BLESSED BY essential oils
SIMPLE GUIDELINES AND USES OF ESSENTIAL OILS

BY HILDE LARSEN
DEAR FRIEND

I am so excited to share one of my great passions with you, one that will have magnificent effects on your health. If you know anything about me, you know that I am all about nature. I am all about natural healing and living FREE.

The oils are natures treasures, they are our helpers and our blessings. Together with our wild botanicals, they are our gifts from God. Essential oils are created from plants, stems, and botanicals. They are used in many ways, and have many benefits.

This is a guide that I hope will inspire you to use the oils for yourself and your family. Be blessed with these simple tips. Enjoy the information on how to use the oils in your every day life. By learning about, and experiencing the essential oils, you are empowering yourself.

After my hip surgery, I made a blend of Frankincense, Clove, and Lavender essential oils in a coconut carrier oil. WOW, the scar was almost gone within 3 weeks! I mean, the doctor could not believe what he was seeing.

“TRUE FREEDOM IS KNOWLEDGE PUT INTO ACTION”

Hilde Larsen
table of CONTENTS

<table>
<thead>
<tr>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>A TRUE BLESSING</td>
<td>i</td>
</tr>
<tr>
<td>THREE WAYS TO UTILIZE ESSENTIAL OILS</td>
<td>1</td>
</tr>
<tr>
<td>DIFFUSING OILS</td>
<td>1</td>
</tr>
<tr>
<td>APPLYING OILS TOPICALLY</td>
<td>1</td>
</tr>
<tr>
<td>INGESTING OILS</td>
<td>1</td>
</tr>
<tr>
<td>FAVORITE ESSENTIAL OILS AND BEST USES</td>
<td>2</td>
</tr>
<tr>
<td>THESE ARE MY PERSONAL FAVORITES</td>
<td>2</td>
</tr>
<tr>
<td>15 USES FOR OREGANO</td>
<td>4</td>
</tr>
<tr>
<td>15 USES FOR FRANKINCENSE</td>
<td>7</td>
</tr>
<tr>
<td>15 USES FOR LAVENDER</td>
<td>9</td>
</tr>
<tr>
<td>USES FOR LEMON</td>
<td>11</td>
</tr>
<tr>
<td>15 USES FOR PEPPERMINT</td>
<td>14</td>
</tr>
<tr>
<td>15 USES FOR MELALEUCA</td>
<td>16</td>
</tr>
<tr>
<td>A-Z WAYS TO USE OILS FOR HEALTH</td>
<td>18</td>
</tr>
<tr>
<td>ABDOMINAL CRAMPS</td>
<td>18</td>
</tr>
<tr>
<td>ACHES</td>
<td>18</td>
</tr>
<tr>
<td>ACNE</td>
<td>18</td>
</tr>
<tr>
<td>ALLERGIES</td>
<td>18</td>
</tr>
<tr>
<td>AMNESIA</td>
<td>18</td>
</tr>
<tr>
<td>ANEMIA</td>
<td>18</td>
</tr>
<tr>
<td>ANXIETY</td>
<td>19</td>
</tr>
<tr>
<td>APPETITE SUPPRESSANT</td>
<td>19</td>
</tr>
<tr>
<td>ARTHRITIC PAIN</td>
<td>19</td>
</tr>
<tr>
<td>ASTHMA</td>
<td>19</td>
</tr>
</tbody>
</table>
# Table of Contents

- Atherosclerosis ........................................... 19
- Athlete’s Foot ................................................ 19
- Autism .......................................................... 19
- B ................................................................. 19
- Back Pain ....................................................... 19
- Bee Sting ........................................................ 20
- Bell’s Palsy .................................................... 20
- Bleeding ......................................................... 20
- Bleeding Gums ............................................... 20
- Blisters on Feet ............................................... 20
- Bloating ........................................................ 20
- Blood Clot in Veins ........................................... 20
- Boils ............................................................. 20
- Bone Pain ...................................................... 21
- Bone Spurs .................................................... 21
- Bronchitis ....................................................... 21
- Bruises .......................................................... 21
- Bunions .......................................................... 21
- Burns ............................................................. 21
- C ................................................................. 21
- Callouses ....................................................... 21
- Candida .......................................................... 21
- Canker Sores .................................................. 22
- Cataracts ........................................................ 22
- Cavities .......................................................... 22
# Table of Contents

- Cellulite ...................................................... 22
- Chapped Skin .................................................... 22
- Chicken Pox ..................................................... 22
- Chronic Fatigue .................................................. 22
- Chronic Pain ..................................................... 22
- Clogged Pores ................................................... 22
- Cold ............................................................... 23
- Cold Sores ......................................................... 23
- Colic ................................................................ 23
- Colitis ............................................................. 23
- Concussion ......................................................... 23
- Congestion ......................................................... 23
- Conjunctivitis ..................................................... 23
- Constipation ....................................................... 23
- Convulsions ....................................................... 23
- Corns .............................................................. 24
- Cough ............................................................. 24
- Cramps ............................................................. 24
- Croup .............................................................. 24
- Cuts ................................................................. 24
- Cyst ................................................................. 24
- Cystitis ............................................................ 24
- D ................................................................. 25
- Dandruff ........................................................... 25
- Dehydrated Skin ................................................. 25
<table>
<thead>
<tr>
<th>Condition</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>DENTAL INFECTION</td>
<td>25</td>
</tr>
<tr>
<td>DEPRESSION</td>
<td>25</td>
</tr>
<tr>
<td>DIABETES</td>
<td>25</td>
</tr>
<tr>
<td>DIABETIC SORES</td>
<td>25</td>
</tr>
<tr>
<td>DIARRHEA</td>
<td>25</td>
</tr>
<tr>
<td>DIZZINESS</td>
<td>25</td>
</tr>
<tr>
<td>DRY SKIN</td>
<td>25</td>
</tr>
<tr>
<td>E</td>
<td>26</td>
</tr>
<tr>
<td>EAR INFECTION</td>
<td>26</td>
</tr>
<tr>
<td>ECZEMA</td>
<td>26</td>
</tr>
<tr>
<td>EPILEPSY</td>
<td>26</td>
</tr>
<tr>
<td>EXHAUSTION</td>
<td>26</td>
</tr>
<tr>
<td>F</td>
<td>26</td>
</tr>
<tr>
<td>FAINTING</td>
<td>26</td>
</tr>
<tr>
<td>FATIGUE</td>
<td>26</td>
</tr>
<tr>
<td>FEVER</td>
<td>26</td>
</tr>
<tr>
<td>FLATULENCE</td>
<td>27</td>
</tr>
<tr>
<td>FLU</td>
<td>27</td>
</tr>
<tr>
<td>FOOD POISONING</td>
<td>27</td>
</tr>
<tr>
<td>G</td>
<td>27</td>
</tr>
<tr>
<td>GASTRITIS</td>
<td>27</td>
</tr>
<tr>
<td>GINGIVITIS</td>
<td>27</td>
</tr>
<tr>
<td>GUM DISEASE</td>
<td>27</td>
</tr>
<tr>
<td>H</td>
<td>28</td>
</tr>
<tr>
<td>HAIR LOSS</td>
<td>28</td>
</tr>
</tbody>
</table>
# Table of Contents

