



BALANCED ACCELERATOR META TYPE Aromatherapy & Bach Flower Remedy Report

HOW TO USE YOUR **BALANCED ACCELERATOR AROMATHERAPY & BACH FLOWER REMEDY REPORT**

Dr. Elizabeth Dane's *Balanced Accelerator Aromatherapy & Bach Flower Remedy Report* provides *Balanced Accelerators* with the natural tools they need to help them keep in balance with their **Meta-type** by reducing stress, balancing their minds and bodies, and successfully managing their weight. By using these tools, you, the *Balanced Accelerator*, will be empowered to create the greatest life you could live!

The Major Categories of Essential Oils

The specific tools provided for *Balanced Accelerators* in this special report include the following:

- An explanation of what essential oils are and specifically how they work for *Balanced Accelerators* – followed by the customized *Balanced Accelerator Meta-type* essential oils formula.
- The customized *Balanced Accelerator* “stress-busting” aromatherapy formula, called the *Balanced Accelerator Stabilizer*.
- An explanation of what Bach Flower Remedies are and specifically how they work for *Balanced Accelerators*, followed by a list of the customized *Balanced Accelerator Bach Flower Remedies*.

By carefully reading all of the sections in this report, and then applying them in your life on a daily basis, you'll begin to see the great value these tools bring to every single aspect of your life.

In fact, you'll find additional Reports on healing modalities exclusively for the *Balanced Accelerator Meta-type*, by visiting the *Balanced Accelerator* homepage at www.elizabethdane.com: Dr. Dane's *Balanced Accelerator*-specific *In-depth Analysis, Food and Menu Plan, Vitamin-Mineral and Amino Acid Supplements, Exercises & Body Points*, and *Meta-type Compatibility Report* are all available for purchase as easy-to-download publications that will complete your total library of essential *Balanced Accelerator Meta-type* tools. They are also described below on pages 37-38.

To be sure you receive automatic updates on program additions and new products, join Dr. Dane's email community at www.elizabethdane.com/contact.html. Don't miss out on the latest “**Your Body, Your Life**” developments, including “chat” groups and discussion boards, live Dr. Dane Webcasts, and the upcoming Personal Workshops series.

The healing plan based on Aromatherapy and Bach Flower Remedies that you need to “Be Your Best Self” is now in your hands. How you use it is up to you. You'll need to



NATURAL "STRESS BUSTERS" FOR BALANCED ACCELERATORS

How Essential Oils Balance Your Body & Eliminate Stress for *Balanced Accelerators*

Essential oils are one of Mother Nature's most powerful weapons for helping you achieve a healthy and balanced lifestyle, reduce your stress, stop the effects of aging, and manage your weight. These healing aids are natural "stress busters" that can help you, the **Balanced Accelerator**, balance your mind and emotions – a crucial factor if you're to balance your mind and your body in a healthy lifestyle. In this report, you'll find the essential oil formulas I've developed especially for your **Balanced Accelerator Meta-type**.

But first, let me give you a quick primer on how essential oils work for all **Meta-types**. These liquid essences have been used for decades by scientists as active ingredients in many commonly-used drugs. For example, peppermint oil is an anti-inflammatory substance used to treat arthritis and rheumatism; under the trade name Colperin, it is also sold as a remedy for digestive discomfort.

Others of these amazing oils serve the healing roles of antiseptics, anti-neuralgics, anti-spasmodics, anti-toxics, anti-depressants, analgesics – and some even work as great sources of energy.

But what do these oils have to do with balancing our emotions, reducing our stress levels, and managing our weight? And do you drink them or chew them? Good questions – here's what you do: you **smell** the aromas of the **essential oils**, and you **drink** minute amounts of the **Bach Flower Remedies** in small amounts of water.

How Aromatherapy Works

Here's how aromatherapy works, for all the **Meta-types**. When we inhale any kind of odor, some 20 million nerve endings in our nose become excited and are stimulated to telegraph their message to the olfactory bulb and its tract located in your brain, which then enters the brain's limbic system (that's the center part of your brain that tightly surrounds your hypothalamus and pituitary gland). Housed within the limbic system are two areas known as the amygdala and the hippocampus; these act as your memory and emotional centers and are responsible for eliciting emotional responses.

The odor's aromatic message and the emotional response it automatically triggers from your limbic system are then telegraphed to your brain's major control center – the hypothalamus – the part of your brain that regulates your circadian rhythms (the 24-hour biological cycle in our bodies). The hypothalamus also controls your



Your *Balanced Accelerator* Essential Oils Formula

Your *Balanced Accelerator Meta-type Formula* contains several essential oils and I have a few suggestions about how you might use them. First, put the appropriate number of drops – which is shown on page 20 below – in a small, airtight container filled with about 4 ounces of the base oil of your choice. Pour about 2 ounces of that solution into a smaller container and keep it in your briefcase, pocket, or purse. Pull it out anytime you feel harried, anxious, or tempted to reach for the wrong food or drink. Rub a small portion over your hands, around your neck, and under your chin.

The essence will penetrate deeply into your pores and be absorbed into your skin by osmosis, ready to go into those deeper cellular layers to balance your mind and body and reduce your stress level. The aroma of the essential oils sends messages directly into your brain to release the appropriate neurotransmitters to re-balance your body, alleviate the way in which you react to stress, and help you achieve your weight management goals.

