

# Penny & Christina

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## SPEAKERS

Penny Stadick, Christina Smith

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### Christina Smith

Oh Well welcome back to the midlife Mojo Summit. I'm so excited to have you here I am going to learn some stuff in this session as well as you are probably because I do not know a whole lot about essential oils. But luckily we have the expert Penny stick that is going to help us with this. And just so you know, she is the one who created that midlife Mojo blend for this specific Summit. And I really thank her for that. And she's going to tell us a little bit more about that as well as what we want to look for essential oils, what the, you know, some tips about using them and medication, all kinds of really good stuff. So stay tuned. Welcome, Penny, thank you so much for being here.



### Penny Stadick 00:48

Thank you for having me. It's my pleasure to be here and educate. Yes, yes.



### Christina Smith

I'm so excited about this, because you really do know a lot about essential oils. Tell us what it is that you do. And and what we're going to talk about today.



### Penny Stadick 01:06

A so I own my own company. I've had it for about seven years. It's called grounded oil botanicals. And I do private consultations. And I sell a lot of different things on my website, from essential oils to herbal teas to SAVs perfumes. So I do a lot of different things involving aromatherapy and essential oils. So I'm super excited to be here. Because when I went through menopause, I was 25. And I didn't have the knowledge I have now. So I suffered through the hot flashes. I suffered through the mood swings, I suffered through the anxiety to the depression to the everything that MIT perimenopause menopause gives you. And I didn't know

anything about any of this back then. So I'm super excited to bring this so that people can understand how the OLFA carry system works, and how to use the oils, what oils are great, you know, give them a countdown of what to look for and things like that. Beautiful. So give



Christina Smith

us a little bit of a science because I know that there's a lot of people, perhaps even me in the past that were like essential oils, like who could sniff in something change in my body chemistry, right? Like, how, how does that help? And yeah, I still know that like our nose is so important that I can smell a smell today. And it can take me 3040 years back and be like, Oh, I know what that smells like grandma's kitchen or something right. And yet, I don't think that we give enough credit to our olfactory or different senses to say that they can actually shift how, how we're showing up in the world how our bodies are feeling. So tell us a little bit about the science behind these essential oils in the first place.



Penny Stadick 03:04

So I'm going to start off by saying there's two ways that I always tell my clients is best to use them, and one is inhalation, and the other one is topical. So inhalation your olfactory system, your smell. This system includes physical organs and cells within your own within your nose, you know those little hair follicles and everything. But that part of your body is also directly connected to your Olympic system. And as you know, hopefully would know your limbic system is also called the emotional part of your brain. So when you smell staff example, like you just said, takes you back to a different time, it can, when you go by a restaurant and you smell that steak on the grill or whatever. It's like, ooh, that's really good. So essential oils can actually the chemical components with enemy central oil go in through the nose, up through your olfactory system, which is the organs and the cells in your nose and hit your Olympic system, while your limbic system then takes those airborne molecules, and it tells your brain to do stuff. So all the signaling comes from your Olympic system. So it then turns around and tells your body okay, these molecules help with this. And these molecules help with that. So then your body reacts to them. Just like when you smell pumpkin pie, right? It helps you relax, right? Or oh, that's really good. So you sit back and you know, so the oils can do the same thing through the moments that are in those essential oils. So it's really cool to to know that you can just inhale something and your body has the innate ability to tell it what to do with those chemical components to help your body through whatever it is is going through.



Christina Smith

So it's almost like Eating really good food versus eating fast food, right? Like our brains are going to tell our bodies, that there's different things going on, right? Like, if it's some kind of garbage, it's gonna be like, Oh, well, this is SNAP food grab, like macaroni and cheese, time to go take a nap. Now you're gonna need a nap after this. As opposed to if I eat something healthier, and it's like, okay, we can keep going.



