

Frankincense

Boswellia frereana, Boswellia carteri, Boswellia sacra

Quick Facts

Botanical Family: Burseraceae (resinous trees and shrubs)

Extraction Method: Steam distillation from gum/resin

Common Primary Uses:

Alzheimer's Disease	Confusion	Lou Gehrig's Disease	Scarring
Aneurysm	Coughs	Memory	(Prevention)Tumor
Arthritis	Depression	Mental Fatigue	(Lipoma)
Asthma	Fibroids	Miscarriage (After)	Ulcers
Balance	Genital Warts	Moles	Uterus Tissue
Brain (Aging)	Hepatitis	MRSA	Regeneration
Brain Injury	Immune System Support	Multiple Sclerosis	Virus of Nerves
Breathing	Improve Vision	Nasal Polyp	Warts
Cancer	Infected Wounds	Parkinson's Disease	Wrinkles
Coma	Inflammation	Postpartum Depression	
Concussion	Liver Cirrhosis		

Common Application Methods:

Topically: Can be applied neat (with no dilution) when used topically. Apply directly on area of concern or to reflex points.

Aromatically: Diffuse or inhale the aroma directly.

Internally: Place 1-2 drops under the tongue, or take in a capsule.

Properties: Anticatarrhal, anticancer, antidepressant, anti-infectious, anti-inflammatory, antiseptic, antitumor, expectorant, immune stimulant, and sedative.

Historical Uses: Frankincense is a holy oil in the Middle East. As an ingredient in the holy incense, it was used anciently during sacrificial ceremonies to help improve communication with the creator.

French Medicinal Uses: Asthma, depression, ulcers.

Other Possible Uses: This oil may help with aging, allergies, bites (insect and snake), bronchitis, carbuncles, catarrh, colds, diarrhea, diphtheria, gonorrhea, headaches, healing, hemorrhaging, herpes, high blood pressure, jaundice, laryngitis, meningitis, nervous conditions, prostate problems, pneumonia, respiratory problems, sciatic pain, sores, spiritual awareness, staph, strep, stress, syphilis, T.B., tension, tonsillitis, typhoid, and wounds. It contains sesquiterpenes, enabling it to go beyond the blood-brain barrier. It may also help oxygenate the pineal and pituitary glands. It increases the activity of leukocytes, defending the body against infection. Frankincense may also help a person have a better attitude, which may help to strengthen the immune system.

Body System(s) Affected: Emotional Balance, Immune and Nervous Systems, Skin.

Aromatic Influence: This oil helps to focus energy, minimize distractions, and improve concentration. It eases hyperactivity, impatience, irritability, and restlessness and can help enhance spiritual awareness and meditation.

Oral Use As Dietary Supplement: Frankincense oil in general is approved by the FDA (21CFR172.510) for use as a Food Additive (FA) and Flavoring Agent (FL). Dilute one drop oil in 1 tsp. honey or in 4 oz. of beverage (i.e. soy/rice milk). Not for children under 6 years old; use with caution and in greater dilution for children 6 years old and over.

Blend Classification: Enhancer and Equalizer.

Blends With: All oils.

Lemon

Citrus Limon

Quick Facts

Botanical Family: Rutaceae (citrus)

Extraction Method: Cold-pressed from rind (requires 3,000 lemons to produce a kilo of oil)

Common Primary Uses:

Air Pollution	Depression	Greasy/Oily Hair	Physical Energy
Anxiety	Digestion (Sluggish)	Grief/Sorrow	Postpartum Depression
Atherosclerosis	Disinfectant	Gum/Grease Removal	Purification
Bites/Stings	Dry Throat	Hangovers	Relaxation
Blood Pressure (Regulation)	Dysentery	Heartburn	Skin (Tones)
Brain Injury	Energizing	Intestinal Parasites,	Stress
Cold Sores	Exhaustion	Kidney Stones	Throat Infection
Colds (Common)	Fever	Lymphatic Cleansing	Tonsillitis
Concentration	Flu (Influenza)	MRSA	Uplifting
Constipation,	Furniture Polish	Overeating,	Varicose Veins
	Gout	Pancreatitis	Water Purification

Common Application Methods:

Topically: Can be applied neat (with no dilution) when used topically. Apply directly on area of concern or to reflex points. Avoid direct sunlight or UV light for up to 12 hours after using on the skin.

