

Enchanting Aromas

Angela England and Linda Bertaut

Nature heals in many ways. Most of us have felt the sense of renewal that comes from walking through a garden filled with fragrant flowers, or sitting under a massive tree, shaded from the burning rays of the sun. Indigenous peoples worldwide believe that each plant has a spirit we can communicate with, to ask for their help in healing.

You can tap into "plant spirit" by keeping aromatic plants around your home or wherever you spend time. Whether fresh or dried, herbs and plants can delight the senses and offer varied health benefits.

aids digestion, and improves appetite. Good for circulation to the surface of the skin. Induces perspiration. Good as an overall tonic.

Jasmine: Magical--Helps menopause symptoms. Antibacterial, antioxidant, and aphrodisiac. May lower bad cholesterol when used in teas.

Lavender: Healing--Calming and sedative. Relieves anxiety, depression, and exhaustion. Helps with digestion, headaches, and skin problems. Antiseptic, antibiotic, and a natural detoxifier.

Lemon Balm: Joyful--A member of the mint family, it was used for centuries to

*If you don't
take care of
your body,
where are you
going to live?
-Unknown*



Enhance any area with aromatic plants.

Choosing Favorites

Here are some popular herbs, as well as their purported health benefits. When choosing your favorites, take a few minutes to breathe in the scents and try to identify what the aroma does for you. Caution: If you have plant allergies, some herbs may cause a reaction.

Chamomile: Euphoric--Soothes nerves,

treat melancholy. Soothes the nerves and helps with indigestion. May be used topically to reduce redness and swelling.

Peppermint: Uplifting--Calms the stomach and helps with digestion. Increases secretion of bile. Antifungal, highly nutritive, and can alleviate

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Office Hours and Contact

Ohana Therapeutic Massage
218-263-1501
Spring Hours
Mon. thru Thurs. 9am-6pm
Friday 9am-2pm
Saturday 5/5 and 5/19 9am-1pm

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symptoms of allergies and asthma.

Red Clover: Cleansing--Blood purifier, sedative, and good for the nerves. May be used topically to help acne, psoriasis, and skin sores.

Rose Hips: Fortitude--High in vitamin C and bioflavonoids. Antioxidant. Also contains vitamins A and B, essential fatty acids, and lycopene.

Rose Petals: Beautiful--Antibacterial, antidepressant, and aphrodisiac. Rose water is beneficial to the skin.

Rosemary: Awakening--Highly nutritive, with vitamins A, C, and B complex. Boosts the immune system. Antifungal, anti-inflammatory, antioxidant, and antiseptic.

Sage: Wisdom--Grounding. Antibacterial and astringent. Helps with digestion; good as a gargle for sore throats; relieves sore gums; helps reduce hot flashes. Can be used as a rinse to darken grey hair.

Growing Your Own Herbs

In addition to having these wonderful herbs surround you, there can be an additional cost-saving benefit with growing them yourself. Fresh basil can cost more than \$4 for a small sprig, while a \$1 packet of seeds will provide fresh basil for the summer months, as well as enough basil to dry and use in the autumn and winter. Plus, you can find varieties of basil via seed you simply can't purchase otherwise (think lemon and even chocolate basil), creating a one-of-a-kind experience for pennies on the dollar.

Other herbs that grow easily from seed include chamomile, lemon balm, sage, and thyme. Some herbs, however, do not grow well from seeds, including lavender, lemon verbena, and mint. Lavender, though, is an economical plant in another way--it is a perennial plant that will come back year after year, such as rose, sage, and thyme. Here are some growing tips that are especially helpful if you're working with a small space:

Choose containers carefully

Plants that enjoy quick-draining soil,

like lavender and chamomile, grow well in traditional containers. Plants like basil, roses, and strawberries that need more consistent watering will benefit from a self-watering container.

Grow up!

Use plant stands, ladders, or shelves to elevate containers to different levels if you don't have a lot of space for your garden. Trellises or fences can be used to grow climbing plants vertically as well. Cucumbers and climbing roses grow vertically and can become useful and beautiful backdrops in otherwise wasted spaces.

Do double duty

Most businesses or homes have landscaping already. It is easy to replace existing ornamental-only plants with those that will serve a double duty. Rosemary is a semi-evergreen shrub that can take the place of dwarf conifers in

some landscapes and climates. Alpine strawberry can replace other small, flowering plants like coreopsis, phlox, or vinca. Thyme and mint make great ground covers and can serve as a living mulch, while fragrant roses in place of other large, ornamental shrubs provide additional plant material for you to use.

Angela England is the author of Backyard Farming on an Acre (More or Less) and founder of www.untrainedhousewife.com, she stays busy empowering others to live more intentionally.

Linda Bertaut is an author, esthetician, Reiki Master, and award-winning beauty expert. She founded Bertaut Beauty and Chakralicious to help professionals add wellness therapies to their menu of services.



Explore the health benefits of herbs and plants.

