

ORGANICALLY SPEAKING



Essential Oils

The medicinal value and healing properties of botanicals such as flowers, spices, woods, bark, seeds and herbs goes back for thousands of years. Essential oils (EOs) are volatile aromatic compounds, which are extracted from plant material through distillation or cold pressing. There are over 3000 identified EOs that support physical and emotional well-being. EOs can be used as single oils or in combination. EOs, which have been extracted from plants, is not the same as fragrances, which have been chemically synthesized. EOs have medicinal value, fragrances do not.

Not all Essential Oils are Created Equal

While growing in popularity, especially among millennial moms, caution should be exercised when using EOs. Not only can some EOs be dangerous, they can be toxic when used either undiluted or excessively. EOs can cause skin irritation, and children can even develop an allergy to them if they're used too frequently.

Not all EOs are created equal. Some manufacturers adulterate or mix their oils with synthetic materials and/or additives. At harvest time, you only have a certain amount of time (usually 2-3 weeks), to get your harvest in and distill it. Some farmers increase the temperature and pressure to get more oil out more quickly, and as a result, lower the quality of the product.

It's important to know that the EOs you purchase come from reputable companies, is pure (organically grown) without additives, and distilled at low temperatures and pressure to gain the therapeutic benefits from the source. Bridgewood Organics sells only the purest high-quality oils.

Health Benefits

EOs aren't a 'fix-all,' but they can certainly make you feel better and speed up the healing process. And on the long run, wouldn't you rather use natural products than synthetic? EOs are used in skin care and cosmetic products, aromatherapy diffusers, cleaners, sunscreens, candles, massage therapy, bath salts, lip balms, and more. They aid in digestive, pain relief, antiseptic, calming and can be an immune booster. On the following pages of this newsletter, we will cover some of the most popular EOs and their benefits.

In This Issue

- Health Benefits of Essential Oils
- Bad Mary vs Good Mary Jane: The Truth About Hemp
- DIY Recipes
- New Product Showcase

Essential Oils



Health Benefits of Essential Oils

Where do we begin? Essential Oils have incredible health benefits. Here's a few that we really like and use in our products:

Caution: Pregnant women should avoid using products that contain essential oils.

Peppermint Essential Oil gives a cooling sensation and has a calming effect on the body, which can relieve sore muscles when used topically. It can also relieve nausea, relieves/reduces migraines, energizing, and antispasmodic. **Do not use on children under 30 months of age**



Mandarin Essential Oil is a very effective treatment for scars and stretch marks. Its astringent action helps to clear congested and oily complexions and can be used to increase the firmness of loose skin. It is also calming, great for children (can combine with lavender), slightly more warming citrus aroma.



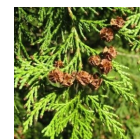
Lavender Essential Oil heals burns and wounds, restores skin complexion (cell regenerative) and reduces acne, slows aging with powerful antioxidants, and improves eczema and psoriasis. It also is good for calming, reduces anxiety, burns, insect bites, reduces itchiness, general skin care, great for children, and antispasmodic.



Lemon Grass Essential Oil relieves muscle pain, externally kills bacteria, ward off insects, and reduces body aches. It has antimicrobial, antibacterial, and anti-fungal properties.



Cedarwood Essential Oil benefits the skin by its sedating ability which relieves itching. Its astringent action is great for acne, oily skin, as well as for hair and dandruff.



Tea Tree Essential Oil properties as an antibacterial, antimicrobial, antiseptic, antiviral, balsamic, cicatrisant, expectorant, fungicide, insecticide, stimulant and sudorific substance.



Bridgewood Organics is your source for pure essential oils at competitive pricing. Contact us if interested.

Dilution of Essential Oils

Here's some sound advice from the website, draxe.com:

Essential oils are extremely small so they can pass through the skin and into the body quickly. But if you want to keep the oils on your skin and dilute them to create more gentleness on the skin you can combine them with carrier oils.

These larger oils that come from the fatty part of the plant can increase the length of time the essential oils stay on your skin and also prolong the aromatherapy effects.

Some people mistakenly think using carrier oils reduces the effectiveness of the oil but really it can be the opposite. Dilution increases the surface area of absorption and with certain oils can prevent sensitivities.

