

DISCOVER

THE HEALING POWER OF ESSENTIAL OILS

Do you want to try essential oils but just don't know where to start? Have you used a few oils occasionally but would like to fully incorporate them into everyday living? The *Modern Essential Handbook* can help you discover a healthier, more natural lifestyle with essential oils. Because of powerful benefits recently demonstrated in scientific plants, essential oils are gaining popularity as natural alternatives to chemically synthesized medications. The handbook takes an independent look at scientific uses and supporting research for some 100 essential oils, as well as many essential oil-inspired blends, supplements, and personal care products.

The true power of the *Modern Essential Handbook* lies in its organization as a ready reference work. You will quickly and easily access the information you need from the handbook of more than 100 essential oils can be used. At the same time, the handbook is small and light-weight enough to take with you anywhere—and is wonderful to give as a gift.

What can I find in this book?

- An introduction to essential oils and the basic science behind their therapeutic uses.
- All the latest information on essential oils and oil-based products, including 4 new oils and 2 new blends—as presented from both consumer and user.

New—scan and unlock exclusive video content!



Scan these special QR codes found throughout this book to learn more about what essential oils are and how to use them, and to see what oil combinations are being shown from essential oils and blends!




**AROMA
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THE PREMIER INTRODUCTORY GUIDE TO ESSENTIAL OILS

MODERN Essentials HANDBOOK

First Edition

MODERN Essentials™ HANDBOOK



MODERN
Essentials
HANDBOOK



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Scan to Learn More!



Scan these special QR codes throughout the book to unlock exclusive video content! Learn more about what essential oils are, and how to use them. Learn and share why others love to use particular oils and blends!



The Basics of Essential Oils



Essential Oils: A Natural Choice



In today's world of artificially high healthcare costs and artificial drugs, millions of people are returning to nature to find relief from everyday health concerns. While plants have been used for millennia to fight disease and to help ease pain and discomfort, individuals are just now beginning to rediscover some of the amazing health benefits of pure, natural essential oils.

Why Plants Make Essential Oils



What Are Essential Oils?



- Natural substances created by plants
- Aromatic molecules that give plants their distinct aroma
- Small, light molecules that are steam-distilled or pressed from plants
- Oil-soluble substances that mix with oils and not water
- Highly concentrated blends of natural substances that have been used for thousands of years and are currently being studied for their profound health benefits, including their antiseptic properties and their ability to help lessen pain, ease feelings of depression, enhance memory, and decrease inflammation, among many other amazing benefits



Essential oils are natural fragrances of plants and are used in many ways.

Many essential oil-producing plants store these oils in special storage structures called trichomes. Others secrete the oils onto the surface of the plant or into special cells or cavities within the plant.

Essential Oils: Direct from Nature

If you've ever been enchanted by the aroma of a pine forest, or been soothed by the sweet smell of a rose, or been uplifted by the crisp scent of a fresh-cut lemon, you have already experienced the amazing benefits of aromatic essential oils directly from nature.

By gently steam-distilling or pressing the plant material, skilled artisans can capture these unique essences to be used in our homes.



What Benefits Do Essential Oils Have?



Natural Body Support

How Do Essential Oils Support a Healthy Body?



- RELAX**
Promote Relaxation (Calm Nerves and Nerves) | Increase Positive Feelings and Help Decrease Stress
- PROTECT**
Support Healthy Immune Function | Protect Against Germicidal and Bacterial Toxins
- CIRCULATE**
Promote Healthy Circulation | Support Healthy Respiratory Function
- DIGEST**
Promote Healthy Digestion | Help Reduce Digestive Stomach Spasms | Promote Healthy Metabolism
- ENERGIZE ACTIVELY**
Support Muscle and Joint Function | Support Energy and Stamina
- ALSO BENEFITS**
Improves Appearance of the Skin | Supports Circulation (Helps Improve Blood Flow) | Purifies the Body's Systems | Regulates Blood Sugar



How Can Essential Oils Have So Many Benefits?

Since there are so many different essential oils, each comprised of many different natural compounds with various properties, essential oils can affect the body and mind in diverse ways.

Emotions and Essential Oils



Emotions come in response to what we see, smell, hear, feel, taste, think, or have experienced and can affect our future thoughts and behavior. While much is still being discovered about the complex psychological and physiological processes involved in emotions, researchers have discovered that emotions involve many different systems in the body, including the brain, the sensory system, the endocrine/hormonal system, the autonomic nervous system, the immune system, and the release or inhibition of neurotransmitters (such as dopamine) in the brain. Recent research has also begun to uncover compelling evidence that various essential oils and their components have the ability to affect each one of these systems, making the use of essential oils an intriguing tool for helping to balance emotions in the human body.

Blends for Emotional Balance



Bored
Discontent



Distressed
Sorrowful



Discouraged
Apathetic



Crying
Hurt



Anxious
Fearful



Angry
Apathetic

USING OILS FOR Emotions

Because the sense of smell is so closely tied to the action of the brain that deal with emotions, inhaling the aroma of an essential oil is one of the most powerful ways to affect emotions. Simply while the aroma of the oil from a bottle, diffuse the oil with an essential oil diffuser, or wear the essential oil in a glass of jewelry with a porous stone, clay, wood, or cloth surface that slowly diffuse the oil.

