

*Lucky's Market*

Essential Oils that Stop **FOOD CRAVINGS** ///  
**GALLSTONES?** Healing Foods & Remedies to Try

# Health & Happiness

MARCH 2017 | luckysmarket.com

Promotions Valid from March 1, 2017 thru March 29, 2017

## EASY, 3-STEP SPRING DETOX

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# aromatherapy for food cravings

Instead of reaching for sweets or other unhealthy foods, use essential oils to quell your cravings and stop emotional overeating.

It's just about now that those New Year's resolutions to eat clean and drop a few pounds start to wane.

What with winter weather blues and comfort food, even the best intentions can falter when the siren song of just-baked cookies beckons. Essential oil aromatherapy offers a host of effective therapies, including balancing moodiness and easing insomnia. And although we all know effective weight control must include some combo of diet and exercise, aromatherapy can combat the stress associated with the battle of the bulge, and be an enjoyable component to a lifestyle that focuses on clean eating and healthy fitness.

When you're tired or stressed, you are more likely to reach for unhealthy snacks. Smelling certain essential oils found to curb appetite and provoke alertness and



energy in the brain can help thwart those cravings and also help you to think more clearly. In addition, some essential oils work with the body's endocrine system to still hunger pangs and give the metabolism a little boost.

Here are our favorite essential oils for weight loss:

## *Citrus Oils for Cravings & Moodiness*

**Bergamot (*Citrus bergamia*)**, or Italian orange essential oil: Known for its spicy citrus note, bergamot helps alleviate depression, and may help if emotional eating is undermining your clean eating

program. Studies report that bergamot reduces the production of the stress hormone cortisol, which has also been linked to the inability to drop stubborn belly fat. Diffuse the essential oil during particularly stressful times to help you avoid mindless nibbling.

**Grapefruit (*Citrus paradisi*)**: Other studies have discovered that this essential oil not only provides a mood lift with its sweet, crisp aroma, it also contains a natural organic compound, nootkatone, that acts to control the metabolism. Simply inhaling this bright citrus oil can halt food cravings and give you a burst of energy.

**Lemon (*Citrus limon*)**: This is also a mood brightener. Just think of the zest of citrus and it makes sense—who doesn't perk up after a refreshing glass of OJ or a squeeze of tart lemon in cool spring water? Two constituents in lemon essential oil pack a powerful punch to fat cells while also easing pain in achy muscles. Add a few drops to your sports balm to relieve muscles sore from exercise.

## How to *Safely Enjoy Essential Oils*

You don't have to ingest essential oils to benefit from their therapeutic value. Instead, safely enjoy them as aromatics or topical applications. Even the purest of organic oils can be toxic to the system if swallowed.

Although these blends contain a small percentage of essential oils, they may interact with some medicines. If you are pregnant or nursing, or take prescription medications, please check with your physician prior to using essential oils. Conduct a skin patch test prior to use.





### *Juniper & Cypress for Water Retention*

Woody **juniper** (*Juniperus communis*) and **cypress** (*Cupressus sempervirens*): These are purifying essential oils that offer diuretic benefits to help flush water weight. Combine with grapefruit for an uplifting aromatic massage blend that also helps break down cellulite.

### *Rosemary & Peppermint to Boost Metabolism*

**Rosemary** (*Rosmarinus officinalis*) and **Peppermint** (*Mentha piperita*): These savory culinary herbs enhance flavors and elevate low moods, but their essential oils are also powerful metabolism boosters. One scientific study reports that peppermint goes a step further to lower hunger levels when inhaled every two hours.



### *Spice Oils for Blood Sugar Balance*

**Cinnamon** (*Cinnamomum zeylanicum*) and **ginger** (*Zingiber officinale*): These two essential oils help reduce inflammation and regulate blood sugar, both of which are vital to successful weight loss. These oils also add warmth to massage blends for a comforting, balancing quality.

Any of these essential oils can be effective in suppressing appetite. Simply open your favorite and breathe deeply when the urge to overeat occurs. Or combine several for a supportive blend for your diffuser, such as our Appetite-Suppressing Diffusion blend (right).



## DIY Fat-Fighting Aromatherapy Blends

### **Appetite-Suppressing Diffusion**

- ▶ 8 drops bergamot
- ▶ 5 drops grapefruit
- ▶ 2 drops ginger

### **Fight Fat Massage Blend I**

- ▶ 5 drops grapefruit
- ▶ 5 drops lemon
- ▶ 5 drops cypress

### **Fight Fat Massage Blend II**

- ▶ 5 drops rosemary
- ▶ 5 drops ginger
- ▶ 3 drops cinnamon
- ▶ 2 drops peppermint

### **Cellulite Buster Massage Blend**

- ▶ 7 drops grapefruit
- ▶ 5 drops cypress
- ▶ 3 drops juniper

For best results with massage blends, mix essential oils in 1 oz. carrier oil, such as sweet almond or jojoba, and massage into affected areas such as stomach, hips, and thighs for 20–30 minutes. Do not bathe or wash off oils for an hour or two after application.