

## ASHLEY'S BETTER NUTRITION LESSON

## DO 1 THING BETTER THIS WEEK

UPGRADE YOUR NUTRITION WITH ESSENTIAL OILS



Some fats are called essential because we need to consume them since our body does not make them. These are called 'essential fatty acids'. While we don't need to consume them, 'essential oils' are better health enablers. Let's explore now!

Fresh cut flowers or the lawn, baking, clean bed linens... scents play an important role in helping our body respond better to its environment. And yet, so many of the smells we interact with today are not healthful, some are even harmful, so let's look at how we can choose better.

"Rare and precious gifts, gold and myrrh and frankincense, to offer a king."

- Richelle E. Goodrich

Smells direct our behaviors, whether stimulating a craving or encouraging another bite or helping us relax. But essential oils - organic compounds from plants - that can deliver these scents, unlike their synthetic versions, can also help our body and mind do better. For hundreds of years, people and healers continue to rely on the same properties that plants rely on for their own better health. Here's why:

- To fend off unwanted visitors (bacteria, fungus, viruses, parasites etc.), plants produce oils for these efforts that, especially when concentrated into an oil, can do the same for yours (antibiotic, anti-parasitic, antioxidant protection).
- Key to better health is better digestion. Plant oils help address indigestion, nausea, and help promote better digestion.
- Smells, like music, have the ability to shift our mood and energy levels instantaneously. Using scents strategically can help the body relax, focus, inspire, and become energized without relying on an extra shot of caffeine or a sleep-aid to relax into a better night's sleep (or nap).

## HOW TO CHOOSE ESSENTIALS OILS BETTER FOR YOU?

- **ASSESS.** What oils / uses can help your body run better? Do an assessment of where you spend most of your time as well as what you currently use more often that have synthetic ingredients that aren't as healthful for your body. Your laundry, bath products, encounters with others and the rooms in which you spend the most time are the great [opportunities to upgrade with essential oils.](#)
- **KEEP.** Do you & yours eat better when the kitchen smells healthy as you prepare a meal? Do you purchase better household cleaning products? Excellent, KEEP these.
- **ACT BETTER.** Based on your assessment, choose one or two essential oil uses to better your health. Review the list below. Consider options like a diffuser in your kitchen and bathroom can reduce use of synthetic air-fresheners, and in the kitchen, a calming scent can go a long way to help reduce stress-eating especially if the kitchen is the first stop / gathering spot in the house. Travel often, pick-up kids or shake many hands? A better hand sanitizer could be a better first essential oil choice for you.

## BETTER USES FOR ESSENTIAL OILS

- Better insect repellent
- Better linen / clothes refresher
- Better dryer sheets / balls
- Better hand sanitizer
- Better to ease sore muscles
- Better surface sanitizer
- Better dental floss
- Better travel enabler (face hrydosol, scented scarf or handkerchief)
- Better room freshener
- Better meditation tool
- Better homemade house cleaning supplies
- Better digestive aid

Trying something new for better health can be exciting or it can be stressful which would work against its primary purpose. So while discovering essential oils will no doubt give you so many different opportunities to enable better health, stick to picking one or two new uses or oils. [Choose better quality oils](#) and pay attention to how they are intended to be used (especially oral and topical considerations). For more direct help, have me [build your better supplement plan](#) which will include some oil recommendations. Have an oil or use you love? Please share in our private Facebook group.