Effectively Targeted



Anger
Worry
Hurt
Sorrow
Grief
Sadness
Excitement
Happiness
Joy
Optimism
Warmth
Love
Anger

EMOTIONS AND LONG-TERM MEMORIES



WHERE DO

Essential Oils COME FROM?

Only an estimated 10% of the world's plants produce essential oils. These plants can usually be recognized by the aroma that they produce. The plants used to make essential oils originate from all over the world and are cultivated from many locations in North and South America, Europe, Africa, Asia, and Australia.



How Are Essential Oils Extracted from Plants?

Steam Distillation

Water is heated in the first chamber, and the steam is carried to the second chamber, where the essential oils are extracted.



Cold Expression



Essential oils are extracted from plants using various methods, including steam distillation, cold expression, and solvent extraction. The choice of method depends on the type of plant and the desired quality of the oil.



TIMELINE OF AROMATIC PLANTS & Essential Oils

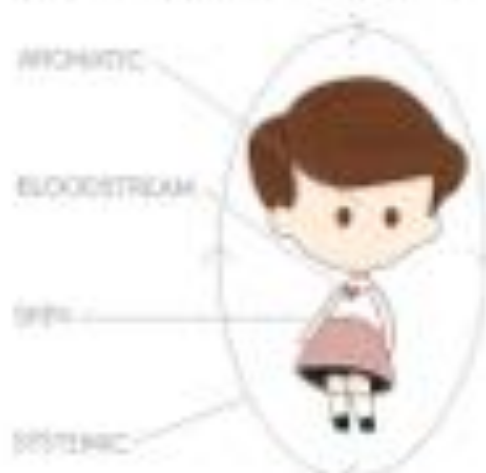
Aromatic plants have long played an important role in human civilizations. They have been a part of religion, marriage ceremonies, dating and courtship, cosmetics, funerary practices, medicine, and many other aspects of human life. Although the use of essential oils has evolved over the years, the basic principles remain the same. From the beginning of time, oils extracted from aromatic plants have been recognized as the most effective medicine known to mankind.



Topical Application



Topical application refers to placing essential oils on some area of the body, including the skin, hair, nails, or mouth. There are many benefits from topical application. Therapeutic effects can occur both at the site of application and throughout the bloodstream to affect distant organs inside the body.



Many oils can be applied "neat"—or without dilution—but some require concentrated solutions that may irritate if they are applied directly on sensitive skin. Diluting oils with a pure vegetable oil, referred to as a carrier oil, can make even the most concentrated oils safe and comfortable for topical application. Diluting an oil can also spread the effects of a drop or two of an essential oil over a much larger area.



Methods

Direct Application: the simplest method of topical application refers to applying oil directly to the area of concern. Usually, 1-3 drops of essential oil is more than enough for direct applications. A few drops of oil can be added to a carrier oil, and oils can also be diluted or applied on top of one another.

Massage: the stimulation of muscle, skin, and connective tissues. Adding massage to essential oils can enhance their warming, relaxing, stimulating, or soothing effects and promote healing and balance. Anyone who is not a certified massage therapist should use only light to medium strokes and avoid the spine and other sensitive areas of the body. To create a massage oil, add 10 drops of essential oil to blend to 1 The 100 ml of carrier oil.

Balancing Touch Massage Technique: is a simple, effective way that body healers and experts alike can apply essential oils with meaningful results. See page 30 for more information.

Baths: can help regularly apply oils. Adding essential oils to bathwater helps deliver the oils into the skin. Though oils can be added directly to the water, they will rise to the top and target more sensitive areas of the body. It is better to blend 2 The 10 ml carrier oil with 15 drops essential oil in a small container. Adding 1 tsp. 15 ml of this blend to a warm bath can be a great way to regularly apply essential oils.

Compresses: can help relieve pain and soothe muscles. To create a compress, fill a basin with 2 quarts (2 L) of hot or cold water and the desired essential oils. Place a towel in the basin, and allow it to soak up the oils. Wring out the water and place the damp, oil-saturated towel on the affected area. For a hot compress, cover with a dry towel and hot water bottle. For a cold compress, cover with a piece of plastic wrap.

Footbathage: Reflexology is a method of applying oils to various points on your feet to the feet or hands. For more details, refer to the reflexology and foot charts on page 34.



Bath Blends

Soothe Your Troubles



Up and at 'Em



Massage Oil

Relaxing



Invigorating



Aromatic Application

100%
NATURAL
ESSENTIAL OILS

HOW TO
USE
ESSENTIAL OILS



Aromatherapy can have many benefits to the body and mind because our sense of smell is closely tied to the part of the brain controlling emotions and long-term memory. Inhaling the aroma or diffused mist of an essential oil can powerfully affect these areas of the body as well as the respiratory system.



Methods

Direct Inhalation: a simple way to inhale an essential oil. This can be inhaled straight from the bottle or applied to the hands and cupped over the mouth and nose to quickly affect moods and emotions.

Diffuser: the easiest way to spread essential oils throughout an entire room. A diffuser can be run with any favorite essential oil or blend of oils.

Perfumes or Cologne: can be made using essential oils and water daily to provide emotional support and an invigorating scent. Simply apply 1-2 drops of an essential oil or blend to the water or milk.

Pine or Yarrow: can spread the aroma of an essential oil in a small space by placing a few drops of essential oil on a cotton ball and sticking it in a window fan, ceiling fan, or air vent. This can work especially well in a car or tent.



