



# Fusion News

*The start of summer marked by...*

## **FREE ESSENTIAL 7 KIT!**

Order 195 PV on the web, by phone, or through Essential Rewards, and receive **the "Essential 7" kit FREE!** This is an \$80 value; the kit includes Lemon, Lavender, Peppermint, Peace and Calming, Purification, Joy, and PanAway. Offer good until 31 May.

Visit  
[www.JanBowers.com](http://www.JanBowers.com)  
today to order!

Swine flu?! I certainly would not have predicted the most recent media frenzy and public panic had I been asked. Between emails from clients and the impact on the public relations world, it seems like swine flu is everywhere I turn, though no one around me is actually sick.

If you want to learn how to protect yourself from the bug, [click here to read a full article](#). "How-to's" are not the most important thing we can take away from this incident, however. How many of us have spent the last several weeks anxious, stressed, and reaching frantically for hand sanitizer? How many considered keeping children out of school, or staying home from work?

How many react in this frazzled, 100-miles-an-hour manner not only to swine flu, but also to job stress, familial drama, and the latest episode of the television show "24"? How many have paused to ponder the effects of stress on our health?

Do your mind, body, and spirit a favor—relax for a few minutes while you enjoy this issue of Fusion. Take a deep breath, then another. Give thanks for being healthy today. Enjoy. I'll be here, savoring life right along with you.



**Yours in optimum  
health,**

*Jan Bowers*

[www.JanBowers.co](http://www.JanBowers.co)

### *In this Issue...*

What's NEW	2
Clean out your Closet	2
Q&A: Detox Rashes	3
Pest-Free without Pesticides	4
Skin Care	5
Dog Attack and First Aid Kits	6-7
Upcoming Events	8

### *Have you Noticed?*

That the PDF version of Fusion is full of hyperlinks? Click on a highlighted work or phrase to instantly learn more about that subject, essential oil, technique, or healing modality!

Remember: Fusion is available in a complete PDF version, through an email newsletter, and online in the archives—read your issue the way you want to!

## NEW Resources!

Are you passionate about your health? Want to be sure that you have the best in natural health care information? Then check out these new articles at [www.JanBowers.com](http://www.JanBowers.com)!

- ◆ CW Healing's [new YouTube channel](#) continues to grow, and will soon feature lectures, "how-to" demonstrations, special event coverage, and competition footage. Videos and audio training are listed on the ["video" page in the resource section](#).
  - ◆ [How to Prevent Swine Flu](#)
  - ◆ [Wealth and Spirituality: Are they Compatible or Contradictory?](#)
    - ◆ [The Spiritual Nature of Prescription Drugs](#)
    - ◆ [The Transcience of Drugs and the Permanence of Oils](#)
- ◆ Jan's blog has taken a more personal turn, as she works to answer questions about how and why she makes the choices she makes in her life to better her health.

Updates occur daily; check back often at [www.JanBowers.com](http://www.JanBowers.com)! ❖

## 3 Ways to Start Spring Cleaning by Michelle Bell

Welcome to spring, everyone! As we move into May, there are more opportunities for us to continue spring cleaning. This can seem like a big job, so tackle these three tasks to get started:

- ◆ Open up your windows to get rid of dust and the "funk" that has been settling in your home. *(Editor's Note: opening windows and making use of fans is also a great way to cut utility costs.)*
- ◆ During spring cleaning I like to work on vacuuming up the huge dust bunnies that have been hiding under my furniture, and also try to take the time to thoroughly clean my baseboards as well.
- ◆ What I feel is one of the most important things that I do each spring and fall is to clean out my closet. I evaluate when the last time was that I wore something and ask myself if I plan on wearing it again. If I am not sure, or have not worn it in over a year, I say it is time to get rid of it! Even if you are trying to lose weight or try to save something for a special occasion, it is important that you realize if you have not worn it in awhile, you probably will not. Even if you do lose or gain weight, you will probably buy yourself some new things. It is pointless to clutter your closet and your life with things you really do not need in the meantime. So start cleaning and take the things you are not using to your local churches, or Goodwill organization. Not only will you be getting rid of things in your home, but you will also be helping someone else that may be in need of something.



