



## Back to School

It's late summer and autumn is just around the corner. This is the time when children and adults spend a lot of time and energy choosing school materials, but how much time do we spend finding the proper foods and nutrients that give children the basic health to support proper concentration and mental alertness? It's not always easy in this fast-paced modern world to prepare and enjoy 'slow foods' that are tasty and nutritious. At Aroma Borealis, we carry some quick and nutritional support alternatives for boosting your child's energy, mental focus, and learning enhancement. *Learning Factors Smoothie Mix* is a nutrient-filled base for delicious and healthy smoothies. Its nutrients cover five basic problems common to many with learning disorders including: Attention Deficit Disorder (ADD), gastrointestinal disorders, poor immune systems, lack of brain-critical nutrients and toxification from poor nutrition and environment. Learning Factors uses a highly digestible rice protein recommended for almost anyone with food allergies. For a quick and delicious treat, add your own fresh or frozen fruit, blend and enjoy! Ask us about some other great smoothie recipes! Another great product is Learning Factors capsules, which is a blend of essential fatty acids, critical for learning and behavioral problems, such as: inattention, impulsive behavior, hyperactivity, dyslexia and extra aggression. Benefits include: improved reading speed, increased relaxation and concentration and maintenance of healthy eye and brain functions. We also have a wide range of tasty children's nutrients, such as gummy bear multi-vitamins, chewable vitamin C, chewable probiotics and much more!

We can help you foster a nutritional balance for your family, giving them the best possible edge on learning.

Wishing you all good health and happiness,  
Cathy

***Cathy Gignac, has a diploma in Health and Nutrition from the Alive Academy of Natural Health.***



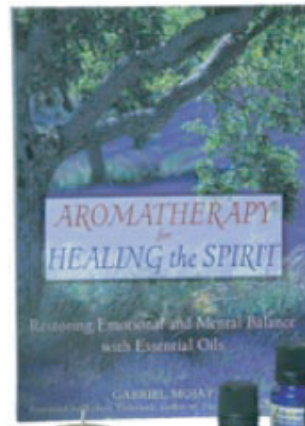
## New Trio of Lavenders

We are delighted to add two new organic and one wildcrafted lavender to our selection of lavender essential oils.

*High altitude lavender* is one of the finest lavenders. It has a soft and floral, fresh and herbaceous, yet sweet odor.

Our *French wildcrafted, high altitude lavender* eases breathing, soothes skin and relaxes the nervous system. The aroma is softer and slightly less sweet than our high altitude lavender.

Our *USA lavender* has a sweet, fruity-floral aroma giving away to a body note that is sweet, floral-herbaceous, refreshing with a pleasant balsamic-woody undertone.



Lavender has been prized for its remarkable healing properties and unparalleled versatility, both as a remedy for physical and psychological disorders as well as a classic ingredient in fine perfumes and cosmetics.

Native to Persia and the sun-drenched slopes of Mediterranean mountainsides, lavender was brought to the rest of Europe by the conquering Romans.

Lavender has been associated with cleanliness ever since Romans added it to their washing water. In fact, the word comes from the Latin word lavare ("to wash"). Lavender is a plant rich in history and myth. With its roots in ancient herbalism, lavender's properties as a disinfectant and antiseptic were founded. The knowledge of its healing properties grew through the centuries, even gaining the reputation of warding off the plague. Lavender was the perfume of choice for English ladies of the Elizabethan and Stuart ages. During the Victorian era lavender was recognized as a tonic for nerves.

Lavender is ideal for physical and emotional support. It is nicknamed 'first aid in a bottle'. Lavender is among the safest and most widely used essential oils in aromatherapy. When in doubt, use lavender!

***Regina Wright is an aromatherapist and wholistic health practitioner & teacher who manages the Aromatherapy Section and the Alchemists Kitchen at Aroma Borealis.***

***\*Aroma Borealis Herbal Thymes does not prescribe nor wish to take the place of a licenced medical practitioner.***

***Newsletter layout and design by Jennifer Skinner.***

## A Herb to Know

**Labrador Tea (*Ledum groenlandicum*)**

**Habitat:** bogs, tundra and coniferous forests

A northern campfire is not complete without a pot of labrador tea simmering over the flames. An occasional piping hot cup of labrador tea not only warms you up but provides you with a burst of vitamin C. The aromatic deep green leaves of this shrub are slightly curled. The underside of the leaf is woolly and reddish in colour. Labrador tea has many different common names that reveal its secrets from the past such as Trapper's Tea or Hudson Bay Tea. Other common names of labrador tea, such as Muskeg Tea, Marsh Tea or Greenland Tea suggest the places where this herb grows. The leaf is prepared in a tea and acts as an intestinal regulator, the leaf is mildly laxative but because of its regulating effects can also help with diarrhea.

We use Labrador Tea in our Spirit of the Borealis Tea.

***Caution: Do not use in excess, do not use during pregnancy, do not use with high blood pressure.***