<table>
<thead>
<tr>
<th>Condition</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hangover</td>
<td>28</td>
</tr>
<tr>
<td>Head Lice</td>
<td>28</td>
</tr>
<tr>
<td>Headache</td>
<td>28</td>
</tr>
<tr>
<td>Heartburn</td>
<td>28</td>
</tr>
<tr>
<td>Heatstroke</td>
<td>28</td>
</tr>
<tr>
<td>Hiccups</td>
<td>28</td>
</tr>
<tr>
<td>High Blood Pressure</td>
<td>28</td>
</tr>
<tr>
<td>Hot Flashes</td>
<td>29</td>
</tr>
<tr>
<td>Hyperactivity</td>
<td>29</td>
</tr>
<tr>
<td>Impotence</td>
<td>29</td>
</tr>
<tr>
<td>Indigestion</td>
<td>29</td>
</tr>
<tr>
<td>Infection</td>
<td>29</td>
</tr>
<tr>
<td>Inflammation</td>
<td>29</td>
</tr>
<tr>
<td>Insect Allergies</td>
<td>29</td>
</tr>
<tr>
<td>Insect Repellent</td>
<td>29</td>
</tr>
<tr>
<td>Insomnia</td>
<td>30</td>
</tr>
<tr>
<td>Itching</td>
<td>30</td>
</tr>
<tr>
<td>Jet Lag</td>
<td>30</td>
</tr>
<tr>
<td>Joint Pain</td>
<td>30</td>
</tr>
<tr>
<td>Lactose Intolerance</td>
<td>30</td>
</tr>
<tr>
<td>Leg Cramps</td>
<td>30</td>
</tr>
<tr>
<td>Condition</td>
<td>Page</td>
</tr>
<tr>
<td>--------------------------</td>
<td>------</td>
</tr>
<tr>
<td>LICE</td>
<td>31</td>
</tr>
<tr>
<td>LOSS OF APPETITE</td>
<td>31</td>
</tr>
<tr>
<td>M</td>
<td>31</td>
</tr>
<tr>
<td>MEASLES</td>
<td>31</td>
</tr>
<tr>
<td>MENOPAUSE</td>
<td>31</td>
</tr>
<tr>
<td>MENSTRUAL PAIN</td>
<td>31</td>
</tr>
<tr>
<td>MIGRAINE</td>
<td>31</td>
</tr>
<tr>
<td>MOLD</td>
<td>31</td>
</tr>
<tr>
<td>MORNING SICKNESS</td>
<td>32</td>
</tr>
<tr>
<td>MOTION SICKNESS</td>
<td>32</td>
</tr>
<tr>
<td>MUSCLE PAIN</td>
<td>32</td>
</tr>
<tr>
<td>N</td>
<td>32</td>
</tr>
<tr>
<td>NAUSEA</td>
<td>32</td>
</tr>
<tr>
<td>NECK PAIN</td>
<td>32</td>
</tr>
<tr>
<td>NERVOUS FATIGUE</td>
<td>32</td>
</tr>
<tr>
<td>NOSE BLEEDS</td>
<td>32</td>
</tr>
<tr>
<td>O</td>
<td>33</td>
</tr>
<tr>
<td>OILY HAIR</td>
<td>33</td>
</tr>
<tr>
<td>P</td>
<td>33</td>
</tr>
<tr>
<td>PAIN</td>
<td>33</td>
</tr>
<tr>
<td>PALPITATIONS</td>
<td>33</td>
</tr>
<tr>
<td>PARASITES</td>
<td>33</td>
</tr>
<tr>
<td>R</td>
<td>33</td>
</tr>
<tr>
<td>RASHES</td>
<td>33</td>
</tr>
</tbody>
</table>
table of CONTENTS

<table>
<thead>
<tr>
<th>Condition</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>S</td>
<td>33</td>
</tr>
<tr>
<td>SCARRING</td>
<td>34</td>
</tr>
<tr>
<td>SHINGLES</td>
<td>34</td>
</tr>
<tr>
<td>SHOCK</td>
<td>34</td>
</tr>
<tr>
<td>SINUS CONGESTION</td>
<td>34</td>
</tr>
<tr>
<td>SINUS HEADACHE</td>
<td>34</td>
</tr>
<tr>
<td>SORE THROAT</td>
<td>34</td>
</tr>
<tr>
<td>SPRAINS</td>
<td>34</td>
</tr>
<tr>
<td>STOMACHACHE</td>
<td>34</td>
</tr>
<tr>
<td>STREP THROAT</td>
<td>34</td>
</tr>
<tr>
<td>STRESS</td>
<td>35</td>
</tr>
<tr>
<td>STRETCH MARKS</td>
<td>35</td>
</tr>
<tr>
<td>STROKE</td>
<td>35</td>
</tr>
<tr>
<td>SUNBURN</td>
<td>35</td>
</tr>
<tr>
<td>T</td>
<td>35</td>
</tr>
<tr>
<td>TEETHING PAIN</td>
<td>35</td>
</tr>
<tr>
<td>TENNIS ELBOW</td>
<td>35</td>
</tr>
<tr>
<td>TENSION HEADACHE</td>
<td>35</td>
</tr>
<tr>
<td>TOOTHACHE</td>
<td>35</td>
</tr>
<tr>
<td>V</td>
<td>36</td>
</tr>
<tr>
<td>VARICOSE VEINS</td>
<td>36</td>
</tr>
<tr>
<td>VERTIGO</td>
<td>36</td>
</tr>
<tr>
<td>VOMITING</td>
<td>36</td>
</tr>
<tr>
<td>W</td>
<td>36</td>
</tr>
</tbody>
</table>
# Table of Contents

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>WARTS</td>
<td>36</td>
</tr>
<tr>
<td>WASP STING</td>
<td>36</td>
</tr>
<tr>
<td>WHIPLASH</td>
<td>36</td>
</tr>
<tr>
<td>WORMS</td>
<td>36</td>
</tr>
<tr>
<td>WOUNDS</td>
<td>37</td>
</tr>
<tr>
<td>WRINKLES</td>
<td>37</td>
</tr>
<tr>
<td>BOOSTING HEALTH WITH ESSENTIAL OILS</td>
<td>38</td>
</tr>
<tr>
<td>EMOTIONAL SUPPORT WITH ESSENTIAL OILS</td>
<td>40</td>
</tr>
<tr>
<td>ESSENTIAL OILS AND THE CHAKRAS</td>
<td>41</td>
</tr>
<tr>
<td>DETOXIFICATION WITH ESSENTIAL OILS</td>
<td>42</td>
</tr>
<tr>
<td>COOKING WITH ESSENTIAL OILS</td>
<td>45</td>
</tr>
<tr>
<td>COMMON GUIDELINES</td>
<td>46</td>
</tr>
<tr>
<td>FAVORITE WAYS TO ADD OILS TO FOOD/DRINK</td>
<td>47</td>
</tr>
<tr>
<td>A LOVING DISCLAIMER</td>
<td>49</td>
</tr>
</tbody>
</table>
ESSENTIAL OILS CAN BE DIFFUSED, APPLIED TOPICALLY AND INGESTED.

DIFFUSING OILS
Aromatherapy has been utilized for thousands of years to help support the body. When you inhale essential oils, your brain experiences a chemical reaction that has a positive effect on your entire nervous system.

APPLYING OILS TOPICALLY
When you apply essential oils to your skin, they have an immediate positive effect on your nervous system. You can apply oils topically with carrier oil. Great base carrier oils are almond oil, avocado oil, grape seed oil, and evening primrose oil.

The best place to apply your oils is any area of your body where the skin is thinnest such as the wrist, the nape of your neck, under your armpits, under your breastbone, behind your ears, and the bottom of your feet.

INGESTING OILS
Essential oils can be used in cooking, or added to a smoothie, green juice or any delicious recipe you desire. You can also add to lemon water (lemon oil is great for this).

Essential oils can be taken in a capsule as well. Before ingesting oils, it is best that the oils are certified pure therapeutic grade, and free from all toxins.
My health philosophy is based on nature itself. We are all a part of this amazing perfect living organism, and will thrive in an environment as close to the natural state as possible.

As you learn about essential oils, you will see what oils are right for you and your life, though I will suggest some of my own preferences.

Let us learn about some of my favorite essential oils. I am sure you will see why I love having them in my home. The gifts that keeps on giving!

**THESE ARE MY PERSONAL FAVORITES:**

**LEMON ESSENTIAL OIL BECAUSE IT:**

- Cleanses and purifies the air and surfaces
- Naturally cleanses the body and aids in digestion
- Supports healthy respiratory function
- Promotes a positive mood and cognitive ability
- Helps ward off free radicals, environmental toxins, with its antioxidant benefits
- Soothes an irritated throat

**LAVENDER ESSENTIAL OIL BECAUSE IT:**

- Is widely used for its calming and relaxing qualities
- Soothes occasional skin irritations
- Helps skin recover quickly
- Eases muscle tension
PEPPERMINT ESSENTIAL OIL BECAUSE IT:

- Promotes healthy respiratory function and clear breathing
- Alleviates occasional stomach upset
- Frequently used in toothpaste and chewing gum for oral health

FRANKINCENSE ESSENTIAL OIL, BECAUSE IT:

- Supports healthy immune function
- Lifts the mood
- Promotes radiant skin
- Promotes stress relief
- A great all round health enhancer

"In the Bible's Book of Genesis, Adam and Eve are located in a magnificent garden filled with the scents of flowers, trees and other plants. God, our higher power, created everything we need to support ourselves on an emotional, physical, mental and spiritual level, including wonderful aromatic plants and essential oils."
15 uses for OREGANO

**IMMUNE SYSTEM BOOST:**
Consume several drops in a veggie capsule for periodic immune support.

**KEEP CALM AND OREGANO ON:**
Concerned about the sanitary conditions of a public place you or the kids have just walked on with bare feet? Your feet absorb more than you think.