Penny Stadick 05:27

Correct? Correct So it's really cool So during inhalation the odor, you know, it travels to the

correct. correct. so it's really cool. so during inhalation the odor, you know, it travels to the nose and affects the brain receptor sites. And FX, your Olympic system tells your body what to do. And it's amazing how it all works. And then when you're talking about applying it to your skin, your skin is actually the biggest organ that you have. So the permeability, permeability, I'll get it right. Just so you know, so it just soaks it right in. And one of the things that I like using, it's in the roller is hobo oil. A hobo oil is actually a wax, it's not actually an oil, it's a liquid wax. But it has, it's very similar to the chemical composition of our skin. So it absorbs quickly, easily, and doesn't have any reaction because there's no scent, there's no like, some people are allergic to coconut oil, some people are allergic to almond oil, some people, I've never had anybody have any reaction to the whole boil. So that's all I use. Because there's I've never seen an allergic reaction to it ever, because it has the same very close to the same composition of our skin. So



Christina Smith

that's what you would call the carrier oil, right? It carries the other oils for the scent, basically,



Penny Stadick 06:58

right that you rub onto your body. It's like lotion. So you go to the store, right? And you buy a lotion that has a lavender scent to it. And you put that on. But is that lavender scents? Good for you? Or is it chemical based, you know. So you really, I make all of my own stuff, I don't really buy stuff from the store, because I don't add extra chemicals to my body or in my house. So I just think it's it's really intriguing and interesting to see how your body can pull this stuff in, and how it reacts to help you with hot flashes and move and attention in focus and depression. It's just phenomenal how essential oils can assist with everything that women go through in that stage of life. So I'm, I'm fascinated, it's just fascinating. So



Christina Smith

it is fascinating. They think a lot of us think like, the only solution is to go to the doctor and get a pill for all of our different symptoms or even hormones or something which I'm not saying those things are often necessary as well. But I like the idea of starting, like let me try something less invasive, like essential oils before I start going directly to medication or pills or any of those other things. That's me personally, I know that there are women that need it and should I ever need it, I will go right to the pill if that's if nothing else is working. But I love the idea that essential oils, I mean, this is something that people have been using for 1000s of years and other countries, right is like really tuning in to how all of these different oils can benefit our health in different ways. Which you know, I just feel like in this country, we tend to go straight to the medication. Correct.



Penny Stadick 09:04

And I always tell people I don't treat. Okay, so I don't diagnose, treat or cure any disease. I assist your body with this innate ability to do what it's supposed to do using essential oils and herbs and nutrition. I mean, it's it's in nutrition and oils and herbs are so important when you're going through that perimenopause, menopausal state of your life, because your body's

depleted and installing a pill isn't necessarily going to give your body back what it needs. So, if I had a choice between I tell people go to the doctor, get your diagnosis, get that prescription, stick it in your back pocket, then go talk to you aromatherapist



Christina Smith

to see if some of the things are going to help before before we have to turn to the I mean because like for me to put in the pill With a pill of some type, there's always side effects. There's always other things that they can interact with. And so for me personally, because I know that you're all about health and natural health, and I went to the Institute of Integrative Nutrition as well, and like, I want to try things that are not not dependent on, like, because I feel like medication my body can get dependent on. And so again, this doesn't mean that you might not need medication, but why not try a few things first, that may be less invasive or less health affecting



Penny Stadick 10:43

Yeah, because the only so I have never come across an issue with someone using essential oils unsafe. So essential oils are one of the safest things as well as herbs as long as they're used appropriately, as long as they're used. Under advice under instruction under I'm not saying you can't put essential oils and a diffuser and have a nice scent in your home, which is phenomenal. But if you're going to use it for things to help your body through certain medical issues, like menopause, you want to make sure that you're talking with someone who's going to give you the right dosage, the right schedule of how to use it, the purity level is there. Making sure that when you're using it, you're following the instructions because most most of the time when there's an adverse reaction with essential oils, it's because it's not being used appropriately is being misused, which causes the reaction with essential oils, less is more where people are like, Oh, it's a plant. So how can it be harmful? It can be essential oils can interact with medications, essential oils do interact with medications. So if you're using an essential oil and you're on a medication, like progesterone or something for I've never taken hormones, so for your hormones or something for depression or anxiety to help you get through that, make sure that your doctors know that you're using aromatherapy, because you may have to decrease your medication if you're gonna stay using aromatherapy. So, yeah, a lot of people are like, well, it's a plant. So how can it interfere? Well, it does. So you need to make sure that you're communicating with your doctor, if you're using aromatherapy for a specific issue that you're taking a medication for. Also, people are like, well, how can you be allergic to something? So if you're allergic to grapefruit? I usually tell people don't use great from essential oil. People say, Well, it's just this well, grapefruit essential oil is 1000 times more stronger than the grapefruit. So if you can't eat grapefruit not to say that you're gonna have a reaction from the oil, but to be on the safe side, I wouldn't use it.



