

Lucky's Market

Fresh & Light **SEASONAL SALADS** //  
**PLANT OILS:** Are They All Good?

# Health & Happiness

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Promotions Valid from March 29, 2017 thru April 26, 2017

THE TOP ESSENTIAL REMEDIES FOR

## ALLERGY RELIEF

**7** COMMON  
NUTRIENT  
DEFICIENCIES  
& HOW TO FIX THEM P. 20

migraines?  
reach for  
these herbs

TART CHERRY JUICE:  
a surprising way  
to stop pain

STINGING NETTLE  
is one of our favorite  
natural antihistamines—  
find out why  
p. 16

plus

ISLAND BEAUTY



# spring forward!

Seasonal aromatherapy tips to refresh your home.

**A**pril showers may bring May flowers . . . but they also usher in damp weather and seasonal pollen that can leave you and your home feeling a bit muddled. Keep a few key essential oils on hand to clear the air and keep you breathing easier this season.

A well-stocked spring pantry shelf includes essential oils of **Cypress** (*Cupressus sempervirens*), **Grapefruit** (*Citrus paradisi*), **Lavender** (*Lavandula angustifolia*), **Lemon** (*Citrus limon*),

**Lemongrass** (*Cymbopogon citratus*), **Lime** (*Citrus aurantifolia*), **Peppermint** (*Mentha piperita*), **Rosemary** (*Rosmarinus officinalis*), and **Sweet Orange** (*Citrus sinensis*). Although you'll find you reach for these oils throughout the year, they are perfect choices for spring cleaning.

Battle stale air and open sinuses restricted by allergies using a blend of **Peppermint**, **Rosemary**, and that stand-by, **Lavender**; mix 12 drops of each essential oil in a spray bottle filled with 6

oz. distilled water for an easy DIY home mist. Spray often to freshen the air and combat airborne germs and bothersome pollen. Then close your eyes and lightly mist your face, breathing deeply so these powerhouse aromas can help open constricted airways. Bonus: Their uplifting properties will also brighten your mood! For a subtle scent all season long, spray furnace filters each month.

Skip caustic chemicals that can irritate the respiratory system and leave an

## Did You Know?

Essential oils can be toxic for cats, so avoid using sprays around your felines. Dilute blends with more water and leave a door open as an escape route!





## Healthy Tip

Always use glass containers for your aromatherapy blends. Plastic containers may absorb the oils, and some metals can react with essential oils, tainting the blend. To clean used bottles, run them alone through a cycle in your dishwasher.

unpleasant lingering odor: Instead, clean your kitchen using a natural household cleanser that includes a zesty citrus oil that does double duty not only as a grime-fighter, but as an air freshener, too. Mix 24 drops of a citrus oil such as **Lemon, Lime, Sweet Orange,** or **Grapefruit** (I like lime for a little kick) with 12 drops of **Lemongrass** essential oil in a 6 oz. blend of distilled water and white vinegar. Start with the fridge by wiping down surfaces both inside and out. This refreshing blend is also great for cleaning sinks, the inside of the microwave, and stovetops (and the uplifting scent will make cleaning just a bit more enjoyable).

Baking soda, with its proven virus-killing properties, is the perfect base mixed with essential oils for freshening rugs and carpets. Choose **Lavender, Lemon,** or **Peppermint,** and add 20 drops to a box of baking soda, mixing

well. Sprinkle into carpets, let sit for 10–15 minutes, then vacuum as usual. This blend also naturally deodorizes musty vacuum canisters and is a welcome alternative to nose-wrinkling exhaust.

To treat smelly shoes and keep closet air fresh, mist the inside of shoes with a blend of 6 oz. distilled water with 15 drops of **Lavender** and **Cypress,** essential oils that not only refresh, but repel moths and other insects who like to hide in closets. Add a drop of each oil to clean cotton balls and stick into the toes of winter shoes before storing them away for the warmer months.

Combining **Lavender** and **Rosemary** essential oils adds an aromatic boost to unscented dryer sheets. Leverage the duo's natural antibacterial properties to clean your washer and dryer. For the washer, fill the bin for a small load with warm water and toss in a clean white washcloth. Add 12 drops of each oil and run the cycle as usual. Then use the damp

washcloth with a few additional drops of essential oil to wipe down the inside of the dryer cylinder. Run a short cycle to dry the cloth.

To dispel that wet dog smell typical after a romp in spring rains, opt for a gentle spray for dog beds that includes canine-safe essential oils. Blend 6 oz. of distilled water with 12 drops of **Lavender** and 8 drops each of **Orange** and **Cypress** essential oils. (You can even safely mist your best furry friend, but only spritz from collar to tail, avoiding the head, muzzle, and eyes. I've found this botanical mist not only neutralizes odors, it soothes my new pup, Elle, to sleep.)

**Note:** Although these blends contain a small percentage of essential oils, they may interact with some medicine. If you are pregnant or on medication, please check with your physician prior to using essential oils. Conduct a skin patch test prior to use.