Aromatically: Diffuse or inhale the aroma directly.

Internally: Place 1-2 drops under the tongue, or drink with a beverage. Take in capsules. Use as a flavoring in cooking.

Properties: Anticancer, antidepressant, antiseptic, antifungal, antioxidant, antiviral, astringent, invigorating, refreshing, and tonic.

Historical Uses: Lemon has been used to fight food poisoning, malaria and typhoid epidemics, and scurvy. (In fact, sources say that Christopher Columbus carried lemon seeds to America—probably just the leftovers from the fruit that was eaten during the trip.) Lemon has also been used to lower blood pressure and to help with liver problems, arthritis, and muscular aches and pains.

French Medicinal Uses: Air disinfectant, anemia, asthma, cold, fever (reduces), germicide, gout, heartburn, intestinal parasites, red blood cell formation, rheumatism, throat infection, ureter infections, varicose veins, water purification, white blood cell formation.

Other Possible Uses: This oil may be beneficial for aging, soothing broken capillaries, dissolving cellulite, clarity of thought, debility, digestive problems, energy, gallstones, hair (cleansing), promoting leukocyte formation, liver deficiencies in children, memory improvement, nails (strengthening and hardening), nerves, nervous conditions, respiratory problems, cleaning children's skin, sore throats, and promoting a sense of well-being. It works extremely well in removing gum, wood stain, oil, and grease spots. It may also brighten a pale, dull complexion by removing dead skin cells.

Body System(s) Affected: Digestive, Immune, and Respiratory Systems.

Aromatic Influence: It promotes health, healing, physical energy, and purification. Its fragrance is invigorating, enhancing, and warming.

Oral Use As Dietary Supplement: Lemon oil is generally recognized as safe (GRAS) for human consumption by the FDA (21CFR182.20). Dilute one drop oil in 1 tsp. honey or in 4 oz. of beverage (i.e. soy/rice milk). Not for children under 6 years old; use with caution and in greater dilution for children 6 years old and over.

Safety Data: Avoid direct sunlight for up to 12 hours after use. Can cause extreme skin irritation.

Blend Classification: Modifier and Enhancer.

Blends With: Eucalyptus, fennel, frankincense, geranium, peppermint, sandalwood, and ylang ylang.

Peppermint

Mentha piperita

Quick Facts

Botanical Family: Labiatae (mint)

Extraction Method: Steam distilled from leaves

Common Primary Uses:

Alertness			
Antioxidant	Fainting	Irritable Bowel	Osteoporosis
Asthma	Fever	Syndrom	Paralysis
Autism	Flu (Influenza)	Itching	Rhinitis
Bacterial Infection	Gamma Radiation	Jet Lag	Scabies
Bell's Palsy	Exposure	Lactation (Decrease	Sciatica
Brain Injury	Gastritis	Milk Production)	Shock
Chronic Fatigue	Halitosis	Memory	Sinusitis
Cold Sores	Headaches	Migraines	Surgical Wounds
Colon Polyps	Heartburn	Motion Sickness	Swollen Eyes
Congestion	Heatstroke	MRSA	Tennis Elbow
Constipation	Hernia (Hiatal)	Multiple Sclerosis	Throat Infection
Cooling (Body)	Herpes Simplex	Muscle Aches	Typhoid
Cramps/Charley Horses	Hives	Muscle Fatigue	Ulcer (Gastric)
Crohn's Disease	Hot Flashes	Myelin Sheath	Varicose Veins
Diarrhea	Huntington's Disease	Nausea	Vomiting
Dysmenorrhea	Hypothyroidism	Olfactory Loss (Sense	
Endurance	Indigestion	of Smell),	

Common Application Methods:

Topically: Can be applied neat (with no dilution), or dilute 1:1 (1 drop essential oil to 1 drop carrier oil) for children and for those with sensitive skin when using topically. Apply to reflex points and/or directly on area of concern.