Christina Smith

Yeah, that makes complete sense. Because it's like a it's a high dose of of that allergen that you're having. And I think that sometimes people think, Oh, I'm just smelling it. Well, the reason we can smell it right is because the molecules that are entering our nose, so it's still entering our body is what you're saying. Like it's still, though getting into our bloodstream and our

thoughts and you know, our Olympic system, as you just said, so yeah, being really aware of that, I think is really, really important. And the fact that it can interact with medications, I think sometimes we think like oh, it's just a pretty scent. You know, like it doesn't really have any medicinal properties, but they do have medicinal properties. This is before we had the magic pills. This is what people used Yeah, as medicine is they went and found the flowers they went and found the seeds or whatever it is that they got their sense from. And this actually changed people's bodies. I think the reason we don't notice it is because today we have this instant gratification pill, right where it's like you take the pill you feel better you've take the pill you feel better where essential oils sometimes take just

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Penny Stadick 14:47

work and adjust because your body is doing it naturally versus putting a bandaid on it, where the essential oils can assist your body and taking care of what's going Hang on, because your body has the ability to do that with a little bit, not just



Christina Smith

the symptoms, right, not just the symptoms, which is often what pills are doing is they're not really curing the problem. They're just taking the symptoms away.

P

Penny Stadick 15:14

They're just making that band aid to where you feel better. Eventually, that band aid gets ripped off, because it stops working. And then your symptoms are 10 times worse. So I just tell people, you know, go get diagnosed, get that prescription, stick it in your back pocket, go talk to a holistic practitioner, talk to an aroma therapist, talk to a certified medicinal herbalist, and see if there's something that they can do to help you through what you're going through before you go pick up that prescription. Or I have actually a lot of clients that use both like I'm working with someone right now, who has MS. And she uses both. Right, I have someone who I actually helped through menopause, I make a vytext spray for her. And when she has a hot flash, she sprays it right on her and it like cuts the hot flash like now. I've helped people through mood swings and stuff with cancer. Some of the testimonies are out all over the place, you can go online and Google it if you wish.



Christina Smith

All your information will be below so that they can they can go clickety click on your website and everything too. Yeah, and

P

Penny Stadick 16:37

my information is out there, email me Call me whatever you want to do, I will answer as quick as I possibly can. Because I'm extremely busy. But yeah, essential oils are like the most when I first got introduced to them. And I fell in love with them immediately, I became a medicinal

herbalist first. But then when I, when I started getting introduced to the oils, I'm like, This is so much more powerful, and so much more memorable. You know, because it has such an impact on your body. It changes essential oils can change the chemistry within your cells. And some essential oils actually cross the blood brain barrier. So it's really important that you have proper guidance. And it's really important that you get proper information. There's so much information out there. But it's not all accurate. And that's not all true. I try to stay up on everything. And I talk from a space of love and compassion. From my understanding, I could be misunderstanding something I don't know. I could be, you know, doing something different than most people would do. But I do the best that I can. In this world, things change so much I can know something really well, one day and the next day, something's changed on that exact same thing. So it's it's a evolving world. And people say, well, there's no scientific evidence there is it's just hard to find because it has to be privately funded, because the government, you know, but there are, I mean, their hospitals are starting to use it. MD Cancer Center has information on their website. And be aware though I want everybody to be aware. There is I don't want to offend anybody. But I also want you to to know that if your doctor is at is saying, Well, you can use this oil or this oil, you need to make sure that they're certified. They may be your doctor. But not all doctors go to the extent of getting certified in understanding essential oils. They a I've ran into a few because their doctors and they use aromatherapy within their practice. People believe that, but it's like, but they didn't go out and get the education. Do you know what I mean?



