

# Health & Happiness

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THE MOST COMMONLY ASKED  
**SUPPLEMENT  
QUESTIONS,  
ANSWERED!**

OLIVE  
LEAF'S  
HEALING  
MAGIC,  
P. 8

**3** herbs for  
A STRONG  
& HEALTHY HEART

STRESS  
RELIEF  
TOOLKIT

plus  
5 BENEFITS  
OF MCT OIL

Quiz on Memory &  
Brain Health: What's  
a Normal Part of  
Aging—and What's  
Not, p. 28



# back to school!

Find out how aromatherapy can help your child this school year.

**P**encils? Check. Notebooks? Check. Backpack? Check. Aromatherapy? Check!

Back-to-school means big changes for children—busier schedules, after-class activities, homework, perhaps even a new school. If you incorporate aromatherapy into your wellness habits, you're already familiar with how essential oils can make a difference—helping calm frazzled nerves during stressful times or boosting energy during a particularly tough workout. So introduce aromatherapy into your child's life to help him or her to adapt to these (sometimes unwelcome) changes.

Aromatherapy for kids starts with appropriate carrier oils that will help safely disperse the essential oils. For massage blends, choose a mild oil that won't irritate young skin. Often used in formulations for sensitive skin, **camellia seed** or **tea oil** (*Camellia sinensis*), for example, is light and rich in antioxidants and vitamin E. **Sweet almond oil** is another gentle choice for babies and young children.

To diffuse essential oils, use a cold-mist diffuser that will release nano droplets of water into the air and infuse the room with a subtle aroma. Use no more than six

drops of essential oil per pint of water for young children, and only for short periods of time to avoid overexposure.

Another option for dispersing oils is to use **lavender** or **rose** hydrosols as a base for a room spray. Hydrosols, a byproduct of the steam distillation process, offer the same chemical qualities of the plant (as well the aroma), but are much milder and safer for children.

*Sleepytime Blend (For All Ages)*  
**Lavender** (*Lavandula angustifolia*),  
**sweet orange** (*Citrus sinensis*), and  
**Roman chamomile** (*Chamaemelum*

## Did you know?

Young children may be suspicious of new scents. One way to introduce aromatherapy and its benefits to your child is with a cool compress; this is especially comforting to ease headaches or restlessness. Apply one to two drops to a clean, damp cloth and apply to the forehead, avoiding the eyes. Try lavender and chamomile for their calming effects.





*nobile*) essential oils are optimum for calming cranky children. Lavender offers the ultimate balancing properties to help children wind down in the evenings and ease them into bedtime mode. Chamomile's herbal aroma can be a soothing natural sedative for irritable infants or temperamental toddlers. The aroma of orange will be familiar to your child; but unlike other citrus oils, it isn't phototoxic (irritating to skin when exposed to sunlight), so it's safer for sensitive skin. Blend with a carrier oil or unscented baby lotion and use as an evening after-bath treatment, or diffuse the blend for 10 minutes prior to bedtime. (Never leave a diffuser running overnight.)

### *Rise and Shine Blend (For Children 6 and Older)*

**Mandarin** (*Citrus reticulata*) is another non-phototoxic citrus oil with a sweet, mild scent that will become a favorite. Combined with **lemon** (*Citrus limon*), it can calm those first-day jitters or overexcitability. Lemon's uplifting scent also makes it the perfect aroma to rouse sleepyheads. Add four drops of each essential oil to distilled water and diffuse for 10 minutes as an aromatic alarm clock.

If your child is suffering from a cold, flu, headache, or upset stomach, blend these oils with one drop of **peppermint** (*Mentha piperita*) and diffuse for 10 minutes once every few hours.

## Healthy Tip

Essential oils are powerful wellness tools, so less is more! Use a weaker dilution of oils on children, whose skin and systems are more delicate than adults, and always mix with a carrier. Carefully count drops when creating your child's blend. For children aged 3–6 months, just two drops per 1 oz. of carrier will suffice. For children ages 7 months to 2 years, use four drops per 1 oz. of carrier; 3–5 years, six drops; 6–12 years, eight drops; and for teens, no more than a total of 10 drops per ounce of carrier.

### *Homework Blend (For Children 12 and Older)*

Tweens and teens may benefit from an aromatic blend supporting mental focus for battling challenging homework assignments. **Rosemary** (*Rosmarinus officinalis*) is an invigorating essential oil known to aid memory retention and, when combined with peppermint, will help enhance alertness and stamina. Mix three drops of peppermint with five drops of rosemary and diffuse for 10 minutes prior to study periods. Or blend the oils with a hydrosol or distilled water and use as a room mist.

Aromatherapy is no substitute for medical expertise. If your child has allergies, avoid exposure to essential oils without the express approval of the family pediatrician. Essential oils should never be ingested. Remember that essential oils are concentrated—never use “neat,” or directly on the skin. And keep them out of reach of children and pets.



### American Health *Ester-C Kidstiks*



The super-easy way to support immune health, just mix one non-effervescent Kidstik with 4–6 fl. oz. of water, and your youngster is good to go.

### Renew Life *Ultimate Flora Kids Probiotics*

Keep your child's tummy in tip-top shape with this tasty daily chewable made with four scientifically studied probiotic strains.



### Burt's Bees *Chlorine-free Baby Wipes*



These non-irritating wipes are made with aloe and vitamin E to keep baby's skin smooth and super clean. Safe for everyday use.