



daybreak lavender farm presents
**YOUR BEST LIFE! TOOLBOX:
NEURO-AROMATHERAPY**

2 SIMPLE FACTS! A WHOLE NEW WORLD OF CONTROL, ENERGY AND OPTIMISM!! SOUND TOO GOOD TO BE TRUE? IT'S NOT!! JOIN US AND SEE FOR YOURSELF

WHO PUT THE NEURO IN NEURO-AROMATHERAPY? I did! Because I learned one stunning fact:

1. NEW BREAKTHROUGH ... Multitasking is a myth. The brain cannot do two tasks or hold two concepts simultaneously because it focuses sequentially.
2. NEW BEST LIFE TOOL! NEURO AROMATHERAPY I can use my brain's anatomy to crash through cravings. To beat back the blahs. It means that when I get hijacked by an intense emotion –craving for certain food ... or person, over-reaction, sadness, obsessive thoughts, compulsive behavior, shoes, chocolate -- to wiggle free just SNIFF! Processing the scent will interrupt your thoughts.

YOUR BRAIN ON TASK

These 4 Steps MUST Occur In Sequence Every Time You Interrupt a Task

STEP 1: SHIFT ALERT To begin a task from a cold start, blood quickly rushes to the anterior prefrontal cortex in your head. This area of the brain, part of the Executive Network, works just like a switchboard, alerting the brain that it's about to shift attention.

STEP 2: RULE ACTIVATION FOR TASK #1: DRIVING TO THE SUPERMARKET.

Embedded in the alert is a two-part message, electricity sent crackling throughout your brain.

1. The first part is a search query to find the neurons capable of executing the driving task and all it's parts. (Starting with finding the keys!)
2. The second part encodes a command that will rouse the neurons, once discovered. This process is called "rule activation," and it takes several tenths of a second to accomplish. You now begin your task. You are driving to the supermarket. YOU ARE ENGAGED IN TASK #1.

STEP 3: DISENGAGEMENT While you are driving on Task #1, your cell phone rings. Your sensory systems pick up phone alert. Because the rules for driving are different from the rules for phone answering, your brain must disengage from the driving rules

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before you can respond. This occurs. The brain switchboard is consulted, alerting the brain that another shift alert must happen. It is about to happen.

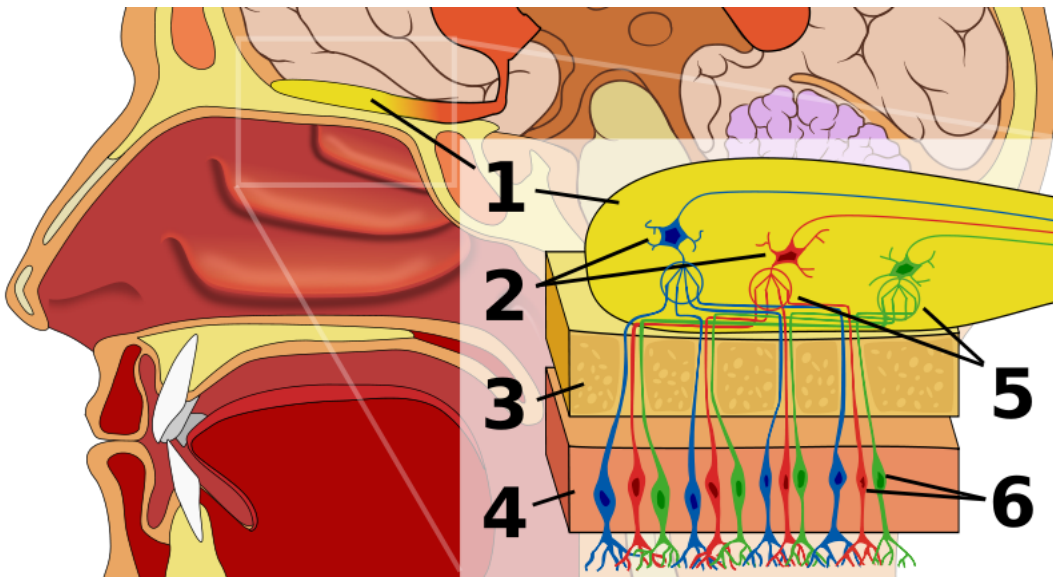
STEP 4: RULE ACTIVATION FOR TASK #2: ANSWERING CELL PHONE CALL

Now, another two-part message seeking the rule-activation protocols for answering the cell phone is deployed AND IT MUST INTERRUPT ENGAGEMENT! As before, the first is a command to find the answering cell phone rules, and the second is the activation command. As before, it takes several tenths of a second simply to perform the switch.

