

RADIANT HEALTH NEWS

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From the mid-winter blues to SAD, essential oils are like sunshine in a bottle!

Hibernation seems to be a perfectly good alternative to experiencing the mid-winter blues or full-blown seasonal affective disorder (SAD). However, unlike our furry friends, we can't nap until springtime. We can learn from others' success in battling depression to cope with the very real symptoms of SAD, a condition that affects 10-25 million Americans every winter:

- Desire to oversleep
- Feeling of fatigue and inability to carry out a normal routine
- A craving for sugary and/or starchy foods, usually resulting in weight gain
- Loss of self-esteem
- Difficulty concentrating and processing information
- Tension & inability to tolerate stress
- Decreased interest in sex and physical contact ¹

APA Validates SAD

SAD is recognized by the American Psychiatric Association as a subtype of major depressive episode.² It is related to seasonal variations of light and is thought to be caused by lowered levels of serotonin and an increase in the production of melatonin, which is produced at increased levels in the dark. Full remission from depression occurs in the spring and summer months. ¹

References

¹Winter depression: How do you know if you have it? www.mercola.com

²Winter blues may be caused by lack of sunlight. *The Lancet*. 2002 Dec 7; 360:1840-1842.

³Essential Desk Reference, 2nd ed. 2001; p. 3.



Mental Health Professional Uses Raindrop Technique for Depression and SAD

Those of us who use Young Living essential oils know the significant sense of well-being they bring to our minds, bodies and spirits. Even so, we may be impressed with the dramatic improvements James Niederland, LSCW, facilitates when he provides **Raindrop Technique** to a patient along with counseling. One example:

Patient Outcome

Much improved sleep and mood

Grief-stricken, angry female patient was weeping uncontrollably in session over the very recent deaths of two people and her pet. Patient used one drop of Joy essential oil over her heart and immediately stopped weeping. Next day, patient reported having the best night's sleep in months and laughing again. Her clients noticed the positive change in her mood immediately. Raindrop Technique was incorporated into her treatment to continue the gains.



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Niederland first began offering Raindrop Technique to his patients after experiencing a profound emotional shift himself during a Raindrop treatment. By adding the "emotional oils" from the **Feelings Kit** as appropriate for each patient, he saw that essential oils could support patients' efforts to think clearly and calmly, to connect emotionally with themselves and others and help them overcome depression, anxiety, substance abuse and other mental disorders.

The ability of essential oils to act on both the mind and the body is what makes them truly unique among natural therapeutic agents. Research has shown that the fragrance and aromatic compounds can exert strong effects on the brain-especially the limbic system, which is the seat of the emotions. ³

For those suffering with the winter blues or SAD, Niederland shares his own daily practice using essential oils from the **Feelings Kit**.

◆ Anoint your body with uplifting oils and inhale their fragrance daily.

◆ Nourish your mind and change your thinking with positive, uplifting ideas and activities.

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Anoint Yourself with Uplifting Oils

Anoint yourself right after a shower or bath. Unless stated otherwise, use one drop of each oil. After applying each oil, cup hands around nose and inhale the fragrance deeply. Increase the effectiveness by engaging your mind and spirit with prayers and/or positive thoughts.

♦**Soles of feet** - rub 4 drops **Valor oil** on each to enhance confidence, strength.

♦**Tailbone** - rub **Sandalwood oil** clockwise up the spine to uplift spirits.



Raindrop Technique powerfully combines essential oils, massage and Vita Flex for structural and electrical alignment. Instructional videotape. Right-Essential Omegas for omega-3s.



♦**Above navel** - rub **Harmony oil** to balance energy, equipoise.

♦**Chest** - gently hold hand with **Joy oil** on center of chest, contemplating expanding joy in your heart.

♦**Shoulders** - rub **White Angelica** on each shoulder for feeling of protection.

♦**Throat and middle of forehead** - **Frankincense** to enhance other oils, raise your body's frequency naturally. Rub hands together, rub up back of neck and on crown of head.

♦**Crown of head** - rub **Highest Potential** oil three times to elevate your thinking about achieving your highest potential. James said, "There is no room for depression when we're at our highest potential."

Dr. Joseph Mercola's Recommendations for SAD

Compensate for light deficiency by using true full spectrum lights.

Eat well, especially omega-3 fatty acids. James suggests YL's **Essential Omegas** is a rich vegetarian source of omega-3, 6, and 9 fatty acids.

Exercise. You will feel better.

Profile

James Niederland, LCSW



James has worked in mental health settings for over ten years and has had a full-time private psychotherapy practice since 2000. However, his Young Living distributorship is growing so fast that he's now cutting back his hours.

James's first whiff of Young Living's R.C. essential oil (Respiratory Care) helped to clear up a severe case of sinusitis. Little did he know after learning about the Raindrop Technique, essential oils would become an integral part of his counseling and wellness practice.

For the last four years, James has used Raindrop Technique and his own anointing protocol routinely in his practice with remarkable patient outcomes.

Product Name	Code # Size	Preferred Customer
Feelings Essential Oils Kit	#3125 12-5 ml	\$215.00
Raindrop Technique oils and two massage oil bases	#3137 9-5 ml	\$101.00
Frankincense essential oil	#3548 15 ml	\$73.00
Sandalwood essential oil	#3635 15 ml	\$69.00
Essential Omegas supplement	#3238 4 fl oz	\$24.00

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