

# September Specials

## Butterfly Express LLC

Sneak Peak at October Specials  
New Homeopathic Book II is here  
The Hormone that Keeps You Lean  
Webinars Online Essential Oil Class  
Health Tip: Sprouting

Featured Oils of the Month Butterfly Expressions



LeBreezey



LeInner Peace



LeThermaCare



Marjoram



Spruce

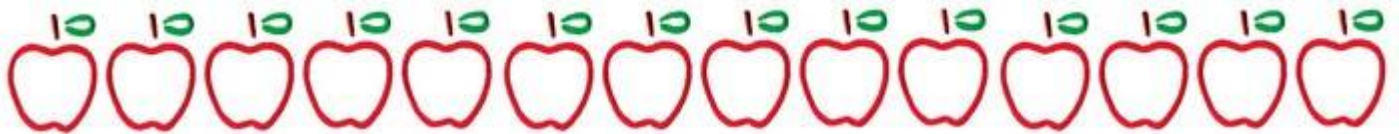


Tea Tree

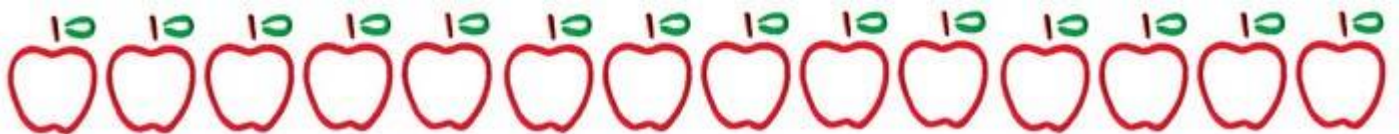
Buy all six and receive 20% off



LeBreezey, LeInner Peace, LeTherma Care,  
Marjoram, Spruce, Tea Tree

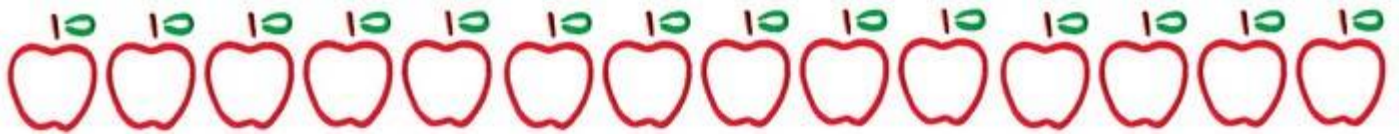


"When it comes to eating right and exercising,  
there is no "I'll start tomorrow." Tomorrow is disease."  
~Terri Guillemets~



**Sneak Preview at the October Specials**

LeEternity  
LeExhilaration  
LeLetting Go  
Cypress  
Chamomile, Roman  
Tangerine



# New Cases

## for Your Essential Oils



available in 5 colors:

### Small Bag (holds 19)



#### **Made in the USA!!!**

A wonderful way to carry your oils. The foam padding keeps your oils safe. This case has a zipper for quick access, plus a handle for convenience.

This bag will hold 19 essential oil bottles and comes with your choice of a 2oz bottle of either coconut or almond oil.

This bag comes in black, burgundy, green, brown, and blue.

Product dimensions approx 7 x 7 x 2

[Click for additional photos](#)

---

#### **Made in the USA!!!**

### Portfolio (holds 64)

This 64-bottle essential oils presentation case with handle makes a professional statement while providing a practical and convenient way to carry your essential oils. The portfolio binding will fold back and create a nice display.

Aromatherapy portfolios custom-designed to hold up to 64 of your 5, 10 and/or 15 ml bottles, up to 2 7/8 of an inch tall. NOTE: Bottles are not included -- image shown is for example only.

The elastic straps that securely hold the bottles are positioned so that each label is clearly visible, making it easy to find the oil you want. This elegant case comes equipped with a convenient carrying handle on the binding to ensure that your oils are carried in an upright position.



[Click for additional photos](#)

The inside of the portfolio is lightly padded and lined with black fabric, and even has a divider in the center with a zippered pocket on one side to hold your favorite pocket-sized essential oil book, and business card and brochure pockets.

This bag a comes in blue, burgandy, brown, breen, or black

---

## Executive (holds 130)

This executive case hols 130 bottles of essential oils. This is an ideal presentation case with a handle that makes a professional statement while providing a practical and convenient way to carry your essential oils. This bag has two large pockets, one on each side to hold books and papers.