Mixture amount chart

Carrier Mixture	1%	2%	5%	10%
1 Teaspoon	1 drop	2 drops	5 drops	10 drops
1 Tablespoon	3 drops	6 drops	15 drops	30 drops
1 fluid ounce	6 drops	12 drops	30 drops	60 drops

Common carrier oils include: Almond oil, Avocado, Coconut oil, Jojoba oil, Olive oil, Pomegranate seed

For most people I recommend **10 percent dilution**, which is **5 drops of oil per 1/2 teaspoon**.

BAD MARY JANE vs GOOD MARY JANE

Article by: https://bodyecology.com/articles/hemp_nutty_food_source_good_for_you.php

What is Hemp?

What image is conjured up in your mind when you hear the word **HEMP**? An unkempt, pot smoking, drug induced hippie with their bong in some dark, damp, and smoky bar?

Many associate hemp as the recreational drug better known as marijuana or pot.

Hemp and marijuana both come from the same species of plant—cannabis. However, hemp is generally harvested from a subspecies of the *Cannabis* genus, which, unlike marijuana, has virtually no psychoactive properties.



According to BodyEcology.com:

The hemp "seed" is actually an achene: a simple dry fruit with a hard shell, just like sunflower seeds. It is considered one of the most versatile and economical plants, with many uses from food to biofuel.

Here are just some of hemp's many uses:

Food - Hemp seeds can be turned into hemp seed oil, butter, hemp milk and even flour. The list of food applications is endless. Over the years, hemp seeds have been part of the food supply in many cultures around the world. In parts of Asia, roasted hemp seeds are eaten as a snack, like popcorn (tasting similar to pine nuts).

Fiber - Hemp is used to make a variety of materials from the coveted natural fibers of hemp fabric to rope, paper and building materials.

In fact, hemp was the fabric used in the original Levis jeans, but the fabric had to be abandoned by Levis due to lack of supply.

Fuel - Hemp is considered one of the most efficient plants for biofuel as an alternative to gasoline. Woody Harrelson recently drew attention to the myriad of uses for industrial hemp by touring the West coast with a diesel bus run on hemp biofuel.

BENEFITS OF HEMP SEEDS

Hemp seeds are nutrient-powerhouses containing:

All 20 amino acids, including the 9 essential amino acids (EAAs) our bodies cannot produce.

A high protein percentage of the simple proteins that strengthen immunity and fend off toxins.²



[continued next page]

BAD MARY JANE vs GOOD MARY JANE

Benefits of Hemp Seed [continued]

Eating hemp seeds in any form could aid, if not heal, people suffering from immune deficiency diseases. This conclusion is supported by the fact that hemp seed has been used to treat nutritional deficiencies brought on by tuberculosis, a severe nutrition blocking disease that causes the body to waste away.³

Nature's highest botanical source of essential fatty acid, with more essential fatty acid than flax or any other nut or seed oil.⁴

A perfect 3:1 ratio of Omega-6 Linoleic Acid and Omega-3 Linolenic Acid - for cardiovascular health and general strengthening of the immune system.

A superior vegetarian source of protein considered easily digestible.

A rich source of phytonutrients, the disease-protective element of plants with benefits protecting your immunity, bloodstream, tissues, cells, skin, organs and mitochondria.

The richest known source of polyunsaturated essential fatty acids.⁵

Hemp seed oil has been attributed to helping: increase energy, soften skin, relieve arthritis and normalize blood cholesterol.



Source: <http://www.leafscience.com/2014/06/19/indica-vs-sativa-understanding-differences/>

Hemp nuts or hemp seed nuts are the shelled inner portion of the hemp seed, whereas the part of the plant containing the psychoactive substance delta- 9-tetrahydrocannabinol (THC) is the leaf.

FROM HEMP SEED	FROM HEMP OIL	FROM HEMP FIBER
Confections	Cooking Additive	Fabric
Beer	Salad Dressing	Insulation
Flour	Dietary Supplements	Carpeting
Feed	Body Care Products	Paneling
Dietary Fiber	Fuel	Pulp and Paper
Snacks	Detergents	Recycling Additive
Non-dairy Milk	Spreads	Automobile Parts
Baking Additive	Paint	Animal Bedding and Mulch

Canadian Department of Agriculture and Agrifood (2007), Revised by MedicalJane.com (2015)

Indica plants have **high THC:CBD** ratios and sativa plants have **high CBD:THC** ratios.