Aromatically: Diffuse or inhale the aroma directly.

Internally: Place 1-2 drops under the tongue or in a beverage. Take in capsule. Use as a flavoring in cooking.

Properties: Analgesic, antibacterial, anticarcinogenic, anti-inflammatory, antiseptic, antispasmodic, antiviral, and invigorating.

Historical Uses: For centuries, peppermint has been used to soothe digestive difficulties, freshen breath, and to relieve colic, gas, headaches, heartburn, and indigestion.

French Medicinal Uses: Asthma, bronchitis, candida, diarrhea, digestion (aids), fever (reduces), flu, halitosis, heartburn, hemorrhoids, hot flashes, indigestion, menstrual irregularity, migraine headache, motion sickness, nausea, respiratory function (aids), shock, skin (itchy), throat infection, varicose veins, vomiting.

Other Possible Uses: This oil may help anger, arthritis, colic, depression, fatigue, food poisoning, hysteria, inflammation, liver problems, nerves (regenerate and support), rheumatism, seizures, elevate and open sensory system, soothe and cool skin (may help keep body cooler on hot days), toothaches, tuberculosis, and add flavor to water.

Body System(s) Affected: Digestive System, Muscles and Bones, Nervous and Respiratory Systems, Skin.

Aromatic Influence: It is purifying and stimulating to the conscious mind and may aid with memory and mental performance. It is cooling and may help reduce fevers.

Oral Use As Dietary Supplement: Peppermint oil is generally recognized as safe (GRAS) for human consumption by the FDA (21CFR182.20). Dilute one drop oil in 1 tsp. honey or in 4 oz. of beverage (i.e. soy/rice milk). Not for children under 6 years old; use with caution and in greater dilution for children 6 years old and over.

Safety Data: Repeated use can possibly result in contact sensitization. Use with caution if dealing with high blood pressure. Use with caution during pregnancy.

Blend Classification: Personifier

Melaleuca (Tea Tree)

Melaleuca alternifolia

Quick Facts

Botanical Family: Myrtaceae (Myrtle: shrubs and trees)

Extraction Method: Steam distilled from leaves

Common Primary Uses:

Acne	Coughs	Infected Wounds	Shock
Allergies	Cuts	Infection	Sore Throat
Aneurysm	Dermatitis/Eczema	Inflammation	Staph Infection
Athlete's Foot	Dry/Itchy Eyes	Jock Itch	Sunburn
Bacterial Infection	Ear Infection	Lice	Thrush
Boils	Earache	MRSA	Tonsillitis
Bronchitis	Flu (Influenza)	Mumps	Vaginal Infection
Candida	Fungal Infections	Nail Infection	Varicose Ulcer
Canker Sores	Gum Disease	Pink Eye	Viral Infections
Cavities	Hepatitis	Rashes	Warts
Chicken Pox	Herpes Simplex	Ringworm	Wounds
Cleansing	Hives	Rubella	
Cold Sores	Immune System	Scabies	
Colds (Common)	(Stimulates)	Shingles	

Common Application Methods:

Topically: Can be applied neat (with no dilution) when used topically. Apply directly on area of concern or to reflex points.

Aromatically: Diffuse or inhale the aroma directly.

Internally: Take in capsule.

Properties: Analgesic, antibacterial, antifungal, anti-infectious, anti-inflammatory, antioxidant, antiparasitic, a strong antiseptic, antiviral, decongestant, digestive, expectorant, immune stimulant, insecticidal, neurotonic, stimulant, and tissue regenerative.

Historical Uses: The leaves of the melaleuca tree (or tea tree) have been used for centuries by the aborigines to heal cuts, wounds, and skin infections. With twelve times the antiseptic power of phenol, it has some strong immune-building properties.

French Medicinal Uses: Athlete's foot, bronchitis, colds, coughs, diarrhea, flu, periodontal (gum) disease, rash, skin healing, sore throat, sunburn, tonsillitis, vaginal thrush.

Other Possible Uses: This oil may help burns, digestion, hysteria, infectious diseases, mites, and ticks.

