



Vickie Sorensen's NATURE WORKS

Healing the planet.....One family at a time.

Volume 1, Issue 1

INTRODUCING OUR NEW BABY!

Those of you who know me know I've been a midwife attending births for many years. That is one of the reasons I began studying about herbs and essential oils. Each delivery that I attend is an inspiration to me. Women are so strong. I have learned through the years the work that goes into delivering these precious babies. And I have delivered eight of my own ranging in age from 29 to 6 years old. So I want to introduce our new baby — Our **NATURE WORKS** Web Site! You can find us at vsnatureworks.com

Wow! It has been a long labor of love to bring this web site into the world. Many thanks to Matt Jorgenson our Web



Master (kind of like a midwife for web pages) . We wanted a place to archive our E-newsletters and provide education and information about herbs, essential oils , minerals, and supplements. We will be doing newsletters bringing you up to date information on the health issues that you may be facing. We will also keep you informed about the various workshops I am teaching around the country. Check it out, book mark the site and visit us often to get information and quality herbs, essential oils and supplements. Good Health!

Vickie Sorensen

Inside this issue:

<i>Getting Your Money's Worth</i>	2
<i>Aromatherapy for Childbirth</i>	2
<i>Essential Oils for Labor and Delivery</i>	3
<i>Ginger Compresses</i>	3
<i>Calendar of Events</i>	4
<i>Healthy Weight Management</i>	1

Special points of interest:

- *Six tips for healthy weight management*
- *Do you have sand or sawdust in your herbal supplements?*
- *Safe essential oils to use for labor and delivery.*
- *Ginger as a circulatory stimulant.*

HEALTHY WEIGHT MANAGEMENT

One of the most common complaints that I hear from clients is how hard it is for them to lose weight. More than half of Americans are overweight and almost one third are obese. Approximately 20 % of children are overweight, putting them at risk for high blood pressure, diabetes, and increased cancer risk according to the Center for Disease Control. Obesity is an escalating epidemic with a 61% increase

from 1991 to 2000. Whether it's just a few pounds that you want to lose or a direly needed weight loss program , here are my suggestions to help.

1. **FOOD** - Food choices are the most important and probably the most difficult step in a weight loss program. Taste buds become accustom to high fat, high sugar diets. Fad dieting gets old, fast, and while

GETTING YOUR MONEYS WORTH IN HERBAL SUPPLEMENTS

All consumers want the most products for their money. One thing that is important to be aware of when you are buying herbs and vitamins is the quality of the supplements you are purchasing. In this industry it is common to find that the herbal supplements and vitamins are diluted or extended with fillers. Pull your bottles of herbs out of your cupboard or pantry, and look at the labels. If you see these words in the ingredients; **cellulose** or **microcrystalline cellulose**, **silica**, or **magnesium stearate**, you have supplements with fillers. Some companies have products that use only 5% herbs and 95% fillers and still call them nutritional supplements.

Microcrystalline cellulose or cellulose is sawdust. It is a refined form of sawdust, but it is sawdust still the same. It is used as an extender or a filler to dilute the herb and/or supplement. Another one that is commonly used is silica. Silica is very fine white sand. It has no nutritional value, but it is used as filler in the herbal supplements to extend them. Another one that is commonly used is magnesium stearate. Magnesium stearate is a powdered rock.

Aromatherapy for Childbearing

Of the five senses, the olfactory organ has the most direct link to the brain. Many people find that an aroma can have surprising effects, reaching past our conscious thoughts to trigger emotions and memories, and it is precisely this ability to gently reach past our mental armor that gives aromatherapy its power as a system of healing.

The essential oil is what is used for aromatherapy, but first it must be drawn from the botanical substances by a lengthy process of distillation. What is left is a potent essential oil. The essential oil is highly fragrant and concentrated. In some cases when an oil is undiluted it can be a skin irritant, but there are many other ways to use essential oils.

Pregnancy

Oils that must be avoided during the first three or four months of pregnancy include those that are described as "emmenagogue," meaning that they induce menstrual flow, those that are recommended for use during labor to strengthen contractions and a few somewhat toxic oils that could harm mother and fetus.