Perfume Blends

Romance



1 drop yellow flower



4 drops cherry sage



2 drops rose absolute



2 drops rosemary

Oriental Nights



2 drops cardamom



2 drops white PE



2 drops orange

Diffuser Blends

Stress Less



2 drops lemon



2 drops orange



2 drops eucalyptus



2 drops eucalyptus

Energizing



1 drop eucalyptus



2 drops orange



2 drops eucalyptus

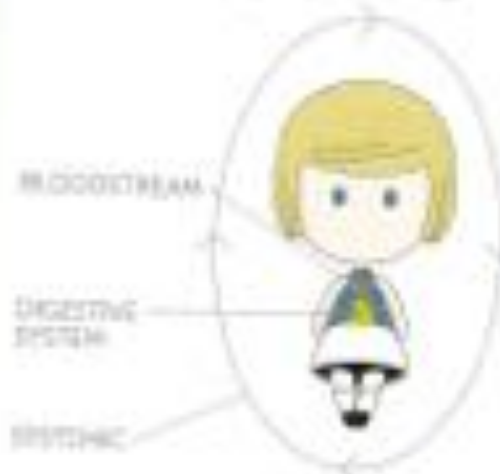




HOW TO
USE
ESSENTIAL OILS



Internal application refers to consuming oils. Taking certain essential oils internally affects the digestive system, and many oils are able to pass into the bloodstream this way and travel quickly to many areas of the body.



Only the highest quality oils are meant for internal use. Some essential oils may be diluted or processed using harmful chemicals. Fragrance oils or any other oil that is not labeled as safe for internal use should never be used internally.

Methods

Sublingual: placing a drop or two of essential oil under the tongue. This is one of the most effective ways to take essential oils internally. Some stronger oils may need to be diluted before being taken sublingually.

Capsules: take 1-10 drops of essential oil inside an empty capsule. This allows the ingestion of some oils that have a potent or unpleasant taste. Because essential oils are so potent, these should be diluted with a carrier oil like olive oil when used in capsules.

Beverages: an easy way to take essential oils internally. Simply place 1 drop of essential oil in 1-4 cups (250-1000 ml) of a favorite beverage (water, milk, and diluted milk all work great).

Cooking: using essential oils to enhance the taste of dishes. Only very small amounts are needed for cooking—of course, just a teaspoonful of oil and stirred into the food. See the "Essential Oils" chapter for more information on cooking with essential oils.

Recipes



Strawberry Lemon Essential Oil-Flavored Water

Add a few drops of fresh strawberry and 1 drop lemon essential oil to your water.



1 drop lemon



Hot Chocolate with Essential Oil

Add 1-2 drops peppermint essential oil to hot chocolate.



1-2 drops peppermint



Chocolate Peppermint Pretzels

Soak 5 drops peppermint essential oil into 2 bags of pretzels with chocolate chips. Dip pretzels in chocolate mixture, and let cool. Enjoy!



5 drops peppermint

More recipes and guidelines for cooking and internal use can be found in the "Essential Oils" chapter of this book.



Essential Oil Quality

There are many different options to consider when purchasing essential oils, however, not all manufacturers produce oils with the same high standards. If essential oils are diluted with chemical additives or even packaged improperly, the therapeutic benefits of the oils can be greatly reduced—and can sometimes even be countered by harmful effects.

For this reason, it is important to use only essential oils that are pure, therapeutic grade. To meet this level of quality, the producers must maintain the highest standards, from the plants they use to their production methods and packaging.

Source

Plants from which essential oils are derived should be grown in appropriate climates to develop the right balance of constituents. Pesticides and other chemicals that could affect the chemical composition of the oils should never be used.

Essential oils should also be sourced from the correct species of plant. For instance, essential oils from *Lavandula angustifolia* and *Lavandula latifolia* are often both called lavender oil, but these essential oils actually have different chemical constituents and therapeutic properties. Be certain that the label lists the correct species of plant for the desired essential oil.



Production

Pure essential oils should be steam distilled (or pressed from the stalk, not chemically extracted). Anything labeled as an extract or fragrance oil is not the same as therapeutic-grade essential oil. Proper distillation techniques are a critical part of creating high-quality essential oils. It is also important that plants are distilled during the right time of year, at the right age, and over the right amount of time from harvest to ensure that they contain the right balance of chemical constituents. Distillers who understand this will distill the plant material under optimal circumstances for the best therapeutic properties.

Testing

One of the most important qualities of therapeutic-grade oils is purity from synthetic fragrances or other additives or dilutions that are used to cut costs. Essential oil producers committed to creating the highest-quality oils will not add other materials to theirs. Rigorous testing should be done to ensure essential oils have the correct balance of constituents and that they are truly pure. Types of testing can include the following:

Sensory Evaluation There is a difference between the scent of pure essential oils and synthetic fragrances, and experts have trained their noses to detect inconsistencies in aromas as well as color and texture. Physical tests, such as measuring the specific gravity, refractive index, or optical rotation of the oil can also be used to help determine the chemical makeup and purity of essential oils.

Chemical Analysis This type of testing is used to assess qualities that cannot be determined by the senses or physical measurements. Two methods (Gas Chromatography-Mass Spectrometry and Fourier Transform Infrared Spectroscopy) are used for modern chemical analysis. These processes allow scientists to measure the chemical composition of an essential oil and determine the concentration of each of its constituents.



