



STRESS - THE 6-LETTER WORD

Managing stress is a critical topic with wide range of causes and effects.

Our quality of sleep, lifestyle, eating habits, and circle of people can affect our stress. This is just to name a few.

Incorporating some changes in your daily routine can help alleviate stress levels as the body incorporates them into daily transformations.

DRY BRUSHING

Dry brushing has been around for hundreds of years and is an ancient self-care practice that helps support the circadian rhythm.

It has become more and more popular in the recent years for so many added benefits.

- Helps pump the lymphatic system
- Helps increase cortisol in the mornings when its actually needed (when dry brushing in the morning)
- Supports blood circulation to the skin
- Restores flow in the body after long hours of lying down or sitting down as it promote drainage and circulation
- Stimulates the nervous system to replenish energy

CASTOR OIL & DRY BRUSHING

Castor oil is a vegetable oil made from *Ricinus Communis*. It is loaded with anti-inflammatory nutrients such as essential fatty acids (linolenic, palmitic, and stearic acid) and Vitamin E.

Using castor oil drops on hands and rubbing them gently on skin before dry brushing, has the added benefits of allowing the castor oil penetrate deep into the layers of the skin.

WATER DOSE WITH RICINUS COMMUNIS

Consider making a water dose using *Ricinus Communis* remedy and/or remedy frequency and spray over the body. This is a spa made in heaven!

That is not all for the magical benefits of *Ricinus Communis*. Here a few:

- Sudden pain in occiput extending round to backs of ears, eyes, and forehead
- Buzzing and humming in ears
- Back pain
- Great desire for sleep
- Menses too early
- Hair growth due to its high content of ricinoleic acid and other fatty acids, amino acids, flavonoids, vitamin E and minerals

TAPPING INTO CELLULAR SHIFT

Using cellular resonance frequency therapy (with any device or app that you might have), consider shifting imbalanced frequencies to their corrected state with appropriate frequency settings.

For added benefit, run this while dry brushing.



STRESS FREE - Castor oil with Dry Brushing

Breathe Free	00:00/00:30
Health, Strength & Recovery	00:00/00:30
Resolve	00:00/00:30
Stress Free	00:00/00:30
Mastering Stress	00:00/02:00
Stress and Tension	00:00/01:00
Sleep Well	00:00/00:30
Ricinus Com	00:00/00:10