

HOLISTIC HEALTH NEWS

SHERYL INFANTINO - THE HEALING PLACE



The Healing Place, 693 East Avenue, Rochester, NY 14607 585-259-3353
www.thehealingplacemassage.com
healingplace@frontiernet.net

Forecast: It Looks Like Rain

I promise the only raindrops that are falling here are 100% pure unadulterated uncut essential oils that are free of chemicals, pesticides, and heavy metals. I am very excited to be adding a modality to my practice called Raindrop Therapy (RT). This therapy combines nine essential oils used to fight bacteria and viruses that travel throughout our body. Spinal problems and misalignments are caused by toxins that lay dormant along the spine. Essential oils help to dispose of these toxins there by assisting the spine in returning to normal. The raindrop treatment boosts our immune system and is a detoxification process. It can bring the body back to a healthy state by stimulating nerves and the re-growth of tissue. The effects of RT. can take up to seven days to feel or see the entire results of the treatment. When these oils are applied, they travel down through the layers of skin into the interstitial fluids of the body.....

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What Causes Aging?

The oxidative stress /free radical theory of aging has been substantiated. This theory claims aging is caused by cumulative oxidative stress to the cell walls, receptors, and DNA. The body generates energy by gradually oxidizing its food in a controlled manner and stores it in the form of energy called ATP. Even though this process is so essential to life it can set us up for cell damage. The oxidation of food is like a controlled fire which liberates energy but also allows sparks to fly. The sparks are like the free radical molecules. Free radical damage escalates as we

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age because our antioxidant protection declines as grow older. We are less efficient in neutralizing free radicals and combating the oxidative damage that gradually weakens and eventually destroys key organs.

SEEING IS BELIEVING

I am happy to report that my first raindrop treatment alleviated much of the inflammation I had suffered from the arthritis in my back. My lower back had a flattened sacral area due to sitting for long hours during my last career. Because of this I would suffer from Sacroiliac dysfunction. I had a chronically tight hamstring on the same side as well. Seven days later after my first treatment I lay on the gym floor stretching my tight aching body and ...pop, pop, pop, oh my God! This was my body falling back into alignment! My second treatment, the curve in my lower back.....

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LONGEVITY NUTRITION

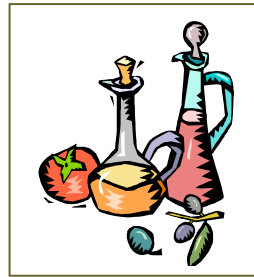
D. Gary Young, ND. founder of Young Living, traveled the world to find the longest living people on earth. He found people in Ningxia China who had lived to exceed 100 years or more. They admitted their secret was locally grown Wolfberry's.

Cont. on page 2

Longevity Nutrition Cont:

Ningxia Red: The highest antioxidant liquid dietary supplement from whole food sources!

Ingredients: Ningxia Wolfberry: rich in polysaccharides that have been studied for their ability to combat cancer. Blueberry Juice: Studies show Blueberry extracts can reverse many signs of aging! Raspberry Juice: powerful protection against cell mutation. Pomegranate juice: shown to prevent heart disease. Apricot juice: strengthens blood vessels. Organic Blue Agave Nectar an extremely low glycemic nutrient. **Essential oils:** Orange; very high in Limonene; studied for its ability to prevent a variety of cancers including breast, lung, and colon.



ORDER TODAY !!!!!!!!!!!
Call Sheryl @585-259-3353
Young Living Distributor

On the ORAC scale: **Ningxia Red is 1500** compare to Xango-550, Noni Juice - 500. **IF YOU ARE NOT INCLUDING THIS AMAZING PRODUCT IN YOUR DAILY ROUTINE....YOU ARE MISSING OUT!!!!!!!** FOR MORE INFORMATION ON HOW TO ORDER THIS GREAT PRODUCT AT WHOLE SALE PRICES *Make an appointment for a consultation. Call Today!*

The Gift

When I took a 25 hour workshop given by C.A.R.E. three months ago, I had no idea how these oils worn daily would effect me. I am now more at peace and my life partner say's he feels the change in me as well. I am less reactive and more patient with everyone in my life. I put one drop of oil in my hands, rub them together, and apply the oil to the back of my neck, over my heart, and my shoulders. After about a month I started to have memories come up for me. All of the painful memories of a particular time in my life were replaced with beautiful memories from the same time frame; now the mis-information was fading from my DNA. My relationship with

All the painful memories of that particular time in my life were fading and the beautiful memories remained, the oils started deleting mis-information from my DNA.

my parents has deepened and my appreciation for them has grown. I have brought several of the Young Living Oil™ blends into my healing practice to assist my clients in releasing old, stuck emotional energy. These oils have assisted me in Reiki and IET and are truly effective in bringing deep relaxation and a state of peace for my clients. The fragrance in the oils can stimulate the limbic lobe in our brain and evoke memories and emotions before we are consciously aware of it.....Cont.page3

"Essential oils more precious than gold"

Feelings count!

