

Making good choices easy for your family's health.

In today's world the push to keep up is constant: work, family, relationships, mortgages and then we are supposed to make the time for healthy eating, exercise, relaxation and rest. Sounds impossible, doesn't it?

Both time and peace of mind have become a valuable commodity for many families. You only have to look at the popularity of home based business and the amount of families making the sea or tree change moves to see just how necessary our happiness has become. The shift of priorities is definitely heading back to a few old fashioned values.

The question is not whether we are prepared to make healthy choices for our family, it is more a matter of whether it is physically possible or not. If there is nothing left of ourselves at the end of the day well, quite frankly, it's all been done for nothing. We work hard to support our family and have a certain quality of life. Not surprisingly, we all need a little help.

The very thought of getting up early, getting home late, cramming those lunch hours, wearing the cost of organic food, and of course improve your overall productivity so you can enjoy the weekend with friends or family is enough to send the most "super" of all mums into a spin. Good news is the new arrival of a simple, yet versatile natural remedy that I'm sure will not only find a prominent place in your home, but in your family's heart.

One Stop Drop is a 100% natural, all purpose remedy in one bottle. Made by a Queensland Mum, for Mums, One Stop Drop is a natural alternative for many minor ailments including: coughs, colds, bites, stings, headaches, stress and even head lice. The user friendly Quick Reference Guide on the back of the pack puts you in the "know" and teaches you how to manage up to 20 different common household conditions, quickly and easily. It really is a busy mum's best friend and the kids will love it.

One Stop Drop is made with pure essential oils and is a concentrate, so a little bit goes a long way and it's as simple as adding a few drops to ordinary things around your home such as: lotions, vegetable oil, shampoo or into a bath. This combination of both Australia's most loved and Grandma's favourite essential oils offers many gentle solutions as it clears the mind, calms the senses and assists the overall health of your immune system with its anti-viral, anti-bacterial and analgesic properties.

One Stop Drop gives you peace of mind and when you get it you will keep it close, for the many occasions when your family calls. Why? Because you're a natural, all mothers are. So when the pace is fast, your head is pounding, the kids have coughs and colds, when the family picnic is threatened by those painful bites and stings or heaven forbid, you have to deal with the dreaded head lice, One Stop Drop will be close. And you have made the choice, a good choice, so you get to enjoy the quality of life that you so deserve!

For great natural parenting tips visit our website at www.onestopdrop.com.au and receive our fortnightly newsletter ***Heart to Heart*** with *Fiona Cuthbert O'Meara*.

Fiona Cuthbert O'Meara is a clinical consultant, a qualified emergency nurse, infant massage instructor, aromatherapist and massage therapist.