Oils to avoid during pregnancy:

Aniseed, armoise (mugwort), arnica, basil, birch, camphor, cedarwood, clary sage, cypress, fennel, hyssop, jasmine, juniper, marjoram, myrrh, origanum, pennyroyal, sage, savory, thyme, wintergreen, plus any other oil described as toxic.



Spend some time in a garden each day. It lifts the spirits!

It is put in as a filler not to help with the supplementation.

If you look at your labels and you see one or more of these ingredients on the label, you know that the herbs or the vitamins have been diluted. As a master herbalist it is frustrating for me when I hear people say, "I took this herb and it didn't work". Well what happened is that they went and bought it at the dollar store or went to the local department store and bought the cheapest product they could find on the shelf. When you look at the label you will find that it may have one, or more of these fillers, and have very little of the herb in it. And of course they didn't get any results because they are taking a poor quality product.

A company with integrity will keep the fillers out of the products. Fillers are not there to help with the processing of the product. They are not there to help with the nutritional or the healing aspects of the product. They are simply there to dilute the product so the company can make more money. Be a label reader. Be a responsible consumer and demand that the companies that you buy your products from do not put fillers in their herbal supplements or in their vitamins. Good health!

Chamomile, lavender, peppermint and rose are also described as emmenagogue but can be used with care in small amounts and well diluted (1%-1.5%) except when the mother has reason to fear a miscarriage.

Later in pregnancy, lavender is good for relieving backache and rose diluted to 1% or 1.5% can be used for emotional needs.

Edema: Mild swelling of the ankles and lower legs may be relieved by massage with oil of geranium using smooth, firm strokes, moving always from the ankles toward the thighs.

Circulatory problems can be treated with massage with oil of lemon and cypress diluted to 3%.

Birth

Mix the oils to be used at birth ahead of time because once labor starts there may not be time to measure accurately. Lavender or jasmine can be gently rubbed onto the tummy and/or lower back from the beginning of labor. Jasmine is effective at strengthening contractions, but some women find the scent too cloying in the warm birth environment. Lavender may be more acceptable. A few drops mixed in cool water will make a refreshing mixture with which to sponge the mother's face and body.

ESSENTIAL OILS FOR LABOR AND DELIVERY

Early First Stage

For feelings of apprehension: To a 10-mL bottle, add the following essential oils and then add organic grape seed oil to fill:

4 drops Lavender

2 drops Neroli

Massage temples, forehead, chest and solar plexus. Breathe deeply.

Active First Stage

To a 10-mL bottle, add the following essential oils and then add organic vegetable oil to fill:

6 drops Lavender

1 drop Neroli

1 drop Rose

Massage the solar plexus, heart chakra, chest and neck. Inhale the blend deeply while resting.

Transition

For shaking, shivering, nausea, fear or exhaustion brought on by hard and fast contractions, inhale the following blend between contractions to help you endure this phase and give you an added boost of strength for delivery. To a 10-mL bottle, add the following essential oils and then add organic vegetable oil to fill:

4 drops Lavender

4 drops Sage

4 drops Peppermint

Massage the lower back, with emphasis on the sacrum.

Second Stage

Inhale the following aromatic blend before you begin pushing to help you gain the needed courage and emotional strength for this stage. To a 10-mL bottle, add the following essential oils and then add organic vegetable oil to fill:

4 drops Peppermint

4 drops Rosemary

Postpartum

Jasmine may be used immediately after the baby's birth to help expel the afterbirth quickly and cleanly. It will also help tone the uterine muscles and help them return faster to their pre-pregnancy condition. Jasmine is also a very good antidepressant, and it promotes the flow of breast milk.

"It is the ability to gently reach past our mental armor that gives aromatherapy its power as a system of healing."

Vickie Sorensen's **NATURE WORKS** carries a full line of therapeutic grade essential oils. Check out our web site vsnatureworks.com for a complete listing of oils along with suggested uses.