**Michelle Bell,**  
green cleaning  
specialist

Happy spring everyone, enjoy the butterflies and the flowers! *Michelle* ❖

*Need help with your house? Visit [www.cleaningbymichelle.com](http://www.cleaningbymichelle.com)*

## Q&A: Detox Rashes with Sally Shultis, naturopathic practitioner

Dear Sally,

You told me that when you started to detoxify at a cellular level you “broke out” in your armpits. Well, I think that this is happening to me. I wouldn’t say that I am working on detoxification, but I am using oils every day and I am breaking out in my armpits...UGH, the agony!!! Under both armpits are thick rashes. I have been using Young Living deodorant and Thieves spray and sometimes Thieves or Purification oil. I am itching something awful. Can you help me before I go crazy or go to the doctor (which to me are the same thing)? - Cori

From Sally:

Cori is experiencing a cellular detox. Unlike herbs, [essential oils](#) have the ability to penetrate the cell wall and are able to detoxify the cells. When toxins are released from the cells, the body either flushes the toxins out or reabsorbs them. When flushed out, the toxins exit the body through the blood and lymph and eventually the bowels, kidneys, and the sweat glands. The majority of the toxins should ultimately be eliminated through the bowels and the kidneys. If, however, these organs are not working properly, they can be overwhelmed by the challenge of eliminating toxins. Toxins then leave via the sweat glands, which can sometimes cause a rash.

This rash is often mistaken for an allergic reaction to the essential oils. Allergens are proteins or polypeptides, both of which are composed of amino acids. [Essential oils](#) contain none of these components, which means they contain no potential allergens. A person can be allergic to a particular plant, but will have no allergy to the essential oil distilled from that plant. The plant contains the allergen (protein or amino acid), but the essential oil does not. An exception would be essential oil that is pressed from seeds, such as vegetable or other carrier oils, or those cold expressed from rinds such as orange or other citrus oils. These oils can be allergens because expressed oils can contain traces of proteins and polypeptides. If you have allergies be careful with the blends that contain fatty oils, such as almond oil, and blends that contain citrus oils.

Now back to Cori and her rashes. Her bowel and kidneys have become overwhelmed with toxins. To clear up these rashes and avoid more, she needs to slow down the detoxification process and speed up the elimination process. Drink plenty of water. A person should drink at least half of their body weight in ounces of water. When detoxifying, one should drink their body weight in ounces of water. Depending on food intake, one should have several bowel movements a day. There are several Young Living products that encourage bowel movements, such as ComforTone or ICP. I also highly recommend colonics. Due to space restrictions, colonics will be discussed in detail next month. Beyond these supplements and practices, I did the following to get rid of my rashes:

- ◆ I eased up on oils for a few days.
- ◆ I took Epsom salt baths, adding [Lavender](#), Gentle Baby, or [Thieves](#) oil (put 20-30 drops oil in the Epsom salts, allow to dissolve, then add salts to bath water).
- ◆ I used Lavaderm mist to cool irritation.
- ◆ I used [Thieves](#) oil to relieve itching.
- ◆ I watched my food intake, staying away from junk food, sugar and high acidity foods. Think salad!
- ◆ I did [Young Living 5-Day Nutritive Cleanse](#).

Remember detoxification is a good thing. By following these suggestions, the process can be much more tolerable.

❖ Ref: *Essential Oils Desk Reference, Essential Science Publishing, and Saving Face by Dr. Sabrina DeVita*

## *Pest-Free without Pesticides by Jan Bowers, naturopathic practitioner*

This month my inbox has been flooded with emails from frustrated gardeners everywhere who want to grow beautiful flowers, vegetables, and herbs without synthetic products. Like me, however, the frustration is nearly enough to make us all want to go out and hire a crop duster ourselves. Luckily, with a few tips and natural tools, we can all get the garden we want without pesticides.

Try the following to keep pests out of your garden:

- ◆ Mind your garbage—mosquitoes, gnats, roaches, aphids, beetles, and slugs are all drawn to trash and compost piles. Place garbage cans and compost on cement pads, or up on bricks or tiles if you do not have a cement area. Be sure to seal garbage well, then place promptly in a secure garbage can outside. If your kitchen overlooks your garden, remember that the food scraps from your dishes and disposals can also attract bugs on hot days.
- ◆ If you feed pets outdoors, raise their food up off the ground by placing on boxes, bricks, or some other raised platform, and remove it every night.
- ◆ Remove standing water, where mosquitoes lay their eggs. Pay particular attention to water pooling in trash cans, children's wading pools, animal dishes, unused pots, and similar.
- ◆ Add a drop or two of [Purification](#) (an essential oil blend that contains citronella, lemongrass, lavender, rosemary, and melaleuca) to the soil near the roots during planting to prevent infestations from juvenile insects.
- ◆ Sprinkle [peppermint](#) oil around baseboards and doorways to keep ants out.