Pricing

One last quality to look for is a fluctuation in prices between different essential oils. Some essential oils require much more plant matter and are much more difficult to produce than others, and these naturally have a higher cost. If two essential oils like frankincense and lemon are priced similarly, it is a sign that the manufacturer uses methods to cut production costs and the oil is not therapeutic grade.



Essential Oil Building Blocks

While essential oils can be created by plants using hundreds of different chemical constituents, there are a few key groups of hydrocarbons and oxygenated compounds that play an important role in most essential oils.

Monoterpenes

Hydrocarbon/Terpene

General Properties

- Toxic in excess
- Antispasmodic
- Stimulating
- Breaching to internal tissues

Key Components in

- Most essential oils

Key Monoterpenes

- Pinene (α - and β -)
- Camphor
- β -Myrcene
- Limonene



Sesquiterpenes

Hydrocarbon/Terpene

General Properties

- Antibacterial
- Anti-inflammatory
- Analgesic (pain reliever)
- Sedative

Key Components in

- Gasps, myrta, sandalwood, cedar, ylang ylang

Key Sesquiterpenes

- β -Caryophyllene
- Chamazulene
- Farnesol

Esters

General Properties

- Cell/Vessel regeneration
- Expectorant
- Respiratory issues

Key Components in

- Rosemary, sage, helichrysum, peppermint

Key Monoterpenes

- Thymol
- Isobutyl
- Geraniol
- Menthyl



Alcohols

General Properties

- Antibacterial
- Astringent
- Irritating
- Uplifting

Key Components in

- Most essential oils

Key Monoterpenes

- Linalol
- Citronellol
- Geraniol
- Farnesol



Aldehydes

General Properties

- Calming
- Soothing
- Antifungal
- Balancing/regulating

Key Components in

- Birch, bergamot, clary sage, Douglas fir, geranium, helichrysum, lavender, ylang ylang

Key Monoterpenes

- Linalyl acetate
- Geranyl acetate
- Benzyl acetate



Aldehydes

General Properties

- Astringent
- Calming/soothing/relaxing
- Anticancerous
- Fever reducing

Key Components in

- Cinnamon, citrillon, lemon grass

Key Monoterpenes

- Citral (fresh or sweet, geraniol, citronellol)



Oxides

General Properties

- Anesthetic
- Antispasmodic
- Muscular

Key Components in

- Eucalyptus

Key Monoterpenes



Phenols

General Properties

- Antibacterial
- Antispasmodic
- Stimulating/tonic/energizing
- Anticancer

Key Components in

- Basil, birch, cinnamon, clove, Eucalyptus, geranium, peppermint, thyme, ylang ylang

Key Monoterpenes

- Thymol
- Thymol
- Carvacrol



Safe and Effective Use of Essential Oils



As with any other substance that affects the body, it is important to use essential oils properly to ensure safe use and to maximize their benefits. The “Essential Oils” chapter in this handbook provides information on proper essential oil use, including circumstances in which certain oils or methods are not advised. Essential oils are natural, wonderful, and safe, but common sense is still important. The following points are some basic essential oil usage tips to keep in mind.

Using the Right Amount

More is not always better when it comes to essential oils. For example, drinking one or two glasses of cool water at a time on a hot day can provide relief and needed rehydration for the body. However, drinking 30 or 40 glasses all at once would not be wise, and could even make the body sick. The same concept applies to essential oils. Because essential oils are so concentrated, 1–3 drops (or even less) at a time is almost always sufficient.

Using small amounts of essential oils consistently over time with proper oil dilution will preserve essential oils, increase their benefits, and ensure safe and proper use.

Understanding What Each Essential Oil Is Meant to Do

Each essential oil is unique. Each can affect the body differently and have very different benefits. At the same time, not all essential oils can be used in the same way. Refer to the “Essential Oils” chapter for specific application instructions for each oil.

Sensitive Areas

There are some areas of the body where essential oils should not be applied. These include the eyes and any other sensitive tissues, such as the inside of the nose, ear canal, or mucous membranes. Applying oils to these areas can cause severe discomfort or damage these tissues. Flush with a carrier oil if essential oils are causing discomfort in these areas.

Essential Oils and Water Don't Mix

If an essential oil causes discomfort when applied to sensitive skin, or if they get into the eyes or on a sensitive area of the body, some use water to dilute or remove oil or to attempt to wash it away. Because essential oils and water do not mix, applying water will drive the oil deeper into the tissue, increasing discomfort. Instead, use a carrier oil. Use the recommended amount of olive oil, or another vegetable oil, to dilute the oil and relieve discomfort.

Dilution of Essential Oils

Certain oils should be diluted before using on the skin as they may irritate or cause discomfort on sensitive skin or other sensitive tissues. See the “Essential Oils” chapter for specific dilution recommendations for each essential oil.

Photosensitivity

Some essential oils—including certain citrus oils—contain substances that can cause the skin to be more sensitive to UV radiation. Avoid direct sunlight and UV light after applying these oils on the skin for up to 72 hours. See the “Essential Oils” chapter for information on specific essential oils.