Aromatherapy portfolios custom-designed to hold up to 130 of your 5, or 10 ml bottles. Approximate dimensions are 19 inches x 14 inches x 3.5 inches.

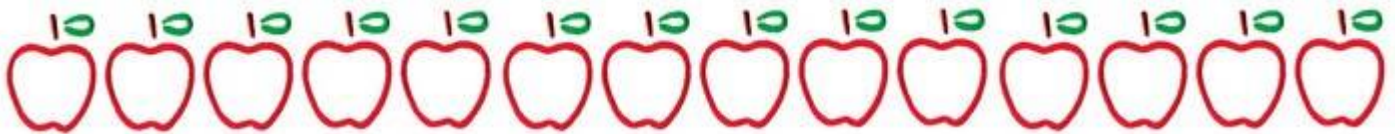


[Click for additional photos](#)

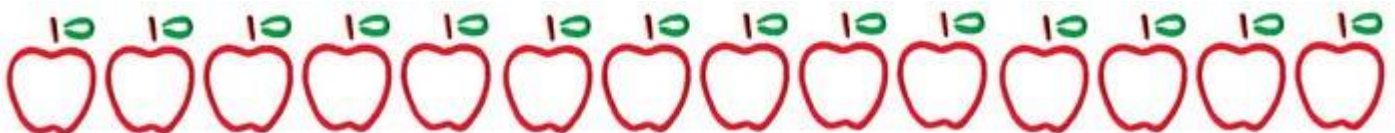
Inside the executive case is a quality foam that provides padded protection for your oils.

This bag is exceptional quality and will keep your oils safe and organized for years and years.

This bag a comes in blue, burgandy, brown, green, or black



New HomeopathicII Book is going here soon.....



## **The Hormone That Keeps You Lean**

If you are trying to build muscle, lose fat or just improve your overall health – you need to understand how one important

hormone, insulin, works in the body. Insulin is the ingredient within your body that dictates the course of events for muscle and fat metabolism. Your body's ability to utilize insulin efficiently will make the difference between whether you are fit or flabby.

Insulin sensitivity refers to how your body responds to the hormone insulin. It is directly related to how productively your body utilizes carbohydrates in your diet. Insulin, simply put, helps you maintain more even blood sugars throughout the day. People who have a higher sensitivity to insulin have better blood sugar regulation. They are able to store the extra glucose in the system in muscle tissue. People who have a lower sensitivity to insulin may actually overproduce insulin, causing the body to store glucose as fat.

When the body is continually running with a poor insulin sensitivity, it can lead to chronic, debilitating diseases such as type-2 diabetes and cardiovascular disease.

As you improve your insulin sensitivity, it will cause the body to gain more lean muscle with less body fat. If you are dieting, it will help you maintain proper muscle glycogen levels, without the energy highs or lows that often accompany restrictions in calorie intake.

Cutting down on refined carbohydrate intake is crucial for insulin balancing. A high refined carbohydrate diet is one of the main reasons people develop diabetes. The pancreas is working overtime to pump out enough insulin to keep up with all the glucose being shoveled into the system. Lowering the dietary intake of refined carbohydrates gives the pancreas a break and it allows the body to provide enough insulin to keep the blood sugar balanced.

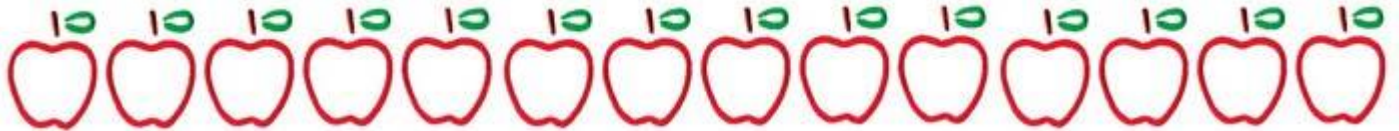
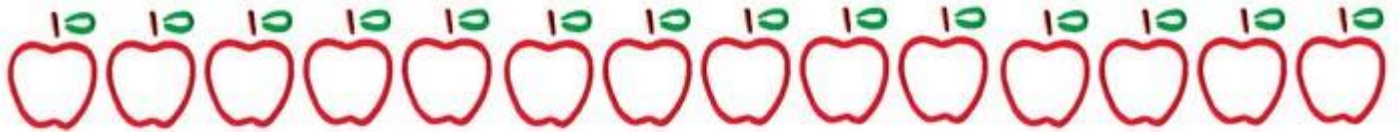
Healthy fats are another way to help keep the body processing carbohydrates at a normal rate. Insulin sensitivity can be optimized by consuming healthy fats such as flaxseed oil, avocados, nuts and fish oils. By replacing the trans fats in your diet with healthy monounsaturated fats your body is able to maximize the rate at which your body produces the insulin necessary for proper metabolism.

