

Vars & Area Women Business Network

VAWBN

Newsletter January—February 2015

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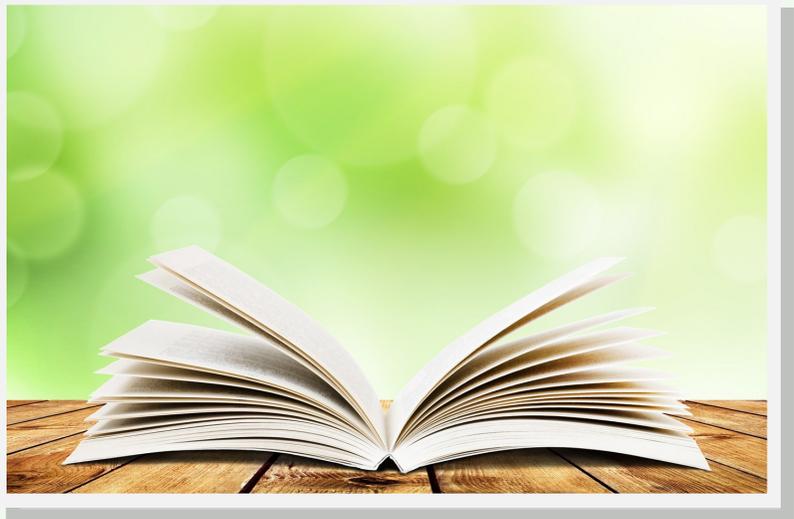
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Read Julie Ricard's book review on page. 2 . Image from Bing



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Book Review: Attitude is Everything written by Jeff Keller **By Julie Ricard**

Have you ever looked at someone in a store, parking lot or wondered what was behind some of the tirades that are becoming so common in public life? Why do people get so angry? Why so much poverty? What is it in our personality that drives us to act and perceive life as we do?

This book suggests that we are the maker of our own destiny through our attitudes. It is an insightful easy to read book that offers ways to keep positive and how to approach changing those limiting beliefs that you will encounter resulting in challenges and obstacles in your business and personal life.

Taking experiences from successful people, the author has made principles and techniques very easy to relate to, demonstrating simple positive attitude principles and how they generate happiness and success in an individual's personal and professional lives.

The author has provided the reader a step by step guide of how to appropriately identify issues, decide an action plan and remain motivated to succeed by organizing this book into 3 sections:

- Part 1: Success begins in the mind
- Part 2: Watch your words
- Part 3: Heaven helps those who act

As a successful lawyer, author Jeff Keller has used his own life experiences, stepped out of the box and taken a chance to provide you an opportunity to mentor with one of the subject's biggest practitioners. I highly recommend that you accept his offer, spend time with this man and learn from his mistakes.

Change your attitude..... change your life - Jeff Keller

Submitted by :
Julie Ricard
Life Leadership Independant Member
<http://www.lifeleadership.com/61373768>

What are Essential Oils?

By Francine Payer

Essential oils are natural aromatic compounds found in the seeds, bark, stems, roots, flowers, and other parts of plants. They can be both beautifully and powerfully fragrant. If you have ever enjoyed the gift of a rose, a walk by a field of lavender, or the smell of fresh cut mint, you have experienced the aromatic qualities of essential oils. In addition to giving plants their distinctive smells, essential oils provide plants with protection against predators and disease and play a role in plant pollination.

Essential oils are non water-based phytochemicals made up of volatile aromatic compounds. Although they are fat soluble, they do not include fatty lipids or acids found in vegetable and animal oils. Essential oils are very clean, almost crisp, to the touch and are immediately absorbed by the skin. Pure, unadulterated essential oils are translucent and range in color from crystal clear to deep blue.

In addition to their intrinsic benefits to plants and being beautifully fragrant to people, essential oils have been used throughout history in many cultures for their medicinal and therapeutic benefits. Modern scientific study and trends toward more holistic approaches to wellness are driving a revival and new discovery of essential oil health applications.

