

betternutrition

THE SHOPPING MAGAZINE FOR NATURAL LIVING

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THE *beauty*

ISSUE

Top 60 Natural Products

**FOR LOOKING
YOUR BEST**



**TIRED OF
ANTIHISTAMINES?**

**FIND
ALLERGY
RELIEF
WITH FOOD**

**7 Healthy
Hacks**
TO MAKE
YOUR LIFE
BETTER NOW!

**Fish Oils:
DO THEY REALLY
WORK?** P. 26



Constant Cravings?

When you can't stop thinking about that certain food—ice cream, French fries, chocolate—reach for these essential oils // BY CHERYL CROMER

Spring is in the air, bringing with it warmer weather, beautiful blooms—and thoughts about how we're going to look in those swimsuits in a couple months. If you've managed to pick up a few pounds over the winter, essential oil aromatherapy can help you get back into shape.

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.

While we all know that effective weight control must include some combination 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. 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 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*): Studies have discovered that this essential oil not only provides a mood lift with its sweet aroma, it also contains a natural compound, nootkatone, that acts to control metabolism. Simply inhaling this bright citrus oil can halt food cravings and

give you a burst of much-needed energy.

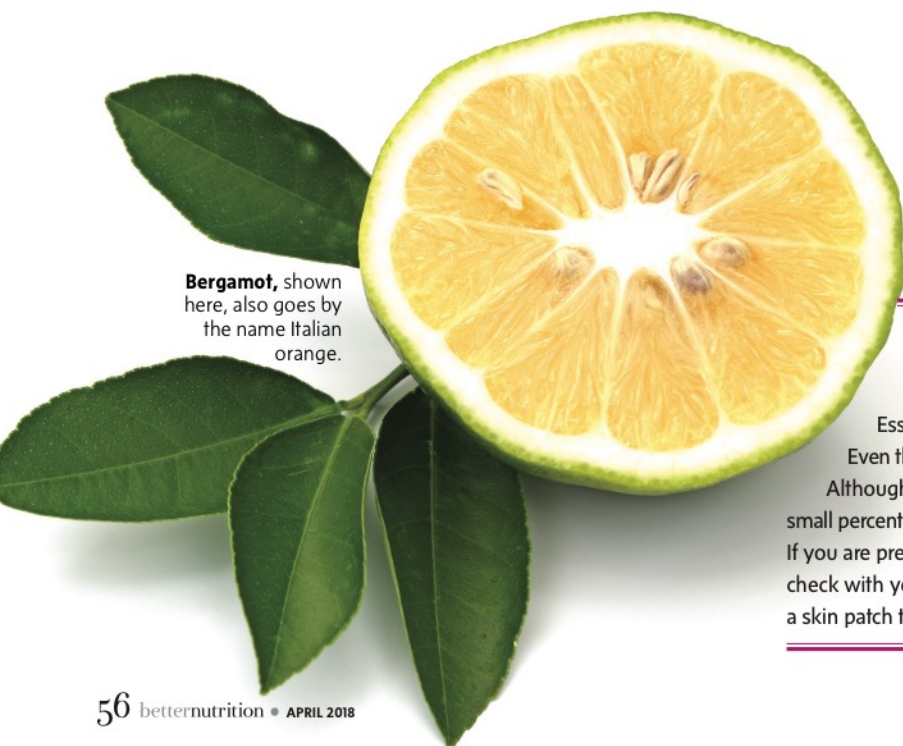
Lemon (*Citrus limon*): Essential oil of lemon is a mood brightener. Just think of the zest of citrus and it makes sense—who doesn't perk up after a refreshing glass of OJ or a squeeze of tart lemon in cool spring water? Two constituents in lemon essential oil pack a powerful punch to fat cells, while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

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.



Bergamot, shown here, also goes by the name Italian orange.

HOW TO SAFELY ENJOY ESSENTIAL OILS

Essential oils are best used as aromatics or topical applications.

Even the purest organic oils can be toxic to the system if swallowed.

Although our "Fat-Busting Aromatherapy Blends" (right) 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.

MAKE YOUR OWN 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.

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



Nature's Alchemy
Rosemary
Essential Oil



Aura Cacia
Nurturing
Sweet
Almond
Natural Skin
Care Oil

NOW
Essential Oils
Lemon



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 (above).

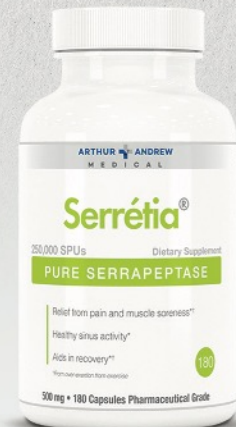
Cheryl Cromer is an Atlanta-based writer specializing in aromatherapy and the spa lifestyle. She has more than 17 years' experience as an artisan aromatherapist. When she's not writing or creating blends, Cheryl enjoys traveling, interior decorating, and life with her Pembroke Welsh Corgi, Elle.



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