Body System(s) Affected: Immune and Respiratory Systems, Muscles and Bones, Skin.

Aromatic Influence: It promotes cleansing and purity.

Oral Use As Dietary Supplement: Melaleuca oil in general is approved by the FDA (21CFR172.510) for use as a Food Additive (FA) or Flavoring Agent (FL). Dilute one drop oil in 1 tsp. honey or in 4 oz. of beverage (i.e. soy/rice milk). Not for children under 6 years old; use with caution and in greater dilution for children 6 years old and over.

Safety Data: Repeated use can possibly result in contact sensitization.

Blend Classification: Enhancer and Equalizer.

Blends With: All citrus oils, cypress, eucalyptus, lavender, rosemary, and thyme.

Lavender

Lavandula angustifolia

Quick Facts

Botanical Family: Labiatae (mint)

Extraction Method: Steam distilled from flowering top

Common Primary Uses:

Abuse (Healing From)	Dandruff	Hay Fever	Parasympathetic	Sleep
Agitation (Calms)	Depression	Hernia (Inguinal)	Nervous System	Stress
Allergies	Diabetic Sores	Herpes Simplex	Stimulation	Stretch Marks
Anxiety	Diaper Rash	Hyperactivity	Parkinson's Disease	Sunburn
Appetite Loss	Diuretic	Impetigo	Phlebitis	Tachycardia
Arrhythmia	Dysmenorrhea	Inflammation	Physical Stress	Teeth Grinding
Atherosclerosis	Exhaustion	Insomnia	Poison Ivy/Oak	Teething Pain
Bites/Stings	Fever	Itching	Post Labor	Tension
Blisters	Gangrene	Jet Lag	Postpartum Depression	Thrush
Boils	Gas/Flatulence	Lips (Dry)	Rashes	Ticks
Burns	Giardia	Mastitis	Relaxation	Ulcers (Leg)
Calming	Gnats and Midges	Menopause	Rheumatoid Arthritis	Varicose Ulcer
Cancer	(Repellent)	Mental Stress	Sedative	Vertigo
Chicken Fox	Grief/Sorrow	Mood Swings	Seizure	Withdrawal
Concentration	Hair (Dry)	Mosquito Repellent	Skin (Dry)	Worms
Convulsions	Hair (Fragile)	Muscular Paralysis	Skin (Sensitive)	Wounds
Cuts	Hair (Loss)	Pain	Skin Ulcers	Wrinkles

Common Application Methods:

Topically: Can be applied neat (with no dilution) when used topically. Apply to reflex points and directly on area of concern.

Aromatically: Diffuse, or inhale the aroma directly.

Internally: Place 1-2 drops under the tongue, or take in capsules. Can also be used in beverages or as a flavoring in cooking.

Properties: Analgesic, anticoagulant, anticonvulsant, antidepressant, antifungal, antihistamine, anti-infectious, anti-inflammatory, antimicrobial, antimutagenic, antiseptic, antispasmodic, antitoxic, antitumor, cardiogenic, regenerative, and sedative.

Historical Uses: During Medieval times, people were obviously divided on the properties of lavender regarding love. Some would claim that it could keep the wearer chaste, while others claimed just the opposite—touting its aphrodisiac qualities. Its list of uses is long.

French Medicinal Uses: Acne, allergies, burns (cell renewal), cramps (leg), dandruff, diaper rash, flatulence, hair loss, herpes, indigestion, insomnia, lowering blood pressure, lymphatic system drainage, menopausal conditions, mouth abscess, nausea, phlebitis, premenstrual conditions, scarring (minimizes), stretch marks, tachycardia, thrush, water retention.

Other Possible Uses: Lavender is a universal oil that has traditionally been known to balance the body and to work wherever there is a need. If in doubt, use lavender. It may help anxiety, arthritis, asthma, body systems balance, bronchitis, bruises, carbuncles, cold sores, earaches, fainting, gallstones, relieve headaches, heart irregularity, reduce high blood pressure, hives (urticaria), hysteria, insect bites and bee stings, infection, influenza, injuries, repel insects, laryngitis, migraine headaches, mental clarity, mouth abscess, reduce mucus, nervous tension, pineal gland (activates), respiratory function, rheumatism, skin conditions (eczema, psoriasis, rashes), sprains, sunstroke, throat infections, tuberculosis, typhoid fever, and whooping cough.