According to OilHealthBenefits.com:

Hemp oil is the oil extracted from seeds of the Cannabis plant. That is why, it is also called hempseed oil, as it taken solely from the seeds. For making this oil, tall growing varieties of cannabis. However, hemp oil does not contain THC, the chief psychoactive compound in Cannabis. The oil which contains THC is called hash oil, or cannabis oil. So, these two oils should not be confused. Most of the health benefits of hemp seed oil come from its excellent ratio of omega -6 to omega - 3. which is similar to what the body needs. Hempseed oil provides powerful nutrition and can be used topically as well as internally. It is one of the best sources of omega fatty acids.



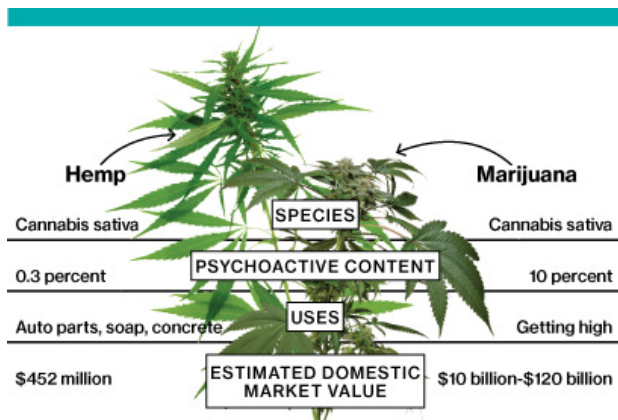
These are some of the properties hemp oil is believed to exert: Anibacterial, Antiviral, Antifungal, Antioxidant, Anti - inflammatory, Skin regenerative, Cardioprotective

Cannabis oil contains Omega 6 and omega 3 fatty acids which are key components in maintaining healthy skin. The linolenic acid present has amaze anti-inflammatory properties that we know are necessary to treat acne. When the seeds are pressed, they produce a natural moisturizer that is slightly thick, but not as greasy as one would expect, making it great for psoriasis and a plethora of other skin conditions. The oil produced is said to resemble the protein found in human blood, which is amazing. The closest you can get to what your body already produces the better.

Defining Cannabis

As you may know, industrial hemp and marijuana come from the same genus of flowering plant– cannabis. The term “genus” essentially refers to a sub-family of plants and not a single species. This means that there may be multiple types of the cannabis plant, which are all cannabis but have remarkable differences. So, in terms of scientific classification, multiple species can exist within a single genus, and that’s exactly the case with cannabis.

Hemp vs Marijuana: So What’s Really the Difference?



GRAPHIC BY BLOOMBERG BUSINESSWEEK; DATA: COMPILED BY BLOOMBERG GETTY IMAGES (2)

The major (and arguably the only) difference between industrial hemp and medical marijuana is that industrial hemp is exclusively made from Cannabis sativa that was specifically bred to produce the lowest concentrations of THC possible.

Hemp-producing cannabis has tall, fibrous stalks that are very strong and have very few flowering buds. On the other hand, marijuana strains are short, bushy, and have high amounts of THC. In fact, industrial hemp and medical marijuana are so distinctively different that most laypeople wouldn’t be able to tell that they belong to the same genus of plants if they encountered them in the wild!

BAD MARY JANE vs GOOD MARY JANE

While marijuana is bred with the only purpose of maximizing its THC concentration, industrial hemp always has trace amounts of THC and naturally occurring high amounts of CBD (it has the highest CBD/THC ratio of all cannabis strains, even Cannabis ruderalis) This means that industrial hemp's chemical profile makes it incapable of inducing intoxicating effects and getting you "high" from ingesting it.

Hemp comes from the plant Cannabis. Simply put, cannabinoids are naturally occurring compounds found in the cannabis plant.

There are dozens of compounds including Cannabidiol (CBD), THC, and a host of other cannabinoids.

CBD is extracted and separated from specific varieties of cannabis, often known as hemp. Chemically, CBD is one of 85 chemical substances known as cannabinoids, which are all found in the cannabis plant.

CBD is legal worldwide (a controlled substance in Canada alone)

Cannabis – A type of flowering plant that includes three distinct variations: Cannabis ruderalis, Cannabis indica, and Cannabis sativa. Cannabis has a wide range of industrial and medical applications. It has been used since antiquity for its sturdy fiber, for oils, and for medicinal purposes. However, it has also been used as a recreational drug, a fact that renders the cultivation of cannabis strictly regulated because of some variations including high concentrations of THC.