To get rid of pests that have already infiltrated your garden, try:

- ◆ Keep infested plants together, and isolate them from plants that are pest-free.
- ◆ Hand-picking leaf bugs, beetles, and slugs, or burning them with a lighter. Though time-consuming at first, this practice yields immediate results and does discourage future populations.
- ◆ Plant citronella, or spray the area around walkways and flower beds with citronella essential oil.
- ◆ Spray or apply eucalyptus oil around your yard or to yourself to ward off mosquitoes. If you are grilling outdoors, toss a bit of rosemary or sage on the grill to discourage bugs of all kinds.
- ◆ Spray plants with a mixture of 3-4 tablespoons of V6 Mixing Oil and 15 drops each of [lemon](#) and [Purification](#). Spray on nearby plants to ensure that infestations do not spread. Repeat as needed.
- ◆ To get rid of snails and slugs, place a tray of beer in areas where they are abundant. Place tray as flush to the ground as possible.
- ◆ Ladybugs eat aphids. Encourage them to take up residence in your garden by planting parsley, fennel, spearmint, or caraway.
- ◆ Basil, bergamot, cedarwood, peppermint, and [Purification](#) are all effective insect repellents. They can be mixed with V6 and sprayed on plants, walkways, around doorways, or layered directly on the skin to keep insects at bay.
- ◆ In addition to the above, Idaho Tansy has proven particularly useful as a fly and mosquito repellent on horses and other animals.
- ◆ Catnip is a natural roach deterrent. Include catnip around your garden, or place small sachets around your space. Remember that this is one very aggressive plant! Contain the root system to prevent it from taking over.



## *Making the Move to Natural Skin Care by Sally Shultis*

Last month we had a general discussion of the [chemicals that go into most of the personal care products](#) on the market today. This month, I want to begin introducing you to [healthier ways to take care of your skin](#) using products that will improve both your skin and your overall health.

First, I would like to review two of the most common ingredients (chemicals) in personal care products. People see “sodium lauryl sulphate” and “propylene glycol” listed so often they do not notice them anymore, but there is a lot to know.

- ◆ Sodium lauryl sulphate is used in everything from engine degreaser to toothpaste (chances are that most products in your bathroom list this ingredient). It can mimic estrogen, is an endocrine disrupter, and can corrode hair follicles and impair hair growth. This chemical can cause cataracts in adult eyes and can keep children’s eyes from developing properly. It slowly builds up in the heart, liver, lungs, brain and fat cells.
- ◆ Propylene glycol is used in anti-freeze, as an airplane deicer, in pet food, cosmetics, and much more. I even saw it in the ingredient list on a dessert I was going to buy in an organic grocery store! Propylene glycol inhibits skin cell growth. It had been shown in animal testing to cause kidney and liver abnormalities. The most notable side-effects are gastro-intestinal disturbances, nausea, headache, vomiting, and depression.

Our skin shows signs of aging due to the foods we eat, the products we put on our bodies, our stress level, environmental pollutants, hormonal imbalances, and our thoughts and emotions. Some of these factors, such as environmental pollutants, are beyond our control. Some, such as hormonal imbalances, are influenced by genetics. Doesn’t it make sense to focus on the factors that we can control, if we want to keep our skin looking healthy and young?

Let’s start with what I consider the easiest factor to change - the products we use. When I decided to eliminate chemicals from my personal care products, the first thing I did was search for an organic provider. I knew that Young Living’s products were completely chemical free—you can actually swallow the toothpaste and mouthwash without worry! I also knew that these products contained therapeutic-grade essential oils that would nourish my skin and encourage it to regenerate, reducing lines and wrinkles as it did. (*Editor’s Note: YLEO skin care products are useful in many ways; I am currently using the Sandalwood cream and grapefruit essential oils to keep skin cancer at bay.*)

Depending on your resources you can slowly change your products or change them all at once. To start with, I ordered Young Living’s toothpaste, mouthwash, deodorant, shampoo, and the [Art Skin Care kit](#). When my order arrived, I went through my cabinets and threw away ALL my old personal care products. This was difficult for me because I hate to waste, but I knew I needed to stop all the chemical use. After all, these are the products that harm not heal. I also threw out all my perfumes as these are very toxic too. [Why do you need perfume when you have essential oils?](#) Not a day goes by without a compliment from someone about the way I smell. Wrinkle-free and smelling good due to natural products—sure beats worrying about the effects of chemicals on my health! ❖

*Next month: recipes that teach you how to blend your own specialized skin-care products.*

## *Dog Attack! by Sally Shultis, naturopathic practitioner*

This month's lesson: be prepared, because disaster of the furry friend variety always strikes on a weekend after your veterinarian has gone home!

My daughter, Leigh, and I decided to take our dogs on a pack walk on a Sunday afternoon. She took Bonnie and Clyde, our Doberman puppies, and I was behind her with Bruno, Daisy, and Penny, three adult mixes. We do this several times a week. (Cesar Milan would be proud!)

Unfortunately, this day's walk turned out to be much different. As we were passing our neighbor's house, his black lab (a new dog to the neighborhood) came from behind the house, flew across the road, and attacked us. He landed on Penny, a 13-year-old Australian Shepard, first. He then attacked Daisy, a Lab/Pit Bull mix. The attacking dog turned to bite Leigh when the neighbors, who had been standing by watching the event unfold, finally called him off.