Did you know that each cell in our body holds 6 gigabytes of memory? Our bodies are our greatest teachers! Our body will manifest illness to show us our thoughts and feelings. If we listen to our hearts and minds, we will be able to heal ourselves!

**Essential oils are a gift from
Our Creator!**

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The hypothalamus is one of the most important parts of the brain acting as our hormonal control center. Not only can the inhalation of oils be used to combat stress and emotional trauma but also by stimulating the hypothalamus we can increase our thyroid and growth Hormones. A/K/A longevity hormones.

The Aroma of Essential oils is intoxicating!

Have fun with your essential oils! Layer them and wear them daily!

Valor oil increases Feelings of courage Strength and Self Esteem

*neck and follow up my brain stem to energize me and help my memory. It is an anti-tumoral oil. Dr Mary Starr stated that her girlfriend thwarted surgery for ovarian cysts as long as she rubbed this oil on her belly. The cysts disappeared before she was scheduled for surgery! Frankincense is great for sore muscles! **Valor oil blend**—increases strength, courage and self esteem. It was worn by the Roman soldiers before they went to into battle.*

My Favorites *Peppermint*—For digestion I put one drop in my glass of water (use only glass! Oils are highly corrosive and will leach plastic from your plastic bottles!). To wake me up I apply the oil to the back of my neck. For a headache, I apply the oil to my neck, forehead and temples. Ahh, cooling and stimulating! **White Angelica** – wraps me in a glove of protection against other people's negative energy! **Frankincense**—This amazing oil was revered in biblical times as "more precious than gold." It is wonderful for "brain fog". I put it on the back of my

Every Day Oils by Young Living; A perfect package for everyday use

For your morning routine – Endurance, protection and Prevention. Start your morning with **Valor** oil on your feet and shoulders to align your body's energy. Apply it to the back of your neck for courage. It is used in some chiropractor's offices on the feet to aide in spinal adjustments. The client not only has an easier adjustment, but the adjustment can be held for a longer time! **Thieves** can be applied to the bottom of your feet or taken internally for the prevention of colds and flu. **Frankincense** is great to use on the back of your neck to prevent stiffness and bring more oxygen to the brain. It can be applied to the underarms, breast tissue and belly daily for the prevention of tumors and applied to the face and neck for sun damage and wrinkles! **During your Day** – For

Immunity, Cleansing, Concentration, to Revive, and De-Stress; **Lemon oil**– is a great detox and can be put into your water (glass only) or rubbed over the liver to increase micro-circulation. **Peppermint**; is a great decongestant! It helps acid reflux, when added to water it has been proven that people take in 26% less calories! **Frankincense** and **Peppermint** put on the thumb and applied to the roof of your mouth will help that sleepy after lunch feeling. **Peace & Calming** applied to your neck, or inhaled gets you ready for your stressful ride home. **Bedtime**—To calm down, breath deep, and great sleep, put **Lavender** on your jaw for TMJ, on your feet, or spray your pillow. Apply **Pan Away** to your sore muscles, **Peace & Calming**, and **Valor** to your feet and shoulders. Breath deep, relax and sleep.

*Order today! Call Sheryl @ 585-259-3353
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Forecast: It Looks Like Rain *cont. page 1*

here they help fight any viruses or bacteria that are traveling through our system. The Raindrop treatment starts out with Valor. It is applied to the shoulders and feet. Once a gentle energy connection is felt the therapy is then applied to the feet with a technique called Vita-Flex. The technique sends an electrical charge through the body that travels along a nerve pathway until it meets a break in the path caused by damage or toxins. This technique is used on the feet

and the back for nerve stimulation. During a Raindrop treatment the client receives massage therapy and moist heat on their back to seal the treatment. Hot stones are added in the end in a treatment called Rocks& Rain. We use **Oregano** (fights viruses), **Thyme** (anti-viral), **Basil** (muscle relaxant) **Cypress** (improves circulation) **Wintergreen** (relieves pain) **Marjoram** (anti-spasmodic) **Peppermint** (topical analgesic) **Aroma Siez blend** (muscle relaxant; not used in Vita-flex) and **Valor** (balances electrical energy)

Seeing is Believing *cont. page 1*

returned to normal, the third, my hamstring loosened and the forth, I felt great! I will continue to receive Raindrop once a month for maintenance! Clients have reported feeling lighter and more energized! Clients who preferred deep painful massage to alleviate chronically tightened muscles were amazed by the melting of their muscle tissue from just the application of therapeutic grade oils and kneading type massage strokes w/hot moist towels to finish their treatment.

