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30 years!

Health & Beauty Section

5200 Series

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Heartburn



Heartburn. It's the bane of many Americans' existence. Heartburn and associated symptoms afflict more than 50% of all adults in this country at least once a month. And according to a 1995 Gallup survey of 1,500 respondents, 14% of all symptomatic adults have heartburn every day.

Heartburn, the burning sensation behind the breastbone that can flare up after a meal, is due to a backwash (known as reflux) of the stomach's contents. Ingested food triggers the stomach to produce hydrochloric acid, which helps to break down certain foods. The mixture of food and acid, along with a digestive enzyme called pepsin, refluxes up into the lower esophagus. Irritation and, in some patients, inflammation of the lining can result from extended exposure to the acid and pepsin.

Heartburn is a specific symptom of a disorder called gastroesophageal reflux disease, or GERD. That means, your heartburn is the result of the mixture of food plus acid (called chyme) backing up (refluxing) from the stomach (gastro-) into the esophagus.

Refluxed stomach acid causes people discomfort. Reflux also happens in healthy people? The difference, though, is that most of the time several muscular contrac-

tions—or motility factors—are at work to keep the esophageal lining out of harm's way. It's when these factors are not working properly in people with heartburn that GERD is considered a motility disorder.

The most important barrier guarding against the stomach's contents refluxing up is the tight ring of muscle at the far end of the esophagus. This lower esophageal sphincter (LES), relaxes to allow ingested food to be propelled into the stomach after swallowing. It appears that the LES also relaxes to enable upward movement of the stomach chyme, but in general it is the primary barrier against reflux. In people with GERD the LES may be weakened.

Once the stomach content comes into contact with the esophageal lining, another protective mechanism comes into play: clearance by the esophagus. This consists mainly of muscular contractions, called peristalsis, that push contents back into the stomach, aided by swallowed saliva which contains bicarbonate to neutralize the stomach acid. In people with heartburn, the force or frequency of contractions of the esophagus may be diminished.

If stomach muscles are working

properly, ingested food is churned, partially digested by enzymes, and then transported, also by peristalsis, out of the stomach. However, the rate of stomach emptying may be decreased for a number of reasons. Slowed stomach emptying results in a greater volume of stomach content that can be refluxed, as well as greater stomach distention, which can exert pressure against the LES to make it open.

The increase in abdominal pressure that can weaken the LES may also explain the 25% frequency of daily heartburn in pregnant women, especially during the later part of pregnancy. The defective LES is due to increased pressure exerted by the enlarged uterus.

Thus far, three motility factors have been identified as primary causes of reflux disease. These factors may be influenced by the foods we eat. In addition to the role played by stomach acid and pepsin, there is evidence to suggest that a slippage of part of the esophagus upward into the chest through a "hole" in the diaphragm, known as a hiatus hernia, also contributes to the development of reflux symptoms. And just as GERD has multiple causes, it also has multiple symptoms: the most characteristic symptom is heartburn.



Other common complaints include regurgitation, or the rise of stomach contents into the mouth; belching; and difficulty in swallowing. Nighttime heartburn can be particularly bothersome, awakening people from sleep. In fact, according to the 1995 Gallup survey, 62% of people with heartburn say they experience their reflux symptoms at night. When stomach emptying is slow, the heartburn sufferer may also complain of an early sensation of fullness after eating only a few bites, a bloating feeling after meals, nausea, and other symptoms.

Signs of serious GERD include inflammation of the esophageal lining (esophagitis), permanent narrowing of the lumen (stricture), and bleeding. Other symptoms, like chest pain and wheezing, originate in the chest and can resemble heart or pulmonary diseases.

If, after taking a history and physical examination, the physician suspects the presence of GERD, the patient may be evaluated further, sometimes with the use of x-rays (called an upper GI series) or an endoscopy. Endoscopy is a procedure in which a small lit tube with a tiny video camera on the end (endoscope) is placed into the esophagus, enabling the doctor to view the lining for injury. Note that a substantial number of people with heartburn have no esophagitis.

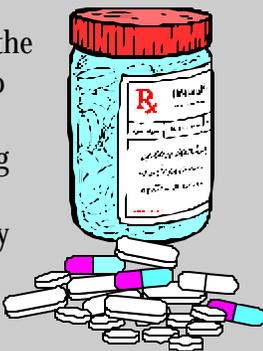
Summary

Your physician will explain what the most appropriate treatments are for you. You can help the treatments succeed by adhering to the lifestyle recommendations plus any drug regimen you may be given. Remember that these recommendations will be effective only if you follow them long-term—even after an improvement in symptoms. Once you discontinue them, your heartburn is likely to return.

