

# Dr. Benjamin Perkus to teach Essential Oils Boot Camp

“This knowledge is critical for anyone who wants to use essential oils and nutrition as their primary means of getting and staying healthy.”

Essential Oils have emerged as one of the safest, most effective, and scientifically validated forms of herbal and natural medicines.

“The biggest problem I see with people who want to use natural medicine is that there is so much information out there that they don’t know where to start,” says Dr. Perkus. “I created the Essential Oils Boot Camp to get people educated about an easy to use system that they can use with themselves and their family as soon as they leave the seminar.”

The Training includes:

- How to use the Essential Oils Desk Reference – 30 sections including how essential oils work, methods of application, single oils, blends, body and skin care, cleansing and diet, mouth care, vita flex, Raindrop Technique, usage guide for different conditions, and safety information
- How to find relevant information online in seconds
- Oils for improved memory, learning, focus, and emotional health
- Basic oils used in a first aid kit – how to stop a headache in one minute, how to ease nausea and muscle spasms, healing

cuts and scrapes, insect bites, and much more

- Supplements with essential oils for specific conditions/problems
- Application techniques: Raindrop, reflexology
- All the teaching is done using accelerated learning techniques so there is better retention and more fun!

*“After Ben’s seminar I feel confident that I can throw out my aspirin and other over the counter drugs and find relief with essential oils. He really knows his stuff and has a lot of great audience participation.” Lin Schreiber, Stockbridge, MA*

*“The presentation was great. I love the explanations, common sense, very rich and priceless information. Benjamin Perkus brings a fresh look at natural herbal medicine, very inspiring.” Manon Locas, Montreal, QC*

Dr. Benjamin Perkus is a Psychologist practicing in Binghamton, NY who has been educating people on holistic methods of getting and staying healthy for the last 9 years. He and his wife travel and teach throughout the northeast

**Date: Saturday, November 13<sup>th</sup>, 2010 1<sup>st</sup> Congregational Church, 30 Main St, Binghamton, NY**

**Time: 9:00 AM – 5:00 PM**

**Tuition: \$50 per person for the day (pre-registered). You can also bring a family member or friend for an additional \$25 if they are pre-registered.**



You will need an Essential Oils Desk Reference (4<sup>th</sup> Edition) to bring with you. They are available for \$39.95, just click here or cut and paste this address into your web browser to order:  
<http://astore.amazon.com/wwwnortheast-20/detail/0943685494>

Pre-Registration required. To register call

Ben and Elaine Perkus at 607-648-4959.