Follow up by applying one drop of Oregano and Thyme, diluted with 6-7 drops of fractionated coconut oil. Happy feet.

**SAVOR THE FLAVOR:**
Put a drop of oregano essential oil in your spaghetti sauce, pizza sauce, on a roast, or any other entrée for delicious flavor. Because oregano is so strong, you may want to put the drop first on a spoon and then use a toothpick to slowly add oil to the recipe.

**THE BEST DEFENSE IS A GOOD OFFENSE:**
To help keep your home clean, mix three drops of oregano with water in a spray bottle and spray it in corners of the shower, sink and other damp and darkened areas.

**LITTLE ITALY AT HOME:**
Put a drop of oregano and a drop of basil in your veggie dip! Or, mix them both with olive oil and balsamic vinegar for a savory bread dip!

**BRING ON SANDAL SEASON:**
Apply one drop of oregano to six drops of fractionated coconut oil to soften cuticles and rough spots that many be encroaching on your toenail real estate. Oregano keeps impurities out!
DIGESTIVE DILEMMAS ABATED:
Oregano is a key ingredient in dōTERRA’s GX Assist, for good reason! It helps create a peaceful environment that is unfriendly to ‘the unmentionables’ that tax our digestive systems.

IT’S ABOUT NATURAL EFFECTIVENESS:
Essential oils quickly go to work in your system. This year, when a change of seasons may have you down, make your own wellness blend by combining three drops oregano, five drops OnGuard, five drops Melaleuca and five drops lemon into a veggie capsule. By putting the properties of these oils to work, you will feel better naturally!

WARMING WONDER:
Dilute just one drop in several drops of fractionated coconut oil and massage quickly into hands and feet to help warm the body.

CHASE AWAY BREATH BLOCKERS:
When it comes to effortless breathing, having oregano in your system (taken with a veggie capsule) can clear the respiratory gunk.

COMFORTABLE EXIT CRAMPS:
When your body’s waste elimination systems are unhappy, it’s uncomfortable. Cranberry juice is great, but oregano in your system can work to clear this out, clean it up and help you feel better.

ELIMINATE UNSIGHTLY SKIN WOES:
You skin can have imperfections, bumps or feel irritated. The same properties that make oregano great for internal use are also effective as a topical ointment. Use sparingly!

TEA TIME BOOST:
On a cold winter day, oregano added to earthy, hot tea can do wonders to the body and soul!
FOODBORNE PROBLEMS BEWARE:
Oregano has properties that can counteract the effects of improper food handling practices, preparation or food storage. Combined with regular hand washing, oregano has been known to be effective in contributing to the healthiness of foods.

LESS IS MORE:
In nearly all applications, more oregano is not the answer. Oregano is one of the most potent essential oils—one drop is usually all you need. When used improperly, be sure to have fractionated coconut oil on hand to dilute its potency if needed. One drop of oregano to four drops of fractionated coconut oil.

"Did you know that it is not possible for Scientists to combine all the chemical components from an Essential Oil, even in the correct proportions, and get an identical oil? Even with the best human efforts, the chemical components that nature combines is still a secret. A single oil is made up of more than a hundred components, and can run into thousands, depending on the oil. This could explain why Pharmaceutical companies don't use essential oils..."
CALM DOWN:
Inhale lavender and peppermint and apply to neck to help calm stress and relieve tension.

NOURISH YOUR SKIN:
Use a drop of frankincense with three drops of carrier oil.

SPREAD THE LOVE:
Frankincense smells wonderful and uplifts the mood. Wear it as a perfume to lift your mood and feelings of alertness.

SOOTHE OVERWORKED HANDS:
Rub frankincense on your hands after a long day of gardening or working to promote a normal inflammatory response.

BOOST YOUR FOCUS:
Apply one to two drops to your temples and the back of your neck to help improve your concentration.

TOUGHEEN UP YOUR NAILS:
Dry weather can take a toll on your nails. Try applying a drop of frankincense to strengthen weak fingernails.

GOODNESS IN A CUP:
Dilute a drop of frankincense in one teaspoon of honey in a small herbal tea and take daily to maintain good health.

CELLULAR VIGOR:
Frankincense promotes healthy cellular proliferation. So, take frankincense in a veggie capsule to support healthy cells in your body!
CALMING MOOD LIFTER:
Frankincense can be applied to the bottoms of the feet to relax and calm minor to major mood swings. In fact, it has been used to calm expectant mothers during pregnancy and labor. Diffuse in the room or massage a drop onto the chest or back of the neck.

NO MORE NERVES:
Use frankincense to help relieve anxiety and create a positive mood! Try combining frankincense, peppermint and wild orange essential oil in your hand, rub hands together and inhale deeply. This mix will also help with the most severe need for a three o’ clock pick-me-up!

BE YOUTHFUL:
Frankincense can help promote youthful, radiant looking skin and slow the signs of aging by reducing the appearance of skin imperfections. Dab with one drop of a carrier oil to trouble areas.

RELAX AND REVITALIZE:
Soak in a warm frankincense bath to calm the nerves or diffuse frankincense in the bathroom while you relax in the tub.

FRANK TO THE RESCUE:
Frankincense has been used for centuries for challenged skin, skin problems and nearly everything related to skin. It’s wonderful for aging skin too! Apply directly to the skin and dab the excess with a cotton ball.

MUSCLE AND SORENESS RELIEF:
Use frankincense with a cold compress after working out or on a hot day to cool down and relax. Or, use a hot compress to soothe tired muscles or occasional cramps.

PERSONAL SAUNA:
After showering, add a few drops to a warm, wet washcloth for a final rinse. Enjoy the earthy smell as the steam creates your personal sauna.
15 uses for LAVENDER

RELAX AND REVITALIZE:
Drop a bit of lavender essential oil along with Epsom salts in your bath water for an ultra-relaxing experience.

HEAD-TO-TOE REST:
After a hard workout or a long day on your feet, rub lavender along with lemongrass on your legs and feet. It will help soothe sore muscles and fully rest.

TAKE THE ACID OUT OF VINEGAR:
Add four to five drops of lavender to your vinegar cleaning mixture for a more bearable scent.

QUICK FIX:
Mix three parts fractionated coconut oil with one part lavender essential oil in a small spray bottle or roll on to help clear up skin irritation associated with chafing. Great for little ones!

BRING ON THE ZZZ’S:
Rub on the bottoms of the feet for a more restful sleep.

ENJOY A FRESH, CLEAN MATTRESS:
Sprinkle a mixture of one cup baking soda and 10 drops of Lavender essential oil over your mattress. Allow the mixture to sit for at least one hour then use the vacuum hose to clean it up. You can combine with drops of eucalyptus, peppermint, clove, or rosemary as well.

BANISH BURNS:
The next time someone doesn’t realize the iron or pan is still hot, apply lavender oil to the affected area to soothe skin irritation, relieve redness and ease swelling.
THE OATMEAL SECRET:
Fill a baby food jar with oatmeal, and add five to eight drops of lavender oil. When it’s time to wash your face, add water, and it becomes an excellent natural scrub! A little goes a long way.

BETTER BEDTIMES:
A few drops of lavender placed on a pillow will help a restless toddler (or adult) fall asleep and stay asleep.

FLAVOR TWIST:
Lavender adds a unique and delicious flavor to marinades, custards, bread, cookies, icings, and even honey and syrup.

HOMEMADE AFTERSHAVE:
Use after shaving to soothe and soften skin, and lessen the redness and burn caused by razor burn.

TAKE THE “OUCH” OUT:
One drop of lavender will help relieve the pain and sensitivity of occasional sore gums, dry or chapped lips, occasional scrapes, and abrasions, or after too much sun.