A high fiber diet is yet another way in which you can help the body digest carbohydrates more slowly. The slower carbohydrates enter the blood, the less need for higher and higher amounts of insulin. This slow release of carbohydrates allows the insulin that is released to be much more effective. Generally, foods that supply fiber in the diet also contribute a great many vitamins and minerals necessary for optimal health as well.

Eating smaller meals throughout the day has been shown to help increase insulin sensitivity. It is much easier on your body to process small amounts of carbohydrates at time rather than one huge load. Eating small meals also discourages blood sugar fluctuations. Maintaining a constant blood sugar is much healthier than the spikes and valleys that can occur with large meals.

Periodic activity throughout the day is helpful. It is important to match your exercise based on the carbohydrate load you provide for the body. Even performing short periods of light physical activity will go along way in helping maintain even blood sugar levels. These even blood sugar levels equal a higher sensitivity to the insulin your body produces and allowing the glucose to be utilized right away and not stored as fat.

Once you shift to a more lean, less fat body your insulin sensitivity remains greater. This means that your body will operate faster and that you will have an easier time staying lean.



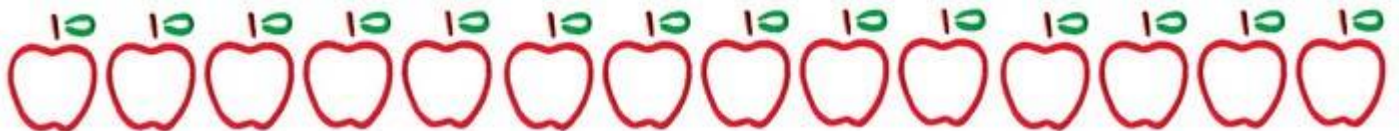
Health Tip:

## **Sprouting to Increase the Nutritional Value of Seeds and Grains**

There is an AMAZING increase in nutrients available to the body when seeds and nuts are sprouted instead of consumed in their dried embryo stage. The process of sprouting drastically increases the vitamins, minerals and protein concentrations. There is also a corresponding decrease in calories and carbohydrates! Dried seeds and grains contain no discernible amounts of vitamin C, and yet when sprouted, they are a fantastic source.

During sprouting, beans lose their gas producing abilities. Research has shown that the components responsible for producing gas within the body of the dry bean are reduced by up to 90% in the sprouted bean. Sprouts contain a lot of fiber and water, both of which are helpful in reducing constipation

Sprouts are an extremely inexpensive way to obtain a great concentration of fresh vitamins, minerals and enzymes. Consider sprouting as a great way to increase your health without spending a lot on artificial supplements or spendy kitchen appliances.



LeBreezey

### **Ingredients**

birch, eucalyptus, lemon, peppermint, ravensara

**Affinity for**  
respiratory system  
immune system  
skin  
muscles

**Resonance**  
physical

**Application**  
<sup>Le</sup>Breezey should be diluted and rubbed on the chest or back. It can also be diffused or placed on your pillow at night.

**Aromatic Considerations**  
<sup>Le</sup>Breezey opens bronchial and sinus passages very effectively and has been successful in alleviating snoring.

**Emotional/Spiritual Aspects**  
While generally thought of as an oil for physical illness, the aroma of <sup>Le</sup>Breezey lifts the spirits and brings a sense of confidence and self-worth.

**Physical Aspects**  
<sup>Le</sup>Breezey, besides being very effective in times of illness, is an excellent respiratory tonic and immune stimulant. The inclusion of ravensara oil creates viral fighting and tissue rebuilding properties, especially for the lung and bronchial tissues. This blend should also be tried for conditions such as colds, asthma, allergies, sinus congestion, and flu. <sup>Le</sup>Breezey is an immune stimulant. <sup>Le</sup>Breezey makes an excellent muscle relaxant and pain reliever when you do not have <sup>Le</sup>Warm Down or <sup>Le</sup>Deeper handy and you have strained a muscle.

