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***What is Baltic Amber?***

Baltic Amber is an organic substance that is derived from fossilized resin. The most active form of resin is succinic acid, which is high in anti-inflammatory properties. Amber is then transferred from the beads to the body until it reaches the bloodstream to work its magic. It is perfect to help those with a variety of inflammatory disorders. It also has analgesic properties that help ease the pain at the source while it helps reduce swelling. Amber is able to restore the immune system and increase one's energy levels if they are low.

**For Adults:** It can help treat inflammatory conditions such as carpal tunnel, arthritis, back aches, swelling, general pain, and more.

**For Kids:** It is helpful at treating teething pain, general swelling, the common cold, fever, drooling, fussiness, and red cheeks.



**What is Hazelwood?**

Hazelwood is derived from a Hazelwood tree and works by creating a more alkaline environment in your body through direct contact with your skin. In doing so, it may help prevent or remedy many of the symptoms caused by acidosis (when the body is too acidic). The wood absorbs excess acidity from your body until a balanced PH is reached. It also helps reduce free-radicals because it is high antioxidants which transfer through your pores. Hazelwood has the potential to improve conditions caused by excess acidity, internal gut issues such as ulcers, acid reflux, GERD, and heartburn. It can treat skin issues such as eczema, dermatitis, acne, and psoriasis. Hazelwood is perfect for preventing cavities in kids, constipation, headaches, gas, and rashes.

**What size is best?** We suggest newborn through 11 months can fit the 11 inch well. In fact, many children up to 3 years can still fit this necklace, but for the average baby, 11 months is maximum. If you can fit 3 fingers in, it's a great fit. From 5 months to 5 years, we suggest 12.5 inches. PreTeen 13-14 inches. Adults and Teens 15 inches plus! The necklaces are slightly stretchable as well if you need an extra inch. Without pulling at the clasps, gently pull bead to bead until you've gone around the entire necklace one time. Try out the new size and repeat if a longer length is desired.



### ***WHICH IS BEST for my child? Raw? Polished? Color***

The answer is simple. For teething - they all work GREAT. There is absolutely no difference in color or polish when it comes to teething. 99% of babies will see results in 30 minutes. The few who do not may take up to 4 days. If you still are not seeing results, contact us, we can swap for amber from a different batch. It is rare, but some babies DO respond to one color vs another (very rare) and in even more rare occurrences, roughly .005% of babies will not respond to amber at all. We are happy to work with you to exchange or refund if that is your experience. Just buy the necklace you love and it should work well for your baby & toddler!

### ***Which Should I Get? The Necklaces or Bracelets?***

Most people ask this when they are looking to buy their first item with us and wonder if one is "better" than the other. You should get a necklace or bracelet in mind with the problem you have, and where it is located so the benefits can better transfer to the area. If you are getting it for a baby or toddler and want the necklace, but do not want to worry about them supervising them like a hawk, you can wrap the necklace so it can fit like a bracelet around their arm. It is the perfect "2 in 1" idea. We also have sets of each available so you can get the best of both worlds if you want to use both.



### ***How long Will it Take For Baltic Essentials Products to Work?***

For teething, fussiness, red cheeks, you should see relief within the hour. Colic and reflux may take 1-2 weeks. Hazelwood takes 1-2 weeks for the full effect. Adults may take a full week before getting relief.

### ***Who Can use Baltic Essentials Products?***

Our Necklaces and Bracelets are 100% natural and can be used by anyone of any age from babies, teenagers to adults. It can be used by people who suffer from disorders, pain, or illnesses -- in fact it is designed for such! You can safely use it without being worried for adverse effects; however you still would want to inform your doctor you are using it.

### **Types of Gemstones**

**Lapis Lazuli:** This gemstone is most known for benefitting the nervous and respiratory system as well as the thyroid, throat, vocal cords, thymus, and bone marrow. It helps clean the body's organs and immune system while it purifies the blood. When combined with Black Onyx, it helps increase relieving feelings of stress by guarding against emotional attacks while bringing peace. Lapis Lazuli also treats anxiety and ADHD, and it is great for those who suffer from asthma, high blood pressure, and depression. It is truly an emotional and mental revitalizer!

**Turquoise:** It is known as the throat, heart, and third eye chakra and is dubbed as a purification stone because it is able to get rid of poisoning, waste, and radiation. Turquoise is able to draw out negative energy (feelings of exhaustion or depression) while encouraging a calm mind. It works for purification and detoxification. Turquoise works externally by strengthening the immune, skeletal, respiratory, and circulatory system. It can help those suffering from asthma, high blood pressure, dental problems, or infections.

**Amethyst:** Yet another purifier. Amethyst is a mental healer, and relieves stress, strain, and soothes irritability. It also balances mood swings, dispels anger, rage, fear and anxiety. If you suffer from feelings of sadness and grief, it can dissolve these forms of negativity.

**Pink Rose Quartz:** Rose Quartz is a "heart-healing" gemstone that provides emotional healing. It is also called a "heart healer" or "heart chakra" because it can help ease a wounded heart. It can calm stress, help with low confidence and intense feelings of anger. Rose quartz eases loneliness, promotes forgiveness, and promotes a brighter mood and sense of peace is possible when you wear this .

**Crysocolla:** Crysocolla is primarily known as the "stone of communication" and is used for empowerment, understanding teaching, and expression. It dispels negative energy as it promotes a sound mind and wisdom. Many enjoy it for the energy boost it provides. Emotionally, it has a positive effect on emotional disorders and eases feelings of depression, anxiety, and guilt. It regulates the adrenal and thyroid glands and is a great natural remedy for sore throats (it is also a throat chakra). Crysocolla facilitates digestion and can help alleviate pain caused by menstrual cramps, rheumatism, arthritis, muscle cramps, burns, infections, and fever.



