



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.

SEASONAL AFFECTIVE DISORDER

Have you ever wondered why you feel you are spinning on a lower vibration around the autumn months? As the weather cools and there is less sunshine, you start to go outside less, meaning less sun rays and potentially lower Vitamin D levels.

We often hibernate in preparation for the colder winter months and for many this can contribute to feelings of unexplained sadness through to severe depression. It is interesting to know that this is a recognised illness called Seasonal Affective Disorder or S.A.D. One in every 20 people suffer from this, so yes it is real and you are not alone.



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Honeysuckle

May assist with:

- Reducing Stress
- Alleviating Depression
- Digestive Disorders
- Colds
- Flu
- Urinary Disorders



This disorder can be linked to the Daylight Saving changeover, the reduction in sunlight as the days begin to get shorter and more rainy overcast days. There are many symptoms that are linked to S.A.D, you recognise a few of the following:

- Fatigue
- Lethargy
- Food cravings
- Weight increase
- Emotional issues
- Pain

Some of you will be familiar with the pineal gland at the base of the brain which controls the balance of the chemicals that influence our patterns of sleeping and waking. This is strongly linked to the amount of daylight available and the production of melatonin, which in turn can suppress the hormones involved in metabolism and reproduction. Those who suffer severely often need full spectrum light therapy but oils can assist too.

You could use oils like Basil, Black Pepper, Rosemary and Thyme to give you more energy. Cheerful Times with the addition of oils like Angelica, Blood Orange, Grapefruit, Honey Suckle, Linden Blossom, Mogra, Petitgrain or any other citrus or flower oils you are drawn to. Good nutrition seems to reduce symptoms, less sugar, more vitamins A and D and lots of red and orange foods as they contain nutrients that combat depression.

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Exerts from 'Aromatherapy, An A-Z' by Patricia Davis.



Let this take you to your happy place

The beautiful blend above could easily be made up as a roll-on as well and carried with you to lift your spirits when needed.

A more concerted effort to go out and find our joy again could be just what we need to lift our spirits and move on from the last 2 years..

Have you been using some amazing blends that you would like to share?

Do you have a story that would warm our hearts?

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



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