Christina Smith

Sure, it's like a doctor saying that they know how to fix your dog and it's like well, you kind of need a different certification for that right? Work on people that doesn't necessarily mean everything translates to dogs and so we need we need that specialty. And tell us a little bit about purity because I know like you can find essential oils in the dollar store if you really wanted to and I'm assuming that is not the same as the quality that you are putting out there.



Penny Stadick 19:53

No. So when you are looking at purchasing essential oils, I tell everybody if you don't want to buy For me, I'm perfectly okay with that. If you choose to buy from me go out to my website. But if you don't, that's perfectly okay. I just want to make sure that you guys understand that essential oils are not all created equal at all. Do not buy them from grocery stores do not buy them from gas stations do not buy them from the Dollar Tree Walmart. Definitely don't buy them off of Amazon. There is no way any central oil can be that cheap. Essential oils are expensive. I don't make a huge profit off of my oils, my oils are priced extremely low, because I want people to have them. I buy my oils directly from the distillers. And they're imported through a company who does my purity testing before I get them, if I don't like them, I send them back. I'm very particular about what I use. And all the oils are on my site I've used myself. I just want people to know that not all boys are created equal. They're cut with all kinds of different things. And if you go out to Facebook, and you follow Dr. Papas he does. He pulled he buys oils from everywhere and test them because he's a chemist. And he has debunked so many different companies on the purity of their oils. I personally have a chemist here in Mesa, down here in the Valley. And he tested an oil off of Amazon and it was 80% motor oil,





Christina Smith

motor oil with essential oil, oh my goodness, then you're either putting on or you're putting that in your diffuser. And now you have motor oil. Yeah.



Penny Stadick 21:48

So be careful with buying them from, you know, these different places because it could cause harm. And that's where I think the harm comes in. The safe value comes in the being able to know the person that you're buying it from and not just the name of a company, being able to actually communicate with the owner being able to actually there's quite a few so like my company's called branded all botanicals. There is Sedona aromatics, I believe it's called there is there's so many out there that I know the owners have in their oils are extreme. I mean, we buy them directly from the distillers. So if you don't want to buy it from me, and you want that list, I can't remember it off the top of my head. You know, when you hit my age, it's the memory just kind of



Christina Smith

that That's right. I mean, and I've seen the prices on your site, they are quite a few, like affordable, I believe, I mean for getting quality things, right. Like, like I believe in quality over quantity anyway. Because like I mean, we know that if we buy something from the dollar store, it's not going to nearly last as long as if we buy the brand name and you know, whatever it is, but even when it comes to this, like this is an ancient medicine. So trying to go to something different like trying just to buy willy nilly, whatever, because it's cheap is not the same thing. So if you've tried essential oils before, because you've got them from the grocery store, you got them from one of these other places that you don't really know that they've been regulated or checked or you know, all of that stuff, then I would really highly suggest that you go to someone like Penny who has the experience knows exactly what's going into these oils. Because these these can't be cheap. When we think about essential oils. This is coming from the oil of a plant like you know how many plants you need in order to get like a bottle of essential oils. It's a lot of plants. And that's why people try to make it real cheap. But they're no different than like a basically like a glade plugin or something right? Like there's a smell to them. Sure, but it doesn't mean it's healthy for you.