The uses of essential oils are vast and represent a well-documented model for improving overall health, for both novice users and the educated expert.

Widespread acceptance of essential oils, both within and without the scientific community, has led many to choose this more natural approach to healing and prevention.

What are Essential Oils?

By Francine Payer

Continued

Most individuals encounter factors in daily life, from both their internal and external environment, that have negative effects on their overall health and wellbeing. These negative disturbances cause an imbalance in homeostasis, the natural balance of body systems and health. Four systemic constants that most often impair homeostasis are:

Stress

Emotional distress, career choices, family discord, financial worries, lack of rest, etc. all elevate stress levels in the body. Elevated stress levels, maintained over time, have been shown in clinical studies to cause negative consequences to health. Studies have revealed that over time high stress levels can contribute to the development of cardiovascular disease, depression, insomnia, and ulcers.

Stress also negatively impacts the immune system, leaving it increasingly vulnerable to pathogens. Stress causes the body to increase its production of serotonin, a neurotransmitter in charge of vital nervous system functions. Elevated serotonin levels are harmful to the body's immunity. While serotonin works to monitor emotional and nerve health at normal levels, at elevated levels it can destroy white blood cells, resulting in a weakened immune system. Stress also causes increased levels of cortisol and epinephrine in body, further weakening immune response.

While many essential oils have been proven to counteract the negative effects of stress, both the calming blend and the Lavender essential oil have specific calming effects on body systems.

What are Essential Oils?

By Francine Payer

Continued

Toxic Insult

Immunity depends on the ability of the body to produce effective white blood cells, complementary proteins, and other cell and body barriers. The immune system comprises a large network of organs and varied cell types, carrying out a range of interrelated functions. Its interconnectedness leaves it very vulnerable to toxins. The normal functioning of the immune system can be easily hampered by a number of factors: environmental, dietary, medical interventions, etc. Exposure to a wide array of toxic insults including disease-causing pathogens, hormone or pesticide contaminated food products, increasing levels of free-radical pollution, and overexposure to radiation all contribute to the weakening of the immune system.

Inflammation

The inflammatory response occurs when body tissues are injured by bacteria, trauma, toxins, heat, or any other cause. The increased consumption of foods with pro-inflammatory components (foods high in polyunsaturated vegetable oils and trans-fats) together with high carbohydrate and low protein consumption contribute to increased inflammation in body tissues. Stress with its accompanying imbalance of cortisol, can also contribute to chronic uncontrolled inflammation and various immunological dysfunctions. Studies increasingly show a direct link between chronic illness, inflammation, and fatal disease. Inflammation is also harmful to the body's autonomic balance because of its pain inducing effects.

What are Essential Oils?

By Francine Payer

Continued

Autonomic Imbalance

The opposite of homeostasis, an imbalance of the autonomic nervous system (also known as the ANS, or visceral nervous system) can negatively impact health in a number of ways. Recent research has shown a direct link between autonomic imbalance and hypertension (high blood pressure). There is also evidence that autonomic imbalance can lead to cardiovascular morbidity and even mortality. Autonomic imbalances can result from a number of sources, the major ones are mentioned above: stress, decreased immunity, and inflammation. Restoring homeostasis, or autonomic balance, can reduce the physiological impact of stressors on the body.

Buying the right oil is very important and dōTERRA® CPTG Certified Pure Therapeutic Grade® essential oils have been recognized as the most therapeutic oils in the world and play a leading role in positive health choices. They are gently and skillfully distilled from plants that have been patiently harvested at the perfect moment by experienced growers from around the world for ideal extract composition and efficacy. Experienced essential oil users will immediately recognize the superior quality standard for naturally safe, purely effective therapeutic-grade dōTERRA essential oils.

Being an aromatherapist and working with essential oils for more than 20 years, those are the oils I recommend and the only oils I use for myself, my family and my clients at the Aki Ikwe Healing Center. For more information please visit my website at **www.akiikwe.com**

What are Essential Oils?

