



**Welcome to the
A-CAM Lifestyle**

www.A-CAMlife.com

and

www.A-CAMeducation.com

**Conveniently open
24 HOURS for your
natural health needs!**

***Want to be an A-CAM education &
essential oil distributor in your area?***

Call 786-390-1049

A-CAM Lifestyle

The A-CAM Lifestyle is Simple:

- * Find what is killing you, and do the opposite.
- * Identify and eliminate toxins and toxic situations in your home and work, and replace them with simple, natural, non-toxic alternatives.
- * Reduce stresses.
- * Replace habits that make you feel bad with simple ones that make you feel good.
- * Natural health is simpler than you think.

We sell highest quality all-natural non-toxic beauty and personal care products; natural, non-toxic cleaning products for home and office; and natural plant-based remedies that work -- [guaranteed!](#)

We supply products endorsed by [A-CAMEducation.com](#), which provides education in historical and scientifically validated uses of herbs and plant essential oils and natural health, and specific environmental awareness of common and uncommon synthetic chemical toxins in the home, school, and work environments, along with simple, cost-effective natural non-toxic replacements.

We carry A-CAM Essential Oils, Synergies, and Herbal Tea Formulas. All of our products are made with only A-CAM Essential Oils and Herbs and all natural product bases. Highest quality natural beeswax is our only animal-derived ingredient. It appears only in our salves.

We provided access to [A-CAM Education](#) for the general public, teaching others to replace toxic products and materials in their homes and work environments with effective natural, non-toxic alternatives.

**This is Aroma Therapy - Complementary Alternative
Medicine (A-CAM)!**

[**www.A-CAMlife.com**](#)

A-CAM Education

Aroma Therapy Complementary Alternative Medicine (A-CAM) offers the best non-toxic and natural approach to healthcare. Through consultation, environmental assessment and natural product development, a Certified A-CAM Practitioner is trained to offer the most natural approach to everyday living by pinpointing and replacing toxins in products used for personal care and for the home/office. Highest quality A-CAM Essential Oils are used to economically replace toxic synthetics used in everything from bathroom cleaners to air fresheners to baby products, and simpler, healthier lifestyle choices are recommended.

The A-CAM Practitioner learns practical ways to evaluate the lifestyle and environment of the client, and how to custom blend A-CAM grade quality essential oils and herbal teas for specific medical conditions, skin care problems, and other ailments.

Upon successful completion of the A-CAM Practitioner Certification Course, Practitioners are certified and records kept of their continuing education and practice. A-CAM Practitioners always act within the A-CAM Protocols of Practice, and display the A-CAM Logo.

The Practitioner serves as a revolving door for healthcare, always referring clients to a licensed physician for diagnosis, then helping to identify and eliminate environmental factors deleterious to the client's conditions.

A-CAM Practitioners make a wealth of information available to medical professionals and their clients on alternatives available to potentially toxic or allergenic cosmetics, cleaners, household textiles and building materials even pharmacology, while acting within their accepted degree of licensure in the community. We're not against prescription medications; we seek alternatives to medications in which the benefits are outweighed by the risks (organ toxicity, etc.).

The A-CAM Practitioner Membership includes MD's, PA's, PharmD's, chiropractors, clinical psychologists, nurse practitioners, and massage therapists, as well as students, office workers, administrators, realtors, lawyers, CPA's, homemakers, and alternative healers and therapists. Each individual applies A-CAM according to their degree of licensure and responsibility according to the law...

Get Certified Today!

www.A-CAMeducation.com

Recommended Essential Oils/Blends and Instructions for Use:

Blends/Synergies	Recommended for	How to Use
1. _____		
2. _____		
3. _____		
4. _____		
5. _____		

CAUTIONS FOR USE

1. Keep out of reach of children.
2. If under a doctor's care, consult her/him before using.
3. Do not take internally by mouth unless directed by a medical doctor.
4. Keep out of eye contact.
5. Do not use during pregnancy or if breast-feeding.
6. If you have any adverse reactions discontinue use.
7. Always consult a qualified medical practitioner if ill or suffering from high or low blood pressure or an undiagnosed illness.
8. Use essential oils/blends by drop only and only as directed.
9. Keep essential oils away from open flames and extreme heat.
10. Do not use Rosemary if you have high blood pressure.
11. Do not use Ylang-Ylang if you have low blood pressure.
12. Do not use bath method, if you have to maintain a certain therapeutic blood level of medication in your system.

IMPORTANT PLEASE READ: Instructions are provided only for informational and educational purposes and should not be construed as medical advice. Always consult a qualified medical practitioner if ill or suffering from high or low blood pressure or an undiagnosed illness.

Always use as directed. For questions or comments feel free to call us at (786) 390-1049.

Thank you for choosing A-CAM Essential Oils & Synergies!