Hemp – Hemp refers to the high-growing varieties of cannabis that are grown to be specifically used for fiber, oil, and seeds. These are then refined into numerous products including wax, resin, cloth, pulp, paper, rope, fuel, and hemp oil.

Cannabinoids – A very diverse chemical family that includes natural as well as artificially created substances. Different cannabinoids have widely varied effects, with some cannabinoids proven to have medically beneficial effects and others classified as illegal drugs.

CBD – A naturally occurring cannabinoid, and the second most abundant constituent of the Cannabis plant. CBD is legal and safe to consume, yet has long been in the shadow of THC.

THC – The most abundant constituent of the cannabis plant and a strongly psychoactive cannabinoid, THC is responsible for getting "high" from smoking marijuana and, as a result, its production and usage are strictly regulated.



Hemp Oil Benefits for Skin



The hemp oil contains a number of fatty acids which are very healthy for your skin. These fatty acids nourish and moisturize your skin in the right manner and sufficient amount. There are many skin products like face creams and body creams which have hemp oil as the main ingredients. This is because it is herbal and has almost no side effects. A skin massage of only hemp oil, would give you healthy and rich skin which looks very young and held. If you are a regular user of hemp oil products for the natural skin care, it acts as an anti-aging benefit too. Hemp oil prevents skin disorders like psoriasis, eczema, acne and dry skin.

Hemp Oil Benefits for Hair

There are many hair health benefits of hemp oil as well. Many non-commercial and herbal hair products like shampoos, hair oils, conditioners, etc. are made by using hemp oil. Like the skin care, massages with hemp oil products can improve blood circulation in the head and the brain. Washing hair with hemp oil shampoos and conditioners, can thicken the hair texture and keep the scalp away from dandruff. Thus hemp oil is very beneficial for your hair care as well. Loss of hair is also reduced by using them and scalp infections and problems are kept away.



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Bridgewood Organics products that use Hemp Oil

Premium All Natural Hemp & Argan Hair Serum with Rosemary Essential Oil

Available in 2oz and 4oz sizes.



Argan Oil has so many wonderful beauty benefits that it's hard not to love this serum! For hair, it works wonders as a deep conditioning agent, taming dry fly-aways and nourishing strands. Using oil for your hair can help to nourish and fortify your hair follicles when massaged into the scalp. When worked into your locks, it helps to moisturize and seal hydrate your strands.

Hemp Seed Oil is rich in essential fatty acids, vitamins and protein. It's also packed full of vitamin E.

Rosemary Essential Oil is an absolutely incredible oil! It has a number of valuable properties that make it perfect for hair care:

1. **Antioxidants:** Superior antibacterial and anti-inflammatory values. Helps combat free radical damage and helps prevent hair loss, while contributing to faster hair growth.
2. **Antibacterial:** Antifungal, antibacterial and antiseptic properties help prevent and treat dandruff, flaky scalp, acne on scalp and other scalp infections.
3. **Anti-inflammatory:** Helps reduce inflammation in scalp and can help reduce related hair loss and foster hair growth.
4. **Stimulant:** induces blood circulation to the hair follicles.
5. **Fights Oiliness:** An oily scalp attracts dirt and dust particles that can clog hair follicles, and thereby prevent hair growth. Rosemary essential oil can prevent excess oiliness in the scalp, leading to clean and healthy hair growth.

Bottom line: Looking for healthy and shiny hair? Our Hemp & Argan Hair Serum is the perfect choice!

For more information: <http://bridgewoodorganics.com/index.php/shop/product/230-hemp-argan-hair-serum>

DELICIOUS



GRILLED HERB SALMON



Nothing tastes better than fresh salmon cooked on the grill. And when topped with Bridgewood Organics Grilling Herbs, you have the perfect Northwest combination!

Grilling Herbs Contains: organic Garlic, organic Rosemary, organic Black Pepper, organic Onion, organic Thyme, and organic herbs. Salt-free.

Serves 4

Ingredients:

- 2-tbs Dijon mustard
- 2-tbs lemon juice
- 2-1/2 tbs of Bridgewood Organics Grilling Herbs
- 4 (4-oz) salmon fillets

Directions:

- Mix mustard, lemon juice, and Grilling Herbs in a small bowl.
- Brush all over both sides of filets and place in a shallow baking dish.
- Cover and refrigerate for about 1/2 hour.
- Preheat the grill (or broiler) and cook until cooked through (about 4 minutes per side).