CLEAR THE MIND:
Apply lavender to the temples and back of the neck to lessen the effects of stress and anxiety and to promote mental clarity.

CARE FOR BABY BELLY:
Rub lavender essential oil onto an itchy tummy while pregnant.

THERAPEUTIC DISH AND LAUNDRY SOAP:
If your liquid soap smells a bit flat, you can add lavender for additional aromatherapy benefits. It transforms your cleaning experience!
15 uses for
LEMON

ERADICATE SMELLS:
The next time you have an international potpourri of food simultaneously brewing in your apartment complex at dinner time, be sure to diffuse lemon to neutralize odors.

GET RID OF STICKINESS:
Lemon essential oil is excellent for removing sticky tree sap, sticker residue and permanent marker. It even gets gum out of hair!

PUMP LIFE INTO WATER:
If you, unfortunately, don’t have great water taste in your town, add lemon to that pitcher of water in the fridge. Add ice. Shake well. You will love the flavor!

A REMODELER’S FRIEND:
It is possible to have fresh paint on the walls and fresh smell in the air! Diffuse lemon essential oil while you repaint or remodel your home.

ROAD-TRIP RELIEF:
The next time you are going ‘over the river and through the woods’ on a family road trip (with family or pets), a little lemon on cotton balls (or other absorbent material), and spread over your air vents. It goes a long, long way to create a more pleasurable trip.

PERK UP:
First, diffuse lemon essential oil to brighten and energize your mood. Then, pamper yourself by mixing a few drops with melaleuca and fractionated coconut oil, and apply on tired, dry, cracked feet.
FLAVOR BOOST:
Add a drop of lemon essential oil any time you are cooking with lemon juice to give it a deeper, richer flavor. In soothing winter teas, you can simply add lemon essential oil to warm water, herbal tea and honey.

A LEMONY BOOST OF ENERGY:
When you lack motivation or energy, try rubbing a drop of lemon on your hands, the back of your neck, or even through your hair. You’ll be amazed at the power of the aroma!

SMELL LEMONS, NOT CHEMICALS:
Add a couple drops of lemon essential oil to your dishwater. Adding lemon will make it a better experience for you while taking advantage of its cleaning properties. Your glassware will be crystal clean.

SUPER STUDY POWERS:
Diffuse with peppermint in the classroom or during homework time to help the kids stay awake and focused.

AN ORIGINAL ALL-PURPOSE CLEANER:
Mix five to six drops lemon essential oil with water and vinegar in a spray bottle to cleanse and purify surfaces. Use to clean kitchen counters and stainless steel appliances. For stainless steel, mix lemon essential oil with olive oil for best results.

PRESERVE FRUIT:
Use lemon essential oil in a spray to keep your cut fruit fresh until serving.

REFRESH FOUL WASHCLOTHS:
When kitchen washcloths smell foul and could use a boost, add lemon oil to your detergent, soak overnight, wash and dry, and your kitchen will smell so much better!
NOURISH LEATHER AND FURNITURE:
Preserve and prevent leather from splitting with a lemon-soaked cloth. Also, a few drops of lemon essential oil combined with a few drops of olive oil makes a great furniture polish.

‘LEMONIZE’ YOUR LAUNDRY:
Instead of dryer sheets, try adding a few drops to a damp washcloth in the dryer with the rest of your laundry. Be sure to set the dryer to a low temperature cycle, as high heat will lessen the effects of the oil.

"Dr. Royal Rife’s study of frequencies raises an important question concerning the frequencies of substances we eat, breathe, and absorb. Many pollutants lower healthy frequency. Processed/canned food has a frequency of zero. Fresh produce has up to 15 Hz, dried herbs from 12 to 22 Hz, and fresh herbs from 20 to 27 Hz.

Essential oils start at 52 Hz and go as high as 320 Hz, which is the frequency of rose oil. Clinical research shows that therapeutic grade essential oils have the highest frequency of any natural substance known to man, creating an environment in which disease, bacteria, virus, fungus, etc., cannot live."
15 uses for PEPPERMINT

SUPPORT HEALTHY BREATHING:
Dilute a drop of peppermint oil combined with fractionated coconut oil and place under your nose to open airways and help you breathe easily.

SOOTHE OVERWORKED FEET:
Add peppermint to a cold compress and cool down your overworked feet.

BREAK AWAY FROM HEAT:
Keep a spray bottle of water with a few drops of peppermint essential oil nearby, especially when you need to cool down!

FRESHEN BREATH:
Use a drop of peppermint with lemon in water for a healthy, refreshing mouth rinse. It freshens breath and builds confidence in your close encounters.

TAKE A DEEP BREATH:
Inhale deeply to invigorate lungs and increase alertness.

NO MORE STRESS:
Apply to neck and forehead with lavender to relieve tension and pressure.

A JOINT EFFORT:
Peppermint is a great way to cool joints without taking an ice bath. It helps to soothe occasional soreness in muscles and joints.

TUMMY CALMER:
Rub on the stomach or take internally for occasional digestive discomfort.
SHAKE IT UP:
Add a drop of peppermint to your chocolate shake for a yummy twist.

ZERO TO SATIETY IN SECONDS:
Most people eat until they feel full. Diffusing peppermint will help reign in the urge to snack on junk food. It’s a good way to control appetite and to feel full faster.

OUT ON THE OPEN ROAD:
Don’t fall asleep at the wheel! Inhale peppermint from a handkerchief or straight from the bottle to perk up on long drives.

AWAKEN YOUR SENSES:
Before your next workout, apply a bit of peppermint to your chest or just take a deep breath straight from the open bottle. Then, after your workout, add to shampoo to stimulate your senses and help with scalp health.

DITCH EXHAUSTION:
Rather than grab a Snickers to revitalize you as you ‘go the extra mile’, deeply inhale peppermint to feel revitalized and ready to go.

UN-BLOCK WRITER’S BLOCK:
Peppermint can support blood circulation and leave you feeling rejuvenated to keep those creative juices flowing. Simply spritz peppermint on child’s shirt before study time for improved concentration and alertness.

SAVOR THE COMBINATION:
Peppermint makes a delicious addition to all things chocolate. Add a drop into your chocolate beverages and baked goods. Yum!
15 uses for MELALEUCA

SAY GOODBYE TO RAZOR BURN:
Apply after shaving to prevent skin irritation. You can also mix melaleuca with a bottle of fractionated coconut oil for a great facial moisturizer. Consider also mixing with lavender or frankincense for added benefit.

ADD “OOMPH” TO YOUR LOTION:
Help soothe your skin by placing one drop of melaleuca essential oil in your moisturizer during your morning and night skin routine. You can also apply to skin blemishes and rashes as part of a daily cleansing program.

BATHROOM CLEANER:
Combine 10 drops of melaleuca with half a cup baking soda and one-fourth cup vinegar to clean the toilet.

REFRESH YOUR WASH:
Add a couple drops of melaleuca to laundry detergent to get rid of any musty smells caused by poor ventilation.

HOMEMADE BABY WIPES:
Cut a paper towel roll in half and place it in a storage container with two cups warm water, two tablespoons fractionated coconut oil and three drops each of melaleuca and lavender. When the liquid is absorbed, remove the cardboard roll and pull wipes from the center.

FOR WHEN SOAP WON’T DO IT:
Melaleuca is great for removing permanent marker from skin.

BABY BOTTOM REMEDY:
Mix with fractionated coconut oil, lavender and frankincense to make a diaper paste for baby’s irritated skin.
TOO MUCH FUN IN THE SUN:
Apply to the skin during your family vacation or after a long day in the sun.

SLEEP FEELING CLEAN:
Spray melaleuca on your mattress pad when you change the sheets.

HANDY FOR HIKERS:
Take melaleuca essential oil in your pack next time you go the off the beaten trail. Melaleuca is a great cleansing agent for occasional scrapes and other skin irritations.

LEARN FROM THE PAST:
Historically, melaleuca oil was used as a cleanser for the face and to deal with periodic skin and toenail challenges.

BOOST IMMUNE FUNCTION:
Diffuse melaleuca or rub it on the bottom of your feet. Combine with On Guard for even more immune support.