A-CAM Synergies

- **D-Stress:** This synergy of the very relaxing aromas of Sweet Orange, Ylang-Ylang and Patchouli has been used in our practice for over twenty years, with results felt within seconds of smelling
- **D-Emotion:** Recommended for those times when emotions cloud our thinking; relationship problems or the death of a loved one, or any situation where someone might “push” our emotional buttons.”
- **Headache:** This very effective synergy of oils alleviates headaches upon application.
- **Sinus & Cold:** A combination of Eucalyptus, Pine Needle, Cypress & Lavender, known for its ability to fight infections.
- **Energy/Alert:** An "energizing" synergy of essential oils useful at times of needed energy or alertness. It has rosemary, so we do not recommend it for anyone with high blood pressure. It is ideal for those with low pressure. Effectiveness upon smelling, also recommended in bath and room diffusion.
- **Appetite Control Inhaler:** Smell before sitting for a meal, it will reduce the amount of food you would normally eat, and smell during the day to control the cravings.
- **Muscle Aches Plus:** This combination of muscle relaxing and anti-inflammatory essential oils perform upon application. We recommend this blend for arthritis, muscle ache soreness, and cramping problems.
- **Fever blister:** Apply directly to the area when it begins to "itch", it has been known to prevent the blister from opening. If applied after opening, it normally will close within 24 and 48 hours.
- **PMS:** A synergy of relaxing aromas known for its hormone balancing, soothing, calming, and anti-inflammatory qualities, makes this blend an effective fusion for those times of needed balance.
- **Sick-Building Syndrome:** For home and/or office, this blend of essential oils reputed for their ability to control mold/mildew, and airborne bacteria.
- **Meditation/Visualization:** Blended with Frankincense, Myrrh, Sandalwood, Cedarwood, and Valerian. These Essential Oils have been used through generations to induce prayer and meditation. This blend is formulated to aid in the meditation and visualization process.
- **Personal Mosquito Repellant:** This combination of Essential Oils has been "Everglades Tested," with excellent results.

** We also carry over 75 A-CAM Certified Essential Oils, Aromaclays, Toothpaste, Custom Made Soaps and Non-Toxic Cleaning Products.*

A-CAM Herbal Tea Formulas

House Blend- Lavender, Chamomile, Jasmine, Calendula Flowers with Peppermint and Spearmint. Our most popular blend is relaxing and flavorful, can replace morning coffee. Recommended for acid reflux, relief felt within one or two cups.

Sinus & Cold- Lavender, Eucalyptus, Rosehip, Chamomile, Rosemary, Thyme, Oregano, Plantain Leaf. Effectiveness felt within a few sips.

Muscle Ache- Sage, Lavender, Marjoram, Red Raspberry, Chamomile. A mix of anti-inflammatory and muscle relaxing herbs; relieves aches and pains within first cup.

Recommended for lupus, fibromyalgia, arthritis and general joint, and muscle aches.

Insomnia- Lavender, Chamomile, Valerian, St Johns Wort, Melissa, Peppermint & Jasmine. This combination will put you to sleep; one cup before bedtime.

Energy/Alert- Lavender, Rosemary, Peppermint, Basil Leaf, Spearmint. This combination is a great pick-me-upper.

Cleansing- Ginger, Red Clover, Chamomile, Hawthorn Leaf & Flowers, Peppermint, Dandelion Leaf & Root, Blessed Thistle. Warming and cleansing.

Antioxidant- Green Tea (Sencha Leaf), White Peoney, Lavender Flowers, Peppermint Leaf.

Meditation- Immortal, Sage, Lemon Balm, Valerian, Hibiscus & Jasmine Flowers. An exotic blend, with a unique taste, very relaxing.

Ocho Flores- Calendula, Lavender, Passion, Chamomile, Red Hibiscus, Red Clover, Immortal & Jasmine Flowers.

A mix of eight relaxing flowers, with anti-inflammatory properties.

NOTE: IF YOU ARE ALLERGIC TO HAY OR RAG WEED, TEA CAN BE BLENDED WITHOUT CHAMOMILE.

How to Use A-CAM Products

Tea Brewing:

Place one level teaspoon of herbal tea in a cup filled with steaming water. Cover and let steep for 5 minutes, enjoy hot or cold. One level tablespoon per 5-cup pot.

Balneo Bath:

Full Bath: Fill the bathtub with warm water and add 10-15 drops of the essential oil or desired blend just before entering, swirl the water to distribute evenly. Soak for at least 20-30 minutes while breathing deeply and relaxing. Do not take a soap shower after bathing; this will interfere with the aroma and the therapy itself.

Foot Bath: Fill a pan with warm water and add 4-6 drops of the desired essential oil or blend. Soak feet for 20-30 minutes.

Olfactory/Smell:

Apply one to two drops of the blend or oil to fingertips and rub between your fingertips before gently applying to nostrils. Cup hands over nose and gently breath-in deeply for a few seconds. Can be also applied one drop to palm, rub hands together and gently smell.

Headache Blend: Apply the recommended blend, one drop between fingertips and gently touch/apply to the left and right temple before following the above olfactory/smell directions.

NOTE: If your skin is sensitive, essential oils/blends can also be affective by placing a few drops in a tissue and breathing in deeply for a few seconds. Uses only when needed, do not exceed more than eight times per day.

Aerotherapy/Room Diffused:

Air Conditioning System: In a 16 to 24-ounce heavy-duty spray bottle add 20-25 drops of desired oil or blend and fill with water. Spray directly into A/C vents and filter on a weekly basis.

Humidifier or Dehumidifier: Follow your appliance directions, fill with water and add 20-30 drops of desired essential oil/blend.

Effective Combinations

- ✓ **Pain Management**: Muscle Ache Plus Synergy and Muscle Ache Tea Blend. (Lupus, Fibromyalgia, Arthritis, Relaxing)
- ✓ **Acid Reflux**: House Tea & D-Stress Oil Synergy
- ✓ **Bleeding Gum**: Aromaclay Toothpaste
- ✓ **Acne**: Skincare Clay & Skincare Oil Blend
- ✓ **Insomnia**: Insomnia Tea & Essential Oils
- ✓ **Headaches**: Headache & D-Emotion Synergy
- ✓ **Psoriasis**: Skincare Salve & D-Stress Synergy
- ✓ **Sinus & Cold**: Tea Blend & Sinus & Cold Synergy

Additional Services

A-CAM Consultation\$50.00

Individual Consultations Available

Family Planning (Couples)

Pre-Conception & Pre-Natal Consultation

Consultation includes: Environmental Assessment



Go to www.A-CAMlife.com
www.A-CAMeducation.com
for more information.