Internal Use of Essential Oils

Only certain essential oils are recommended for internal use or ingestion. Only pure, therapeutic-grade essential oils should ever be ingested, as less expensive alternatives may contain harmful chemical additives or may not ensure safe internal use. If an essential oil does not have a supplement label on the bottle, it is probably not meant for internal use. See the “Essential Oils” chapter for specific information on internal use for each essential oil.

Pregnancy & Nursing

Essential oils can be a great benefit during pregnancy, labor, delivery, and motherhood. However, some oils should be heavily diluted or may even need to be avoided by pregnant and nursing women. Check the “Essential Oils” and “Essential Oil blends” chapters in this handbook for specific information on safe and proper use of specific essential oils or blends.

Kids

Essential oils are great for natural kids' recipes, home remedies, and more. However, it is important that children always use essential oils under the supervision of a trusted adult. Children often require heavier oil dilutions, and some oils should not be used for children under the age of 6. Oils should be stored where children cannot reach them to avoid accidental ingestion or contact with the eyes.

Special care should be taken as newborn infants as their skin is thin and not fully developed. This can allow more of an essential oil to be absorbed, increasing its effects. Heavy dilution is often recommended, and certain oils should be avoided. See the “Children and Infants” section of the “My Usage Guide” chapter, and also the “Essential Oils” chapter of this book for more information on using oils with children.

Animals

Animals can also benefit from the power of essential oils. However, each animal has a different physiology, and the effects of essential oils differ between different animals. For smaller animals, such as small dogs and cats, heavy dilutions may be necessary, and certain oils should be avoided. Refer to the “Animals” section in the “My Usage Guide” chapter of this handbook for information on how to use essential oils with your favorite animals.

Medical Conditions/Drug Interactions

Some essential oils can have a negative influence on the effects of certain types of pharmaceutical drugs. It is recommended that you consult with a health care professional before using an essential oil if suffering from a medical condition or taking a medication.



What Tools Are Helpful for Essential Oil Users?

Essential oils are amazing substances and can be used in a myriad of ways in their own right. However, having a few tools can maximize the use of essential oils and bring them full range of benefits, allowing for easy application and the ability to create many natural products for cleaning, personal care, healthy living, and more.

Carrier Oils

Carrier oils are vegetable oils like lavender and coconut oil that are used to dilute essential oils and to spread a drop or two of essential oil over a larger area when applying topically. Carrier oils are especially beneficial when applying essential oils to skin with sensitive skin, children, and pregnant women. Carrier oils are great to use when making essential oil roll-ons, massage oils, and other natural body care products like lotions and lip balms. See page 28 to learn more about different types of carrier oils.



Aromatherapy Diffuser

An aromatherapy diffuser disperses essential oils into the air for inhalation and aromatherapy and is the easiest way to spread an oil throughout the room or other space. The simplest diffusers place essential oils in a porous medium where they are allowed to evaporate. This method can be used to create a personal diffuser from a porous material fashioned into pendants, bracelets, or other jewelry. Often, hot or air movement is used to accelerate the evaporation of the oil into the air. More sophisticated mechanical diffusers break the oil-scented droplets that are then dispersed into the air. These mechanical diffusers include ultrasonic and nebulizing diffusers.

Carrying Cases

There are many cases available, many specifically for storing and transporting oils. Larger cases can store oil collections at home, while smaller ones can be used to keep them on the side during travel.



Oil Bottles

With so many different ways to use essential oils, specialized bottles can be an easy way to fulfill each purpose.

Dropper bottles are especially useful for measuring a specific number of drops, such as when applying oils, making oil blends, or following a recipe.

Roll-on bottles make it easy to quickly apply essential oils. Oils can be diluted and blended directly in the bottle so they're ready for application.

Spray bottles are great for making many natural household products like disinfecting sprays, glass cleaners, cooking sprays, face mists, air fresheners, and natural perfumes. Glass spray bottles will allow you to use your essential oils to create many of these household products.

Roller bottles come in handy for small amounts of essential oil to carry or to give as a gift. These bottles are conveniently sized for portability and come in handy for creating, everyday use, emergency kits, and more.



Glass/Stainless Steel Water Bottle

Some essential oils can be used to create flavored drinks by adding 1-2 drops into water, alcohol, milk, or another beverage. Glass and stainless steel water bottles are a good choice for making essential oil-flavored beverages.

Capsules

Another easy way to take essential oils internally is with empty capsules. These capsules can be filled with a small amount of an essential oil or blend and a carrier oil meant for internal use (like olive oil). Taking essential oil capsules is a good way to avoid the use of certain oils while still benefiting from natural applications. Some capsules also include digests with the oils under the capsules. Only essential oils meant for internal consumption should be taken this way.



Carrier Oils

Both essential oils and carrier oils come from plants. But they differ in molecular structure and, therefore, their interactions with the body. Together, they can work to help promote health, soothe, and beautify when applied to skin.

Essential oils are extracted from the flowers, fruits, leaves, seeds, bark, or roots of plants and trees. Essential oils contain extremely small molecules that evaporate quickly. They also absorb quickly into the bloodstream—whether applied topically, inhaled, or ingested. Chemical constituents of some essential oils cross the blood-brain barrier to directly impact the brain in therapeutic ways.

Carotenes come from the fatty parts of plants—either the seeds or fruit. They contain large molecules that do not evaporate quickly. Instead, these molecules remain larger in the surface of the skin and absorb more slowly.