It's made and you are now consistently switching focus from driving to talking to driving to talking to?????

YOUR BRAIN ON SMELL

These 4 Steps MUST Occur To Process A Smell



YOUR SMELLING BRAIN

1. Olfactory bulb
2. Mitral cells
3. Bone



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4. Epithelium, The Lining of Your Nose
5. Glomerulus
6. Olfactory receptor cells

Many animals, including most mammals and reptiles, have two distinct and segregated olfactory systems: a main olfactory system, which detects volatile stimuli, and an accessory olfactory system, which detects fluid-phase stimuli. Neuro AromaTherapy looks at the main olfactory system because essential oils are volatile, meaning they evaporate and become airborne. Each smell has its own molecular-map so to speak.

1. SCENT PERCEIVED ON IN BREATH The scent travels on air and goes up your nose. At top of your nostrils, the scent molecules are dissolved into the mucus in your nose to better analyze it.
2. SHIFT ALERT: DECONSTRUCTING THE SCENT Knit into the lining of your nose, there is a network of smell cells -- olfactory receptor cells --with millions of little tails hanging down that break down the scent's structure into components as it passes over and around them. They're so sensitive that they can detect as few as 1 molecule in about 10 million. And they do it all in less than 1 square inch.
3. RULE ACTIVATION: CODING & RECOGNIZING THE SCENT The smell cells results are passed to the olfactory bulb, which is made up of glomeruli. The scent's constituents will light up different glomeruli. Then the brain organizes the scent pattern info sent by the activated glomeruli. And it recognizes the scent. Now you know -- or don't know -- what you are smelling. The human tongue distinguishes among five distinct qualities of taste. When your nose is at its best, it uses these steps to identify between 4000-10,000 smells!
4. REMEMBERING THE SCENT Scent triggers other neural systems. Smell acts on the brain in two Ways. The odor itself. And the memory the odor triggers, if there is one. The smell *part of the brain* is in the limbic region. The memory part is the amygdalae (we have two), which is our danger detector and also controls our emotions. The amygdalae answer these questions which trigger other processing centers:
 - a. Can I eat it? Will it eat me?
 - b. Can I mate with it? Will it mate with me?
 - c. Have I seen, heard, felt, tasted or smelled it before?

WHAT IS THE SPEED OF SMELL?

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Smells are instantaneous. Nearly! Registering a smell takes just 332-thousandths of a second. Or 332 milliseconds. A millisecond is one one-thousandth of a second. Blinking usually takes 400 milliseconds. It is the speed of air – in a place with no particular air currents – and is borne on air molecules. There is also a connection between the frontal lobe and the part of the brain responsible for memory, so distinctive smells we have experienced often trigger memories.

PERSONAL AROMATHERAPY

AROMACHOLOGY ... sensory benefit from the application/inhalation of fragranced notes or blends.

AROMATHERAPY ... therapeutic benefit from the application and/or inhalation of pure essential oils.

SINGLE NOTES Two of your Enflourages are composed of single notes. Peppermint and Pink Grapefruit.

SCENT BLENDS Our Fresh Lavender is a blend of essential oils – 17 actually. There are 5 different lavenders. And ... a dash of pink grapefruit. Why? Because lavender straight from the EO bottle is highly medicinal and not at all the lightly floral, clean scent we all associate with Fresh Lavender. In many ways, it is a fictional scent. And for many of us Fresh Lavender is a “scent memory” associated with a time, person or place. This Fresh Lavender blend honors that “scent memory.”

