

YOUR ULTIMATE RESOURCE FOR NATURAL LIVING

better nutrition

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HAPPY NEW YEAR!

Want to keep your resolutions
in 2020? **Change your mindset,
not your goals**

CBD UPDATE

Recent research
into pain, anxiety,
sleep, & Parkinson's

Which Is Better? ORGANIC VS. NON-GMO

7 Foods High in VITAMIN D

10 Fast Ways to COMBAT COLDS & FLU

Recipes Inside!

Slow Cooker Beef Stew

✦
Cauliflower Steaks with
Sesame-Flax Butter

✦
Cream of Mushroom
Soup



Relax. Focus. Balance. Revive.

It's a New Year, and time to tap into aromatherapy with our four-week plan to help reset your wellness quotient in 2020

BY CHERYL CROMER



Week 1

Relax. Release tension in body, mind, and spirit. With your morning stretch session, diffuse an aromatic blend featuring uplifting petitgrain essential oil (*Citrus aurantium*) to gently ease you into the day. Petitgrain, or bitter orange leaf, is a steam-distilled citrus essential oil with a tart but less floral fragrance than cousins neroli and sweet orange. This essential oil eases anxiety

and re-centers stressed souls with its fresh scent. Pair it with clementine (*Citrus clementina*) to combat stress and promote contentment; blend these two restoratives with lavender (*Lavandula angustifolia*) to support your new pattern of self-care and renewal.

Week 2

Focus. Inhaling pungent, refreshing rosemary (*Rosmarinus officinalis*) helps get your brain whirring into top gear. High in camphor, rosemary has been celebrated for centuries as the herb of remembrance. Scientists have studied the oil's effect on sharpening brain function and memory. Diffuse during the day

with the clarifying scent of peppermint (*Mentha piperita*) or sunny lemon (*Citrus limon*) to promote focus, or create an aromatic mist to use as you tick off items on that to-do list.

Week 3

Balance. To support a new mindfulness, choose bergamot (*Citrus bergamia*), a fruity citrus oil you may recognize as the scent of Earl Grey tea. Bergamot combats moodiness with adaptogenic properties that respond to the nervous system's varying needs for stimulation or relaxation—a natural balancing act. Blend with rose geranium (*Pelargonium roseum*), which offers a sense of harmony and emotional wellness. Both bergamot and rose geranium are low-key aromatics that mesh with other oils. Blend with rosemary for a morning lift and with lavender in the evening to relax.

Week 4

Revive. Now you're now ready to enhance your spirit with the rejuvenating scent of fir (*Abies alba*) or its sister conifer, black spruce (*Picea mariana*). The bracing aroma of fir will erase fatigue, lift low spirits, and motivate the weary. Black spruce offers a rousing aroma that, like fir, stimulates the respiratory system; along with woody eucalyptus (*Eucalyptus globulus*), this trio will spur you to achieve your next goal. And the natural anti-inflammatory and antibacterial properties of these oils combat germs to keep you healthy.

Apply them in a pre- or post-workout balm—weekend warriors love the energy burst these oils provide.

RELAX AROMATIC MIST

Spritz throughout the day to calm and center.

- * 4 oz. Lavender Hydrosol or Distilled Water
- * 24 drops Petitgrain Essential Oil
- * 32 drops Clementine Essential Oil

FOCUS AROMATIC MIST

Use this mist as either a room or body spray.

- * 4 oz. Sweet Orange Hydrosol or Distilled Water
- * 12 drops Rosemary Essential Oil
- * 10 drops Peppermint Essential Oil
- * 20 drops Lemon Essential Oil

BALANCE MASSAGE OIL

Apply the blend to pulse points or use a capful in your evening bath.

- * 1 oz. Carrier Oil (such as Sweet Almond or Grapeseed)
- * 14 drops Bergamot Essential Oil
- * 10 drops Rose Geranium Essential Oil

REVIVE MUSCLE BALM

An great balm for pre- or post-workout—or when you need energy. Massage into skin and breathe deeply.

- * 12 drops Fir Essential Oil
- * 14 drops Black Spruce Essential Oil
- * 10 drops Eucalyptus Essential Oil

Try these blends in your diffuser too!