Carrier oils serve to dilute essential oils and spread—or carry—them over a larger area. This doesn't mean that the therapeutic benefits are diminished. Carrier oils actually increase the surface area essential oils are applied to for greater topical benefits. They can also help prevent skin sensitivity to essential oils, and they can have their own therapeutic properties.

Carrier oils may contain vitamins, minerals, and/or acids, proteins, essential fatty acids, and antioxidants. They are used to create natural massage oils, and serve as the base of many natural health and beauty products for skin, hair, and nails.

Outlined below are some common carrier risks along with their properties, benefits, and particular considerations for use.

Cereal Oil Botanical Name Part of Plant	Properties	Thickness Color	Considerations
Almond (kernel) <i>Prunus dulcis</i> Kernel	Moistening with non-penetrating bastes, lubricating, soothes, restores, nourishes, softens, weakly penetrative, soothing	Medium Pale yellow	Good for excretion, hair conditioning, hair loss. Shelf life up to 3 months; refrigeration is needed up to 2 years. Avoid organic heat.
Ayran <i>Prunus avicennae</i> Kernel	Moistening, cooling, soothing, stimulates penetration, nourishes, anti-inflammatory	Medium (oil) Red Medium yellow	Suitable for excretion skin. Good for hair loss. Shelf life: up to 12 months, 2 years refrigerated.
Ripe <i>Azadirachta indica</i> Seed	Heating, quick absorbing, soothing, penetrative, when absorbed, anti-inflammatory, strengthens penetration and cooling	Light to medium Light yellow Yellow	Soothes skin irritations and rashes. Good for oily skin, acne, and when used for strengthening hair and scalp. Shelf life: up to 2 years. Refrigeration recommended.
Avocado <i>Persea americana</i> From pericarp Fruit	Moistening, highly penetrating, clarifies, repairs, collagen forming, soothing	Medium to heavy Green	Mixes well with other oils. Ideal for skin conditions such as eczema, psoriasis, sun damage. Good for hair care. Shelf life: 12-18 months. Do not refrigerate.
Carnauba <i>Euphorbia corollata</i> Bloss	Elasticity/soothing, skin-boosting with penetrative bastes, strengthens penetration and soothing	Thick, heavy when solid Pink white	Good conditioning agent for skin care products. Solid at room temperature. Chewable lozenges. Shelf life up to 3 years.
Unripe (kernel) <i>Chenopodium</i> Kernel	Heating, moisturizing, restores natural penetration, nourishes, growth acceleration, anti-inflammatory, soothing	Light when solid White/white Clear (solid)	Useful for dryness and excretion skin in skin and hair products. Solid under 76° F. Highly stable. Shelf life 2-4 years.

Career Oil Commercial Name Part of Plant	Properties	Thickness Color	Considerations
ECO-Processed Comest Oil Canola Seed	Fast absorbing, hydrating, moisturizing, nutrient rich, powerful, fragrance, immunological, antioxidant, and inflammation-reducing	Light Clear	Ideal for children and sensitive skin to skin and hair products. Formed in various liquid form 10° F. Highly stable. Shelf life indefinite. Perhaps best use of olive oil.
Coconut Fruit Seed	Penetrating with a strong film, fragrance, slightly astringent, astringent, antioxidant, antifungal, antifungal	Light to medium Clear light yellow	Does not irritate skin. Easily absorbed by skin. Shelf life up to 12 months.
Flaxseed Crude Seed	Moisturizing, soothing, regenerative, astringent, soothing, oxidative, antioxidant, capillary strengthening, healthy, improving	Light Light yellow	Encourages overall skin health. Softens hair. Shelf life 9-12 months.
Jojoba Commercial Seed	Quick absorbing, soothing, protective, antioxidant, anti-inflammatory	Medium Golden yellow	Traditionally a liquid oil similar to collagen and vitamin. (Jojoba is a seed oil, not a fruit) more rare. Highly stable. Shelf life 5 years. Perhaps best use of olive oil is bleach.
Macadamia Macadamia Seed	Quick absorbing, soothing, regenerative, protective, moisturizing	Heavy color Clear with light yellow tint	Reminders natural vitamin. Moisturizing for wounds and soothing for sensitive. Shelf life 12 months.
Mango Butter Mango Seed	Quick absorbing with a non-penetrating barrier, antioxidant	Solid Off-white to light yellow	Solid at room temperature, melts on contact with skin. Good for use on face and hair. Good for use on face and hair. Shelf life 12 months. Cool, dark storage recommended.
Olive Olive Fruit	Slow penetrating with an oily residue, soothing, antioxidant	Heavy Light to medium green	The preferred to skin care products because of its natural and stable. Skin is dark brown. Shelf life 12 months.
Seedling Seed Seedling Seed	Regenerative, fragrance, anti-inflammatory, vehicle protective	Light cream Clear to light yellow	Good with skin and hair. Stable for dry, aging, or damaged skin. Helpful for skin conditions such as eczema, psoriasis, hyperpigmentation. Shelf life 6 months. Refrigeration recommended.
Safflower Safflower Seed	Highly moisturizing, soothing, conditioning, antioxidant	Light Pink yellow	Ideal for hair, skin, nails, and more. Shelf life 1 year.
Sesame Seed Sesame Seed	Quick absorbing, highly penetrating, soothing, antioxidant	Medium to heavy Pink yellow	Not usually used in massage oils. Quick absorbing. Shelf life 12 months.
Sun Oil and Flaxseed Flaxseed Seed	Slow absorbing with oily residue, barrier on skin or hair, nourish and moisturizing but is liquid, anti-inflammatory	Solid, heavy White to light yellow	Good for skin conditions such as eczema, psoriasis, hyperpigmentation. Shelf life 6 months. Refrigeration recommended.
Sun Oil and Flaxseed Flaxseed Seed	Slow absorbing with oily residue, barrier on skin or hair, nourish and moisturizing but is liquid, anti-inflammatory	Solid, heavy White to light yellow	Good for skin conditions such as eczema, psoriasis, hyperpigmentation. Shelf life 6 months. Refrigeration recommended.
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Aroma Touch® Massage Technique

