greater awareness and letting go.

**Gratitude is a friend of mine.** We have learned the more gratitude we give the more joy we experience. Have you also learned that gratitude helps you grow, expand to new heights in relationships and business? You can be grateful for stress. How's that? If you didn't have the stress of a deadline or accomplishing something you really wanted to do, it may never happen. How sad to have that thought in our subconscious of not doing what we really wanted to do. I know I have changed my thinking and thank my stress when I have a deadline to put together a webinar or newsletter. I push away stress and fill the space with joy knowing I was doing what I love to do.

When we live simply in the moment and handle just one thing at a time, we will feel clear, trusting there is time for everything important. Stress is lessened with gratitude. Gratitude helps us cope with daily problems and helps boost our immune system. Studies conducted at the University of Utah discovered that students, who had an optimistic view about life and their future, had higher levels of white blood cells.

**An imbalance** in our body with chronic stress can cause neurons to not fire together. Our body goes into a stressful fight or flight pattern. This imbalance of the sympathetic nervous system keeps our bodies saturated with chemicals producing immune system depletion, digestive problems, cardiovascular overload, blood sugar problems, and a racing mind that doesn't allow a quiet sleep.

Using quality essential oils regularly can help clear our emotional mind and change the pattern of fight or flight. This interference helps tame the brain, calm, refocus, and shift the energy instantly.

**Grateful people** take better care of themselves. They seek, explore options and act to clear the toxins that accumulate in their environment. Toxins are found in our environment and in our thoughts. Grateful people choose a healthier diet rather than foods that they know are not good for them. They find time in their busy schedule to stretch, exercise, and meditate or pray. When a challenging or frustrating situation shows up in their life they learn to change their focus with the help of **essential oils**, EFT, and other holistic options. They learn to apply gratitude and positive thoughts into their situation.

**Quality produced essential oils are living substances** which raise electrical frequency of the human body. Frequency is the measurable rate of electrical energy flow that is constant between any two points. **How do essential oils work to clear and relieve stress?**

1. **Studies show** that quality essential oils have the highest frequency of any natural substance. They have a direct impact on the immune system and bring about a feeling of well being and mental awareness.
2. They **take chemicals out of the air** by breaking the molecular chain.
3. They act as **natural chelators**, bonding to heavy metals and carrying them out of the body, through the circulatory and lymphatic system
4. Essential oils can increase our **sense of wholeness & connection** with Source.
5. They **stimulate the release of endorphins**, which help to relieve physical and emotional discomfort, and encourage a feeling of joy, and well being.
6. Essential oils have the **capacity to clear and balance emotional trauma and negative patterns** which the body holds in its subconscious.
7. Quality essential oils can **interrupt** and cause a physical or emotional **pattern change**.

**Changing a pattern** is like erasing a groove- the deeper it is imbedded, the longer time it will take to erase. For some emotions we need only to bring them into our awareness to release them, while others are more deeply rooted emotions require more time and attention.

**Inhaling the oils** is the fastest and most often preferred in balancing mood and emotions. Scents can affect our emotions and work on a subconscious level to modify emotional imbalances or change behavior. Any physical condition generally has an underlying emotional cause. Studies show individuals who use essential oils experience a higher self esteem.

**A quality diffuser** is an important consideration. A diffuser with drops of essential oils will emit a cool micro mist that stays suspended and continues to benefit with essential oil therapeutic qualities long after the diffuser is off.



**Absorption** through the skin such as in a massage is also very effective.

Once beneath the skin, essential oils go to the intercellular fluid surrounding the skin cells, travel to the internal organs and the lymphatic system. This is how essential oils stimulate the body's own natural defense systems.

Use essential oils to **relax** after a long day or use them to **refresh and recharge** so you can do the important things in your life. Some oils are uplifting and energizing; others are calming and sedating.

**Listen to your thoughts.** That is your higher self talking! It helps you make decisions and choices. With a **clear intention**, feel the energy, hear your thoughts, trust, and be confident you will choose the essential oils you need for your well being.



**Nurture yourself** with essential oils daily. Learn their gifts of love, power and effectiveness. **3 immediate benefits** you receive from using quality essential oils regularly:

1. Your immune system becomes more efficient, your body will **release less cortisol** (damaging stress hormone), and you'll breathe regularly to get more oxygen rich blood.
2. **Alter negative thoughts** and raise them to a higher frequency
3. **Clearing all that mental stuff** and becoming grounded in the moment helps to make better decisions.

Each essential oil has its own unique frequency and purpose. A blend always works synergistically to address more than one aspect of a condition.

**Healthy Girls Breast Oil** is created with clear Jojoba oil infused with 8 therapeutic essential oils: Lemon, Orange, Lavender, Geranium, Frankincense, Nerolina, Marjoram and Rose. As you apply Healthy Girls with a **loving lymphatic self breast massage**, you raise your vibrational frequency, help balance, detoxify, and stimulate your entire immune system.