By Francine Payer

Continued

Oils to help with emotions

Insecure: cassia

Shame: patchouli, grapefruit

Self-acceptance: bergamot, grapefruit

Unfulfilled: Chamomile

Stuck: cypress, lemongrass, thyme, birch, fennel

Overwhelmed: basil, wild orange

Stressed: Lavender, ylang ylang

Confusion: clary sage, lemon, peppermint, rosemary

For more information

www.mydoterra.com/francinepayer

I allow my mind to relax and be at peace, clarity and harmony are well within me. All is well

Francine Payer, Aromatherapist, Advance Certified Crystal Healer, Environmental & Wellness Speaker

Ideas for getting unstuck...

By Anne Warburton

Do you ever feel like you're stuck in a rut? Not feeling very motivated? Feeling like each day is the same mundane routine, too much time spent on email and chores, not enough time finding enjoyment? Or maybe all is well but it just feels like something is missing or you want more, or perhaps you need some new ideas to resolve an issue or move forward.

Sometimes a new perspective is all that's needed to change things up. And to get that new perspective we need to change how we do things, try something new, perhaps do things in a different order.

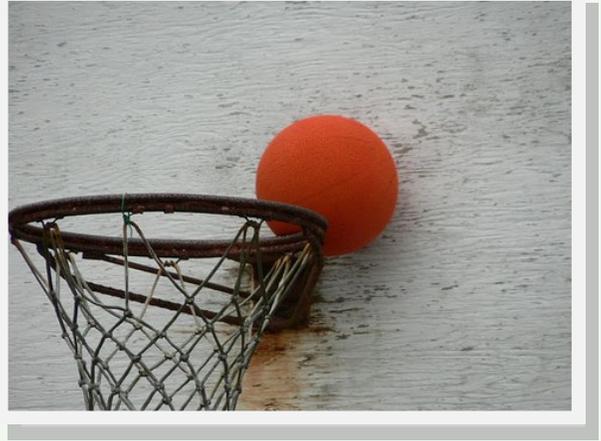


Image courtesy of Bing

Below is a list of suggested ideas and activities to help accomplishment just that – some may work for you, others may not. You decide which ones to try - or you can add your own ideas. There are enough below for a 3 week period. Ones you particularly enjoy can be repeated or altered. Choose to try them all, chose just 1 and repeat over several days, chose a few to try. I recommend that you do choose a new activity to try or change each and every day. See how it feels. And none of these take much time either, so not having time is really not an excuse.

1. Drink a cup of tea instead of coffee, or if you're a tea drinker, try a different flavor than you would normally drink
2. Sit at a different place at the dinner table
3. Go to a grocery store or specialty food store you've never tried before

Ideas for getting unstuck...

By Anne Warburton

Continued

4. Try a new recipe

5. At your next hair appointment, try a new hairstyle or colour

6. Go to a mall and try on some outrageous outfits (you are not required to buy any of them)

7. Take a different route home from work

8. Re-arrange your ornaments or photos next time you are dusting or cleaning
9. Visit a tourist attraction in your own town

10. Dig out a serving dish you never use or only use on special occasions, and use it for a weekday meal

11. Add a fun note or drawing to your child's lunch box or tuck a note into your significant other's briefcase or pocket

12. Go to an activity you would not normally go to – e.g. watch a local soccer game, go to a live play, go bowling, visit an art gallery or museum

13. Don't check your email on your day off
14. Keep the t.v. off for a full day

15. Go for a walk on your lunch hour. Or if you regularly walk at that time, then take a different route or go in a different direction. Or try walking at a different time of day – early morning, or evening

16. Pick up some flowers for dinner table

Ideas for getting unstuck...

By Anne Warburton

Continued

17. Need a colour boost? Buy some very colourful cushions for your living room or maybe for your bed. Adding colour to a neutral room can add a big boost.

