

Less Stress and more play, the Natural way.

The pace with which we all live our lives have increased dramatically over the last generation and the roles that we are required to fulfil are definitely more multi tasked.

We are more likely to change jobs several times in our lifetimes, need more income to live and pay our mortgages and perhaps work longer hours. The office no longer stays at the office either as more home based businesses arises with arduous work loads at the brim of sanity continuing to flow seamlessly into our personal lives. Even if you are a stay at home mum chances are that you have part time work or are completely consumed with the household requirements because your partner and your kids are just so busy.

Along with the changes in our work lives, come big changes in the way we spend our time off. Time has become so precious that the fear of wasting it has reached epic proportions. Many busy people are starting to realise the toll of living at this pace can have on their own health and wellbeing, not to mention their state of mind. It's just not that easy to live at this pace and just "switch off" because it's time to go home or it's the weekend.

When we are stressed, we are more likely to become unwell and when we are sick, we become more stressed. It's an endless battle if there is no solution. Our bodies become vulnerable when we are stressed, and for some, to slow down is a commodity they simply cannot afford. We would like to help you manage your stress, look after your health and feel more empowered over your life.

Some of the common health ailments which occur as a result of being exposed to stress are;

Mind and emotions with: mood swings, stress, muscular tension, sleeplessness and anxiety.

Lungs and respiratory system with: coughs, colds, sinus and flu.

Skin with: rashes, breakouts and acne.

Hair: lack of lustre, dandruff and scalp irritation.

No one understands this stress better than this ex emergency nurse, natural therapist and mother, Fiona Cuthbert O'Meara. This Queensland mum has created a lifeline to all of you who are feeling busy and overwhelmed, who want to experience good health and peace of mind. She has achieved this with a revolutionary 100% Natural All Purpose Remedy in one bottle that's so convenient and versatile, you can take it anywhere. It's called One Stop Drop and it's made from a blend of Australia's most loved essential oils into a gentle yet powerful remedy your whole family can use, to help you to deal with the stress of everyday living.

We all feel stressed out at times don't we? The essential oils of lavender, tea tree and eucalyptus have been used for centuries to deal with the health problems that we are now faced with in epidemic proportions. In previous times life was simpler and we actually had the luxury of dealing with one thing at a time. Well, One Stop Drop can afford you that luxury at today's pace. Together, these three essential oils make an excellent all round Australian all purpose remedy for everyone.

The particular oils used in One Stop Drop work very specifically to balance your mind and emotions, strengthen your immune system, promote healthy skin and hair and clear your lungs and respiratory system. One Stop Drop also has anti-inflammatory, analgesic, anti-viral and anti-parasitic properties, making it the perfect natural solution for those unwanted bites and stings, headaches, coughs and colds and even head lice stress! These 3 oils are combined into a convenient remedy to meet the needs of this time, and the way in which they have been carefully chosen and blended empowers their own individual strengthening and healing abilities.

One Stop Drop makes your life easier and using it is as simple as adding a few drops to moisturisers, good quality plain vegetable oil such as olive oil, straight into your shampoo or conditioner or a few drops into a bath. To help you or your little one's sleep or clear those blocked noses you can even put a drop onto your pyjamas or a pillow case, there really is no end to where you will want to add a few drops of these truly magical drops. Just so you feel supported by the experts, each bottle comes with a Quick Reference User Guide to stick on the fridge. This way you have the help you need to manage up to 20 common health ailments: simply and effectively and start to enjoy good health, no matter what's going on around you.

If you feel like something is missing in your life and wish to return to the old fashioned good values and optimum health, but can't change the inevitable circumstances of your busy life, One Stop Drop is for you. One Stop Drop is a concentrate, so a little bit goes a long way and as you will find, you really can keep up. Make One Stop Drop your best friend and create miracles. Mums you'll love it and definitely be loved for it. So regain control of your own life and enjoy good health along with your family, and make the most of that precious time, whenever you can get it!

For further information please contact: Craig & Fiona Cuthbert O'Meara

One Stop Drop a little drop to show you care..

All purpose essential oil blend concentrate

P.O Box 1451 Noosa Heads Queensland 4567 Phone 1300 362 141

info@onestopdrop.com.au

www.onestopdrop.com.au

Fax 07 5471 1592

One Stop Drop is listed with the Therapeutic Goods Association (TGA) AUST L 131023.

copyright©onestopdrop2007