

NOT ALL ESSENTIAL OILS OR HERBS ARE CREATED EQUAL...

Every time you use an essential oil or an herbal blend, you are creating a direct pathway to transmit every ingredient in the formula or single essential oil or herb into your body.

If the product is pure, you're getting access to all of its beneficial natural compounds; but if the product is cut with solvents to extract the essential oils, or the herbal plant material has been treated with pesticides (to control insect infestation) or herbicides (to control unwanted weeds), you are also getting concentrated poisons along with the essential oil or herb product.

Make sure the essential oils or herbal product you purchase are organically grown or naturally wildcrafted in safe areas. Be sure the company knows the proper distillation or drying process of the oils and herbs they are working, and that they do not use chemicals during the extraction process. Working with a company or person you know and trust will save you all the footwork and give you a product that is safe and processed in the correct way.

The desired action will occur if the product is correctly blended in the right amount and correct sequence, which allows for a synergistic effect within the blend. This means the action of the oil or herb blend is increased by mixing several oils or plant matter together. Changing the sequence or amounts can greatly change the properties or efficiency of the finished product.

Any person wishing to enhance their overall wellness should be concerned, not just about a product's content, but also with the formulas or recipes that you find on Facebook, Pinterest or any other social media site. Are these products being made without chemicals or solvents and does the person or company putting the recipe or formula together know what they are doing.

Things to Consider:

- Synthetic essential oils that are produced as cheaply and crudely as possible, would have very little, if any therapeutic value.
- Plant products that have fillers added or essential oils extracted with solvents, could damage or create other issues for our bodies.
- Ingesting herbal plant material or using essential oils that are many times stronger, makes any solvents or chemicals much more toxic.

Whole Health Connection can help you with more information or any supplementation you may need. We hope this article has been informative. If you've missed any of these articles or would like a copy sent via email, just let us know. You can also reach us through Facebook and Messenger or come see us at - WHOLE HEALTH CONNECTION • 221 Williams Ave • Picayune, MS • 601.749.9831 • Email info@wholehealthconnection.com.

Thanks, Sami