

Fall is officially here! Hope you are looking back at summer with fond memories of time well spent.



The kids are back at school and we are doing brisk sales in our hand sanitizers to parents and kids who are uncomfortable with commercial hand cleaners. Many of us are getting back into exercise programs that we let slide during our beach days of summer.

Whether it's muscle warming oils, yoga mat sprays or weight loss blends we are sharing lots of ideas about how to maximize the benefits getting in shape. Did you know that 20 minutes of exercise 3 times a week can cut your lifetime risk for general dementia in half?

According to researcher John Medina PhD, aerobic exercise seems to be the key. With Alzheimer's, the effect is even greater: Such exercise lowers your odds of getting the disease by more than 60 percent.

So do whatever type of movement appeals to you, from yoga to dance, from the gym to Soccer, enjoy your time and reap the rewards of a clearer mind as well.



Featured Oil A Look at Eucalyptus

Eucalyptus comes in many varieties. The most popular is Eucalyptus globulosa. There are others, though, and each one has its own special properties.

The mildest type of eucalyptus is **Eucalyptus smithii or Gully Gum Eucalyptus** It is **the one most recommended for children but it should be avoided in pregnancy and may trigger cough reflex.**

It is a good antibacterial and antiviral oil and seems to increase resistance to illness. If you are using it this way, try it in combination with Lemon essential oil. Smithii is slightly analgesic so for muscular and joint pain relief you could combine it with marjoram. It's most popular use is for colds and sore throats in children. However we also use it as part of a biorhythm blend to help shift workers adapt to changes in sleep schedules.

Eucalyptus globulosa is the type that we are most familiar with. It is stronger than the Smithii variety and **should be used with caution on people with sensitive skin and not used at all during pregnancy or by people with epilepsy. It is not suitable for young children.**

It has some interesting uses, one being that it helps us to move on with the necessary changes in our lives. It clears the head and aids concentration.

Perhaps its best known use is with colds and flu as it helps to clear the lungs and sinuses as well as stimulating the immune system. It is used for skin problems and as a stimulating muscle massage as well.

Still another type of eucalyptus is Eucalyptus radiata. It's safety precautions and uses are the same as eucalyptus globulosa but it has a milder scent.

Lemon Eucalyptus Or Eucalyptus citriodora smells more like citronella than eucalyptus. In fact it is a wonderful insect repellent. A study by the US Department of Agriculture compared four synthetic mosquito repellents and eight natural mosquito repellents and found that Lemon Eucalyptus was the most effective repellent, more so than a 7% solution of DEET repellent.

Lemon eucalyptus oil repellents, in addition to the chemicals DEET and picaridin, have been registered with the U.S. Environmental Protection Agency (which means that the materials have been reviewed and approved for effectiveness and human safety) and recommended by the [Centers for Disease Control and Prevention \(CDC\)](https://www.cdc.gov/) for mosquitoes that may carry the West Nile virus.

So enjoy the many varieties of this great oil. If you have any questions or comments, drop us a line at Casaroma@eastlink.ca

It's Show Time!

We had a great time at the Wellness Fair in Middle Musquidoboit. It was good to see old friends and meet new ones. The Halifax Wellness Expo is coming up in October.
<http://www.healthshow.ca/>

We will be there in our usual booth and look forward to seeing you. Peter will be with us from Vancouver with his new ideas and products from the leading edge of Quantum technology. Get a preview of his newest equipment at
<http://alternativehealthcommunity.com/01files/eternalecanada/>

Peter will be seeing clients at Casaroma during the week of Oct 19 to 23.

Classes

Our Classes are always ongoing. Most of our introductory classes are on a Tuesday evening.

In the month of October the following classes are being held. All of the following classes are \$30.00 + tax.
You can call us (902) 464-2272 or email us
casaraom@eastlink.ca

**Introduction to Reflexology (Foot) is Tuesday October 6 from 6pm to 9pm
(All are welcome)**

**Introduction to Aromatherapy level 1 class is October 13 6pm-9pm
(All are welcome)**

**Introduction to Aromatherapy Level 3 October 27 from 6pm- 9pm
(level 1 & 2 pre-requisite)**

Aromatherapy for the home (making natural cleaners with essential oils) Tuesday night 6pm – 9pm (Level 3 aromatherapy pre- requisite)

We look forward to seeing you in one of our classes They are a lot of fun and full of interesting information.

Remember that we are constantly making changes to our website so every once in a while hit your refresh button for any new changes on there.