

Heart Harmony®

PRODUCT SUMMARY

Heart Harmony is a blend of 17 therapeutic grade essential oils. Together they create a synergy and harmony that promotes healing for the physical and metaphysical heart. The body is enabled to release heart stress and anxiety due to painful emotions and physical trauma. Heart Harmony also supports the circulatory, gastrointestinal, neurological, and reproductive systems.

THINK ABOUT IT

Over a lifetime the heart endures traumas and emotionally painful situations. Physical injuries from accidents, chemicals, a poor diet and a sedentary lifestyle also affect the heart.

Dr. Dick Versendaal often said, "The heart is the queen bee." All other organs, glands, structures, and systems of the body will work overtime to support the heart when it's not functioning optimally or balanced energetically. Symptoms and syndromes appear due to a "tired heart". The brain may be overactive, the stomach may be overly acidic, and the spine may twist - all to support the heart.

Solomon, a wise king once said, "Above all else, guard your heart, for it is the wellspring of life." Heart Harmony is formulated to restore a healthy emotional balance between the heart and the brain. It releases heart stress and anxiety due to painful emotions and/or physical trauma.

KEY INGREDIENTS

Orange, Mandarin and Tangerine relax the body and mind while reducing the stress response of the body. **Lavender** calms, relaxes, refreshes, cleanses, tones and restores balance to the body and emotions. **Geranium** relaxes while strengthening and enlivening the body at the same time. **Clove** provides a high source of eugenol, known to suppress harmful bacteria, fungi, viruses, and scavenge free radicals. It also reduces pain. **Rosemary** relaxes smooth muscle and aids the nervous, circulatory, and digestive systems. **Ylang Ylang** slows down rapid breathing, heartbeat and blood pressure. Studies show Ylang Ylang significantly increases a sense of calm. **Peppermint** enhances memory and increases alertness, working with Ylang Ylang to balance the mind and heart. **Rose Otto** brings emotional peace; it also dispels fear and tension. **Frankincense** oil contains sesquiterpenes, which stimulate the limbic system, pineal gland, pituitary and hypothalamus glands. **Cinnamon bark** improves circulation and **Myrtle** balances hormones and releases emotional blocks. **Lemongrass** and **Jasmine** are used as anti-depressants, while **Neroli** and **Roman Chamomile** relax the body.



Heart Harmony Available In 1 oz | 5 ml Bottles

VerVita®

Heart Harmony®

PRIMARY BENEFITS OF HEART HARMONY®

- Heart Harmony has a relaxing effect on both the body and the mind, providing relief from anxiety, depression, fear, shock, and stress.
- Assists in calming the physical responses to stress, anxiety, worry and fear (heart palpitations, poor digestion, intestinal spasms, diarrhea, and headaches.)
- Assists the circulatory (fluid retention), gastrointestinal (indigestion), neurological (insomnia) and reproductive (sterility) systems.
- Heart Harmony is antimicrobial, antiseptic, antispasmodic, sedative, and regenerative.

HOW TO USE HEART HARMONY® 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 Heart Harmony on one or more of the following areas: wrists, sternum, back of neck and base of skull. **Babies and Small Children:** Add 1 drop of Heart Harmony to lotion or carrier oil and rub on the bottom of each foot.
- Massage:** During a therapeutic massage blend Heart Harmony with oil or lotion and massage into the feet, spine T1-5, shoulders, right hip/hip socket and right scapula. These areas energetically support the heart.
- Footbath:** Fill a tub or foot bath with enough warm water to cover ankles; add Heart Harmony and unscented, natural Epsom salts. Soak for 30 minutes to bring the body back into balance so it can release the heart's physical and emotional pain.
- Spa Bath:** Soak entire body in a warm water spa bath with Heart Harmony and unscented, natural Epsom salts for 30 minutes. For intense heart 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 Heart Harmony 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.

PHONE: 616.453.2306 EMAIL: orders@vervitaproducts.com



“ Above all else, guard your heart, for it is the wellspring of life. ”

Proverbs 4:23

VerVita®