CHEMICAL-FREE CLEANING:
Dilute eight or 10 drops with water in a spray bottle to clean around the house. It is great to use in damp places and the bathroom!

AN ATHLETE’S BEST FRIEND:
Apply directly to the feet and toenails after practice each night and especially if you are also showering, swimming, or exercising in public, high-traffic areas.

HEALTHY, HAPPY YOU:
Massage onto the bottoms of feet and the chest area to promote overall health, especially during the winter. For occasional skin irritations, apply melaleuca directly to the skin or dilute with a drop of fractionated coconut oil.
A-Z ways to use oils for health

A

ABDOMINAL CRAMPS
Try: basil, clary sage
Usage: Take internally in a capsule or apply topically to abdomen.

ACHES
Try: marjoram, birch
Usage: Apply topically to affected area.

ACNE
Try: melaleuca, lemongrass, lavender
Usage: Apply topically to affected areas daily.

ALLERGIES
Try: lavender, eucalyptus
Usage: Apply topically to back of neck or under nose and on bridge of nose.

AMNESIA
Try: frankincense, peppermint and rosemary
Usage: Apply topically to forehead, temples and base of skull and behind the ears or take internally in a capsule or diffuse into the air and inhale.

ANEMIA
Try: lemon, lemongrass, and helichrysum
Usage: Apply to bottom of feet or insides of wrists.
ANXIETY
Try: lavender
Usage: Diffuse into the air and inhale or massage onto back, feet and hands.

APPETITE SUPPRESSANT
Try: grapefruit
Usage: Add to water and drink or diffuse into the air and inhale.

ARTHritic PAIN
Try: frankincense and lavender
Usage: Apply topically to affected area.

ASTHMA
Try: eucalyptus, peppermint
Usage: Diffuse into the air or apply to bottom of feet, or take internally in a capsule.

ATHEROSCLEROSIS
Try: lemon, lavender, rosemary
Usage: Apply topically to affected area.

ATHLETE’S FOOT
Try: oregano, melaleuca, lemon
Usage: Apply to area between toes and around toenails.

AUTISM
Try: vetiver, frankincense
Usage: Diffuse into the air and inhale.

BACK PAIN
Try: eucalyptus and wintergreen
Usage: Massage into back as needed.
BEE STING
Try: Roman chamomile, lavender, melaleuca
Usage: Apply topically to sting or bite several times daily until symptoms cease.

BELL’S PALSY
Try: peppermint, helichrysum, rosemary
Usage: Massage on front and behind ear and painful areas until symptoms subside.

BLEEDING
Try: helichrysum, geranium
Usage: Apply topically to affected area.

BLEEDING GUMS
Try: cinnamon, peppermint, wintergreen
Usage: Gargle several times daily or apply topically to gums several times daily.

BLISTERS ON FEET
Try: lavender, Roman chamomile, German chamomile
Usage: Apply topically to blistered area.

BLOATING
Try: peppermint, clary sage
Usage: Apply topically to stomach area and to bottoms of feet or take internally in a capsule.

BLOOD CLOT IN VEINS
Try: cypress, helichrysum, clove
Usage: Apply topically to affected area and bottoms of feet or take internally in a capsule.

BOILS
Try: clove, thyme, oregano
Usage: Apply topically to affected area.
BONE PAIN
Try: wintergreen, helichrysum, cypress
Usage: Apply topically to affected area.

BONE SPURS
Try: wintergreen, cypress, marjoram
Usage: Apply topically over affected area.

BRONCHITIS
Try: eucalyptus, thyme
Usage: Apply topically to chest and neck area, gargle hourly or diffuse.

BRUISES
Try: cypress, helichrysum,
Usage: Apply topically to bruised area.

BUNIONS
Try: basil, cypress
Usage: Apply to affected area or joint.

BURNS
Try: lavender, melaleuca, geranium
Usage: Apply gently to affected area.

C

CALLOUSES
Try: oregano
Usage: Apply topically to affected area.

CANDIDA
Try: melaleuca, peppermint
Usage: Apply topically to chest and on bottom of feet or take internally in a capsule several times daily.
CANKER SORES
Try: melaleuca, oregano
Usage: Apply directly to canker sore or gargle.

CATARACTS
Try: clover, lavender
Usage: Take internally in a capsule or apply topically to temples.

CAVITIES
Try: melaleuca, peppermint
Usage: Apply topically to bottoms of feet or take internally in a capsule.

CELLULITE
Try: rosemary, grapefruit, lemon
Usage: Massage vigorously on cellulite locations daily, especially before exercising or add to water and drink throughout the day.

CHAPPED SKIN
Try: Roman chamomile, sandalwood, lavender
Usage: Apply topically to affected area as often as needed.

CHICKEN POX
Try: lavender, melaleuca, sandalwood
Usage: Dilute with carrier oil and dab lightly on spots.

CHRONIC FATIGUE
Try: peppermint, basil
Usage: Take internally in a capsule or apply topically to muscles and joints.

CHRONIC PAIN
Try: peppermint, wintergreen
Usage: Massage into affected area as needed or take internally in a capsule.

CLOGGED PORES
Try: lemon, wild orange, melaleuca
Usage: Apply topically to affected area.
COLD
Try: thyme, melaleuca
Usage: Diffuse into the air and inhale or gargle or take internally in a capsule.

COLD SORES
Try: lemon, melaleuca
Usage: Apply to cold sores as soon as it starts and repeat several times daily.

COLIC
Try: marjoram, ylang ylang, bergamot
Usage: Dilute with a carrier oil and apply topically to stomach and back.

COLITIS
Try: peppermint, helichrysum
Usage: Massage over lower abdomen area or take internally in a capsule.

CONCUSSION
Try: frankincense, cypress
Usage: Take internally in a capsule.

CONGESTION
Try: eucalyptus, frankincense, peppermint
Usage: Diffuse or gargle, massage onto forehead, nose, cheeks, lower throat, chest and upper back.

CONJUNCTIVITIS
Try: melaleuca, lavender
Usage: Apply around (but NOT in) the eyes or apply to bottoms of feet several times daily.

CONSTIPATION
Try: marjoram, lemon
Usage: Take internally in a capsule or apply topically to stomach or feet.

CONVULSIONS
Try: lavender, clary sage
Usage: Apply topically to corn several times daily.
CORNS
Try: lemon, grapefruit, oregano
Usage: Massage into neck and chest or gargle or diffuse into the air and inhale.

COUGH
Try: lemon, melaleuca
Usage: Massage into neck and chest or gargle or diffuse into the air and inhale.

CRAMPS
Try: rosemary, cypress, marjoram
Usage: Massage on cramped muscles several times daily or take internally in a capsule.

CROUP
Try: marjoram, thyme, sandalwood
Usage: Diffuse into the air and inhale or apply topically to chest and neck.

CUTS
Try: lavender, melaleuca, bergamot
Usage: Dilute with carrier oil and apply to affected area.

CYST
Try: oregano, thyme
Usage: Apply topically to affected area as needed.

CYSTITIS
Try: thyme, lemongrass, clove
Usage: Take internally in a capsule or apply a warm compress over bladder.

DANDRUFF
Try: cypress, lavender, rosemary
Usage: Dilute and massage into scalp. Rinse after 60-90 minutes.
DEHYDRATED SKIN
Try: geranium, lavender
Usage: Apply topically to affected area.

DENTAL INFECTION
Try: wintergreen, birch, helichrysum
Usage: Apply on gums and around teeth.

DEPRESSION
Try: lavender
Usage: Add to a warm bath or diffuse into the air and inhale.

DIABETES
Try: coriander, basil
Usage: Take a couple drops of coriander internally in a capsule morning and evening and apply a couple drops of Balance topically to feet in the evening.

DIABETIC SORES
Try: lavender
Usage: Apply topically to back, feet and over pancreas or diffuse into the air and inhale.

DIARRHEA
Try: peppermint, ginger
Usage: Dilute and apply topically to affected area several times daily.

DIZZINESS
Try: cypress, peppermint, basil
Usage: Diffuse into the air and inhale as needed or apply topically to temples, back of neck and shoulders.

DRY SKIN
Try: geranium, chamomile, lemon
Usage: Apply topically to affected area.
EAR INFECTION
Try: melaleuca, lavender
Usage: Apply to cotton ball and place over ear.