This attack was the perfect example of a red zone dog, a dog that attacks violently with little or no provocation. After talking to several vets and reading Cesar Milan's book, I found out that Labrador retrievers, or "labs," can be some of the most dangerous dogs. They are number six on the dog bite list! However, I know that it is not the breed, it is the dog and his owner that make for a dangerous animal. I have two Dobermans, one Australian Shepherd, one Pit Bull mix, and a Border Collie/German Shepherd mix. Many consider these "dangerous" breeds but ironically, it was the Lab that attacked my "dangerous" pack

I digress, so back to the point of this article. After the dust settled, I realized that I had two injured dogs on my hands and it was Sunday. I checked their injuries and decided they were not immediately life-threatening so we headed home, dripping blood all the way. This is where an [emergency oil kit](#) comes in handy. Whether you make the choice to head to the emergency room or wait until your vet opens, Young Living essential oils can help!

Here's what I have in my emergency oil kit, which I use for both humans and animals:

- ◆ To calm Penny and Daisy, I administered [lavender](#). I let them sniff it first, and then I put a few drops on the top of their heads.
- ◆ Next I needed to get the bleeding stopped so I applied helichrysum a few drops at a time, giving it a chance to work, until the bleeding stopped.
- ◆ I then applied [Thieves](#) because it is highly antiviral, antiseptic, antibacterial, and anti-infectious.
- ◆ I finished up with Palo Santo. I have used this oil on my family when they have gotten cuts and puncture wounds. We have found that it relieves pain and helps the wound to heal quickly.

There are other oils you can use but these are my favorites. I also keep Di-Gize, Purification, Valerian, and Animal Scents ointment in my emergency kit.

Here's a quick list of oils I keep close by. I include an instruction sheet for my family, in case I am not there to assist, and list several oils so we know of a substitute if we run out of an oil. A carrying case is a good way to keep these instructions and oils in one place, and various sizes are [available through Young Living](#). Remember this is my list of favorites; others may have different oils they like:

- ◆ Calming – [Lavender](#), [Tranquility](#) roll-on
- ◆ Burns – [Lavender](#) (can be applied directly to burn), or Lavaderm spray
- ◆ Bleeding – Helichrysum
- ◆ Wound Cleansing – [Purification](#) (This blend also repels ticks and mites. I have found it works with fleas, too). Idaho Tansy washes and cleanses wounds.
- ◆ Antiseptic – [Thieves](#) (This blend also promotes tissue regeneration and works well on proud flesh).
- ◆ Healing – Palo Santo, Idaho Tansy, Roman Chamomile
- ◆ Anti-Inflammatory/Pain Reliever – OrthoEase
- ◆ Colic – Di-Gize (As a horse owner, I am never without this blend).
- ◆ Stomach Upset/Diarrhea – Peppermint
- ◆ Pain Control – Vetiver, Palo Santo, OrthoEase, [Deep Relief](#) roll-on, [Pan Away](#) (Do not apply the last two to open wounds as they will sting).

In some situations there are feelings of fear involved. After the attack, I was fearful of walking past the neighbor's house and I sense a little apprehension from the dogs. The best thing to do for yourself and your pets is to "walk through those fears." If you need a little help, you can use [Valor](#) or Trauma Life. When one is trying to get past a difficult time these two oils can help tremendously.

After treating my animals, I determined that they would be able to wait until the morning to see their vet. They are both healing well and my husband and I have resumed our pack walks again. ❖

*Ref: Essential Oils Desk Reference, Essential Science Publishing*

Sally is currently expanding Deserts Rose Healing Ranch to a new, 600+ acre location in the Texas hills outside of San Antonio. Throughout this transition, she will continue to teach us all through her articles and interviews.



# *Creative Warrior Healing*

Creative Warrior Healing was founded to guide both people and animals further along the road to optimal health. As a co-founder, Jan Bowers utilizes natural tools such as dietary modification, iridology assessment, herbs, essential oils, acupressure, and Raindrop Therapy to bring the body, mind, and spirit into better balance. In order to ensure that you have the best tools available, she is happy to supply a variety of therapeutic-grade products. Creative Warrior Healing values education and personalized instruction, and Jan is happy to offer a full range of seminars and classes at various locations, as well as maintain the educational website [www.JanBowers.com](http://www.JanBowers.com).

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## ***Enjoy Memorial Day!***

*From your friends at Fusion*

### **UPCOMING EVENTS:**

- ♦ Hillcrest City Fest, Saturday, 9 Aug 2009, 11 a.m.—10 p.m.—educational and vendor booth. Stop by and visit!
- ♦ Intro to Canine Acupressure and Energy Work, Thursday, 20 Aug 2009, 6-8 p.m.—San Diego SPCA/Humane Society. [Contact Jan](#) to reserve your space.

And more! Check [www.JanBowers.com](http://www.JanBowers.com) to learn about new events as they are scheduled.