GINGER COMPRESS

Stimulates blood and body fluid circulation; helps loosen and dissolve stagnated toxic matter, cysts, tumors, etc. Excellent for a chest compress for a tight cough. Safe for all ages.

Bring 1 gallon of water to boil in a glass or stainless steel pan. Remove from the heat. Place a handful of grated ginger (about 1/2 cup) in a cheesecloth and place into the hot water, if you boil, you will lose the power of the ginger. Steep for 5 minutes. Dip a towel into the ginger water (preferably a 100% cotton towel), wring it out tightly, and apply, very hot, directly to the area to be treated. A second, dry towel can be placed on top to reduce heat loss. Apply a fresh hot towel every 2–3 minutes until the skin becomes red. This is an old Chinese remedy.

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Healthy Weight Management

you may lose a few pounds it quickly comes back on as soon as you go off the diet. However long term success comes from proper daily food choices. Eat lots of raw vegetables and fruit, nuts and seeds, whole grains, beans and brown rice, cold pressed vegetable oils, and sprouts. Eliminate fried foods, white flour, soda pop, processed sugars and artificial sweeteners. Limit dairy and meat products to two to three servings per week.

2. **WATER** - Water seems to be the last thing that most people choose to drink. Our bodies are 75% water and our brains are about 85% water. Not drinking good water is like causing a drought in the body. Organs simply do not function like they need to without water. Juices, soda pop, tea, coffee, and sports drinks are not substitutes for drinking water. Studies have shown that increasing your water consumption to ½ ounce of water per pound of body weight speeds up metabolism and assists in weight loss. Try it!
3. **ACIDITY** - Maintaining a balanced body "pH " is critical for weight loss. Fat cells bind toxins and acid to protect the vital organs from damage. The body will resist giving up the fat until the acidity and toxicity are reduced. High acidity creates digestive problems and interferes with nutrient absorption. It will affect all major body systems and may be the cause of many chronic diseases. The standard American diet is high in animal fat, processed carbohydrates, and sugars and causes the pH to be acidic in the body. You can test your own pH level to determine if your body's acid/alkalinity level needs attention. The pH strips are readily available at health food stores. Your saliva pH should be between 6.8 and 7.0. Blood pH is 7.35. Check out the book, The pH Miracle by Dr. Robert Young for more information about the role of a balanced pH in the system.
4. **NUTRIENTS** - A whole food supplement that provides vitamins, minerals, and trace nutrients is an essential part of a healthy lifestyle. Try IMMUNE MULTI from **Vickie Sorensen's NATURE WORKS**. Metabolism is improved when the body has all of the nutrients that it needs. The master glands such as the pituitary, the adrenal glands and the thyroid need vitamins and minerals to regulate hormones and metabolism.
5. **EMOTIONS** - Many believe excessive weight to be related to emotions. It creates a barrier between the overweight person and the rest of society. Common beliefs are: "I don't feel safe. I am insecure. I am protecting myself." Check out Feelings Buried Alive Never Die by Karol Truman.
6. **EXERCISE** - Dr. John Christopher used to say that he would rather see a person who exercised daily and ate a poor diet than one who ate a nutritious diet and never exercised. That is because exercise increases nutrient absorption, increases metabolism, reduces stress, and strengthens muscles and organs. It does not have to be expensive or time consuming. Try walking for 30 minutes per day. Or get the neighbors together for a daily aerobic session. I do yoga in my family room for 30 minutes first thing in the morning. I feel great and have abundant energy.

People are not unhealthy because they have weight problems; people have weight problems because they are unhealthy. When your body gets the nutrients it needs and is able to digest and absorb them, the body rebalances itself. Health and optimum weight is attainable.

Love and good health! Vickie Sorensen

We're on the web!
vsnatureworks.com

Calendar of Events

August 9 - 12 ~ NATURE'S GATE MARKET in Twin Falls, Idaho. For more information contact Connie Windsor @ (208) 734-2481

August 13 ~ Blackfoot, Idaho. Contact Barbara Huskinson for herbal consultations @ (208) 785-6611.