



AMAZING SCENTS.  AROMATHERAPY

LEARN WITH

Lianne

Welcome to our new newsletter - ***Learn with Lianne***. Each week we will look at different oils, different topics related to oils and different ways we can incorporate them into our lives. We hope this newsletter will inspire you, uplift you and give you more education around your oils.

YOU ARE WHOLE

Whenever an illness, sickness or ailment arises, we tend to address that issue and forget that we also need to look at a body as a whole system. What is that saying about the sum being greater than its parts? The same goes for our bodies - we aren't just our arms, our legs, our faces, our brains - we are complete beings.

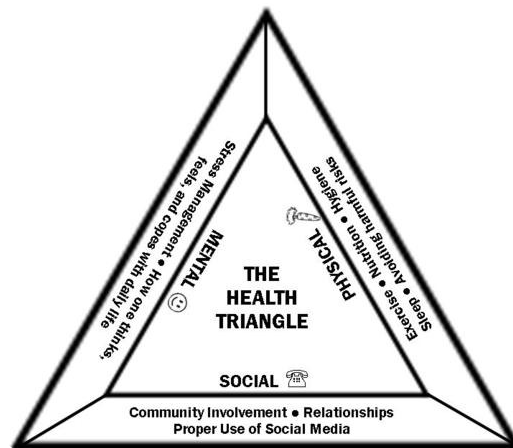
And because we are a whole system, one single modality cannot heal us. We need to use multiple modalities to ensure all the body systems are being supported and that requires an investment in your health.

With less than 60 days to go until the end of 2021, I thought it was important for us all to think about our total health and well-being. We want to move forward into 2022 with healthy minds, bodies and spirits. I'm not here to teach you how to suck eggs so to speak, but to remind you about looking at your health as a complete system.

Our first line of defence is our food. Food is our fuel and it can help heal us in ways other health modalities cannot.

LET FOOD BE THY
MEDICINE AND
MEDICINE BE THY
FOOD.

HIPPOCRATES



We need to eat as close to nature as we can. For some, this may be cost-prohibitive, so try to do the best you can with the resources you have. Look at food co-op's, farmer's markets and bulk stores to get the best value for your dollar.

Drink plenty of water. We use to think 8 glasses per day was sufficient, however, we now know that we all should be having 33ml per kg of weight. The more active you are, the more water you may need to replenish.

Add simple things to your diet such as flaxseed oil, pumpkin seeds and psyllium husks every day. Feed your mind with good information and remember to read for fun too. A good novel can transport us to a different time and place. Add simple exercise to your day - as little as 10 minutes walking can make such a difference. Stimulate your vagus nerve with a splash of cold water on your face in the morning or by singing, humming, meditation or breath work.

Remove environmental toxins from your home, your car and your workplace. We are all too aware of the dangers of toxins such as mould and mildew in our homes. They impact our immune systems greatly.

Remember, our health isn't just our physical bodies. It is also our mental health and social health.

Mental health has been at the front of everyone's mind this year as we've tackled all that has been thrown at us. Our essential oils can go a long way in helping us - we can reduce our stress, uplift our spirits and soothe our weary souls all with a simple sniff of our oils. Use them each and every day, but also notice that if things are feeling too overwhelming, seek professional help.

As Jennifer Jefferies says in our book 'Amazing Scents', 'essential oils have many talents... and aromatherapy is a very effective tool for preventative healthcare as well as being incredibly pleasant and very easy to integrate into everyday work and home life'.



Use your oils each and every day

Support your physical, emotional and mental health with our beautiful oils

Get a good nights sleep

Our [Sleep](#) pack can help you if your sleep isn't great. Take into account any stimulants you may be consuming, dim the lights, turn off the wi-fi and snuggle down.

In summary, it is the little things we do each and every day that adds up to a healthy mind and body. We don't need to be perfect all the time, but if we aim for 90% and above, we will be living our best lives.

I will continue to bring a range of holistic practitioners to you through webinars and workshops. If you know of anyone who you think we could all learn and benefit from, please let me know. If you've attended one of our recent webinars, what has been your Top 3 takeaways? Share with us so we can inspire others to do the same.

What changes will you make to maximise your overall health and wellbeing?

Email us at socialmedia@amazingscents.com.au and we will share your stories in future

editions of our newsletter.



Copyright © Amazing Scents Pty Ltd - All rights reserved.

Our mailing address is:

info@amazingscents.com.au

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).