My second suggestion is that you keep a larger container of the base oil and formula in your home and apply it sparingly all over your body both morning and evening. During the day its continued aroma will help keep you calm and relaxed, while also giving you more energy. In the evening, it will help you unwind from your hectic day, relax, and get a good night's sleep. You might want to massage it deeply into those areas that are holding onto fat – your stomach, your waist, or your upper torso. It will also help break apart those unwanted fatty tissues and flush them out of your body.

Or you might want to put 5 to 6 drops of your concentrated essential oil formula directly into a nice warm bath. Soak and relax in it before going to bed and let those oils just permeate throughout your wonderful body.

If you don't want to use any of the preceding applications, then just keep a small vial or container of the essential oil formula itself in your pocket. Pull it out when needed and take a sniff. It will go to work right away directing your brain to produce the right secretions, helping your body and nerves rebalance and realign themselves.

When making up your individual formula, put the essential oil drops in the bottom of an airtight container, fill it with the base oil, close tightly, shake, and use. Or make up the formula by itself and keep it in a small, airtight bottle. Then you can add the appropriate amount of formula drops to anything you wish – base oil, bathwater, or even a diffuser or bowl of hot water.

I've formulated your *Balanced Accelerator Meta-type* customized essential oil combination for **4 ounces of base oil to 60 drops essential oils**. If you want to use a larger or smaller volume of base oil, make use of the *Balanced Accelerator Meta-type* chart, which gives you the proper proportions – see page 20.



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BALANCED ACCELERATOR "STRESS BUSTER" AROMATHERAPY FORMULA

We know that you, as a **Balanced Accelerator**, are prone to tensions and anxieties, and tend to live in your head and in the world of the "Stress Response." So our objective is to keep you calm enough to moderate those excitatory neurotransmitters that you're always pumping out into your bloodstream and brain.

For you anxiety-prone **Balanced Accelerators**, I've put together a special Aromatherapy formula that will **calm, renew, and regenerate** that tired body of yours. You'll be less irritable and stressed, and you'll feel your worries and tensions just melt away. This formula will not only calm, relax, and sooth your harried mind, but will also re-balance your body and even help with your weight management, reverse the aging process and give you a feeling of general well-being.

Your formula is comprised of several essential oils. Use it anytime you feel harried, worried or tempted to reach for that fatty food. I've used this formula for years, and my **Balanced Accelerator** clients love it!

I call your special **Balanced Accelerator formula** – shown in the table on the next page – the **Balanced Accelerator Stabilizer**. It's specially formulated from those essential oils that **activate your less active parasympathetic system** and **re-balance your over-worked sympathetic nervous system**.



BALANCED ACCELERATOR

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REMEMBER

1 ounce (3 tablespoons) **base oil** to **15 drops** essential oil combination

2 ounces base oil to **30 drops** essential oil combination

4 ounces base oil to **60 drops** essential oil combination

6 ounces base oil to **90 drops** (approximately **1 teaspoon**) essential oils

8 ounces base oil to **112 drops** (approximately **1¼ teaspoon**) essential oils

Here is a list of *other* essential oils that can help your **Balanced Accelerator Meta-type** in the following ways:

Anti-Aging

grapefruit

Fertility

rose otto

Stops Insomnia

rosewood

Anxiety

rosewood

geranium

jasmine

melissa (lemon balm)

Muscle Aches

(from exercise)

eucalyptus

peppermint

rosemary



NATURAL "STRESS BUSTERS" FOR **BALANCED ACCELERATORS**

How Bach Flower Remedies Balance Your Body & Eliminate Stress for **Balanced Accelerators**

The **Bach Flower Remedies** are the *diluted essences* of the *essential oils*, put into solutions *at very small dosages*. They work on the same principle as homeopathy – which is, basically, that *a very little bit goes a very long way*. In this form, the essential oils can be ingested into the body. Bach Flower Remedies also help to balance your nervous system, as well as reduce your stress, both of which make it easier to manage your weight.

Now, the **Bach Flower Remedies** help keep you, the **Balanced Accelerator**, emotionally stable when the going gets tough. Let's say you're exhausted from the day's frenetic pace and you don't think you can take one more minute of the craziness! You reach for that *destructive negative tension reliever* – like starches or sweets – and you've really destroyed your dietary regimen.... But stop! You don't **have** to do that! Just three or four drops of one of these flower remedies in a small glass of water will help you through that moment of intensity and bring you back into your center of calmness.

There are some **38 remedies in all**, and I've chosen the **five** that are best suited to your **Balanced Accelerator Meta-type** and energy. Keep them in your pocket or purse and use them whenever the need arises – even three or four times a day. I have some of my clients use two remedies at the same time, but I find it best to alternate remedies every few days or every week. By then, most of the stressful situations will have come under control or have passed, and you'll have learned how to cope with stress in a more balanced way.

Take a look at the remedies I've chosen for your **Balanced Accelerator Meta-type** and see which ones seem best suited to your needs. You can use one or all of them for your specific requirements. Made out of nonpoisonous flowers and prepared under the principle of homeopathy (in which *less* is better), they are **absolutely** safe to use. You could even drink a whole bottle with no bad effects. If it's **not** the right formula for you, you simply won't feel any effects – but when it **is** the correct remedy for your **Balanced Accelerator Meta-type**, the results are miraculous. Here we go!