Body System(s) Affected: Cardiovascular System, Emotional Balance, Nervous System, Skin.

Aromatic Influence: It promotes consciousness, health, love, peace, and a general sense of well-being. It also nurtures creativity.

Oral Use As Dietary Supplement: Lavender oil is generally recognized as safe (GRAS) for human consumption by the FDA (21CFR182.20). Dilute one drop oil in 1 tsp. honey or in 4 oz. of beverage (i.e. soy/rice milk). Not for children under 6 years old; use with caution and in greater dilution for children 6 years old and over.

Blend Classification: Enhancer, Modifier, and Equalizer.

Blends With: Most oils (especially citrus oils), clary sage, and geranium.

Oregano

Origanum vulgare

Quick Facts

Botanical Family: Labiatae

Extraction Method: Steam distilled from herb

Common Primary Uses:

Athlete's Foot	Inflammation	Ringworm
Calluses	Intestinal Parasites	Staph Infection
Candida	MRSA	Vaginal Candida
Canker Sores	Muscle Aches	Viral Infections
Carpal Tunnel Syndrome	Nasal Polyp	Warming (Body)
Ebola Virus	Parasites	Warts
Fungal Infections	Plague	Whooping Cough
Immune System (Stimulates)	Pneumonia	

Common Application Methods:

Topically: Dilute 1:3 (1 drop essential oil to at least 3 drops carrier oil) when used topically. Dilute more heavily for children over 6 or for those with sensitive skin. Apply directly on area of concern or to reflex points.

Aromatically: Diffuse, or inhale the aroma directly.

Internally: Dilute and take in capsules. Use as a flavoring in cooking.

Properties: Antibacterial, antifungal, antiparasitic, antiseptic to the respiratory system, antiviral, and immune stimulant.

French Medicinal Uses: Asthma, bronchitis (chronic), mental disease, pulmonary tuberculosis, and rheumatism (chronic).

Other Possible Uses: This oil may help colds, digestive problems, metabolic balance, obesity, viral and bacterial pneumonia, and strengthen vital centers.

Body System(s) Affected: Immune and Respiratory Systems, Muscles and Bones.

Aromatic Influence: Strengthens one's feeling of security.

Oral Use As Dietary Supplement: Oregano oil is generally recognized as safe (GRAS) for human consumption by the FDA (21CFR182.20). Dilute one drop oil in 1 tsp. honey or in 4 oz. of beverage (i.e. soy/rice milk). Not for children under 6 years old; use with caution and in greater dilution for children 6 years old and over.

Safety Data: Can cause extreme skin irritation.

Blend Classification: Enhancer and Equalizer.

Blends With: Basil, fennel, geranium, lemongrass, thyme, and rosemary.

Soothing Blend

Soothing Blend

Quick Facts

This blend contains oils that are well-known and are frequently studied for their abilities to soothe inflammation, alleviate pain, and reduce soreness.

Common Primary Uses:

Arthritis	Fibromyalgia	Pain
Back Pain	Inflammation	Tension Headaches
Bone Pain	Joint Pain	Whiplash
Bruises	Muscle Aches/Pain	
Bursitis	Muscle Tension	

Application:

Topically: Apply as a compress on spine and on reflex points on feet. Apply on location for muscle cramps, bruises, or any other pain.

Single Oils in This Blend:

Wintergreen: contains 99% methyl salicylate, which gives it cortisone-like properties. It may be beneficial for arthritis, rheumatism, tendinitis, and any other discomfort that is related to the inflammation of bones, muscles, and joints.

Camphor: is analgesic (pain-relieving) and anti-inflammatory. It may be beneficial for arthritis, rheumatism, muscle aches and pains, sprains, and bruises.

Peppermint: is anti-inflammatory to the prostate and to damaged tissues. It has a soothing and cooling effect that may help with arthritis and rheumatism.

