

# anímáEO<sup>®</sup>

ESSENTIAL OILS FOR ANIMALS

## Lovely

Ingredients: Essential Oils of Grapefruit (*Citrus paradisi*), Black Pepper (*Piper nigrum*), White Cypress (*Callitris glaucophylla*), Lemon Ironbark (*Eucalyptus staigeriana*), Lavender (*Lavendula angustifolia*), Spearmint (*Mentha spicata*)

Okay, I have to fess up here. Occasionally there is an animalEO blend that I did not create fully. This blend is one of those blends. It was actually created by my husband for me. Allow me to explain.

Imagine if you will, a girl. A girl living in Minnesota. A girl with an allergy to the cold. What!? You live in Minnesota (the frozen tundra for almost 8 months out of the year...) and you are allergic to the cold!? Yep... That's me. Sure, it kind of sucks, but really my allergy will happen even in air conditioning in the middle of summer, so where I live doesn't really help the matter! But, regardless, it is true. At certain times, not always consistently, I will get hives or itchy rashes due to my skin getting cold. It doesn't matter if it is just mildly cold, or 20 degrees below zero (which we get pretty regularly in Minnesota), if my skin "thinks" it is cold...here we go.

I do believe that my allergy was drastically worsened and possibly caused by vaccinations. Although this condition has been with me since I was a child, it did get worse when I received booster vaccinations in order to attend college. And oddly, the exact site where I got my booster vaccination in my arm, would react with a swollen, itchy hive whenever I would get cold. This continued on for many years, at the same time that I noticed my overall body reactions to cold being more pronounced. Whatever the cause, I do not believe that we have to live with any condition. I believe that Nature and our bodies have the answer to full healing and health. Our job is to provide the proper tools for our body to function as it is intended to. And also not polluting our body with artificial chemicals, preservatives, dead food, and all of the "convenience" junk on the market today. As I have improved my quality of eating and health, my condition has greatly improved.

I firmly believe that the same can be experienced with animals. After all, we are animals too! For generations, we have been feeding processed, dead, and deficient diets to our animals. We have been over vaccinating them. And we are certainly seeing health issues on the rise. What animals cannot do, is to talk to us, to tell us that when they get cold, maybe their skin itches too. But, they can show us many forms of "Auto-Immune" conditions - which sadly are becoming more and more common in our companions.

Now, back to our story about Lovely... So, my husband initially made the blend for me. To help me with my cold allergy. There are multiple properties within the oils added, that made him think of me.

Grapefruit for swollen ankles and retaining water (something I do quite well if I eat gluten), Black Pepper as a warming oil, which is often used to treat cold hands and feet, White Cypress as it is one of my favorites but also is calming, grounding, and anti-inflammatory, Lemon Ironbark for its aroma mainly, Lavender of course has many properties, and Spearmint...well sometimes I think he may just add things because he really likes them!

Either way, I started to wear the Lovely blend (which actually hadn't been named yet) every day. I was stopped everywhere I went, with people asking me what I was wearing. Even in a restaurant filled with food smells, the waitress had noticed my "smell" - and commented on how much she liked it! But, the real interesting thing, was after a week or so of wearing it everyday, I definitely noticed that I was not getting any cold reactions. Being one of the coldest winters in Minnesota this year, Lovely was put to the test, and it passed with flying colors! I definitely did not react to the cold, and on the days that I did. Yep, I had forgotten to put my Lovely on that morning! So, naturally, everything I do - I wonder if it might help an animal too! And certainly, Lovely can do just that.

With Spearmint in it - I will admit - it is not likely a favorite fragrance for some animals, especially cats. However, our dogs have done well with it being applied to them with Petting Techniques.

Water-Based Diffusion is excellent for all animals and homes. And, naturally, if you are wearing the blend, your animals who are in close contact with you can also benefit - such as birds, cats, dogs, etc...

In some ways, just having a fragrance to wear, that EVERYONE seems to like and comment on - that is not harmful to my animals - is good enough reason for me to use it! I think we will find more and more benefits to circulation disorders, auto-immune conditions, vaccination cleansing, and more with the Lovely blend. Some of our patients and our own dogs have been using Lovely for over 4 months now. And we are excited to see what further developments will come from this blend.

In the mean time - you can enjoy this blend as a safe fragrance for yourself and for diffusion!

More coming soon!!!