

# Natural Health Made Easy!

Mums, you know your kids better than anyone and now you can reduce the amount of stress that the entire family experiences in times of illness. The more you really look, touch and listen to your kids when they are sick, the greater your instincts will become in regards to your ability to participate in their healing and well-being. You will become more efficient at communicating problems to your local doctor and become more aware of what things for example foods, environmental, emotional are affecting your kid's health, both good and bad.

To start with, it is good to have parameters, something to try and if that doesn't work you know you need help. You can then feel more in control of the situation and more empowered over your decisions and it's all about balance. If you can find and restore balance on every level: emotionally, mentally and physically, you will become better equipped to be well and stay well. It's increasingly important for you as a mum feel able to manage your stress and feel more in control of what's going on around of you.

Let's face it, as a result of visiting many conventional and natural therapists it's easy to feel overwhelmed, out of control and dependant on them for your own or your kid's sense of safety and well being. They can be:

- Expensive
- Overwhelming: Require different remedies for different things
- Unpleasant to experience for you and your kids
- Hit and miss.

And in regards to western medicine, many pharmaceutical products do not treat the cause of the ailment, but will repress a symptom that is uncomfortable. Symptoms are the body's way of letting us know it is having a response to something. E.g. a Virus, pollutants, an allergy or toxicity. They are messages and part of the body's response/defence mechanism in dealing with whatever is wrong. It is not wise to become anti establishment, but aiming to feel empowered enough to feel able to take responsibility for what you can, then know when to consult a health professional. Everything has its place. I'm sure the health system will be grateful for lessening their load.

You need to be empowered with the ability to trust and support the body's natural ability to deal with things and maintain and restore balance. Any good natural therapy that works does this. Trust the body's abilities.

Essential oils strengthen body responses; most will balance general organ function and have anti viral / anti bacterial functions. Each different essential oil has more specific body systems that it will either tone/stimulate or calm and relax.

One Stop Drop is a carefully blended remedy made with Lavender, Eucalyptus and Tea Tree essential oils. It is a special blend to minimise any possible adverse effects and to make it especially safe for your kids. Very specific types of these well know and widely used oils have been chosen and sourced for their specific healing qualities so as to make a natural remedy that is safe and effective for your entire family.

The essential oils used in One Stop Drop work particularly well on your immune system, your skin, respiratory system (lungs) and your emotions, creating mental clarity and a deep sense of calm. One Stop Drop works on not only the body's defence systems, but also the body's ability to eliminate what it no longer needs and what it recognises as being not good for it. So you can be assured that One Stop Drop works with dual action- both protecting *and* enhancing the body's ability to eliminate what it no longer needs.

Stress is a major precursor to ill health in today's world, it's a fact. If you can remain calm and strong in a time of crisis and not "over think" or worry throughout a time that you cannot alter anyway, you are much better off. When you have emotionally, mentally and physically accepted the reality of the situation, you are better equipped to figure out what you wish to do about it and make a plan if you need one. Don't waste all that precious energy first and leave yourself run down and thus more susceptible to un-wellness, especially with those nasty bugs that are around today.

*Choose health, choose natural, choose safety for your family and make that choice easy with*  
**One Stop Drop.**