ECZEMA
Try: helichrysum, thyme, geranium
Usage: Apply topically to affected area as needed.

EPILEPSY
Try: frankincense, clary sage, sandalwood
Usage: Diffuse into the air and inhale or take internally in a capsule or massage.

EXHAUSTION
Try: lavender, ylang ylang, lemon
Usage: Diffuse into the air and inhale or apply topically to back and feet.

FAINTING
Try: peppermint, sandalwood, rosemary
Usage: Inhale directly.

FATIGUE
Try: lemongrass, basil, lemon
Usage: Inhale directly or diffuse into the air and inhale or apply topically on temples and behind ears as needed.

FEVER
Try: peppermint, lavender, eucalyptus
Usage: Apply to forehead, temples and back of neck or take internally in a capsule or diffuse into the air and inhale.
FLATULENCE
Try: peppermint, lavender, ginger
Usage: Take internally in a capsule or apply topically to abdomen.

FLU
Try: oregano
Usage: Take internally in a capsule or diffuse into the air and inhale or apply topically to chest.

FOOD POISONING
Try: rosemary
Usage: Take internally in a capsule several times daily and apply topically to stomach area.

GASTRITIS
Try: peppermint, lemongrass
Usage: Take internally in a capsule or apply topically over stomach area as needed.

GINGIVITIS
Try: clove, melaleuca, peppermint
Usage: Gargle many times daily or as needed.

GUM DISEASE
Try: melaleuca
Usage: Apply topically to bottoms of feet.
HAIR LOSS
Try: thyme, rosemary, lavender
Usage: Dilute five drops in 20 drops of a carrier oil and massage into scalp each night.

HANGOVER
Try: lavender, peppermint, rosemary
Usage: Add to warm bath or apply on neck and over liver.

HEAD LICE
Try: geranium, lavender, lemon
Usage: Dilute and apply to entire scalp, then shampoo and rinse 30 minutes later. Repeat daily for several days.

HEADACHE
Try: peppermint, lavender, wintergreen
Usage: Diffuse into the air and apply topically to forehead, temples, back of neck and behind ears.

HEARTBURN
Try: peppermint, ginger, lemon
Usage: Take internally in a capsule or apply topically to chest.

HEATSTROKE
Try: peppermint, lavender
Usage: Apply topically to forehead and back of neck, chest and back.

HICCUPS
Try: chamomile, lemon, cypress
Usage: Diffuse into the air and inhale or massage into chest and stomach area.

HIGH BLOOD PRESSURE
Try: lavender, marjoram, eucalyptus
Usage: Do a full body massage daily or diffuse into the air and inhale or take internally in a capsule.
HOT FLASHES
Try: peppermint, clary sage
Usage: Diffuse into the air and inhale or apply topically to back of neck.

HYPERACTIVITY
Try: lavender, vetiver, serenity
Usage: Diffuse into the air and inhale or inhale directly.

IMPOTENCE
Try: ylang ylang, clary sage, sandalwood
Usage: Diffuse into the air and inhale or apply topically to temples, wrists and back of neck.

INDIGESTION
Try: ginger, orange, peppermint
Usage: Take internally in a capsule or apply topically over stomach area.

INFECTION
Try: clove, thyme, oregano
Usage: Dilute with carrier oil and apply to infected area or diffuse.

INFLAMMATION
Try: wintergreen, peppermint, eucalyptus
Usage: Apply topically to affected area or take internally in a capsule.

INSECT ALLERGIES
Try: lavender, eucalyptus, melaleuca
Usage: Apply topically to affected area.

INSECT REPELLENT
Try: eucalyptus, lemon
Usage: Dilute with carrier oil and apply to exposed skin as needed.
INSOMNIA
Try: serenity, lavender, chamomile
Usage: Add to a warm bath, rub on feet and behind ears, and diffuse into the air.

ITCHING
Try: peppermint, oregano, lavender
Usage: Apply topically to affected area as needed.

JET LAG
Try: peppermint, bergamot, rosemary
Usage: Apply calming oils like lavender and geranium to bottoms of feet at night and invigorating oils like peppermint and eucalyptus in the morning.

JOINT PAIN
Try: wintergreen, birch
Usage: Massage into affected area as needed.

LACTOSE INTOLERANCE
Try: lemongrass
Usage: Take internally in a capsule.

LEG CRAMPS
Try: clary sage, cypress, lavender
Usage: Massage into legs.
LICE
Try: eucalyptus, rosemary
Usage: Massage into the scalp and apply topically to bottoms of feet several times daily.

LOSS OF APPETITE
Try: ginger, wild orange, lavender
Usage: Diffuse into the air and inhale or take internally in a capsule.

MEASLES
Try: lavender, Roman chamomile, melaleuca
Usage: Apply on spots several times daily or add to bath and soak for at least 30 minutes daily.

MENOPAUSE
Try: clary sage, frankincense, Roman chamomile
Usage: Apply topically to abdomen, bottoms or feet, and back of neck.

MENSTRUAL PAIN
Try: clary sage, rosemary, peppermint
Usage: Massage into abdomen, lower back and shoulders, or apply a warm compress over uterus area or take internally in a capsule.

MIGRAINE
Try: helichrysum, sandalwood
Usage: Apply topically to forehead, temples, base of skull and behind the ears, or inhale directly as needed.

MOLD
Try: cinnamon, oregano, thyme
Usage: Diffuse into the air where mold is present.
**MORNING SICKNESS**
Try: ginger, lavender, peppermint
Usage: Apply topically behind ears and over navel hourly, or diffuse into the air and inhale.

**MOTION SICKNESS**
Try: ginger, lavender, peppermint
Usage: Apply topically behind the ears and over navel or diffuse into the air and inhale.

**MUSCLE PAIN**
Try: peppermint, clove
Usage: Apply topically to affected muscles.

**NAUSEA**
Try: ginger, lavender,
Usage: Apply topically behind ears and over navel hourly, or diffuse into the air and inhale or under tongue as needed.

**NECK PAIN**
Try: basil, marjoram, helichrysum
Usage: Massage onto neck several times daily.

**NERVOUS FATIGUE**
Try: helichrysum, thyme, peppermint
Usage: Diffuse into the air and inhale or apply topically to temples, behind ears and on back of neck.

**NOSE BLEEDS**
Try: helichrysum, geranium, lavender
Usage: Apply topically to the bridge and sides of nose and back of neck as needed.
OILY HAIR
Try: basil, cypress, thyme
Usage: Add to shampoo when washing hair.

PAIN
Try: peppermint, wintergreen, birch
Usage: Massage into affected area.

PALPITATIONS
Try: ylang ylang, wild orange, lavender
Usage: Apply topically on chest area.

PARASITES
Try: oregano, peppermint, ginger
Usage: Take internally in a capsule or apply warm compress over intestinal area.

RASHES
Try: lavender, Roman chamomile, sandalwood
Usage: Dilute with carrier oil and apply topically to affected area.

SCARRING
Try: helichrysum, lavender, frankincense
Usage: Apply topically over wound daily until healed.
SHINGLES
Try: melaleuca, oregano, sandalwood
Usage: Apply topically to affected area, on back of neck and along the spine.

SHOCK
Try: helichrysum, peppermint, melaleuca
Usage: Diffuse into the air and inhale or apply topically on temples, under nose and on back of neck.

SINUS CONGESTION
Try: sandalwood, thyme, eucalyptus
Usage: Diffuse into the air and inhale several times daily.

SINUS HEADACHE
Try: rosemary, melaleuca, eucalyptus
Usage: Diffuse into the air and inhale several times daily.

SORE THROAT
Try: lemon, melaleuca
Usage: Gargle or diffuse into the air and inhale or apply topically to throat, chest, and back of neck several times daily.

SPRAINS
Try: wintergreen, lemongrass, basil
Usage: Apply topically to affected area.

STOMACHACHE
Try: peppermint
Usage: Apply topically to stomach area.

STREP THROAT
Try: oregano, thyme
Usage: Diffuse into the air and inhale or gargle, or take internally in a capsule several times daily.
STRESS
Try: grapefruit, bergamot
Usage: Diffuse into the air and massage shoulders, back and feet.

STRETCH MARKS
Try: cypress, geranium, lavender
Usage: Apply topically to affected areas a couple times daily.