18. Put on some music and dance

19. Make or buy something fun & funky to go on your dinner table – polka dot napkins, new placemats, retro salt & pepper shakers, colouring book pages & crayons, you name it

20. Doodle (while watching t.v., while on the phone, while dinner is cooking, on the bus...)

Go to your local paint store and pick out paint chips for several of the rooms in your home. Go bold. Pick colours you would not normally pick. Have fun with this. Maybe even buy a sample size paint. Bring home the chips and see what happens.

Record the activity(ies) you try each day, and take time to reflect on how creative activities such as these have made you feel. Did you enjoy the process? Did you find other activities to change or add? Which activities will you make a part of your regular routine? Do you feel more inspired and motivated as you go about your day?

Anne Warburton

annewarburton@hotmail.com

www.needleartsonaper.com

Round and Round and Round The Conversation Goes!

Renée Gendron MA

Ever been in a conversation that doesn't seem to end? Days, weeks and sometimes months go by and the subject keeps creeping up? You assemble your team and you have a special meeting to discuss the very topic and you think the matter is settled.... but lo and behold someone raises the point..... again... and the conversation starts anew. Nerves are frayed, patience is worn thin, and tempers start to escalate. *It was agreed upon months ago to do this strategy someone*, probably you, sighs quietly to themselves.

Here are some tips to straight out some of these circular conversations:

- Assemble your team and clearly **establish a decision-making process**. There is a time for debating and presenting different ideas. In that period welcome and encourage profound discussion of which option is best. Once that time is up, follow the transparent decision-making process and stick to it.
- When a topic keeps coming up over and over again, it's possible that **some team members don't feel heard**. Encourage them to speak their point, paraphrase what they said and ask them if they felt understood. Feeling understood and changing a decision are two different things.

Round and Round and Round The Conversation Goes!

Renée Gendron MA

- **Ask them** point blank why they keep raising the matter. Sometimes it's a problem that the rest of the team are ignoring but really do need to be paying attention to. In different circumstances there is an underlying conflict that isn't being addressed. Other times there are environmental and **operational challenges** that are not fully addressed in the original strategy.
- If the conversation is still circular, after honest effort to have everyone flesh out what is going on, **reevaluate who is on your team**. A person may not be in the right position, may not feel comfortable with the work or its direction, or simply may be trying to impose their interests on the group's interests. In such cases you need to consider relocating them to another project or asking them to leave the team.

Renée Gendron MA

Vitae Dynamics Inc.

[Www.vitadynamics.com](http://www.vitadynamics.com)

renee@vitadynamics.com

[@vitadynamics](#)

On FB under "Vitae Dynamics"

Highlights from the VAWBN Wednesday January 28 2015 Meeting

Good news! VAWBN is no longer exclusive. There are many categories such as “food” or “personal care”. We are now exclusive per company and not per category.

Roll call, updates on trade shows and events.

Guest speaker had flu. In his place, presentations by Christine Henley of It Works, LeeAnn Lessard of Steeped Tea, and Candice Vetter of The Chesterville Record on Dump the Dump 2.

About the Vars and Area Women's Business Network

At its inception, the Vars and Area Women's Business Network included successful entrepreneurs who live in and around the Village of Vars, Ontario.

Our group has now grown to include a number of villages and towns; members are from Vars, Bourget, Carlsbad Springs, Curran, Edwards, Embrun, Greely, Hammond, Limoges, Metcalfe, Navan, Orleans, Osgoode, Ottawa, Rockland, Russell and more.

We represent a variety of businesses united by the Vars and Area Women's Business Network (VAWBN) to network and support each other in our business endeavours.

VAWBN was founded in 1998 by Julie Daoust and Susan McNeely.

We at the VAWBN look forward to meeting you!

Julie Daoust

juliehealth@hotmail.com

Visit our website: <http://www.vawbn.ca/>

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