GREEN TIPS OF THE DAY

- **Turn lights off** when you leave a room
- **Use LED lights.** They are safer, use a fraction of the energy, and burn longer.
- **Use rechargeable batteries** instead of disposable ones.
- **Don't buy bottled water.** Filter your water and carry it with you from home in a glass or stainless steel water bottle. Help keep plastic bottles out of the waste stream!

DIY Recipe

DIY Hemp Body Scrub

Hemp Protein is easily digestible with 65% globulin edestin and 35% albumin protein, more than any other plant. These substances aid digestion and assimilation, and are in a form similar to that found in blood plasma. Great for dry hair and skin, as it nourishes you. Hemp protein used in a skincare product (hemp body scrub) as exfoliant.

- 1 cup hemp protein
- 1/3 cup hemp seed oil
- 20 drops vanilla essential oil, (optional)

Add essential oil to the hemp protein in a glass or ceramic bowl, stir thoroughly. Gradually add the hemp seed oil, stirring continuously. Stop when the scrub reaches the consistency of moist sand, your new hemp body scrub. Use hemp flour for a more coarse exfoliant.

Hemp Seed Oil, Lemon Peel, and Brown Sugar Body Scrub:

- ¼ cup brown sugar
- ¼ cup hemp protein
- 2 cup hemp seed oil
- 1/2 cup grated lemon peel

Combine brown sugar, hemp protein and lemon peel in a glass or ceramic bowl. Gradually add the hemp seed oil, stirring continuously. Stop when the scrub reaches the consistency you want, typically very moist sand.



Pure Hemp Oil is available from Bridgewood Organics. Call us!

NEW PRODUCT SHOWCASE



Micro USB/iPhone Smartphone Fan

Summer is coming and it's going to be hot. Carry your own personal fan with you wherever you go, e.g., the beach, concert events, sports games, work, school, and more!

Available for both Android (USB) and iPhones

Available Colors include: pink, blue, black, green, white, orange



ONLY
\$5.99 each

MAKES A GREAT GIFT !!!



*Introducing our new line of
Luxurious Bath Salts for men,
women and children.*

Cool Mint

Nothing says fresh and clean like the cool, natural smell of mint leaves in the bath.

Zen for Men

The ultimate attitude adjustment...Deluxe Foaming Bath Salts with a manly musk scent created especially for men.

Peppermint

Peppermint bath salts revives and refreshes you, and helps relieve mental fatigue.

Lavender and Chamomile

This lavender and chamomile bath salt is ideal for a calming evening bath soak after a long day.

Green Tea

A fine/medium grain blend of Pacific Sea Salt with the invigorating, herbal scent of green tea with real green tea powder. Light green in color.

Vanilla Spice

A fine/medium grain blend of Pacific Sea Salt with a warm, sweet scent in a light yellow color.

Cucumber Melon

A fine/medium grain blend of Pacific Sea Salt with the sweet scent of cucumbers and melons in a lime color.

Berries and Cream

A fine/medium grain blend of Pacific Sea Salt with the sweet aroma of berries & cream in a salmon color.

Bubble Fun Foaming

Kids love this!!! Foaming Pacific Sea Salts in a fine/medium grain blend with a sweet bubblegum scent. Light pink in color.

Order these online at our website
www.bridgewoodorganics.com

Bath salts carry many benefits beyond looking beautiful and smelling great – they keep your skin soft, supple and smooth, help detoxify your skin, and relieve skin conditions. You'll feel the difference in your skin, your mood, and more!



All of our **Organic Teas & Herbal blends** are on sale. We are offering a 15% discount. This is a great opportunity to test some of our wonderful and delicious teas! The two most popular sizes are our 'Sample Pack' (good for one pot or 2-3 cups) and the 2-oz size (20-25 cups).

Enter Coupon Code: TEA15OFF after clicking on Shopping Cart icon



Who says you have to a lot of money for high-quality organic products?

Contact Us

Give us a call for more information about our services and products

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(253) 486-2125

Visit us on the web at
www.bridgewoodorganics.com

Coming Up in Next Issue:

- New Product Showcase
- Bluetooth Locators
- All About Soap

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(253) 486-2125

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