**General Information**  
<sup>Le</sup>Breezey is often used alternately with <sup>Le</sup>Aspire.

## <sup>Le</sup>Inner Peace



**Ingredients**  
angelica, cinnamon, copaiba balsam, frankincense, lavender, palmarosa, rosewood, sandalwood, spruce, ylang ylang

**Affinity for**  
emotional balance heart chakra small intestine meridian  
pineal gland  
pituitary gland

**Resonance**  
emotional, spiritual, physical



especially nice with children. In addition to the fever reducing properties of the yarrow and the peppermint, the coriander is well renowned for giving strength both during an illness and during the convalescent stages.

# Marjoram

(*Marjorana hortensis* or *Origanum marjorana*)



## Ingredient In

<sup>Le</sup>Aspire, <sup>Le</sup>Balance, <sup>Le</sup>MyGraine, <sup>Le</sup>Solitude, <sup>Le</sup>TendaCare, <sup>Le</sup>Vitality, <sup>Le</sup>WarmDown, <sup>Le</sup>WomanWise

## Therapeutic Properties

antispasmodic, arterial vasodilator, expectorant, digestive, analgesic, calming, sedative, antitussive, antiseptic, antibiotic, anti-infective, diuretic, emmenagogue

## Affinity For

respiratory system  
digestive system

reproductive areas  
cardiovascular system  
yang energy

solar plexus chakra  
governing vessel meridian  
stomach and spleen meridians

## Resonance

physical, emotional

## Plant Family

Labiatae

## Part Utilized

leaves

## Aromatic Considerations

The aroma of marjoram oil can warm the soul in times of grief, sorrow, or loneliness.

## Application

Dilute and apply to the feet or any area of the body.

## Emotional/Spiritual Aspects

Marjoram is quieting to obsessive worry where negative thoughts circle repetitively in the brain hour after hour. This type of obsessive worry is an indication of depleted or stressed earth energy. Marjoram essential oil is also helpful for those who seem to love being in the center of some sort of drama all the time. This need for attention is a manifestation of an energetically depleted earth meridian with its 'lack of something' perception. In this instance, the feeling of deprivation focuses on family or friends. We are sure that 'no one cares' about us as they should. The aroma of marjoram oil can eliminate feelings of loneliness or persecution, replacing them with feelings of security and even some compassion for others.

## Physical Aspects

Marjoram eases respiratory distress and infections such as bronchitis. It is often beneficial for spasmodic dry coughs. The analgesic properties of marjoram make it an appropriate choice for muscle aches, sprains, strains, and arthritis. Marjoram essential oil helps bruising to clear and fade more quickly. Marjoram increases the dilation of blood vessels, lowers blood pressure, and eases heart palpitations. It can ease

headaches that are caused by muscle tension or lack of circulation. Marjoram oil increases the tone and effectiveness of parasympathetic nerves. One benefit of healthy parasympathetic nerves is an increase in the peristalsis in the colon. Marjoram regulates the menstrual cycle, relieves pain and cramping.

### General Information

Marjoram was known as the 'herb of happiness' to the early Romans and 'joy of the mountain' to the Greeks.

### Cautions

Marjoram should be used sparingly during pregnancy.



## Spruce

*(Tsuga canadensis)*

### Ingredient In

<sup>Le</sup>Aspire, <sup>Le</sup>Assurance, <sup>Le</sup>Benediction, <sup>Le</sup>Connection, <sup>Le</sup>Deeper, <sup>Le</sup>Discernment, <sup>Le</sup>Dreams, <sup>Le</sup>Everlasting, <sup>Le</sup>Holiday Spirit, <sup>Le</sup>Inner Peace, <sup>Le</sup>Magi, <sup>Le</sup>Meditation, <sup>Le</sup>Millenia, <sup>Le</sup>Patches, <sup>Le</sup>Sanctuary, <sup>Le</sup>Stefanie, <sup>Le</sup>Trust, <sup>Le</sup>Unity, <sup>Le</sup>Vision, <sup>Le</sup>Whispering Hope, <sup>Le</sup>Wisdom

### Therapeutic Properties

anti-infectious, anti-inflammatory, antispasmodic, cortisone-like

### Affinity For

bones, joints, muscles

endocrine system

especially the thyroid and thymus

solar plexus chakra

brow chakra

governing vessel meridian

heart meridian

Liver meridian

### Resonance

physical, emotional

### Plant Family

Coniferae

### Part of Plant Used

needles, leaves

### Aromatic Considerations

The aroma of Canadian spruce is calming to the nervous system. It encourages communication, both the speaking and listening aspects.