Blue Tansy: is analgesic and anti-inflammatory. It may also help with low blood pressure, arthritis, and rheumatism.

German (Blue) Chamomile: is antioxidant, anti-inflammatory, and analgesic. It may also help relieve congestion and arthritis.

Helichrysum: may help cleanse the blood and improve circulatory functions. It is anticatarrhal in structure and nature. As a powerful anti-inflammatory, it may even help reduce inflammation in the meninges of the brain. On a spiritual level, it may help one let go of angry feelings that prevent one from forgiving and moving forward.

Osmanthus: is one of the 10 famous traditional flowers of China. The blossoms are highly aromatic and are used in the world's rarest and most expensive perfumes. It is used in Chinese medicine to "reduce phlegm and remove blood stasis."

Body System(s) Affected: The oils in this blend may help it be effective for dealing with various problems related to the Nervous System and to Muscles and Bones.

Safety Data: Repeated use may possibly result in contact sensitization. Use with caution during pregnancy.

Companion Oils:

Add frankincense (to enhance) or wintergreen (for bone pain).

Protective Blend

Protective Blend

Quick Facts

The oils in this blend have been studied for their strong abilities to kill harmful bacteria, mold, and viruses. This blend can be diffused into the air or be used to clean and purify household surfaces.

Common Primary Uses:

Abscess (Oral)	Cold Sores	Mold
Air Pollution	Colds	Mono
Antibacterial	Coughs	MRSA
Antifungal	Flu	Pneumonia
Antiviral	Gum Disease	Scabies
Bladder Infection	Halitosis	Sore Throat
Candida	Hypoglycemia	Staph Infection
Chronic Fatigue	Infection	Warts
Cleansing	Lupus	

Application:

Topically: Massage throat, stomach, intestines, and bottoms of feet. Dilute one drop in 15 drops of fractionated coconut oil: massage the thymus to stimulate the immune system, and massage under the arms to stimulate the lymphatic system. It is best applied to the bottoms of the feet, as it may be caustic to the skin. Dilute with fractionated coconut oil when used on sensitive/young skin.

Aromatically: Diffuse, or inhale the aroma directly.

Single Oils in This Blend:

Orange: is antibacterial, antifungal, antidepressant, and antiseptic. It is a powerful disinfectant and very effective against colds and flu.

Clove Bud: is antibacterial, antifungal, anti-infectious, antiparasitic, a strong antiseptic, antiviral, and an immune stimulant. It may influence healing and help create a feeling of protection and courage.

Cinnamon Bark: has very specific purposes: (1) it is a powerful purifier, (2) it is a powerful oxygenator, and (3) it enhances the action and the activity of other oils. It may have a stimulating and toning effect on the whole body and particularly on the circulatory system. It is antibacterial, antifungal, anti-infectious, anti-inflammatory, antimicrobial, antiparasitic, antiseptic, antispasmodic, antiviral, astringent, immune stimulant, sexual stimulant, and warming.

Eucalyptus radiata: may have a profound antiviral effect upon the respiratory system. It also has strong antibacterial, antitarrhal, and antiseptic properties.

Rosemary: may help balance heart function, energize the solar plexus, and reduce mental fatigue. It may improve circulation and help stimulate the nerves. It is antiseptic and anti-infectious.

Body System(s) Affected: The oils in this blend may help it be effective for dealing with various problems related to the Immune System.

Aromatic Influence: Diffuse this blend of oils periodically for 20–25 minutes at a time to help protect the body against the onset of flu, colds, and viruses.

Safety Data: Repeated use can result in extreme contact sensitization. Can cause extreme skin irritation. Use with caution during pregnancy.

Respiratory Blend

Respiratory Blend

Quick Facts

Many of the oils in this blend have been studied for their abilities to open and soothe the tissues of the respiratory system and also for their abilities to combat airborne bacteria and viruses that could be harmful to the system.

Common Primary Uses:

Antiviral	Cough	Pneumonia
Anxiety	Emphysema	Respiratory System
Asthma	Influenza	Sinusitis
Bronchitis	Mono	Tuberculosis
Congestion	Nasal Polyp	

Application:

Topically: May be applied on the chest, the back, or the bottoms of feet.