### Attitude of Gratitude

It seems all too often women are not happy with their breasts. They feel they are too small or too big or too lopsided or too saggy. That's the problem, says Dr. Christiane Northrup, "**Healthy Breasts are breasts that are loved. We have to stop beating them up.**" When we change our attitude to love, stress dissipates, and we can feel loved, happy and healthy.

Medical research connects fibrocystic cysts with increased rates of breast cancer. Elizabeth R. Vaughan, MD, writes from her heart and shares **more truths about wearing a bra**. Breasts that are painful at the end of the day when you take off your bra is a symptom of breast illness. The same goes for red marks due to bra straps. Listen to your body. Your breasts are trying to tell you they are unhappy. The pain may be coming from restricted circulation or from the collection of toxins - your own estrogens or outside pollutants that have been trapped in your bra all day.



She says patients with fibrocystic breasts can obtain **dramatic improvement without surgery**- simply by taking off their bras. Fibrocystic cysts could be a combination of genes, toxins, poor nutrition and bras. She says we are exposed to thousands of toxins in our environment and toxins are a major cause, but **bras inhibit our breasts from getting rid of the toxins.**

Many of **these toxins have estrogenic effects**. Most toxins are stored in fatty tissue and breasts are primarily made of fatty tissue. Each of us has a different capacity to **clear these toxins** out of our fat and our bodies. Studies suggest that some individual bodies can detoxify and get rid of these substances 500 times more efficiently than others.

**Toxins are carried out** of the breast by the lymphatic system. Breasts are loaded with lymphatic tissue. The lymphatic system doesn't have a pump like the heart. Movement and massage are the only way to move toxins along in our lymphatic system. Anything that slows down the clearing of

these toxins will increase the risk of developing symptoms and/or disease. She is convinced the longer a woman wears tight restrictive garments the faster the damage will progress. Read more

Bottom line is to go bra free or wear a less restrictive bra. **Let your breasts jiggle to detoxify themselves.** Tell them you are grateful for them being healthy and love them every day. Healthy Girl Breast Oil and the lymphatic self massage will help you do that. Watch You Tube here

In summary, what are changes you can make to improve you natural breast health?

Practice gratitude every day:

- **Journal before going to sleep**, write out all the things you are grateful for in your life. Write what you are grateful for every day for a month.
- **Express gratitude to nurture your relationships** with friends and family. Actually tell them in person or in a note. They appreciate it and it helps you feel great!
- **Practice mindful meditation** with a focus on love, peace and gratitude to bring a calming effect
- **Love your breasts.** Learn to balance, detox, and soften your breasts, improve lymphatic circulation with the lymphatic self breast massage and Healthy Girls Breast Oil, and at the same time improve your immune system.
- **Learn to nurture and protect** your breast health with these **easy steps**:

1. Clean up your diet
2. Investigate food sensitivities and allergies
3. Drink plenty of good water
4. Breathe deeply and slowly from your diaphragm
5. Get Regular physical exercise, don't be afraid to sweat
6. Avoid restrictive clothing
7. Give yourself a loving Lymphatic breast massage
8. Use Healthy Girls Breast Oil
9. Regular thermography scans

Now apply a few of these simple life changes to address the one thing that may be the cause of the big C. Stress- either physical or mental.

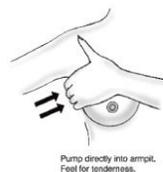
Clear away the fear and toxic energy from worry about what and when something bad might happen. Keep an attitude of gratitude and forgiveness to cultivate a healthy lifestyle and set yourself free!

## *Lymphatic Self Massage*

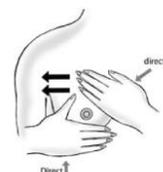
Focus on creating gentle movement of stretching and releasing (pumping action).

1. Gently stroke downward from the top of neck to the top of collar bone.

2. Feel the hollow spot above collarbone. Gently stretch the skin from the shoulder toward the neck. This opens the lymph passages before it empties into the circulatory system.



3. Gently stretch the skin under your arm toward your armpit or simply hold it until the tenderness disappears.



4. Support breast and with a gentle stretch and release pumping action move toward underarm.



5. Support breast and with a gentle stretch and release pumping action move breast toward the center of body.



6. Focus on a flat palm and with an upward stretch and release the breast upward toward the neck.



7. Gently stretch the skin away from the nipples all around the breast. Then beep the horn! Press the nipple flat a few times to move the lymph there.

Repeat each step 10-15 times.

Repeat steps 3-7 with the other breast.

Illustrations courtesy of [www.breasthealthproject.com](http://www.breasthealthproject.com)

[www.HeathyGirlsBreastOil.com](http://www.HeathyGirlsBreastOil.com)

715-878-4474

Resources:

Carolyn L. Mein D.C *Releasing Emotional Patterns with Essential Oils* by Carolyn L. Mein D.C

LISA MARSHALL *Triumph Over The 'Big C' Natural Awakenings* article May 2015

Vaughan Integrative Medicine, P.A. [http://www.brafree.org/breast\\_health.html](http://www.brafree.org/breast_health.html)

Dr. Veronique Desaulniers, <http://breastcancerconqueror.com/the-power-of-essential-oils-on-breast-cancer/>

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