

The Intuitive Connection

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Oil Spotlight: Lemon



They say when life gives you lemons, make lemonade. Or better yet, when life gives you lemons, make lemon essential oil. Not only does this oil smell and taste fabulous, there are so many uses for it. Sourced from Italy and Brazil, the essential oil is extracted by cold pressing it from the rind making this essential oil alkaline not acidic. The main chemical components of Lemon are Limonene (up to 75%), beta-Pinene and gamma-Terpinene. These components make Lemon essential oil energizing and emotionally uplifting, encouraging a positive mood. In addition, it is great for seasonal respiratory discomfort and can provide cleansing and digestive benefits.

Lemon can be used aromatically, internally, and topically, but should be diluted with a carrier oil if the area of topical application will be exposed to the sun because it is phototoxic (can give you a sunburn if not diluted). It blends well with other citrus oils, mint, spicy oils such as ginger, douglas fir, eucalyptus, rosemary, neroli, and even wintergreen.

Therapeutic properties for Lemon include: analgesic (pain relief), antibacterial, antidepressant, anti-inflammatory, antioxidant, antispasmodic, antiviral, astringent, cooling, diuretic, immunostimulant, liver support/protector, and skin penetration enhancement. This is an excellent oil for circulation, immune support, pain/inflammation relief, musculoskeletal support, and healing skin issues. Emotionally, this oil is a perfect antidepressant, lifting mood, reducing tension and inviting a happy outward energy.

Some suggested uses for Lemon are:

Emotional support:

- Inhale from bottle, diffuse, or use an inhaler to promote a positive and energizing mood.

Physical support:

- Add 1-2 drops to your water for a refreshing taste and to cleanse the body and aid in digestion.
- Add 1-2 drops to your soap to remove grease from hands.
- Add 4-5 drops to a small amount of oatmeal and water, then gently scrub skin to cleanse and exfoliate.
- Diffuse to cleanse and purify the air. Try 2 drops Lemon, 2 drops Lavender and 2 drops Peppermint to ease seasonal respiratory symptoms.
- Add a few drops to olive oil and use as furniture polish to clean, shine and moisturize wood.
- Add a few drops to a cotton ball and rub the tarnish off your jewelry, silverware or other metals.
- Add lemon to a spray bottle and use it to clean your countertops, bathroom or anything else that needs purifying. It even works great at removing baked on food in microwaves and sticky residue.
- Add lemon to your favorite recipes for a bold, bright, yet slightly sweet flavor and added immune boost.

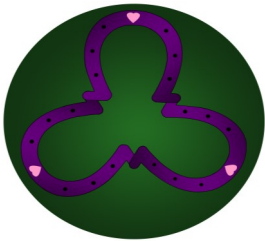
If you'd like more information about Lemon or would like to order a bottle, please contact me by email at contact@trinityhealingconnection.com.



Check out our alpaca inspired lip balm flavor of the month featuring Taku!

“Refreshing and cool, he’s the perfect edition to any “Taku” Tuesday!”

Lime Margarita



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Anne Angelheart

Transformational Coach, Channeler, Author & Speaker

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Cindy Holt, Holt Holistic Healing

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