Facial Massage for Lymphatic Drainage

Natalia Doran

A well-performed facial massage will help relieve puffiness and improve skin tone and complexion. Other physical benefits include stimulation of the skin's immune mechanisms, firming of weak muscles, tissue regeneration, and antiaging effects. Mental benefits include stress relief and a greater awareness of the body-mind connection. And applying pressure and movement through massage can help to normalize the function and composition of the connective tissue, and free it of harmful substances.

Lymphatic Massage

The lymphatic system drains away the debris from our cells. It transports water out of the tissue, along with waste substances: bacteria, cell fragments, immobile cells, inorganic substances, large molecular fats, proteins, and viruses. This process is constantly happening all over the body. With massage, the lymph system can move up to 10 times more fluid than

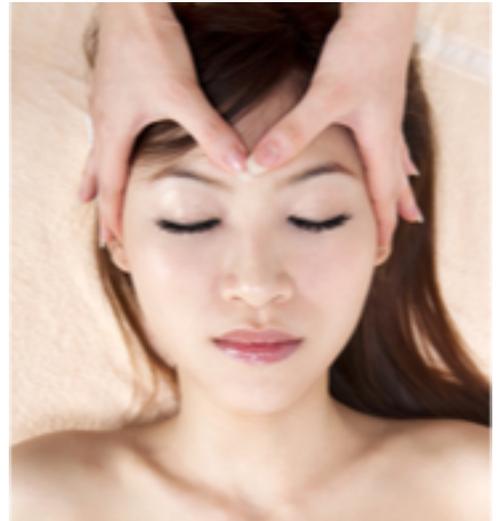
it normally does.

Manual lymph drainage (MLD), which was developed by Emil Vodder, PhD, is a type of gentle massage that accelerates the natural circulation of the lymph and encourages its movement away from swollen areas. MLD is firm, but gentler than ordinary massage. Because the lymph vessels are all interlinked, lymph flow will be affected in the entire region of the area being massaged. Other types of lymphatic massage include lymph drainage therapy, developed by Bruno Chikly, MD.

A facial massage that involves lymphatic work improves circulation to the skin, which increases nutrition to the skin cells and speeds up the filtering of water in and out of cells. The vasodilation of the surface capillaries during massage improves skin color, and facial massage also improves elasticity and suppleness of the skin. With facial massage, the skin becomes more balanced, less prone to breakouts, and more resistant to

infection. Massage movements also influence muscular hypertension through the autonomic nervous system.

Natalia Doran, MD, is the founder and president of the International Skin Beauty Academy in Illinois.



Facial massage has a host of health benefits.

Nuts Help Control Diabetes

The Benefits of a Healthier Diet

If you're a diabetic, or are otherwise concerned about your glucose levels, a new study has some potentially life-saving news for you. Researchers have found that replacing carbohydrates with just two ounces of nuts on a daily basis significantly improved glycemic control and reduced LDL cholesterol for patients with type 2 diabetes.

The study was published in the August issue of *Diabetes Care* and features the work of David Jenkins, MD, PhD, DSc, who says that, "Nuts, including peanuts, can make a valuable contribution to the diabetic diet by displacing high glycemic index carbohydrates and replacing them with vegetable fats and vegetable proteins which have been shown in the long term to be associated with better cardiovascular health and diabetes prevention."

Why so good?

One of the qualities of nuts that the study gives as a potential cause of this benefit is that they are a source of mono- and polyunsaturated oils--fatty acids that are healthier than saturated fats. In addition, they report that the high amount of protein found in nuts helps reduce hunger by increasing the length of time that one feels full.

Making the change

One thing to consider when seeking to implement this change in your diet is the increasing prevalence of peanut and other tree nut allergies. A 1999 study by the National Institute of Health (NIH) estimated that approximately 1.1 percent of the population, or some 3 million Americans, are affected by this allergy, which can cause hives, throat tightness,

wheezing, vomiting, and other serious side effects.

On the other hand, the NIH reports that over 18 million Americans have been diagnosed with diabetes and estimates that there are an additional 7 million who have not been diagnosed. If consuming two ounces of nuts a day can significantly improve aspects of this condition, which is associated with blindness, heart disease, kidney failure, limb amputation, stroke, and death, it would appear to be a smart move to make.

*Motherhood is
the greatest thing
and the hardest
thing.*

-Ricki Lake

As readers of our Newsletter, we like to give you the first peeks of the happenings at Ohana Therapeutic Massage. Check out below for the latest news!

WeGiveBack May Honorees!

This month we are honoring those who work 60 hours a week so they don't have to work 40 hours a week - Small Business Owners! From May 7th-19th, 2018, Small Business Owners may qualify to receive a FREE 30 minute massage at Ohana Therapeutic Massage! For more details or to schedule your free 30 minute massage, please call us at 218-263-1501.

MOTHER'S DAY

Get the mother in your life the gift of relaxation, pain relief and rejuvenation! With a gift certificate to Ohana Therapeutic Massage! Gift certificates are sold in every dollar amount and fit every budget.

Helping you Heal yourself

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