SCENTS Properly composed scents are composed of accords. An accord has three notes: top notes, middle or heart notes, and base notes. Top notes are scents that can be detected as soon as you smell the perfume. They are followed by the heart or middle notes and then gradually replaced by the lingering base notes. Citrus and mints are top notes. Lavender is a top to middle note. Nutmeg, Pine, Rosemary are middle notes. Sandalwood, Vetiver, Clove are base notes. Rose is a base note!

A SHORT ESSENTIAL OIL PHARMACOEPIA

- Angelica (*Angelica archangelica*) - Comforting, balancing and grounding.
- Black Pepper (*Piper nigrum*) - Comforting and stimulating.



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- Cedarwood (*Cedrus atlantica*) - Relaxing and meditative qualities.
- Chamomile, German (Blue) (*Matricaria chamomilla*) - Calming, gentle and restful.
- Chamomile, Roman (*Anthemis nobilis*) - Relieves tension and anxiety.
- Clary Sage (*Salvia sclarea*) - Mildly euphoric, balancing, regenerative and calming.
- Clove (*Syzygium aromaticum*) - Mental stimulant. Comforting.
- Eucalyptus Citriodora (*Eucalyptus citriodora*) - Lemon scented - Promotes concentration and alertness.
- Eucalyptus Radiata (*Eucalyptus radiata*) - Gentle and balancing.
- Frankincense (*Boswellia carteri*) - Emotionally supportive. Soothing. Aids meditation.
- Geranium (*Pelargonium graveolens*) - Balancing and uplifting. Relieves anxiety.
- Helichrysum (*Helichrysum italicum*) - Calming and protective. Stimulates creativity.
- Jasmine (*Jasminum officinale*) - Reduces stress, combats apathy. Used in aphrodisiac blends.
- Juniper (*Juniperus communis*) - Reduces anxiety. Mentally stimulating.
- Lemon (*Citrus limon*) - Mentally stimulating. Uplifting.
- Lemongrass (*Cymbopogon flexuosus*, *C. citratus*) - Stimulating.
- Lime (*Citrus aurantifolia*) - Refreshing and uplifting.
- Myrrh (*Myrrh*) - Balancing. Spiritually supportive and uplifting.
- Neroli (*Citrus aurantium*, *C. brigardia*) - Relieves anxiety. Calming and relaxing. Supports the emotions. Used in aphrodisiac blends.
- Nutmeg (*Myristica fragrans*) - Balancing, uplifting and energizing.
- Orange (*Citrus sinensis*) - Uplifting to the emotions. Relaxing.
- Palmarosa (*Cymbopogon martinii*) - Comforting. Reduces stress and tension.
- Patchouli (*Pogostemon cublin*) - Grounding and balancing. Relieves anxiety. Used in aphrodisiac blends.
- Peppermint (*Mentha x piperita*) - Aids concentration. Stimulating and refreshing.
- Rose (*Rosa damascena*, *R. centifolia*) - Reduces anxiety, stress and tension. Opens the heart and nurtures the emotions.

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- Rosemary (*Rosmarinus officinalis* CT cineol) - Uplifting and energizing. Mentally stimulating. Promotes alertness, speed.
- Sandalwood (*Santalum album*) - Relaxing. Comforting. Used in aphrodisiacs.
- Spearmint (*Mentha spicata*) - Stimulating. Balancing. Sense of well being.
- Tea Tree (*Melaleuca alternifolia*) - Reduces anxiety. Energizing.
- Valerian (*Valeriana officinalis*) - Calming, relaxing and grounding. Sleep aid.
- Vetiver (*Vetiveria zizanoides*) - Uplifting, comforting, balancing relaxing grounding.
- Ylang Ylang (*Canaga odorata*) - Reduces tension, anxiety and stress. Promotes assertiveness, focus, confidence and joy. Used in aphrodisiac blends.

ANTI-BACATCHA!!

