



Pardon Me, What's In Your Medicine Cabinet?

We are a society of pill-poppers. If we have a discomfort, you can bet that there's a pill for it. Got an ache? Take a pill and get past it. Lost is the ability to listen to our body and decipher its messages. Beginning before birth, it continues until the day we die. And along with the pills comes a laundry list of dangerous side-effects that we unquestioningly accept as part of the 'cure'.

But what if there was an alternative? What if we could reclaim responsibility for our health through simple lifestyle changes and using the concentrated essence of organic plants, that work in harmony with our bodies without the side-effects?

Introducing Classes in Choosing and Using Therapeutic Grade Essential Oils

Not for everyone, the following classes have been developed for individuals who are *serious* about exploring alternative options for their health and the health of their family. Each class begins with a brief introduction and how to choose and use therapeutic grade essential oils. These are stand-alone classes, one does not build upon the other. Pick and choose or attend all six!

June 22 CUTS AND SCRAPES AND STOMACH ACHES: In this lively and informative class we will discover exactly what are essential oils and which ones to choose instead of reaching for the Tylenol, cough syrup and antibiotics. Applicable for adults as well as children.

June 29 AND BABY MAKES 3: Learn which therapeutic grade essential oils can help ease morning sickness, reduce stretch marks, regulate blood sugar as well as help bring down a baby's fever in this special class designed for mothers, expectant mothers or those tending to mothers.

July 6 FEELINGS, WHOA-O-O... Because of their unique chemistry, therapeutic grade essential oils affect not only our bodies, but our minds and spirits as well. In this hands-on class we will focus on essential oils that can inspire courage, ease depression or reduce you to fits of giddy laughter.

July 13 HARMONIC CONVERGENCE: For millennia yogis have used essential oils to enhance their yoga and meditation practices. In this hands-on class you will become enlightened as to what therapeutic grade essential oils can assist with feeling grounded and connecting with spirit as well as clearing your space and cleaning your yoga mat.

July 20 WAX ON, WAX OFF: This hands-on class will show you how to make your own non-toxic, completely natural household cleaning products for pennies on the dollar. Learn which therapeutic grade essential oils are anti-viral and anti-bacterial yet so pure that you can ingest them!

July 27 WOOF AND MEOW: Humans are not the only ones that can benefit from therapeutic grade essential oils. Animals instinctively seek out plants to assist with discomfort and pain. Discover how you can use therapeutic grade essential oils to control ticks and fleas, promote a healthy immune system, treat common skin infections and calm nervous animals.

**Heartwood Center
1599 Maple Avenue
Evanston, Illinois
To Register: 847-570--0977**

Cost: \$10. Mention this listing: \$5. Bring friends and you ALL attend free of charge!