Penny Stadick 24:33

Correct. It's like spraying a chemical component, you know? So, I'm okay if you don't want to buy it from me. If you want to know the name of the other companies that I recommend, email me I'll gladly give them to you. Because I believe in in the aromatherapy field that we support each other. And we want to bring awareness to the fact that you have to be careful with that and not just willy nilly with them and get them off a store shelf. Or order the, you know, from companies or other people or eBay or you know, these places because you don't know what you're getting, you know, you know



Christina Smith

that the reason really because their their their business which is why Penny is a real person

that the person really knows their, their, their business, which is why Penny is a real aroma therapist and that she actually has certifications in these things. It's not just oh, she really likes the idea of essential oils. And one day just opened up a business and was like, Oh, sure, she actually has studied these things. So tell us a little bit about your education on on aromatherapy.

P

Penny Stadick 25:47

So I started in aromatherapy, only 10 years ago. And I got my education, I started my education at aroma hood Institute. I've also gotten education from aroma hood. I've got education from Robert tester, and I've got education from that, oh, my goodness, there's like three or four other schools that I've gone



Christina Smith

to. Yeah, but this is like, this is your passion. This is something that you are studying all the time. It's not like you took some two month course. And then we're like, okay, yeah, I know, everything I need to know, what I've learned, by talking to you is that you really do you keep up on research to is, is what I've heard from you is like, you want to know what new stuff is coming out? Or what's being said about this oil or that oil so that you can stay up to date. And not everybody does this. Some people like they just learned enough to be like, okay, yeah, I kind of get it. And then they start a whole business on that. And, and we wouldn't, we wouldn't go to a doctor like that, right? Like, oh, yeah, well, I want to pre med school. And that was good enough, right? We would want to know that they actually went through the medical school and went through their residency and all that other stuff, because that's important. So I just wanted to point this out that it's really important that you find somebody who is constantly doing their research that has actually studied, studied this stuff, not just read the marketing material, but actually studied. And tell us if you've been so kind of donate the midlife mojo to the raffle prizes that we have so show up at one of those lives, or at the end of the summit. I'll be raffling one off for comments. So if you want one of those, you got to put something down in those comments and we'll enter you into the raffle. But tell us what's it all about this midlife Mojo and what what it is that you put in there for us?

P

Penny Stadick 28:01

No, with the midlife Mojo? I chose one the first oil is clary sage. So clary sage is also known to alleviate PMS pain relief, levy hot flashes, and soothe in really stressful feelings and also improves hormone balance. So I thought that would be a really good oil to add in there. The next oil that's in there is geranium, which is a chemo type of a rose. This adds balance to your hormones it improves your mood and improves promotes your menstrual cycle regulating it through your perimenopause stage. The next oil is bergamot, I love bergamot. It is very calming, but yet energizing. It relaxes your body but stimulates your mind. I mean it's a phenomenal addition to all that up and down mental health stuff that women go through during that perimenopause menopause stage. And then the last oil that was put in there as labeling. Sometimes it's people pronounce that different. Oil has a very intoxicating aroma. It's a very, for me, it's a very sweet top aroma, very heavy oil. But it's calming and uplifting to the mind all while relaxing stress and tension. It also assists in reducing anxiety and depression. So a lot of women when they're hormones are going like this right? And you come home and you're like,



you're all your body is all anxious in that flight mode, but you're so depressed because your body's changing. And some people look at it as I'm not going to be a woman anymore, right? But you're really becoming more of a woman Hmm, you know, like, so as you're becoming more of that woman and stepping into your power, as you go through perimenopause and menopause, it helps even out that anxiety and the depression and brings it down to a middle level, which is phenomenal. In the blue bottle is a rollerball, and that that blend is put with haha. And Hoba is actually a liquid wax. And that whole I chose because I've never had anybody have an allergic reaction to it. I have people who are allergic to coconut oil, almond oil, all these other types of oils that you can get, but I've never had anybody have a reaction to the whole boba. Because it's so close to the composition of our skin. It absorbs well it feels smooth, and it has no scent. So the scent that you're getting is straight from the oils.