A healthy body has 64-68 MHz. of energy. Our Brain has 9 MHz. alone. If we have a...Cold-58 MHz, Flu-57MHz, Candita-55MHz, Cancer is below 42MHz. Drinking coffee lowers our MHz. by 14! Positive thinking raises our MHz by 10! Prayer raises our MHz by 20 !

Taken From a 25 Hour Workshop with C.A.R.E.

Are you reaching your highest potential?

“Essential oils have the ability to go beyond the far reaches of the mind and tap into those dark hidden channels where we harbor emotions, trauma and fear. Fear is a controlling energy that needs to be there to warn us, not control us. When we have experiences that are planted deep in the DNA of our cells it can affect our lives for ever. People who have been using these oils for the release of emotions, traumas and fears, refer to feelings of being *set free*.” **“I know. I am one of them”** This collection of essential oils was created to support and enhance healthy emotions and pleasant memories. They can be worn as perfumes or cologne and used everyday.

Taken from the “Feelings collection” CD by D. Gary Young ND.

Let’s Talk Energy

An acid environment in our body PROMOTES illness and cancer! Essential oils bring oxygen into our body bringing alkalinity back in our cells. In an un-healthy body, the receptor sites on our cells are clogged and the cell does not receive proper nourishment. Tests show that the oils absorb in the body’s system in as little as 20 minutes!

“Research shows that most bacteria cannot live in the presence of many essential oils”

FYI: Don't Touch That Dial!

In a study taken, Dr. Radwan Farag of Cairo University discovered that just 2 seconds of microwave energy destroys all of the enzymes in food, thus increasing our enzyme deficiency and altering the frequency of our food. Heating proteins in the microwave for 10 minutes or more may create a new harmful type of protein. Also microwave radiation has been known to leak and could disrupt the delicate balances in cellular growth. Our bodies are regulated by electrical frequencies and electromagnetic fields. **NOTE – The University of Minnesota warned that microwaving a baby's bottle can cause slight changes in milk.** In the case of a hip surgery patient in Oklahoma, microwaving blood for a transfusion killed the patient. Warming blood for a transfusion is routine unfortunately using a microwave caused enough

changes in the blood to be deadly. Remember that plastic molecules could end up in your food if you microwave in plastic dishes or use plastic wrap to cover open dishes. A research project with 20 volunteers was conducted in 1980 with microwave cooking. Ten volunteers in group A and 10 in group B fasted on liquids for ten days. For the next 10 days they ate the same foods with only one difference. Group A had foods that were steamed and group B had foods that were microwaved. After 10 days stool samples were taken and analyzed. Group A appeared normal while group B stools were of a plastic texture. Ultrasound scans showed adhesive food particles stuck to the stomach wall. In the stool samples, altered enzymes were found as well as protein with an altered molecular structure which could not be absorbed.

(Taken from essential oils Desk Reference–3rd addition)

Myth: Only animal products contain all the essential amino acids and plant protein is incomplete*

Eat to Live –Joel Fuhrman MD.*

It is unnecessary to combine foods to achieve completeness at each meal. The body stores and releases the amino acids needed over a 24 hour period.

About one-sixth of our daily utilization comes from the recycling of our own body tissue

This recycling or digesting our own cells lining in the digestive tract, evens out any variation from meal to meal in amino acid “in-completeness”. It requires no level of nutritional sophistication to get sufficient protein, even if you only eat plant foods.

Let's Talk About Protein *

Steak has only 5.4 grams of protein per 100 calories and Broccoli has 11.2 grams, almost twice as much! Keep in mind that of course that most of the protein in steak comes from fat. Green vegetables are mostly all protein. 100 calories of Romaine lettuce has 11.6 grams and Kale has 9.6 grams of protein.

Green Grass Made the Lion *

Which has more protein–oatmeal, ham or a tomato? They all have the same amount of protein per calorie! The difference is the fiber and other disease fighting nutrients in the oatmeal and the tomato. The ham is packed with cholesterol and fat.

