

## Who is Alexandria Brighton?

Alexandria Brighton is an Aromatherapy formulator, educator, and owner of the Brighton Institute of Botanical Studies with over 30 years of experience in the Ayurvedic Medicine, Aromatherapy, herbal, and natural remedy world.

She began her holistic alternative medicine career in the early 1970's when she participated in a study group led by Dr. Paul Wedel. Dr. Wedel was an oncologist and a true pioneer in the study of traditional and alternative medicine. He was one of the first American doctors to introduce alternative medicine to the United States. Dr. Wedel was studying with Dr. Hans Neiper, a German oncologist who started the German Cancer Society.

In the early 1980's Alexandria started The Degenerative Disease Clinic in Mexico while using Dr. Wedel's methods. She continued her herbal education by completing Dr. Christopher's Herbal Medicine course. All this education led Alexandria to create her own herbal pharmacy.

The herbal pharmacy became an herbal supplement company, which then became a Multi-level Marketing company.

During this time Alexandria was given an herbal supplement that had a drop of an Essential Oil in it. This led Alexandria onto her Aromatherapy path. Alexandria searched for Essential Oil education and found it through French and English doctors.

Through the late 1980's Alexandria continued to run the Multilevel Marketing company from the United States all while forging ahead to create herbal supplements, herbal tinctures, herbal teas, and now Aromatherapy blends. It is during this time that Essential Oils, Aromatherapy, and Ayurvedic Medicine were starting to come into the United States.

Alexandria, Paula, and Ben guarantee all of our products will meet your standards because they always meet ours! When purchasing any of our products you can take comfort in knowing that we accept only the purest, cleanest, and minimally processed ingredients.

In the early 1990's Alexandria left the Multi-level Marketing company she had founded and once again started another company, focusing on the need for Essential Oil and herbal supplement education, and, most importantly, safety. At this point in addition to her herbal supplement blends, Alexandria had formulated over 100 different Aromatherapy blends. She was sourcing her Essential Oils from a French laboratory owned by a biochemist. It's during this time that Alexandria realized the importance of specific healing collections. She began creating Essential Oil and Ayurvedic Medicine classes with a focus on safety and treatment protocols.

In the mid to late 1990's Alexandria felt the need to be close to her aging mother so she closed her company and moved home to Idaho. Yet during this time, Alexandria was highly sought after for her innate ability to formulate therapeutic properties. She worked as a contracted formulator for Multi-level Marketing companies and natural based cosmetic, spa, and perfumery companies. Alexandria found the time to travel throughout Northern India and the Himalayas where she once again studied under medical doctors with a focus on Aromatherapy and Ayurvedic Medicine.

Based upon Alexandria's unconditional belief and trust in Ben and Paula Scarcella, in 2012 they formed a partnership to offer Alexandria's formulas exclusively through goDésana, and later in early 2017, Heart & Body Naturals. The beautiful partnership of Alexandria Brighton with Paula and Ben has opened the door to her sourcing from artisan distillers – allowing the expansion of her pristine-sourced Essential Oils and Ayurvedic Herbs.

The collaboration of Alexandria Brighton and Paula and Ben Scarcella ranks superior. Aromatherapy and Ayurvedic Medicine has become the frontline of preventive healthcare. The importance of aligning yourself with a reputable company and a prominent formulator and educator is of the highest importance. Many lives have been, and will continue to be, touched by Alexandria Brighton through her education, formulas, and friendship.