

## Introducing our 2008 newsletter— *Holistic Solutions to Everyday Living*

### Better Living Through Chemistry....

Feels to me that the Universe is trying to send us a message with all the recalls this year. We've had contaminated produce, dog food, meat and tainted toys so far. I feel overwhelmed and am beginning to think that I can't trust the food or products I buy anymore.

I grew up in the 50s and 60s when a popular advertising campaign promoted 'better living through chemistry' - a concept we still live with today. No one can argue the amazing scientific and technological advances of the last 50 years—my son thinks I grew up in the 'stone age' without computers, the Web, video-games, Ipods or cellphones! And certainly, the 50s were not a 'golden age' - I still get nauseous thinking of my mom's canned salmon cakes!!!

It is time, however, to restore balance and to pull back the pendulum from our over-reliance on science and technology. Think for a moment about all the 'chemistry' you are exposed to throughout the course of a day: look at the labels on your soap, shampoo, conditioner, deodorant, lotions, creams, mouthwash and tooth-paste. We haven't even gotten to the chemistry in our makeup, perfumes, detergents (and other laundry products) let alone processed foods! I challenge you to list all the individual chemical compounds to which you are exposed daily!

We don't have to live this way. There are options and choices!

November 2007



### Holistic Choices for 2008

Essential oils and other natural ingredients can help us live a healthier life!

Introducing our 2008 newsletter on *Holistic Solutions for Everyday Living*. Each month, we will look at a different aspect of holistic living.

**See our 1st issue attached to this email!**



### Natural Chemistry vs. Synthetic

Essential oils are powerful 'chemistry' - the difference is that they are made in a biological laboratory rather than a man-made one. Essential oils are created by nature and engineered by the Divine.

We can live better, healthier lives through chemistry—we just have to choose a more natural 'chemistry' - **essential oils!**

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### Conscious Decision Making

I was a risk management consultant to Wall Street firms in the 80s and 90s—I used to explain to the executives about 'conscious risk taking and decision making' - I wasn't there to judge their choices in terms of the risks associated with their products or services, but rather to help them make knowledgeable choices regarding how they managed those risks. It's the same thing today and working to live holistically—No one is here to judge the choices you make regarding the products or foods you buy—*what is important is that you make knowledgeable decisions about what you choose for yourself and your family*. We can't afford to plead ignorance anymore.

### Holistic Solutions for Everyday Living—2008

For 2008 we will explore different approaches to living a more holistic life—one that includes the use of natural and ingredients that will nourish our body, mind and soul.

I promise a '*holistic*' approach—one where the whole is greater than the sum of the parts. I promise *solutions* that are practical, down-to-earth approaches that can be easily integrated into our busy lives. And, I promise *cost-effective answers*—that can actually save you money! Each month, we will explore a different aspect of living a healthy, holistic life.

While we will focus on integrating essential oils into our life, we will cover other options as well.

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