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# Health & Happiness

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**6 OF THE BEST  
ESSENTIAL OILS**  
for colds & flu

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# winning aromatics for cold and flu season

Make aromatherapy part of your first line of defense against seasonal maladies this winter.

When cold and flu germs arrive this winter, show them the door with the aid of these key essential oils.

The leader of the pack has to be **Eucalyptus**. This essential oil packs a punch at ailing respiratory systems, yet is gentle enough to add to a child's diffuser at night to clear stuffy heads. Its fresh scent that may smell a bit medicinal to some noses, but it's worth it: The oil's super antibacterial properties fight germs and ease congestion.

Essential oil of **Cinnamon** (*Cinnamomum zeylanicum*) has powerful antifungal and antioxidant properties that help bolster the body's immunity system. A little bit of this essential oil, however, goes a long way: This is a strong spice with a richer scent than the ground spice, but one you'll want to use, as even a small amount is effective and the aroma comforting.

**Clove** (*Syzygium aromaticum*) essential oil is a rich spice that adds warmth to a cold and flu blend while opening nasal airways and improving breathing. It is also an excellent companion oil that will boost the scent of other spices or sweeten the sharpness of eucalyptus. Just a drop or two, though—like cinnamon, clove's robust aroma can overpower in large doses.

Another spice that is less aggressive yet effective for easing influenza's aches and pains is **Black Pepper** (*Piper nigrum*). If you're unfamiliar with this essential oil, just take one whiff, and you'll start reaching more often for this woody, green aromatic that smells very little like the table spice, but that offers a similar stimulating kick. Blend black pepper oil with other essential oils to tackle bugs and viruses and add a bright scent to the mix.

A cousin to balancing lavender, **Lavandin** (*Lavandula intermedia* or

*Lavandula hybrid var. Super*) offers a more floral, herbal scent and a higher camphor level that makes it effective in respiratory blends. In small doses, like its better-known cousin, lavandin is also relaxing and perfect for diffusing to encourage restful sleep—one of the

best things you can do when fighting a cold or the flu.

Finally, you can opt to go green this season—**Green Mandarin**, that is. Despite being a member of the typically stimulating citrus family of essential oils, *Citrus reticulata blanco* has relaxing properties that also make it similar to lavender. When blended with other oils, it offers additional antiseptic properties and a gentle, fruity aroma. Distill this light citrus before bedtime: It's safe for even the most fretful, feverish child in the family.

## Breathe Easy Respiratory Blends

For use as a massage oil, mix essential oils in a 1 oz. glass bottle with a carrier oil such as grapeseed or sweet almond oil.

### Blend I

- ▶ 8 drops Eucalyptus
- ▶ 8 drops Black Pepper
- ▶ 12 drops Lavandin

### Blend II

- ▶ 4 drops Eucalyptus
- ▶ 10 drops Lavandin
- ▶ 14 drops Green Mandarin

**Healthy Tip:** Make effective use of your respiratory blends. A few times daily, apply blends in a circular motion on the chest and solar plexus, the base of and behind your neck, behind your ears, and on other lymph nodes. Then place a drop under the nose to hasten the benefits of aromatherapy.



## Xlear Max Natural Saline Sinus Spray



Xlear Max Nasal Spray features the added benefits of *Capsicum Annum* 8x and natural aloe to provide relief from nasal congestion and allergy symptoms.

## Quantum Health TheraZinc Elderberry Lozenges

A tasty raspberry way to enjoy the benefits of elderberry! Made with the forms of zinc and elderberry—zinc gluconate and *Sambucus nigra*—shown in studies to boost immunity and help fight colds and flu.