This technique is a simple, yet effective, way that both beginners and experts alike can apply essential oils with meaningful results.

This effective technique utilizes eight individual essential oils and oil blends that have demonstrated profound effects on four conditions that commonly challenge the ability of the body's systems to function optimally: stress, localized tissue levels, inflammation, and autonomic nervous system imbalance.

This system is comprised of simple application methods that enable these powerful essential oils to reach the optimal areas within the body where they are able to help soothe stress, reduce excessive heat, decrease inflammation, and balance the autonomic nervous system within the recipient.

Stress

Stress refers to the many systemic changes that take place within the body as it responds to challenging situations. Stress comes not only from difficult, new, and pressure circumstances but also from the body being challenged to cope with things such as structural physical exertion, a lack of proper nutrition, inadequate sleep, chronic overexertion, and even chemicals that enter the body. While the system within a healthy body can usually deal with most short-term challenges, having constant or chronic stress on these systems can overly fatigue them, leaving their abilities to respond to future challenges.

Toxic Insult

The body is constantly working to cope with a hot array of toxins that are readily absorbed. These toxins can come from many different sources, including chemical toxins (food, pollution in the air and water, and pathogenic microorganisms that invade the body). As the concentration of the toxic elements increasingly saturated with water and a rising number of metabolic pathways, the cells, tissues, and systems of the body are forced to work harder to process and eliminate these toxins in order to maintain health.

Inflammation

Inflammation is an immune system response that alerts the body to contain and fight infection or to repair damaged tissue. This response allows the blood vessels and immune cellular powerfully to alter local blood flow to an area with exposed or infected tissue. It is characterized by redness, swelling, warmth, and pain. While a certain amount of inflammation can be beneficial in fighting disease and healing injuries, chronic inflammation can actually further injure surrounding tissue or cause debilitating levels of pain.

Autonomic Imbalance

The autonomic nervous system is comprised of nerves that are connected to the muscles, organs, tissues, and systems that don't require conscious effort to control. The autonomic system is divided into two main parts that each have opposite, balancing functions: the sympathetic nervous system and the parasympathetic nervous system. The sympathetic nervous system functions to accelerate heart rate, increase blood pressure, slow digestion, and increase blood flow. It activates the "fight or flight" response in order to deal with threatening or stressful situations. The parasympathetic nervous system functions to slow heart rate, raise energy, stimulate digestive activity, and relax skeletal muscles.

Maintaining a proper balance within the autonomic nervous system is important for optimal body function and well-being.

Oils Used in the Balancing Touch Technique

For additional information on the oils and blends used in this technique, see the Single Essential Oils and Blended Oil Blends sections of this book.

Stress-Reducing Oils

Balmain is an oil blend formulated from oils that are known to bring a feeling of calmness, peace, and relaxation. It can aid in harmonizing the various physiological systems of the body and promote tranquility and a sense of balance.

Lavender has been used for generations for its relaxing and sedative properties.

Immune Enhancement Oils

Melaleuca has potent antiseptic, antifungal, and anti-inflammatory properties.

On Guard is a blend of oils that have been studied for their strong abilities to kill harmful bacteria, mold, and viruses.

Inflammatory Response—Reducing Oils

AromaTouch is a blend of oils that were selected specifically for their ability to relax, calm, and soothe the tissues of muscles, joints, irritated tissue, and increase circulation.

Deep Blue is a blend consisting oils that are well known and researched for their abilities to soothe inflammation, relieve pain, and reduce swelling.

Autonomic Balancing Oils

Orange has antidepressant properties and is often used to relieve feelings of anxiety and stress. Its aroma is uplifting on both the body and mind.

Peppermint has brightening and uplifting properties.

Applying the Oils: Step One—Stress Reduction Balance

Apply Oil: Apply Balance from the base (top) of the sacrum to the base of the skull, distributing the oil evenly along the spine. Use the pads of your fingers to lightly distribute the oils over the length of the spine.



Palms Circle and Connection: With the palms down and fingers overlapping, make three clockwise circles over the lower area, hold the hands briefly in that area, and then slide one hand to the base of the sacrum and the other hand to the base of the skull.



Hold is long as necessary to form a connection, balance, and feeling of trust.



Legend:

Apply Oil: Apply *AromaTouch* oil from the base of the neck to the base of the skull, distributing the oil evenly along the spine. Use the pads of your fingers to lightly distribute the oil over the length of the spine.

Alternating Palm Slide: Positioning at the recipient's side, place both hands over the spine on the opposite side of the back at the base of the neck, with the palms down and the fingers pointing away from you. Slide one hand away from the spine toward the side using a mild pressure, then repeat using alternating hands. Continue with this sliding motion as you slowly work your hands from the base of the neck to the base of the skull.



