

BRAIN WORKS NATURALLY



APRIL 2018 -NEWSLETTER

AROMADOME® THERAPY ARRIVES!

The AromaDome® delivers Young Living® Therapeutic grade essential oils while you lie comfortably in the enclosed dome.

A cold air diffuser displaces the oils as you direct your breathing to your own interest or concern.

The oils are atomized without damaging their molecular structure. As they are being absorbed, the oils can provide a deeper experience physically, emotionally, and spiritually.

Scientists have discovered that our olfactory receptors are throughout our bodies, in our skin, skeletal muscles, and organs, in addition to the receptors in our brains (NY Times 10/13/14). Oil molecules may be absorbed through these receptors, providing deeper transformational shifts on all levels.

One session is usually 30 minutes for \$30 and can be combined with any other service for \$25 at Brain Works Naturally.



“BREATH IS LIFE, AND IF YOU
BREATHE WELL YOU WILL LIVE
LONG ON EARTH “

-Sanskrit Proverb

BENEFITS OF AROMADOME®

A 30 minute session can be valuable to our breathing for health, beauty, and consciousness. We breathe in oxygen as a life force and release tensions and toxins with the exhale. It can have a positive impact on your whole life.

According to Julie Chertow, in her book [AromaDome, Changing Lives One Breath at a Time](#), by breathing in deeply and exhaling longer, you have better control of your lungs. Using different essential oils that are right for you can have a profound positive effect on your health. You may clear out sinus/allergies, reduce stress, build immunity, and clear brain fog because you are oxygenating your brain. It also can improve sleep issues, pain, fatigue, weight loss, relationships, and negative emotions.

Experience a brain breakthrough to a positive energy flow using Young Living® Essential Oils with the AFT protocol and the AromaDome®.

SPRING INTO ESSENTIAL OILS AND YOUR BEST SELF

COMING IN APRIL

AFT & AromaDome® Event

Sat, April 14, 2018 from 2-4pm

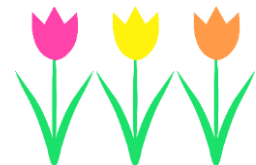
Brain Works Naturally

23 Edgecomb Rd, Binghamton, NY

\$20/person

Whether your need is to clear sinus/allergies or be free from negative emotional baggage or just be able to experience deep breathing with ease, this workshop is for you.

Come and experience the benefit of an AromaDome® session. We will begin by identifying which oils are best for you. Jan will demonstrate, and you will experience profound shifts of energy freeing you to your own positive possibilities! Register now and save \$5 by calling 607-222-1022.





**Certification Class for AFT
April 26-27th from 10-5pm
Huntersville, NC**

Class will be 2 days (14 hours total) followed by 8 weeks of on-line mentoring to complete your requirements for becoming a certified practitioner. Cost: \$599 (\$50 savings if you register 2 weeks in advance), payable in installments. Once certified, you may charge for sessions you give clients.

Register now at www.aromafreedomacademy.com

COMING IN MAY



**EXPERIENCE AN
IMMERSION
CLASS FOR
LEARNING AFT**

Use the Aroma Freedom Technique® (AFT) with Young Living® Essential Oils to realize and grow your heart's desire. Immersion Class is for becoming familiar with the 12-step protocol, and becoming confident with following it with yourself, family members, and friends.

**Spend 4 hours with Jan on
Saturday, May 5th from 1-5pm at
23 Edgecomb Road,
Binghamton, NY.
Class is \$99 or \$79 if you register
2 weeks in advance at
www.aromafreedomacademy.com**

**BRAIN BOOSTS IN
TIME FOR JUNE
TEST TAKING**

Brain Boosts is a class designed by Jan Fiore to enhance academic performance for all ages. Learn simple movement techniques that can strengthen brain/body connection for improved performance in your daily life, as well, physically, emotionally or spiritually.

**This class is offered at BCC
(Broome Community
College) on Monday June
11, 2018 from 6-8pm.
Call to register: 778-5012**



**HELP FOR
ALLERGIES:**

Inhaling essential oils using cold air diffusers, spritzers, or topical application can dramatically improve sinus and allergy symptoms. According to my customers and testimonials (see www.oil-testimonials.com), there are many oils that can help. I can help you find the right one for you! Some recommendations are: lemon myrtle, purification, peppermint, lavender, eucalyptus, tea tree, roman chamomile, patchouli, elemi, & RC.



"Whatever you vividly imagine, ardently desire, sincerely believe and enthusiastically act upon...must inevitably come to pass!"

Paul J. Meyer

Your Initial Consultation is FREE!
Introductory Service is only \$45! (savings of \$15)
Call or Email to book your appointment!
janicefiore@gmail.com W:607-797-9357 C:607-222-1022