

# Discover Your Path to Wellness with Essential Oils



Nancy Rattray, BCND, CNHP

Nancy is a Doctor of Naturopathy and dedicates her life to educating clients in holistic and natural health. Her own recovery from cancer in 2006 has inspired her to help others regain their health through non-invasive and effective therapies and products. Nancy holds a Bachelor of Science in Education from Bowling Green State University, graduate of Trinity School of Natural Health and

Board Certification as a Doctor of Naturopathy from the American Naturopathic Medical Association. She offers clients cutting edge integrative therapies through the use of Young Living™ Essential Oils, Biomat™ thermo-therapy, Raindrop Technique™, Reflexology, and educational workshops on holistic health.

## From Skeptic to Believer

*After a cave in on my construction job in 1975, my knee was never the same. Over the years, the pain increased, eventually making it impossible to walk across a parking lot or load and carry my construction supplies at the local supply store. I also needed an electric cart in the grocery store and on vacation.*

*With my x-ray showing bone on bone, I finally scheduled a knee replacement and set the date on my calendar. Then the phone rang with a great construction job. I immediately cancelled the surgery and continued to try to walk to the best of my ability with excruciating pain.*

*My wife had been using the Young Living™ Essential Oils but I called them "snake oil" and did not believe they would work on my knee. Then I came home from work in terrible pain, and I reluctantly asked her to go ahead and put them on.*

*She proceeded to use three Young Living™ Essential Oils named Wintergreen, Cypress and Peppermint. I continued to apply them twice a day, approximately 4-5 drops per oil. (It's nice because you don't have to be exact with the drops.)*

*Within two weeks I could not believe it! The pain was dramatically reduced! That was seven years ago. I currently use the oils about once or twice a week to control the pain.*

*I love the fact that I can still lift and carry over 100 lbs. and walk on the construction sites.*

*At 69 years young, I have my mobility and the drive and endurance to work and enjoy life.*



~ Alan Rattray

These statements have not been evaluated by the FDA. Individual results may vary.



## Young Living™ Essential Oils Are Simply the Best

Through everyday decisions, including consistency and positive choices can have a dramatic effect on a person's overall happiness and well-being. When a person strives to take small steps, every day, toward a more balanced life, the results are remarkable!

Essential oils are a simple and natural way to get there...

Young Living™ Essential Oils utilize a Seed to Seal® process, a meticulous, five-step approach that allows the delivery of nature's most potent and pure essential oils from their farms to your family.

From the time they choose their seeds to when their products are delivered to your home, they are hand-picked to the very best to ensure purity and safety. They undergo this rigorous approach in order to fulfill the promise of the most authentic essential oil experience—every time.

This unique approach sets Young Living™ Essential Oils apart. They oversee every step of production to ensure that you get pure essential oils and products you won't find anywhere else. Learn more about the journey these oils take and their unparalleled process at SeedToSeal.com.

With these potent resources, millions support their health and enhance their homes through the pure power of nature.



Contact Nancy today  
440.343.9921

Mon. – Fri. 10 am – 5 pm  
or

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

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



## WELLNESS WORKSHOPS

- Tues, April 10 Intro To Wellness w/ Essential Oils
- Mon, April 17 Optimal Women's Health – Support of Endocrine System and more!
- Wed, April 25 Financial Health- Hear how You can earn Income from Home
- Tues, May 8 Intro to Wellness w/Essential Oils
- Mon, May 21 Ancient Secrets Revealed
- Tues, June 5 Chemical Free Living w/ Essential Oil Infused Products



**Reservations Required**  
[healthwellnessoils@gmail.com](mailto:healthwellnessoils@gmail.com)

Wholesale and retail  
purchase options available! Call Nancy today!