STROKE
Try: helichrysum, cypress, peppermint
Usage: Apply topically on temples, forehead, behind ears and on back of neck, or take internally in a capsule

SUNBURN
Try: lavender, melaleuca, helichrysum
Usage: Apply gently to affected area.

TEETHING PAIN
Try: clove, wintergreen, Roman chamomile
Usage: Apply topically to affected tooth and gum or gargle several times daily.

TENNIS ELBOW
Try: eucalyptus, peppermint
Usage: Apply topically to affected area as needed.

TENSION HEADACHE
Try: peppermint, lavender, marjoram
Usage: Apply topically to forehead, temples, back of neck and behind ears.

TOOTHACHE
Try: clove, melaleuca
Usage: Apply to gums or add to water to gargle and swallow.
VARICOSE VEINS
Try: cypress, helichrysum, lemongrass
Usage: Massage into affected area several times daily.

VERTIGO
Try: ginger, helichrysum, geranium
Usage: Massage on tops of ears and behind ears.

VOMITING
Try: ginger, peppermint
Usage: Diffuse into the air and inhale, or apply topically to stomach area.

WARTS
Try: oregano, melaleuca
Usage: Apply topically to wart several times daily.

WASP STING
Try: lavender
Usage: Apply topically to sting.

WHIPLASH
Try: lemongrass, marjoram
Usage: Apply topically to neck, shoulders and back.

WORMS
Try: lavender, rosemary
Usage: Apply topically to stomach area and on the bottoms of feet.
WOUNDS
Try: lavender, melaleuca, rosemary
Usage: Dilute and apply to affected area several times daily.

WRINKLES
Try: frankincense, helichrysum, geranium
Usage: Dilute with carrier oil and apply topically to affected areas.

"The ancient Egyptians used many essential oils as medicine and their recipes are recorded in the hieroglyphics. There are 188 references to the use of essential oils in the Bible. Today, essential oils are considered by many to be the leading edge of natural products."
boosting health with
ANTIOXIDANT RICH ESSENTIAL OILS

Did you know you can boost your antioxidants with essential oils? The ORAC levels in the essential oils are amazing.

What is an ORAC level? And ORAC level is an Essential Oils Antioxidant Capacity.

Dr. Weil states, “ORAC stands for oxygen radical absorbance capacity, a measure of the ability of a food or any other substance to quench oxygen free radicals in a test tube. Free radicals are unstable atoms or molecules generated in the course of normal metabolism that can strip electrons from other molecules, causing chain reactions of oxidative damage. Cumulative damage of this sort probably accounts for many of the degenerative changes of aging and for a lot of age-related disease.”

HERE ARE THE ORAC LEVELS FOR SOME OF MY FAVORITE ESSENTIAL OILS:

<table>
<thead>
<tr>
<th>Essential Oil</th>
<th>ORAC Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clove</td>
<td>10,786,875</td>
</tr>
<tr>
<td>Cinnamon bark</td>
<td>103,448</td>
</tr>
<tr>
<td>Thyme</td>
<td>159,590</td>
</tr>
<tr>
<td>Oregano</td>
<td>153,007</td>
</tr>
<tr>
<td>Mountain Savory</td>
<td>113,071</td>
</tr>
<tr>
<td>Cistus</td>
<td>38,648</td>
</tr>
<tr>
<td>Eucalyptus globulus</td>
<td>24,157</td>
</tr>
<tr>
<td>Orange</td>
<td>18,898</td>
</tr>
<tr>
<td>Lemongrass</td>
<td>17,765</td>
</tr>
<tr>
<td>Helichrysum</td>
<td>17,430</td>
</tr>
<tr>
<td>Ravensara</td>
<td>8,927</td>
</tr>
<tr>
<td>Lemon</td>
<td>6,125</td>
</tr>
<tr>
<td>Spearmint</td>
<td>5,398</td>
</tr>
<tr>
<td>Lavender</td>
<td>3,669</td>
</tr>
<tr>
<td>Rosemary CT cineole</td>
<td>3,309</td>
</tr>
<tr>
<td>Juniper</td>
<td>2,517</td>
</tr>
<tr>
<td>Roman Chamomile</td>
<td>2,446</td>
</tr>
<tr>
<td>Sandalwood</td>
<td>1,655</td>
</tr>
</tbody>
</table>
HERE ARE THE ORAC LEVELS FOR SOME OF MY FAVORITE FOODS:

<table>
<thead>
<tr>
<th>Food</th>
<th>ORAC Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>GOJI Berry/Wolfberry</td>
<td>25,300</td>
</tr>
<tr>
<td>Blueberries</td>
<td>2,400</td>
</tr>
<tr>
<td>Kale</td>
<td>1,770</td>
</tr>
<tr>
<td>Strawberries</td>
<td>1,540</td>
</tr>
<tr>
<td>Spinach</td>
<td>1,260</td>
</tr>
<tr>
<td>Raspberries</td>
<td>1,220</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>980</td>
</tr>
<tr>
<td>Plums</td>
<td>949</td>
</tr>
<tr>
<td>Beest</td>
<td>840</td>
</tr>
<tr>
<td>Broccoli florets</td>
<td>890</td>
</tr>
<tr>
<td>Oranges</td>
<td>750</td>
</tr>
<tr>
<td>Red grapes</td>
<td>739</td>
</tr>
<tr>
<td>Red bell peppers</td>
<td>710</td>
</tr>
<tr>
<td>Cherries</td>
<td>670</td>
</tr>
<tr>
<td>Yellow corn</td>
<td>400</td>
</tr>
<tr>
<td>Eggplant</td>
<td>390</td>
</tr>
<tr>
<td>Carrots</td>
<td>210</td>
</tr>
</tbody>
</table>

ANTIOXIDANT RATINGS:

<table>
<thead>
<tr>
<th>Antioxidant</th>
<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin C</td>
<td>100</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>100</td>
</tr>
<tr>
<td>Carrots</td>
<td>210</td>
</tr>
<tr>
<td>Oranges</td>
<td>750</td>
</tr>
<tr>
<td>Beets</td>
<td>840</td>
</tr>
<tr>
<td>Tahitian NONI</td>
<td>1,506</td>
</tr>
<tr>
<td>Raspberries</td>
<td>1,220</td>
</tr>
<tr>
<td>Strawberries</td>
<td>1,540</td>
</tr>
<tr>
<td>Blueberries</td>
<td>2,400</td>
</tr>
<tr>
<td>Pomegranates</td>
<td>3,000</td>
</tr>
<tr>
<td>Wolfberries</td>
<td>25,300</td>
</tr>
<tr>
<td>Thyme Oil</td>
<td>159,590</td>
</tr>
<tr>
<td>Clove Oil</td>
<td>10,786,875</td>
</tr>
</tbody>
</table>

Reference: “The Essential Oils Desk Reference” page 415
Emotions and essential oils interact chemically. Essential oils promote emotional purification (detoxification). Every essential oil has a beautiful and profound effect on the emotional state of our well-being.

Did you know your 3 Brains govern you?

When it comes to emotional detoxing, I have fallen in love with a handful of essential oils. They are a great aid when the emotions get to be overwhelming. They have helped my body and mind get back into balance and flourish. I love in tune, purify, citrus bliss, vetiver, serenity, balance, elevation, citrus bliss and wild orange.

“

You’ll fill a bucket drop by drop. You clear your mind thought by thought. You heal yourself moment by moment.”

- LISA WIMBERGER, FOUNDER, NEUROSCULPING INSTITUTE
Essential oils are beautiful for chakra balancing because they can support you on a cellular and emotional level. A little goes a long way.

**HERE IS HOW TO DO IT:**

- Apply two drops of each oil to the chakra and set the intention for release.
- Close your eyes and see the shift and open your heart.
- Focus on why you are here?
- What is your purpose?

Allow any feelings to come up, and release it. Apply the oils that innately call to you on each area of your chakra, and meditate with deep breathing as you express release. Incite new thoughts to replace old patters and thoughts that do not serve you.

