

Just in Time for Christmas - Modern Uses of Ancient Remedies



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.



Ancient cultures such as the Egyptians, Persians, Romans, and Israelites have all been documented as proponents of essential oils, but did you know that we can also trace certain essential oils to the Bible itself? The Oils of Ancient Scripture set contains 10 of these oils, each with modern benefits that you can use in your own home. ***Always check the essential**

oil's label for usage instructions before application. *

Frankincense, Myrrh, Aloe (Sandalwood), & Onycha

All four of these botanicals were used extensively in religious ceremonies, for incense during meditation, as anointments, and during burial preparations. Today, these oils are regarded in the fragrance and perfume industry for their rich, luxurious scents and as beneficial ingredients in high-end skin care products.



Frankincense: Can be diffused to help deepen spiritual connection during prayer or meditation or can be added to

skin creams to help your skin feel healthy and smooth.

Frankincense Tree (Boswellia carterii)

Myrrh: Can be added to skin care regime to help moisturize and cleanse dry skin.



Cassia, Cedarwood, & Cypress

Strength and consecration are commonalities in the historical uses of these three essential oils. In modern times, these oils are used to create an aromatic atmosphere that inspires strong relationships, deepens gratitude, and heightens awareness of the outside world.

Cedarwood: Apply freely onto your palms while participating in aroma yoga or while stretching before exercise.



Cypress: Promotes a sense of security and grounding by rubbing a drop into your hands and inhaling deeply.

Hyssop, Cistus, & Myrtle

These essential oils were used in ancient times in purification rituals and meditation exercises. Currently, the practical uses for these oils include applications that utilize their clean, crisp aromatic qualities to encourage spiritual grounding and deeper insight.

Hyssop: Known for its inspiring, slightly sweet scent, diffuse Hyssop to cultivate an environment of creativity.

Not meant to diagnose, treat, or cure. Statements not evaluated by the FDA.



To order: www.youngliving.com Sponsor #1010428

Contact Nancy today
440.343.9921

Mon. – Fri. 10 am – 5 pm or
www.NancysHealingGarden.com



NANCY'S HEALING GARDEN WORKSHOP SCHEDULE

New location:

WELLNESS TRADITIONS

1366 E. 346TH ST. Eastlake 44095

Reservations Requested

		nancyshealinggarden@gmail.com		440-343-9921 call or text
Thur	Oct 11	7-9	Essential Oils & Fitness/weights/cardio	
Tues	Oct 16	7-9	Healthy Christmas w/Essential Oils Make& Take \$5 per item made	
Tues	Oct 23	7-9	Emotional Balance with Essential Oils	
Fri	Oct 26	7-9	Special Event -- Oils of Ancient Scripture -- experiential, hands on with EO	
Thur	Nov 1	7-9	Whole Body Vitality through the Reflexes	
Wed	Nov 7	7-9	Introduction to Wellness w/Essential Oils --What to do with them? Which to Use? We can help!	
Wed	Nov 14	7-9	The GREATEST Gift! Oils in time for Christmas/Surviving the Rush w/EO	

