

Lucky's Market

Signs that you need more **MAGNESIUM** //
TURMERIC: Why it belongs in every medicine cabinet

Health & Happiness

JANUARY 2017 | luckysmarket.com

Promotions Valid from December 28, 2016 thru February 1, 2017

SIP YOUR WAY SLIM: SKINNY SMOOTHIES

THE NEW FACTS ON
VITAMIN D P.28

hit refresh!
**ESSENTIAL
OILS**
THAT REVITALIZE
BODY & MIND

plus

HOW TO PICK THE
RIGHT PROBIOTIC

Customize
your blender
creations with
"slenderizing"
boosts, p. 16

EASY WAYS TO
GET SMARTER



detoxify with aromatherapy

Hit the refresh button on your health and mental outlook with the help of cleansing, energizing essential oils.

Come January 1st, everyone starts making New Year's resolutions. Whether it's losing weight, getting more sleep, or faithfully practicing yoga, many of us resolve to stick with our good intentions for the coming year. Discover how essential oils can help you realize these health goals—and also enrich your life in ways you may not have imagined.

Incorporating aromatherapy into your detox plan lets you tap into the therapeutic cleansing properties of essential oils, banish post-holiday blues—and bloat—and get back on the road to wellness if you've taken a hiatus from healthy eating over the holidays.



Did You Know?

Sage is a lovely addition to any blend for women—it mimics the estrogen our bodies produce, helping to balance emotions naturally.

6 Essential Oils to Purify & Revitalize Your Body

PEPPERMINT: Take a deep breath of essential oil of peppermint (*Mentha piperita*) and let its menthol aroma open airways and revive a sleepy head.

Detox benefits: Helps detoxify the liver and strengthen the GI system. Peppermint tea is valued as a digestive, so have an afternoon cup to continue the detoxifying benefits of your morning blend.

JUNIPER BERRY: This herb (*Juniperus communis*) is an antibacterial powerhouse. With its crisp, clarifying scent, juniper is often mixed with eucalyptus to scent spa saunas and steam rooms to help purify the air and cleanse the lungs.

Detox benefits: Contains constituents that act as diuretics, helping flush water from the kidneys and toxins from the skin.

LEMON: The bright tartness of lemon can enliven a beverage, and it's this astringent property that makes essential oil of lemon (*Citrus limon*) the perfect choice for wringing out excess water weight.

Detox benefits: Helps reduce inflammation and support the immune system. Squeeze a few drops of fresh juice into each glass of water to boost daily hydration.

GRAPEFRUIT: Like lemon, grapefruit (*Citrus paradisi*) is a tangy citrus.

Detox benefits: Helps expel unwanted toxins and combats microbes that can cause bloating, aiding in weight loss.

SAGE: Sage (*Salvia officinalis*) is an ancient herb sacred to many Native Americans, who have used it for centuries.

Detox benefits: Often used in natural medicine to dissolve fat cells and battle cellulite. This essential oil is very strong, so just the smallest of doses is effective.

FENNEL: A licorice-like aroma signals the presence of fennel (*Foeniculum vulgare*), which, like sage, fights fat and cellulite.

Detox benefits: You may recognize fennel as an ingredient in teas formulated for weight loss, as the herb can boost the metabolism and suppress the appetite. It is an anti-spasmodic, and acts on the digestive tract to quell nausea; as a diuretic, fennel helps reduce water retention. In short: It's great for your gut!

How to Use the Oils

A.M. DETOX BLEND

6 drops Peppermint
16 drops Juniper
18 drops Lemon

P.M. DETOX BLEND

10 drops Fennel
18 drops Grapefruit
10 drops Sage

Note: If you are pregnant or nursing, please check with your physician before using essential oils. Conduct a skin patch test prior to use. Also: Although these blends contain a small percentage of essential oils, they may interact with some medicine. Check with your doctor or pharmacist to be safe.

Do This Every Morning for a great day

Essential oil of lemon has a sunny, uplifting scent that is said to clarify thought, according to Ayurvedic principles. Place a single drop in the middle of your forehead to help you start your day with purpose. It gives a new meaning to the words, "Rise and shine!"