**ROOT** – BALANCE – GROUNDED

**SACRAL** – WILD ORANGE – CREATIVE

**SOLAR PLEXUS** – LIME – CONFIDENT

**HEART** – LEMON – LOVING

**THROAT** – BERGAMOT – EXPRESSIVE

**THIRD EYE** – ROMAN CHAMOMILE OR PURIFY – KNOWING

**CROWN** – ELEVATION – CONNECTED
simple ways to support
HEALTHY DETOXIFICATION
WITH ESSENTIAL OILS

1. Add citrus oil such as lemon, lime, grapefruit or wild orange to your morning lemon water. Did you know one drop of lemon essential oil equals one teaspoon lemon juice?

2. You can use essential oils in your Epsom salt baths. I love adding lavender, eucalyptus, peppermint, or lemon oil to my bath. You can even add a few drops of grapefruit oil.

3. Look into applying castor oil wraps. You can add some amazing oils to your wrap. Here is a great blend for your spray bottle. Spray it on your skin before applying the castor oil pack, and top it with a hot water bottle.

THE OILS AND THE AMOUNTS YOU NEED FOR THE SPRAY:

IN 5 OZ OF FRACTIONATED COCONUT OIL, USE:

- 15 drops eucalyptus
- 15 drops wintergreen
- 10 drops peppermint
- 10 drops lavender
- 10 drops grapefruit
- 5 drops cypress

4. Each season your immune system needs extra protection. Try diffusing the following oils in your home: lemon, grapefruit, wild orange, Purify Cleansing Blend, or the On Guard Protective Blend. I love my diffusers big time!
5. **You can also make your own face cream.** The joy of making your own face cream is amazing, especially when you are detoxing because there is a tendency to get dry skin. Take out! I love to add myrrh, frankincense and lavender.

You can add any essential oil to your face cream or mix with shea butter, or buy face creams made with essential oils. Just ask me which ones I use. On my face, I only use fractionated coconut oil and essential oils. I have an amazing blend.

**HERE IS MY FAVORITE DRY SKIN SOLUTION:**

**DRY SKIN MOISTURIZER**

- 2 ounces organic unscented lotion or fractionated coconut oil
- 10 drops frankincense essential oil
- 10 drops lavender essential oil
- 2 drops myrrh oil
- 3 drops rosemary essential oil

6. **Making deodorant is easy as 1-2-3.**

**NATURAL DEODORANT**

- 1/2 cup baking soda, omit baking soda if you are allergic
- 1/2 cup arrowroot
- 1/2 cup virgin coconut oil
- 10 drops Protective essential oil blend
- 10 drops wild orange essential oil blend or lavender

Melt the coconut in a pan at low heat. Then add the arrowroot powder, baking soda and essential oils. Then add the mixture to a glass jar and let cool. Apply the mixture daily under your arms for a natural deodorant.

7. **Sprays can easily be made** and kept in dark colored glass bottles or BPA-free spray bottles as long as there is not citrus in the blend.
8. **Steam inhalation is a wonderful way to create your own diffuser** and breathe in the essential oils. I use this method when I feel congested or when I’m clearing out my chest.

All you need is a towel, a pan, water and the essential oil of choice. Boil the water, and put it into a glass bowl. Add a few drops of essential oils, and cover you head with a towel. Breathe in the essential oils for 15 minutes. Breathe in the vapors but be careful not to get your face too close to the water.

Remember to have fun with essential oils.

"Hippocrates (the father of modern medicine) used aromatic fumigations to rid Athens of the plague. He also used aromatherapy baths and massages in his treatments."
cooking with

ESSENTIAL OILS

IF YOU ARE COMFORTABLE INGESTING OILS, THEN I HAVE SO MUCH TO INTRODUCE YOU TO.

**Essential oils are more powerful than dried herbs or plants.** Dried herbs can lose up to 90% of their supportive qualities in that process while essential oils maintain the nutrients in the oil. In one teaspoon, there are 60 drops of essential oil. Remember how many lemons it would take for one teaspoon versus using essential oil or one drop of peppermint for a cup of peppermint tea? Powerful and awesome, right?

The easiest way to start cooking with oils is to replace any dried herbs with essential oils. It only takes two-three drops when cooking and one drop in a smoothie or juice. I have found one drop goes a long way when I make protein balls or kale chips or even healthy vegan ice cream in my Vitamix.

Remember one drop of peppermint equals 28 cups of peppermint tea, so image the aromatic smell and taste of the food you consume or the smoothies you make with essential oils. If you desire to consume essential oils, please consult your doctor or work with a certified aromatherapist or certified oil specialist to discuss oils and make sure they are therapeutic and pure.

**Dilute your oils before cooking.** The best way to do this would be to add one drop of essential oil into one teaspoon of honey, olive oil, grapeseed oil or any cooking oil, and then cook. If you are adding to a smoothie, add the essential oil to your dairy-free milk or coconut oil before adding to your smoothie and then blend.

Make sure you are drinking all citrus oils in a glass container such as a mason jar. You should also use glass mason jars to store your foods, dressings or smoothies. You cannot use citrus oil and plastic. Also, remember to use a grass straw.
common guidelines
IF YOU ARE EXCHANGING YOUR HERBS FOR ESSENTIAL OILS

CITRUS ZEST OR JUICE MEASUREMENT GUIDELINES
When switching out dried herbs for essential oils and the recipes call for zest from one lemon or orange, you can use 8 to 14 drops of its companion essential oil.

Example: Zest of one lemon, orange or tangerine = 8 to 14 drops of its companion essential oil. This same example applies to lime or grapefruit saw well.

SPICES/ESSENTIAL OIL MEASUREMENT GUIDELINES
I have found 1 tablespoon of dried herbs equals ½ to 1 drop of essential oil.

Examples of these spices include: marjoram, oregano, sage, rosemary, thyme, or coriander.
favorite way to add
OILS TO FOOD AND DRINK

JUICE:
You can add a drop of lemon, lime, grapefruit or cilantro to my green juices. Not only does this freshen the taste but also the benefits of essential oils are outstanding.

SMOOTHIES:
Add peppermint, cinnamon, lemon, lime, basil, or wild orange to your favorite smoothie.

INFUSED WATERS:
Add cinnamon to your water with apple slices or cucumber and a drop of lemon or a drop of Slim and Sassy with grapefruit slices.

POST WORKOUT:
Add a drop of wild orange and peppermint to your coconut water after a good workout, run or a long sauna.

DIPS AND SNACK:
Add three drops of basil or cilantro to the pesto.
my focus is
SELF-EMPOWERING

As a Health and wellness Coach, and a Detox specialist, I will inspire and educate you to live a conscious and healthy life on all levels.

Together, we will find your passion for life, your inner power, and your very own path to health and joyful living.

I will be the one inspiring you, showing you the ropes, sharing my experiences, and cheering on you the whole way there.

Through responsible detoxification, hydration, alkalization and regeneration; your true potential will shine through.

get in contact with me:
Website: http://www.inspiredbyhilde.com/
Facebook: https://www.facebook.com/inspiredbyhilde
A LOVING DISCLAIMER

Drawing on my background, training, skills, and life experiences, I support my clients—spiritually, mentally, emotionally, and physically. I am not a medical doctor, dietitian, or nutritionist. I do not hold a degree in medicine, dietetics, or nutrition. I make no claims to any specialized medical training, nor do I dispense medical advice or prescriptions.

This content is not intended to diagnose or treat any diseases. It is intended to be provided for informational, educational, and self-empowerment purposes ONLY. Please consult your doctor or wellness team if you have any questions regarding this program, and then make your own well-informed decisions based on what is best for your unique genetics, culture, conditions, and stage of life.

As with most digital and print offerings from audio and eBook retailers: there are no refunds on programs or products that can be downloaded, viewed, copied, or stored in an electronic format. This is an industry standard. Therefore, this program is non-refundable, so please read the full program details and FAQs before purchasing any program or product.

All materials are copyrighted and remain the property of their respective owners. Materials made available to the private group forums, by email or any other means, may not be distributed in any fashion, print nor electronic, without expressed written permission from INSERT BUSINESS NAME AND YEAR. Thank you for your professional understanding.

PLEASE NOTE: ALL CONTENT WITHIN THIS GUIDE IS BASED ON MY PERSONAL KNOWLEDGE, OPINIONS, AND EXPERIENCE AS A HOLISTIC HEALTH COACH. PLEASE CONSULT YOUR DOCTOR REGARDING MEDICATIONS OR MEDICAL ADVICE.