Christina Smith

So this one, you can just roll it right on your skin. And if you don't want one, I just want you to know you can go to her store, she's put it on her store so that we can all go have our own midlife Mojo blend for this uplifting. And really, I mean, medicinal, almost right like because it's also going to help with these hormones, I know that you don't like to call it medicine, because you're not allowed to but



Penny Stadick 31:29

call your body. So essential oils, assist your body doing what it's supposed to do.



Christina Smith

So it gets your messages for your body. Yeah, it gives your body



Penny Stadick 31:41

that tool to understand what it's supposed to do, so that it can do it better. So it's a phenomenal way to add to your routine, your daily uplift. And in the rollerball you can take it with you, right? Put it here on your wrist, you can put it behind your ears, I tell people a lot of times to put it right, see that little crease in the back of your neck where that little indentation is at, roll it in there. Because the it goes directly into your bloodstream and you put it on your body. I see. So and these are areas of your body that have the thinnest skin. So it goes into your body quicker. So it's a phenomenal way to get those oils into your body if you don't want to inhale them.



Christina Smith

Beautiful. Then you offer this second one, right? Yes, which is not in a roller ball. Tell us about that.

P

Penny Stadick 32:42

So that one oil, that one is just the oil. So with that in mind, you can either put it in a nasal diffuser, or you can put it and I'm going to tell you if you have a room diffuser and you want to use that. That's okay. But make sure that no one else is in the room with you. So like if you're in your private office like we are now you can definitely diffuse it in there while you're in there. But don't diffuse it because it's not meant for everybody is typically formulated for Karen Smith, midlife women. Yeah. It's specifically formulated for specific. So it's not something that you want to run in your living room or you want to unless you're home by yourself, right. So it's specifically for us as women because your child doesn't need it because their hormones are fine and you don't want to mess up their hormones, right. So so it's something for us. If you choose to add it to a nasal inhaler, you can go out to Amazon, you can buy those little plastic nasal inhalers. They also have glass ones, I love the glass ones. Simply because oil can soak into plastic. So I get the glass ones and they're cute. They look like little lipstick tubes. The outside is metal comes in different colors. Take the top off, you pop the inside out it's glass. It's a glass bottle like the one there. It's got a little cotton thing in it, you put the oil on it, I wouldn't do any more than about maybe 10 or 12 Most 15 drops into a nasal inhaler. And then how you know how to refill it is when you go to inhale and there you really can't smell it and you can drop some more oil in it. Or if you want to put it into the Rollerball, you put like 1520 drops into a rollerball and then fill it up with a carrier oil. I would suggest using whova but you can use whatever you want to use whatever you're comfortable with, on I use it that way as well. So you can also put a



Christina Smith

bottle will last us quite some time. If we're I mean, we're looking at drops, we're not looking at, you're not putting this whole thing into a nice or nasal inhaler, we're just gonna put some drops, even when we add it to the roller ball, if that's what we want to do, we're going to fill that up almost all the way with our carrier oil and then just put up to 15 drops in this little bottle. So these are essential oils can really last you for a really long time, which is one thing that you think is beautiful about that,

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Penny Stadick 35:35

you can also put those drops so you can put, if you love lotion, you can put it in lotion, if you want more instruction on that just email me but you can also use it in lotion, you can put it in bath salts, your bath water to take a bath. So there's a lot of different ways that you can use it, you haven't have proper dosage, and proper amount of like bath salts, I like a half a comp about salt, you know. So if you want more instruction on that just reach out, I'm glad to help you with that. Just let me know that these watched on the summit, and you're interested in knowing more about how to use whatever it is that you need using. And like I said, I'm here. And if you don't use my oils, I'm still here, ask your questions. And if you use my oils, wonderful, I know about them. But and if you're interested



Christina Smith

in your use your oils with a 20% off. So I mean, I think that this is really generous of Penny, she has created a coupon code for everyone who is part of the summit to get 20% off. And that I

mean, that's a pretty big deal, because we already heard she doesn't make a huge profit off of this. That's not what she's about. She's really about making sure that these essential oils are getting in the hands of people who can really use them. And I think, you know, that's such a beautiful mission. And she's really standing behind that by offering us is 20% off in order to get us started with our essential oil journey. If you haven't 30

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Penny Stadick 37:14

days, there's it's 30 days, you get 30 days to order and use the order.



