

Present Moment™

PRODUCT SUMMARY

Present Moment's soothing blend of therapeutic grade essential oils help heal memories, anxiety, emotions and pain caused by past choices, situations, losses, heartaches and attitudes that continue to cause present issues .

THINK ABOUT IT

Focusing and staying in the moment can be difficult at times. Stress can be overwhelming and caused by many things: finances, school, work, family, relationships, traumatic experiences and grief. Some carry the effects of stress in their heart; others carry the effects of stress in their brain. It's often carried in both. Heavy brain emotions can lead to physical symptoms and syndromes including depression and self-abuse through drinking, smoking, and drugs.

Present Moment essential oil is used for relief of brain stress and anxiety. The synergy created by the blend of oils in Present Moment has an effect on these intense brain emotions. It can stimulate recovery and assist in restoring a healthy emotional balance and focus. Only from this balanced state is one capable of releasing the pain of the past and receiving love for oneself—in spite of circumstances.

It is also important to support the thyroid during times of heavy emotions and stress. Dr. Dick Versendaal called the thyroid the mother of all happiness. Present Moment's blend of essential oils supports the thyroid as well as the brain prompting release and recovery from intense emotions and a return to focus and equilibrium.

KEY INGREDIENTS

Lime Citrus relaxes the mind and body by reducing the stress response. **Petitgrain's** wonderful balancing properties aid the nervous, respiratory, and cardiovascular systems. It is both calming and uplifting. Clinically, **Ylang Ylang** has shown how it slows down rapid breathing and heartbeat and blood pressure. Studies also prove **Ylang Ylang** has a calming effect while **Peppermint** enhances memory and increases alertness. They work together to bring balance to the brain and heart. **Jasmine** is known to alleviate depression and diminish fear.



Present Moment Available In 1 oz | 5 ml Bottles



Present Moment™

PRIMARY BENEFITS OF PRESENT MOMENT™

- Supports and brings balance to the heart-brain connection.
- Boosts brain endorphins and heart energies.
- Calms a wounded spirit.
- Stimulates healthy energy and spirit, yet provides relief from nervous tension, stress, panic and anxiety.
- Calms the physical responses to stress, anxiety, worry and fear such as rapid heart rate, rapid breathing, and high blood pressure.
- Brings balance to the thyroid and associated symptoms such as goiters, nodules, swelling and hyperthyroid.

HOW TO USE PRESENT MOMENT™ Choose one or more of the following.

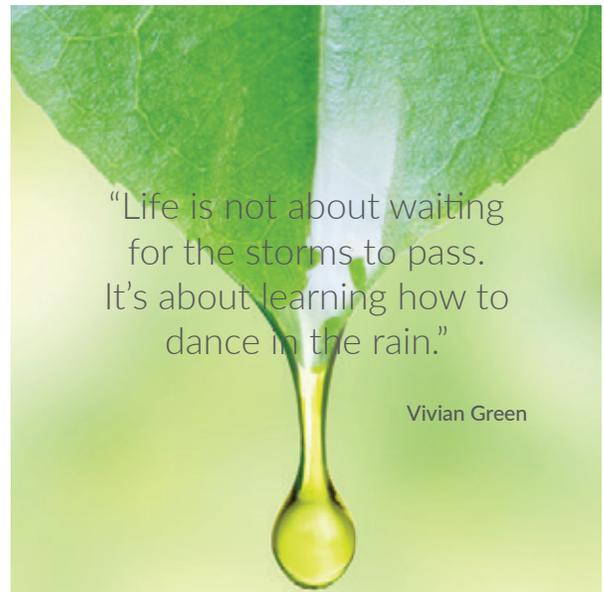
- Diffuse:** Diffuse in room for 15 minutes or set out an open bottle all day and night.
- Topically:** Apply 1 or 2 drops of Present Moment on one or more of the following areas: wrists, throat, back of neck, right elbow and base of skull. **Babies and Small Children:** Blend 1 drop of Present Moment with lotion or oil and rub into the bottom of each foot.
- Massage:** During a therapeutic massage blend Present Moment with oil or lotion and massage into the neck, heels, right elbow, left scapula and left hip/hip socket. These areas energetically support the brain and thyroid.
- Footbath:** Fill a tub or foot bath with enough warm water to cover ankles; add Present Moment and unscented, natural Epsom salts. Soak for 30 minutes to bring balance to the body so it can release pain from the past.
- Spa Bath:** Soak entire body in a warm water spa bath with Present Moment and unscented, natural Epsom salts for 30 minutes. For intense brain stress, emotions and chronic situations begin with a few drops of oil for the first bath, gradually increasing amount over the course of 4 to 6 baths.
- How Much?** The amount of essential oil needed varies from person to person. It may range from a couple drops to 10 mL or more of essential oil depending on the circumstances. It is recommended that one start with 10 drops of Present Moment and increase/decrease the amount as needed with each bath.
- Side Effects:** The body absorbs essential oils and releases toxins during a foot or spa bath. Though rare with Black Cumin, a person may occasionally experience a burning sensation on the skin if toxins are released. (The more toxins, the greater a burning sensation may be felt.) The burning sensation indicates the therapy is complete; stop the bath and shower off. A fresh bath may be resumed later using less essential oil and adding unscented, natural Epsom salts to draw out toxins.
- Note:** Eat prior to soaking in a spa bath or footbath so the stomach has food in it. This provides the body hydration and nourishment to draw on when the body begins to balance and heal.

Therapeutic Grade Essential Oil Safety Keep out of reach of children. Use caution and the gentlest oils at extremely low doses when using oils with children. It is recommended that a qualified healthcare practitioner be consulted before using oils with children. If you are pregnant, nursing, taking medication, or have a medical condition, please consult your healthcare practitioner prior to use. A skin patch test on the inner arm is recommended prior to using any oil for the first time.

VERVITA PRODUCTS ARE FREE FROM:

GMOs, Soy, Gluten, Corn, Egg and Dairy, Fish, Crustaceans/Shellfish, Tree Nuts, Peanuts, MSG, Sugar and Sweeteners, Artificial Colors, Dicalcium Phosphate, Magnesium Stearate, Croscarmellose, Excipients/Synthetic Fillers and Flow Agents.

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“Life is not about waiting
for the storms to pass.
It’s about learning how to
dance in the rain.”

Vivian Green

VerVita®