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**What has more protein–100 calories of broccoli or 100 calories of steak? Steak has only 5.4 Broccoli has 11.2*

Are You Ready For The Cold And Flu Season?

The therapeutic grade oils in Thieves Blend are highly antiviral, anti-infectious, and help the body against such illnesses as flu, colds, sinusitis, bronchitis, pneumonia, sore throats, cuts, etc.

Thieves oil Blend

This blend was created from research about a group of 15th Century thieves who rubbed oils on themselves to avoid contracting the plague while robbing the bodies of the dead and dying. When apprehended, these thieves disclosed the formula of spices, herbs, and oils they used in exchange for leniency.

Line of Defense;

- Thieves Toothpaste-(My favorite)
- Mouthwash
- Waterless hand purifier
- Cleansing soap
- Thieves Spray-(My favorite!)
- Concentrated household cleaner-(My Favorite!) Cleans and leaves a fresh scent of cloves!!!
- Thieves Wipes
- Thieves foaming Hand soap
- Thieves Essential oil; put on your feet, chest, and under tongue for immune defense!-(My Favorite!)

Popeye was right - Greens pack a powerful Punch!

**Taken from "Eat to Live"*

Calcium in 100 calories of :

Bok Choy	1,005 mg
Turnip Greens	921 mg
Collard Greens	559 mg
Kale	455 mg
Milk	194 mg

What has less cholesterol per 100 calories, Top Sirloin Beef or Skinless Boneless Chicken Breast?

**Answer: Top Sirloin Beef! It has only 33 mg. of cholesterol per 100 calories, boneless & skinless Chicken Breast has 51 mg cholesterol per 100 calories.*

- *There are more than 52 million cases of common cold each year among Americans*
- *Nearly 22 million school days are lost due to the common cold alone*

To learn more about Young Living Essential Oils™ visit

www.thehealingplacemassagetherapy.com

Click on Raindrop.

If you would like to attend an interactive class on the health benefits of Young Living essential oils Call Sheryl@ 585-259-3353 or e-mail healingplace@frontiernet.net

Class will be held @ Liz Bentley's C.N.H.P. 12 Amity Street, Spencerport N.Y.14559 Monday December 1st from 7:00-9:00pm. Please R.S.V.P. Limited seating

Into Everyone's life a little rain must fall.....

New sessions @ The Healing Place

Aromatherapy Massage..... \$80.00 / 60min.

Essential oils are valued for their ability to bring about a state of peace and calming. Various oils may stimulate, detoxify, and speed healing to tissues. Massage combined with the synergy of pure therapeutic essential oils will help you balance mind, body and spirit. A massage blend of oil containing nine therapeutic grade essential oils is used to relieve your sore muscles and individual oils are chosen for your mind to clear and your spirit to sore!

Reiki or IET with Aromatherapy.....\$5.00 added to session.

Reflexology with Raindrop oils and Vitaflex Treatment75min. \$85.00

Raindrop Therapy..... \$100.00 / 75 min.

\$125.00/ 90 min.

The ultimate Aromatherapy treatment! This technique incorporates nine essential oils that are highly anti-viral, anti-microbial and anti-spasmodic. This treatment increases detoxification and reduces inflammation in the body. Massage, Aromatherapy, Vita-flex, and Reiki, make this an unforgettable experience. The different properties in these oils along with the application of techniques and the finishing touches of hot towels will send you off into an abyss of bliss! (This treatment involves back, neck and Vita-flex foot Massage)

Rocks & Rain..... \$135.00 / 90min.

The better of two blissful worlds! A Cosmic dance of Raindrop therapy, Reiki and hot stones used to melt your muscles and seal your Raindrop treatment by assisting the oils to travel into your inner world with more speed. Your Vita-flex treatment is enhanced with the hot stones and a mini Reflexology treatment. A hot towel compress completes your session.

(This treatment includes back, neck and shoulder massage)

**** Specials ****

- \$10.00 coupon for ninety minute session of Raindrop
- \$5.00 coupon for a healing session with Aromatherapy only
- \$5.00 coupon for an Aromatherapy massage
- \$5.00 off coupon for a one hour Reflexology/Vitaflex treatment

Go to my web-site for individual coupons.

www.thehealingplacemassage.com

Sheryl Infantino 585-259-3353

These prices are in effect until the end of the year!

These sales cannot be used with any other specials or promotions