Christina Smith

So go order it now. So your coupon doesn't run out.

P

Penny Stadick 37:25

They get set up. I think my computer guy set it up to start the day of the summit. So you have 30 days from the day of the summit to use it. So beautiful.



Christina Smith

Yeah, and we can definitely purchase within 30 days. If you have any questions for Penny all of our information is going to be below so that you can reach out to her. Ask your questions, get your shopping from her shop in before that coupon expires. And I just want to really thank her for donating all of these she did this out of her own goodness as she created this blend, and then she put them each into roller balls. So if you get the midlife bundle the midlife Mojo summit bundle if you win that these will both be in there so that you can use either the one without the carrier oil for that nasal diffuser, or your air diffuser as long as you're the only one is what I heard in the room. Or maybe you only have other perimenopause people like I could see a women's circle maybe have this going right. Or you have that roller ball and I gotta tell you, it smells delicious. It is uplifting. And I mean just it's a very full flavor. Like I don't even know I'm not really good with describing flavors, but it it's like sweets and muskie at the same time and citrusy like it. It is I love it. I love it. I'm just gonna keep them all open. Smell it and

P

Penny Stadick 39:02

yeah, also let you guys know. I do consultations. So if you order a consultation in the cart, when you have the 20% off, you also get a 20% off your cart. So whatever is in your cart, and you get 20% off, so I do consultations. If there's something that you would like to, you know that you're struggling with, and you don't find something on my website, I also formulates individually, with consultations and stuff like that. And depending upon if you're on medications or if you're not the length of that consultation is different. Because if you're not on medications, it's really easy. You know, you don't I don't need to have all that information. It's \$35 for me to formulate for you. But if you are on medication, then I have to go we have an hour visit because I have to go through Are everything with you? So



Christina Smith

make sure yeah, that makes sense. What a great opportunity, though. I mean, to really think about that, like, I don't think when I was going through my gut issues in my early to mid 30s, I wish I would have had somebody to be like, Oh, well, you can at least try this first, right? I mean, the doctors weren't giving me any solid answers anyway. So just to have something to be like, you can try this, see how you feel. See how it works for you. Because it was much better than they just handed me pill after pill after pill. And I, some of them were depression, anti depression pills. And I was like, I'm depressed because I've been sick for three years. I



Penny Stadick 40:45

feel Yeah, I feel Yeah, you know? Yeah, when women start going through this stage of life, you know, it's, like I had mentioned earlier, some women feel like they're not women anymore. And that's the depression. You know, it's like, what makes me a woman is not going to be there anymore. But let me tell you, I went through menopause at 25. And that empowered me more, that gave me more of I don't know how else to say it, but more strength. Because I knew that as a woman, I gave birth to these children. But now I'm going into this other stage of life, where I can be more empowering and step into who I am as a person versus as a mom, as a wife, as a role. You know. So, take, take it and step into who you are, and step into your power and step into a new life that this is going to give for you. And your whole aspect of what your body's going through. will change and then on top of the oils, because what you think what you do, makes a change in your body. You know, what you put out in the world? You manifesting comes back to you. So if you're putting out into the world, I'm impressed by this not in your life, this all the time. That's what you're going to receive. So step into your power step into the feminine step into who you are as a person, and grab the woman next to you and say let's do this.



Christina Smith

That's a beautiful message. So we'll just end right there so that we can just keep that beautiful message. Thank you so much for being here. And teaching me all kinds of things I did not know about essential oils and for creating the scent of midlife for us with the midlife Mojo. I appreciate you so much for joining on here and being so generous.



Penny Stadick 42:54

Well, thank you for having me and I will be available when I can't be



Christina Smith

beautiful all of her information is below. I really suggest that you go follow her and find her and reach out if you have any questions. And thank you, audience for tuning in. We'll see you in the next session.



Penny Stadick 43:11

Bye everyone.