

Increase Your Frequency

Our body takes in fuel and frequencies from our surrounding environment. It could be a simple walk on the beach, experiencing sunshine, fresh air, energized by the waves, the sand, and surrounding sounds of joy and laughter.

It's well noted happy people have a higher frequency than depressed people. And we'd much rather be around those happy folks that match our own frequency.

The food we consume can be tested and measured to discover a broad spectrum of frequencies we ingest, from near zero to 90 MHz. Low frequency foods don't support health. The higher the frequency we ingest, the higher the positive impact it has on our mind and body.

But one might wonder, can we find substances on Mother Earth at even higher frequencies to lift our frequencies? The answer is Yes, absolutely!

One of the oldest medicines known to man are essential oils. The apothecaries found in uncovered tombs in Egypt, carried various essential oils. Not a new concept at all.

And as shown by the essential oils discovered, even after thousands of years kept in a cool dark environment, they maintain their therapeutic integrity. **THEIR FREQUENCY!**

Scientists have identified about 350 separate olfactory receptors in the human nose but have also discovered about 150 of these receptors in other organs, including the heart and liver. Indeed, scent receptors have been found in nearly every human tissue. Receptors on colon cells can trigger the release of the neurotransmitter serotonin.

The effect is believed to play a role in what some scientists call the "second brain," a reference to the large role that the gut plays in regulating bodily systems, including mood, weight loss, and cognition.

The power of **Peppermint Organic Essential Oil** is considered useful for reducing hunger, curbing cravings and aiding in digestion and weight loss. A controlled study measured food consumption for participants exposed to peppermint essential oil versus a control group not exposed to this essential oil.

The results people consumed fewer calories. Peppermint essential oil is also proven to help performance when exercising.(1) It has antispasmodic properties, reduces pain, headaches, inflammation and arthritis symptoms.

With **Bergamot Organic Essential Oil-** you can run a warm bath, add 7 drops of bergamot essential oil to a cup of epsom salts and ease yourself in. Bergamot essential oil acts as a relaxant and can uplift moods. Research has also identified bergamot essential oil as being an effective appetite suppressant. Certain smells have been identified to curb cravings and moods. These smells can be derived from a few drops of specific organic essential oils. I have combined Bergamot essential oil in a set of 5 essential oil for weight loss. These five essential oils include, peppermint, grapefruit, lavender, orange, and bergamot. (each bottle 15ml)

Organic Frankincense Essential Oil- Is recognized throughout the world for its anti-inflammatory action.

Organic Myrrh Essential Oil- is thought to enhance spirituality. Aromatherapists use it as an aid in meditation. A Great oil for dry skin.

Organic Sandalwood- This oil may stimulate the pineal and pituitary glands to enhance meditation and calm stress. It is also thought to help balance the metabolism, which is the hypothyroid person's ultimate goal.

Organic Eucalyptus Essential Oil- Consider for: insomnia, chronic respiratory ailments, asthma, exhaustion, anti-inflammatory, antibacterial, and expectorant.

Recipe for Respiratory Bath.

Use a cup of baking soda OR epsom salts. Drop oils in salt first, then add to bath.

5 drops Lavender

10 drops Peppermint

10 drops Eucalyptus

Organic Lavender Essential Oil- is very soothing for moods and relaxation. Sleep releases toxins. When we have trouble sleeping we can gain weight. Lavender has been studied for its effectiveness to increase calm and to help form better sleep habits. Analgesic, antidepressant, antiseptic, antispasmodic.

Studies reveal there are positive effect of lavender, eucalyptus, and peppermint essential oils in reducing pain. These results indicate that aromatherapy should be considered a safe addition to current pain management procedures as no adverse effects were reported in any of the included studies. (2)

Reverseage Wellness Organic and Wildcrafted Essential Oils, are first distillation, guaranteed free of pesticides and herbicides. They work in our body by cellular recognition and frequency. These are never cut with any synthetic materials or vegetable oils. NO grape seed oil and no GMO vitamin E oil.

My advise is always read labels.

Avoid toxic scents and toxic skin care products. Essential Oils create vitality within. Transform health, frequency, and beauty, with essential oils.

Connie Rogers www.bitesizepieces.net

footnotes:

1- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4103722/>

2- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5192342/>