### Application

Spruce can be applied, diluted, to the feet or any other area of the body. Spruce is very pleasant in the bath or sauna. It is frequently used as an ingredient in room sprays, soaps, and detergents.

### Emotional/Spiritual Aspects

Spruce (and other conifers) create the symbolic effect of an umbrella which protects the earth and brings energy in from the universe. At night the animals of the forest lie down under a conifer tree for the protection and rejuvenation that the tree will provide for them. Spruce grounds the solar plexus and stimulates the thymus, creating the emotional balance necessary to be gracious at both giving and receiving. Spruce can help us push through emotional blocks to further healing.

### Physical Aspects

The analgesic and anti-inflammatory properties of spruce make it beneficial for bone pain, aching joints, arthritis, and sciatica. Spruce should be massaged wherever sore muscles need relaxing and re-energizing. Spruce is an excellent oil for the respiratory and endocrine systems. Spruce is a general gland and organ tonic, but it has an intrinsic affinity for balancing the thyroid function and stimulating the thymus gland.

### General Information

The aroma of Canadian spruce is that of a forest of conifer trees, but with a strong balsamy vanilla undertone, which is very comforting to the emotions. *Tsuga canadensis* is Canadian spruce, not the species called black spruce, which is *Picea marianna*. *Tsuga canadensis* seems to be consistently sweeter, more mellow, and with more of the balsam and vanilla notes that I love than *Picea marianna*. Canadian spruce adds a rich depth to blends that is not usually accomplished with any other variety of spruce.

## Tea Tree

(*Melaleuca alternifolia*)



### Ingredient In

<sup>Le</sup>Candila, <sup>Le</sup>Mela Plus, <sup>Le</sup>Purify, <sup>Le</sup>Simplicity

### Therapeutic Properties

antibacterial, antifungal, antiseptic, antiviral, immune stimulant, antibiotic, antiparasitic, vulnerary, anti-inflammatory, expectorant, decongestant, analgesic

### Affinity For

tissue and skin

tissue and skin

tissue and skin

### Resonance

physical, emotional

### Plant Family

Myrtaceae

### Plant Family

leaves

### Aromatic Considerations

Tea tree is a very strong and pungent oil. It is very effective in killing air-borne bacteria.

### Application

Tea tree should be diluted before applying to the skin except in the case of insect bites, where it is best applied neat.

### Emotional/Spiritual Aspects

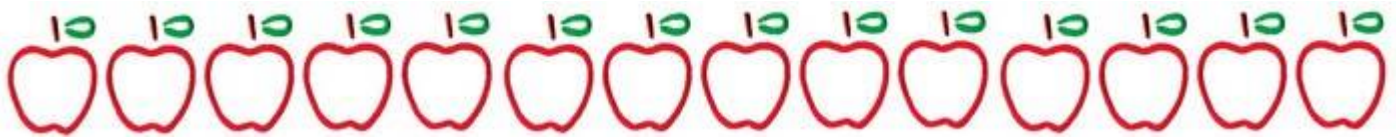
The aroma of tea tree can help us replace a victim mentality with a desire to understand why events and circumstances happen. Tea tree can be used to bring both tolerance and growth into our lives. Tea tree starts the process of spiritual and emotional cleansing. It can help us turn toward the positive and find refreshment for our spirit. The aroma of tea tree essential oil has the feel of a good friend who has come to help us 'clean house'. The cleaning up and throwing out will be good for us and will be far less painful than we have imagined it would be.

### Physical Aspects

Tea tree essential oil is effective against some of the nastiest microbes on the planet. Tea tree can prevent sepsis in wounds and it (or something else effective) should be used to treat wounds, boils, sores, cuts, insect bites, and stings. The only way to kill a virus is to weaken or rupture its protective shell—called a cyst. Tea tree oil has been shown effective in this capacity, which greatly shortens the duration of viral infections. Tea tree is also a mild tissue regenerator, making it a sensible choice for rashes, nail or skin fungal infections, wounds, cold sores, acne, athlete's foot, ringworm, head lice, vaginal thrush (dilute very well here), and candida.

### General Information

Tea tree has been in use as an antiseptic for centuries. It was used by soldiers and sailors in World War II in the treatment of tropical infections.



"Health is a large word. It embraces not the body only,  
but the mind and spirit as well;... and not today's pain or pleasure alone,  
but the whole being and outlook of a man."

~James H. West~