100% NATURAL GERMICIDAL ESSENTIAL OIL CONCENTRATE & SUPERBUG-BUSTER FOR MRSA, C-DIFF, COLDS & PNEUMONIA SEASON

Essential oils can do so much!! What do kids, new moms, seniors and anyone with a scraped knee or elbow have in common? They're all vulnerable to what doctors are calling "superbugs" ... antibiotic-resistant strains of germs and bacteria. Anti-BacAtcha is an all-natural germicidal concentrate you can add to any liquid to keep you germ-free!!

I've seen a lot about the new superbug MRSA ... Methicillin-resistant *Staphylococcus aureus* (MRSA)

It's also be known as:

- * multiple-resistant *Staphylococcus aureus*
- * oxacillin-resistant *Staphylococcus aureus* (ORSA)
- * community-acquired MRSA (CA-MRSA)
- * hospital-acquired MRSA (HA-MRSA)

As someone who's had pneumonia twice and C-Diff once – and is allergic to all forms of penicillin – germ-management is important to me. I've also been in contact with several new Moms with c-sections – who are at high risk for Hospital Acquired MRSA where it's prevalent. Two have actually contracted MRSA, which turned a simple incision into a three-month healing ordeal. When I spoke with my Dad, 90 and going strong!!, he told me that in his community there are all kinds of C-Diff and MRSA alerts for seniors. Then, when my grandson's school sent a letter home, I knew it was time to harness the anti-bacterial properties of essential oils.

THE HISTORY OF ESSENTIAL OILS AS GERMICIDES

The idea of essential oils as germicides goes back centuries. Rewind to the 1600's. The story goes that four corpse robbers were caught red-handed in Toulouse in 1628. Given the

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virulence and deadliness of the plague, the judges were astonished by the thieves' resistance to contagion. The archives of the Parliament of Toulouse state:

“During the Great Plague, four robbers were convicted of going to the houses of plague victims, strangling them in their beds and then looting their dwellings. For this, they were condemned to be burned at the stake, and in order to have their sentence mitigated, they revealed their secret blend, after which they were hanged.”

Ever since, that blend -- of clove, rosemary, lemon and eucalyptus --has been known as Four Thieves Blend. It is still in wide use today. But since 1628, we've advanced our understanding how essential oils can help combat germs.

In the 2001 British Journal of Antimicrobial Chemotherapy, a team of scientists discovered that modern bacteria viruses, fungi and E. Coli cannot survive certain essential oil blends.

After testing 14 essential oils, the Journal reported:

“All of the essential oils examined exhibited antibacterial activity, which generally increased in the following order: *E. coli* < *Staph. aureus* < *streptococci* < *H. influenzae*. <*S. pneumoniae*. Among the 14 essential oils tested, cinnamon bark, lemongrass and thyme (wild and red) showed the highest activity. Japanese shiso, peppermint, tea tree, coriander and lavender oils showed moderate activity. Eucalyptus and lemon oil, were weakest in activity.” Today, many UK hospitals are sending patients home with showers gels infused with an essential oil blend and their MRSA rates have dropped as a result.

INGREDIENTS ARE ESSENTIAL OILS OF ...

- Saigon Cinnamon Bark
- Madagascar Clove,
- Coriander
- Lavenders – High Altitude, Hungarian
- Thai Lemongrass
- Australian Manuka
- Japanese Shiso
- Peppermint
- Thyme (Wild And Red)
- Mysore Sandalwood

Plus just a titch of a wetting agent (PEG-200 Hydrogenated Glyceryl Palmate from Coconut Oil) so it will blend with all liquids. PEGS are neutral synthetics and biodegradeable. This one is new and ranked zero on the Environmental Working Group's 1 – 10 Risk Scale.

DAYBREAK'S PURE 'N NATURAL BUG-BUSSTER

THE Kit is \$39.95 at www.daybreaklavenderfarm.com and it includes:



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- One 4- ounce bottle of Essential Oil Concentrate. We use an amber glass bottle to ensure the potency of the Anti-Bacatcha Essential Oil Blend. And a glass pipette dropper for accuracy in measuring drops added.
- Two 4-ounce misters for your blends. One whip up water-based mixes. One for oil-based mixes.
- 1 Guide with Instructions and Great ways to use Anti-Bac-Atcha!

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