## ***Types of Complications***

**ADHD (attention deficit/hyperactivity disorder):** It is a neural disorder where a child or adult has a tendency to be hyperactive and lack attention (inability to stay focused and act out of impulsive often) which can interfere with overall functioning and development.

**Arthritis:** Typical arthritis is often associated as chronic pain and stiffness that comes and goes. It commonly affects the joints of the fingers and is degenerative. There are several forms of arthritis a person can develop, such as rheumatoid or osteoarthritis.

**Asthma:** It is a chronic respiratory disease that affects both the lungs and the airways called the "bronchials" Those that suffer from asthma are not able to breathe adequately and experience trouble breathing and shortness of breath anytime a trigger causes their airways to become inflamed and swell and constrict.

**Carpal Tunnel Syndrome:** The neurological disorder affects the hand and arm that causes the area to get numb and tingly due to a pinched median nerve in the wrist. The pressure placed on the nerve can also cause pain and weakness. It is less often found in the toes.

**Restless Leg Syndrome:** RLS is a neurological complication where one feels uncomfortable symptoms such as pulling, throbbing, itching, pinching, creeping, or pain in the legs where they also have an uncontrollable desire to move the legs. Symptoms tend to appear the most during the night which makes it difficult for a person to sleep or find relief.

**Allergies:** Allergies occur anytime a condition within the immune system has a reaction to something foreign out of defense. There are various types of allergies a person may have. There are environmental, food, animal, drugs, mold, and allergies and well as conditions like dermatitis of the skin. An allergy may affect a certain part of the body (local) or spread throughout (systemic).

**Stress vs. Anxiety:** While the two have their similarities, they are different various aspects. Stress is more of the body's reaction to a stimulus (or stressor) when we feel threatened mentally or physically. Flight or flight is activated where hormones, such as adrenaline, are released to help. Anxiety is actually a type of stress, like depression) where someone starts to feel fearful, worried, uneasy any may overeat to something to the point it interferes with their life or being able to do certain activities.

**Lyme Disease:** This is a disorder that occurs due to the bite of a deer tick with an infectious bacteria (primarily *Borrelia burgdorferi*) bites an individual or animal and a rash, in the pattern of a bull's eye, develop. Flulike symptoms, weakness, joint pain, and other complications occur in a matter of days after the bite that may worsen if it is not treated.

**Sciatica:** Sciatica is a type of pain that someone experiences down their lower back and legs. The source of the pain is affects the sciatic nerve, which a massive nerve that extends from the back to the legs. Other symptoms such as weakness, cramping, numbness, and tingling occur.

**Heartburn:** A type of indigestion that many refer to as a burning sensation they feel in a part of their chest. The source of heartburn is due to acid that backs up to the esophagus, and inflames the area. It is one of the cardinal symptoms of GERD.

**Hypothyroidism:** When the thyroid does not function properly, and under-produces the thyroid hormone, thyroxine, needed for bodily activities such as metabolism. Symptoms such as unusual weight gain, constipation, and tiredness appears as the body functions "slow down." Goiters in the neck also exist.

**General Digestive Disorders (constipation, gas pain):** Digestive disorders are associated with anything pertaining to the GI (gastrointestinal tract). Common issues include gain pain, constipation, diarrhea, cramps, IBD (inflammatory bowel disease), IBS (irritable bowel syndrome), heartburn, vomiting, and bloating.

**Psoriasis:** Disorder of the skin that is chronic (normally comes and goes in severity) where the skin cells abnormally multiply and form scaling and sore, thick patches over the skin. Oftentimes, the area can be red, painful or itchy. Psoriasis commonly appears on the back, elbows, knees, scalp, face, and feet.

**Eczema:** A skin disorder where certain areas of the skin start to become tough, blistered, and inflamed. The area is often irritated and causes a person to feel itchy or bleed. Atopic eczema is the most common form. It also appears in the same areas as psoriasis.

**Depression:** Depression is a emotional disorder where one goes through extreme feelings of sadness that is beyond the typical down days. It can alter how they think, feel, or want (or not want to) do things for weeks or months at a time.

**Colic:** a condition newborn babies continually and excessively cry for no apparent reason (not hungry, no wet diaper, etc). They will cry for more than three hours a day and more than three days per week for 1-2 weeks. Although colic stops on its own after a while, the few weeks the baby is colic is stressful on the parents.

**Reflux:** It is when the acidic contents of the stomach travel upward to the esophagus that may happen to an adult or infant after eating. For some, the acidic content is dispelled into the mouth and is spit out. Reflux is also called GERD.

**Teething:** When a baby's new teeth start to grow (around the time they are about seven months old) in they may start to teeth because the new teeth that pop through the gums are discomforting to them and may be red, painful and inflamed.

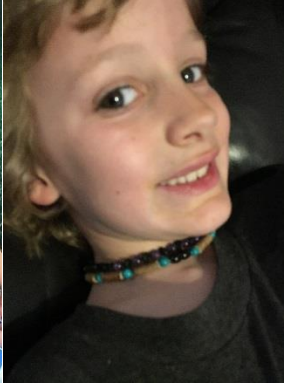
**Pyloric Stenosis:** A condition where the opening of the stomach and the entrance of the small intestine (duodenum) narrows. Babies are the most common victims of this condition where it causes them to forcefully vomit.

**Insomnia:** The inability to sleep or rest adequately or someone who has trouble staying asleep.

**What our Biggest Critics think**





















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