Aromatically: Diffuse into the air. Apply to palms of hands: cup hands over nose and mouth, and breathe deeply, or inhale the aroma of the oil directly.

Single Oils in This Blend:

Laurel Leaf (Bay): has antiseptic and antifungal properties. It may also help with asthma, bronchitis, and viral infections.

Peppermint: is antiseptic, antispasmodic, and anti-inflammatory. It is soothing, cooling, and dilating to the system.

Eucalyptus radiata: may have a profound antiviral effect upon the respiratory system. It may also help reduce inflammation of the nasal mucous membrane.

Melaleuca alternifolia: has antibacterial, antifungal, antiviral, and expectorant properties. It may also help with bronchitis, coughs, and inflammation.

Lemon: promotes health, healing, physical energy, and purification. Its fragrance is invigorating, enhancing, and warming. It is an antiseptic and is great for the respiratory system.

Ravensara: is a powerful antiviral, antibacterial, antifungal, and anti-infectious oil. It may help dilate, open, and strengthen the respiratory system. As a cross between clove and nutmeg, it may also help support the adrenal glands.

Cardamom: has antiseptic and anti-inflammatory properties. It may also help with congestion and other respiratory problems.

Body System(s) Affected: The oils in this blend may help it be effective for dealing with various problems related to the Respiratory System and to the Skin.

Aromatic Influence: This blend of oils is excellent for opening the respiratory system when the blend is diffused or inhaled and is perfect for nighttime diffusion, allowing for restful sleep.

Safety Data: Can be irritating to sensitive skin. Dilute for young or sensitive skin.

Companion Oils:

Run hot steaming water in sink; put Respiratory Blend and wintergreen in water; put towel over head; and inhale to open sinuses that have been blocked by flu, colds, or pneumonia. Also try Protective Blend.

Digestive Blend

Digestive Blend

Quick Facts

This blend may be useful for improving digestive function. The oils in this blend have been studied for their abilities in balancing the digestive system and in soothing many of that system's ailments.

Common Primary Uses

Bloating

Colitis

Constipation

Cramps (Abdominal)

Crohn's Disease

Diarrhea

Food Poisoning

Gastritis

Heartburn

Nausea

Parasites

Sinusitis

Application:

Topically: May be applied to reflex points on the feet and on the ankles. It may also be applied topically over the stomach, as a compress on the abdomen, and at the bottom of the throat (for gagging). Apply to animal paws for parasites.

Aromatically: Diffuse, or inhale the aroma directly.

Internally: As a dietary supplement, dilute one drop in 4 oz. of water or soy/rice milk, and sip slowly. May also be used in a retention enema for ridding the colon of parasites and for combating digestive candida.

Single Oils in This Blend:

Ginger: is warming, uplifting, and empowering. Emotionally, it may help influence physical energy, love, and courage. Because of its calming influence on the digestive system, it may help reduce feelings of nausea and motion sickness.

Peppermint: is an anti-inflammatory to the prostate and nerves. It is soothing, cooling, and dilating to the system. It may also be beneficial for counteracting food poisoning, vomiting, diarrhea, constipation, flatulence, halitosis, colic, nausea, and motion sickness.

Tarragon: may help to reduce anorexia, dyspepsia, flatulence, intestinal spasms, nervous and sluggish digestion, and genital urinary tract infection.

Fennel: may help improve digestive function by supporting the liver. It may also help balance the hormones.

Caraway: is antiparasitic and antispasmodic. It may also help with indigestion, gas, and colic.

Coriander: is antispasmodic and has anti-inflammatory properties. It may also help with indigestion, flatulence, diarrhea, and other spasms of the digestive tract.

Anise: may help calm and strengthen the digestive system.

Body System(s) Affected: The oils in this blend may help it be effective for dealing with various problems related to the Digestive System.

Safety Data: Use with caution during pregnancy (only a drop massaged on the outer ear for morning sickness). Not for use by people with epilepsy.

Companion Oils:

Peppermint.