COURTESY: Pat Baird
Tropicana Low Acid Orange Juice
www.tropicana.com

What to Do About It

For the great majority of heartburn sufferers, the key to successful symptom control is adherence to some important lifestyle changes. These include dietary recommendations, weight control, avoiding certain medications, and sleeping with the head elevated. These measures may be supplemented by occasional antacid use and administration of prescription medications.



Luscious Lip Balms and Outrageous Bath Fizzies



LorAnn Oils was founded in 1962 when many medicines were still made from the essential oils of plants. The founder, Orin Grettenberger, began selling pure natural oils, ranging from eucalyptus to clove to wormwood, to treat a wide variety of ailments. Today, the company features a complete line of apothecary and aromatherapy oils, as well as gourmet flavorings, oils for candymaking and home crafting.

Products

Pure Essential Oils

- LorAnn's essential oils are 100-percent botanical without any additives.
- All oils are derived through steam distillation or a cold-press process.
- More than 50 types of essential oils are available in 1/3-oz., 1-oz. and 4-oz. sizes.



- Oils can be used alone or with essential oils for bath and massage.
- Pre-blended massage oils include Athletic Formula and Soothing Formula.



Artificial Fragrances

- Ideal for potpourri and soap crafting, LorAnn has a selection of 13 artificial scents for enhancing home creations.

Essential Oil Displays

- Two eye-catching displays are offered in small and large sizes.
- Both displays are pre-packaged with LorAnn Essential Oils, testers and consumer literature.

Signature Essential Oil Blends

- These fragrances are essential oils blended with a base of grapeseed and apricot kernel oils.
- Useful for massage oils, baths, personal fragrances and room and auto scent diffusers.
- LorAnn also offers Signature Essential Oil Blends candles in two sizes (20+ and 35+ hours of burning time).

Blended Massage Oils and Base Oils

- An extensive selection of natural base oils are available for all skin types.

Global Notes

- Personal fragrances: natural essential oils formulated for direct skin application.
- Premium incense: handmade from bamboo, incense has no dyes or artificial adhesives. Unique glass packaging ensures longevity of the scents.
- Candles: aluminum and glass votives available.
- Aromatic mists and massage oils: water-based mists and oils for massage and after-bath moisturizers, and personal or room fragrance.

Supplementary Aromatherapy Products

- Shadow-casting aroma lamps with candleholders
- Plug-in and automatic diffusers for home or vehicle
- Soap, candle and potpourri crafting kits

Visit www.lorannoils.com for more information.

COURTESY: Sandy Grettenberger
LorAnn Oils
www.lorannoils.com

“RECIPES” FROM LORANN OILS

NOURISHING BATH OIL

- 1/4 cup Apricot Kernel Oil
- 1/2 cup sweet Almond Oil
- 1/2 cup Wheat germ Oil
- 10 drops Ylang Ylang essential Oil
- 10 drops Patchouli
- 10 drops Sandalwood



SALT SCRUB

- 1/2 cup Dead Sea Salts
- 1/2 cup Epsom Salts (Mineral salts)
- 10 drops Peppermint Oil
- 10 drops Orange Oil
- 2 drops Eucalyptus Oil
- 2 drops Geranium Oil
- 1/2 cup Sweet Almond Oil
- 1 Tbsp. Jojoba



RELAXING BATH SALTS

- 1/2 cup Epsom Salts
- 1/2 cup Dead Sea Salts
- 10 drops of your favorite essential Oils
- Add some liquid food color, if desired



LIP BALM

- 4 tsp. Beeswax
- 3 tsp. Almond Oil
- 2 tsp. Shea Butter
- Coloring (from lipstick)
- 1/4 tsp. Flavoring Oil



BATH FIZZIES

- 1/2 cup citric acid
- 1 cup baking soda
- Powdered food color, if desired
- 10 drops Lavender essential oil
- 1/2 tsp. Almond oil



Mix citric acid and baking soda; add food coloring and oils. Mix well. Spray with water and press into molds. Allow to set 30 minutes. Invert on to cookie sheet and tap out. Dry for 4 hours before using.

MASSAGE BAR

- 2 tsp. Beeswax pellets
- 12 Tbsp. Cocoa butter, melted
- 2 Tbsp. Shea butter
- 3 tsp. Sweet almond Oil
- 20 drops Orange Essential Oil
- 15 drops Geranium Essential Oil
- 3 drops Peppermint Essential Oil



Measure beeswax, cocoa butter, Shea butter and almond oil into a glass-mixing jar. Place jar in pan of simmering water. Add essential oils and mix well. Pour and refrigerate until firm.

SANDY GRETTEMBERGER

LorAnn Oils

www.lorannoils.com