

*CORPORATE PIT STOP
HOLIDAY NEWSLETTER
2007*



Naturally Clean & Green for Home and Office

A wave of awareness and an undeniable paradigm shift is emerging. People are concerned more than ever about nurturing and respecting our earth, global warming, building green homes and recycling. There was a time when only the hippies from the 60's were concerned with "eco-friendly" products and the government's policies toward them. Now many of us are choosing personal health care and cleaning products that support, instead of detract, from our health. These choices are reciprocally healthy as they don't damage the air, water, and environment's balance when we use them; most especially, our revered and ailing Chesapeake Bay here in Maryland.

Backed by scientific testing and confirmation from 25 U.S. hospitals using them daily, (Sloan-Kettering Cancer Center & Beth Israel Complementary Care Center in N.Y.), therapeutic grade essential oils are by far nature's ultimate answer to the myriad of present day health challenges. Essential oils have strong antiviral affects, & even when diluted kill bacteria that antibiotics do not. They have been used for centuries as antiseptics, & are still used today in oral disinfectants. A mouth rinse with essential oils of thyme, peppermint, wintergreen, & eucalyptus is more effective in improving oral health than a fluoride-based antiseptic, according to the 1999 Journal of Clinical Periodontology.

The history of modern antiseptics reveals that Dr. Joseph Lister, a British surgeon, was the first to disinfect surgical rooms with eucalyptus oil vapors to stop deaths from infection. His surgical antiseptic that reduced the death rate from 50% to less than 3% during major surgeries contained phenols and other compounds from common essential oils – thymol from thyme, eucalyptol from eucalyptus, methyl salicylate from wintergreen and menthol from peppermint.

Another historical essential oil testimonial is the Legend of the Four Thieves. When the bubonic plague struck Europe, over 25 million people were wiped out in five years. During this time four thieves (somehow resistant to infection) circulated among the dead and dying to loot and rob their homes. When finally apprehended, and by threat of death, they were forced to reveal the recipe that kept them immunized. A copy is in the museum of Old Marseille and is the "four thieves vinegar" recipe, consisting of white wine vinegar, wormwood, meadowsweet, wild marjoram, 50 cloves, rosemary, horehound and camphor. After 15 days they would rub it on their hands, ears and temples when approaching the plague victims.

Dr. Diane Horne of Weber State University confirms the above historical references through her research mentioned in the Journal of Essential Oil Research. She found that the longer the essential oil blend was diffused into the air, the greater the reduction in microbes. The blend was clove, cinnamon, lemon, eucalyptus and rosemary, which killed over 99% of Staphylococcus (Staph)

bacteria in only 12 minutes of diffusion! As antibiotic-resistant Staph (MRSA) moves from hospitals to the general community, we can remain hopeful that essential oils in hand wipes, mouthwashes, toothpastes and household cleaning products are a safe and simple delivery system for promoting and sustaining our family's and employee's health.

There is now a clear link between childhood asthma and household cleaning products such as bleach, window cleaner, aerosols, carpet cleaner, chlorine, pesticides and insecticides. The corporate arena is revealing high levels of cancer in janitorial staff due to toxic chemicals in cleaners. Hopefully it is our awareness of the causative effects that will undoubtedly empower us to change. I use Thieves blend and essential oils in my home as an oven cleaner; drain opener, floor and bathroom cleaner, and disinfectant everywhere imaginable. It is actually fun and exciting to work with aromatherapy products that empower my health, and leave my house smelling great.

In the office, Thieves essential oil spray cleans and disinfectants everything – door knobs, desks, bathrooms, keyboards, floors, and anything that is touched including the phone and desk. When research shows that janitorial staff and those in the cleaning profession have the highest cancer rates due to toxic cleaners, it's nice to know there are alternatives. When traveling it is simple to have some Thieves wipes for hands, the hotel bathroom, TV remote, and to use as an air purifier.

Health affirming, environmentally sustainable choices for our families, employees, offices and for the glorious earth that we live on, will not only benefit us now, but will enhance life for many generations to come.

Sharing and incorporating this valuable information with employees is just as important as worksite ergonomics, employee assessments and their regular massages with our staff. The outward appearance that management cares about an employee's health improves employer-employee relations and translates into increased profit and productivity for both your company and your employees.

That mission has always been the same at Corporate Pit Stop – to assist companies and organizations to improve the health of their employees or students and to be a pro-active partner. As we approach our Ten Year Anniversary in business I would like to thank you for your loyalty and dedication to corporate wellness, as it takes fearless leaders and management teams to choose to spend their budgets wisely toward their greatest corporate asset – their employee. I also thank-you for your willingness to share the gift of corporate massage with other companies by way of a gift certificate for your valued corporate clients. It is a memorable moment that all will remember you by.

I would like to close with this most uplifting moment I recently experienced. As a member of the Baltimore/Washington Chamber of Commerce, we were all invited to an historic moment for lunch at N.S.A. on Fort Meade. This was a first, as N.S.A. has never had an outside group for any reason come into their building, having been a Chamber member since 1958. With welcoming smiles, great food, and wonderful N.S.A. employees, the highlight was the Deputy Director Chris Inglis, and Director Lt. General Alexanders' speeches. Despite the seriousness and high level security they operate in every day by protecting our country, their delivery and humor brought to light this reminder: their people-centered culture within N.S.A. and their relationships with community businesses is vital.

We at Corporate Pit Stop are honored to work with you as you infuse that same "corporate culture" on a daily basis. From my entire staff - Cheryl, Tamara, Viriginia, Chelle, Bonnye, Rene, Lisa and myself, we wish you a Merry Christmas and Joyous Holiday. May the New Year of 2008 surpass your vision and goals.

God Bless You,
Linda Penkala