

Raindrop Therapy is a powerful, noninvasive technique using pure therapeutic-grade essential oils that work synergistically to kill viral and bacterial pathogens, reduce inflammation, ease respiratory discomfort, relax stressed muscles, relieve bone and joint discomfort, and enhance the immune system to support the body's natural defenses. Raindrop Therapy holistically supports the circulatory, respiratory, endocrine, digestive, nervous and other body systems. The purpose of the Raindrop Technique is to stimulate every organ, muscle, and bone of the body at a cellular level and bring the body into structural/electrical balance.

During a Raindrop Treatment, the essential oils are dropped from about 6 inches above the spine to simulate raindrops. The process is very relaxing and comforting. It is thought that the oils interact with a person's electrical field before even penetrating the skin of the back, thereby enhancing the electromagnetic properties of the oils. Raindrop Technique utilizes the antiviral, antibacterial, and anti-inflammatory action of nine key essential oils to assist the body in eliminating pathogens, restoring harmony and balance to the body systems.

The key to success with Raindrop Therapy lies in the quality and purity of these plant extracts. Essential oils are complex fluids that contain hundreds of beneficial compounds. When applied topically to the skin, essential oil molecules are easily absorbed and can reach every tissue and organ.

Raindrop Therapy integrates Therapeutic Aromatherapy, Native American wellness traditions, and an ancient Tibetan methodology known as Vita Flex, that is exceptionally effective in delivering the benefits of therapeutic essential oils throughout the body. This ancient Tibetan methodology consists of more than 5,000 reflex points that stimulate every internal bodily system. In comparison, there are 365 acupuncture points used in reflexology or acupressure.

Therapeutic aromatherapy is a form of vibrational medicine that recognizes every tissue and organ, as well as the body as a whole, has its own electromagnetic energy field. Most physical conditions and diseases begin to manifest in our energy fields before they occur in our physical bodies. Therapeutic grade essential oils have specific electromagnetic frequencies and tend to migrate to the tissues or organs that resonate with their own frequencies. Some oils move toward muscles, joints, and bones, while others are drawn to the digestive tract, the lymphatic system, the reproductive organs, or to the heart and circulatory system. Oils may be attracted to the liver, the kidneys, the pancreas, the thyroid gland, or the nervous system or brain.

The use of undiluted essential oils during a Raindrop Therapy session is consistent with the French model for aromatherapy, which is the most extensively practiced and studied model in the world. Having used essential

oils clinically since the 1920's, the French have consistently recommended neat (undiluted) use of essential oils.

A Raindrop session takes about an hour and may continue to work in the body for up to a week following a session.

There are numerous benefits of the Raindrop Technique. Here are just a few:

1. Balances & Realigns the Body – The combination of techniques used in Raindrop brings the body back into electrical and structural alignment. By allowing energy to flow more freely throughout the body, the other oils help support the body's return to balance.
2. Relaxes Muscles – Raindrop Technique utilizes the effects of basil, wintergreen, marjoram, cypress and peppermint essential oils to reduce symptoms and tension in overworked or stressed muscles.
3. Helps Relieve Stress & Elevates Mood – Therapeutic essential oils have a normalizing effect on the nervous system, making them ideal for reducing stress, anxiety and tension.
4. Helps Immune Function & Eases Respiratory Discomfort – Raindrop Therapy is an excellent way to help maintain your body's optimum wellness. Thyme and oregano essential oils are high in antioxidants and are known to support the immune system.
5. Aids Detoxification– The therapeutic oils used in Raindrop therapy are high in phenols, which cleanse cellular receptor sites and enhance function of the lymphatic system. Essential oils can immediately penetrate cell membranes and directly enter the blood and tissues, stimulating detoxification of the body, which promotes the body's natural defenses.
6. Helps Reduce Inflammation – Scientific studies have identified several essential oils as powerful anti-inflammatory agents. These include wintergreen, peppermint and thyme, which are all used in Raindrop.
7. Helps Improve Circulation – Essential oils can be very beneficial in boosting circulation due to the oxygenating properties of the oils. Cypress, thyme, marjoram and peppermint all have properties that increase circulation and act as a circulatory stimulant.

8. Improves Focus & Concentration – Since greater circulation and adequate oxygenation are essential for proper brain function, Raindrop Technique every 2 weeks can be helpful for those with difficulty concentrating. Basil reduces mental fatigue and peppermint oil has been shown to be helpful against stress and toxins in brain cells.

9. Emotional Release – Several essential oils are able to cross the blood-brain barrier and affect the limbic system where emotions are stored in the amygdala. This allows for the release of negative emotions that are subconsciously stored in any area of our body.

10. Stimulates Electromagnetic Frequency – Corrects weakened or injured areas through electrical reflex points, allowing quicker, more efficient return to homeostasis (balance). Thyme and oregano oils are strong antioxidants and support the immune, respiratory, nervous, and other body systems.

#### References:

The Chemistry of Essential Oils Made Simple, David Stewart, Ph.D, D.N.M.

Healing for the Age of Enlightenment, Stanley Burroughs

A Statistical Validation of Raindrop Technique, David Stewart, Ph.D.

The Pathway to Emotional Healing, Jen McGraw.