Repeat this step two more times on one side of the back, then move around the person to the opposite side, and repeat three times on that side.

4-Zone Activation: Positioning at the head, place both hands together with the fingers tips on either side of the spine at the base of the neck.



Using a medium downward pressure, pull the hands toward the head through zones 1, then continue through the neck and up to the top of the head.



Rotate the hands to the base of the neck, and pull the hands in a circular motion through zone 2 to the shoulders.



When the hands arrive at the shoulders, push the hands out to the points of the shoulders.



Rotate the hands around the points so that the fingers are on the underside of the shoulders.



Pull the hands back to the neck, and continue up to the top of the head.



Repeat the steps for zones 2 through zones 3, 4, and 5, making each pull at the top of the head.



Anterior Stern Reduction: Grip each side between the thumb and forefinger, using gentle pressure, work your fingers toward each other along the top to the top.



Slide your thumbs with gentle pressure along the back of the neck moving to the base. Repeat this one through 3 times.



Step Two—Immune Enhancement

Melaleuca

Apply Oil: Apply *Melaleuca* oil from the base of the neck to the base of the skull, distributing the oil evenly along the spine. Use the pads of your fingers to lightly distribute the oil over the length of the spine.

Alternating Palm Slide: Perform as outlined under Lavender above.

4-Zone Activation: Perform as outlined under Lavender above.

On Guard

Apply Oil: Apply *On Guard* from the base of the neck to the base of the skull, distributing the oil evenly along the spine. Use the pads of your fingers to lightly distribute the oil over the length of the spine.

Alternating Palm Slide: Perform as outlined under Lavender above.

4-Zone Activation: Perform as outlined under Lavender above.

Frankincense Tissue Pull: Place the hands with palms down on either side of the spine at the base of the neck, with the thumbs in the small depression between the spine and the muscle tissue. Using a medium pressure, move the pads of the thumbs in small semi-circles, pulling the tissue up, away, and then down from the spine.



Gradually move each thumb up the spine in alternating fashion until you reach the base of the skull. Repeat this step two more times.



Step Three—Inflammation Reduction

AromaTouch

Apply Oil: Apply *AromaTouch* from the base of the neck to the base of the skull, distributing the oil evenly along the spine. Use the pads of your fingers to lightly distribute the oil over the length of the spine.

Alternating Palm Slide: Perform as outlined under Lavender above.

4-Zone Activation: Perform as outlined under Lavender above.

Deep Blue

Apply Oil: Apply *Deep Blue* from the base of the neck to the base of the skull, distributing the oil evenly along the spine. Use the pads of your fingers to lightly distribute the oil over the length of the spine.

Alternating Palm Slide: Perform as outlined under Lavender above.

4-Zone Activation: Perform as outlined under Lavender above.

Thrush With Tincture Pull: Perform as outlined under the Gland above.

Step Four—Autonomic Balance

Orange and Peppermint

Apply Oils to Feet: Place drops of orange oil on the palms of your hands, and apply this oil evenly over the entire bottom of the feet.

Apply peppermint oil to the entire bottom.

Hold the feet with both hands. Beginning in region 1 at the point of the foot and using a medium pressure, massage the foot using first the pad of one thumb and then the pad of the other thumb. Continue this process, alternating thumbs, back and forth through region 1 to thoroughly relax all of the stress in that region. Repeat through regions 2 and 3.



Beginning in zone 3 at the point of the foot, with the pads of the thumbs through zone 1 using a medium pressure. Continue this process using alternating thumbs and working in a straight line through zone 1 to the tip of the big toe to thoroughly stimulate all of the tissue in that zone.



Repeat through zones 2-5.



Using a medium pressure with the pad of your thumb, pull the tissue to zone 2—beginning at the point of the foot and ending at the toe. Repeat two additional times through zone 1, using alternate thumbs each time. Repeat this tissue pull process in zones 2-5 on the same foot.



Repeat this entire process, beginning with the application of orange oil, on the opposite foot.

Apply Oils to Back: Apply the orange and then peppermint oils from the base of the sacrum to the base of the neck, distributing the oils evenly along the spine. Use the pads of your fingers to lightly distribute the oils over the length of the spine.

Alternating Palm Slides: Perform as outlined under Lavender above.

Lymphatic Stimulation:

Quick Body Motion: Standing at the feet, grasp the feet so that the palms of your hands are against the sides of the recipient's feet and your arms are in a straight line with the recipient's legs. Use a upward, gentle pressure on the feet that allows the recipient's body to breathe (move) back and forth naturally on the table. Repeat this process for two or three 15-M second intervals.



Zones of the Back and Head



Autonomic Nervous System

Sympathetic Nervous System

- + Dilates Pupils
- + Inhibits Salivation
- + Accelerates Heart Rate
- + Dilates Bronchi
- + Dilates Skeletal Muscle Blood Vessels to Increase Blood Flow to Muscles
- + Constricts Other Blood Vessels to Increase Central Blood Pressure
- + Inhibits Gastric Juice Production
- + Stimulates Secretion of Epinephrine and Norepinephrine
- + Inhibits Digestive Process
- + Contracts Uterus
- + Relaxes Bladder Muscles

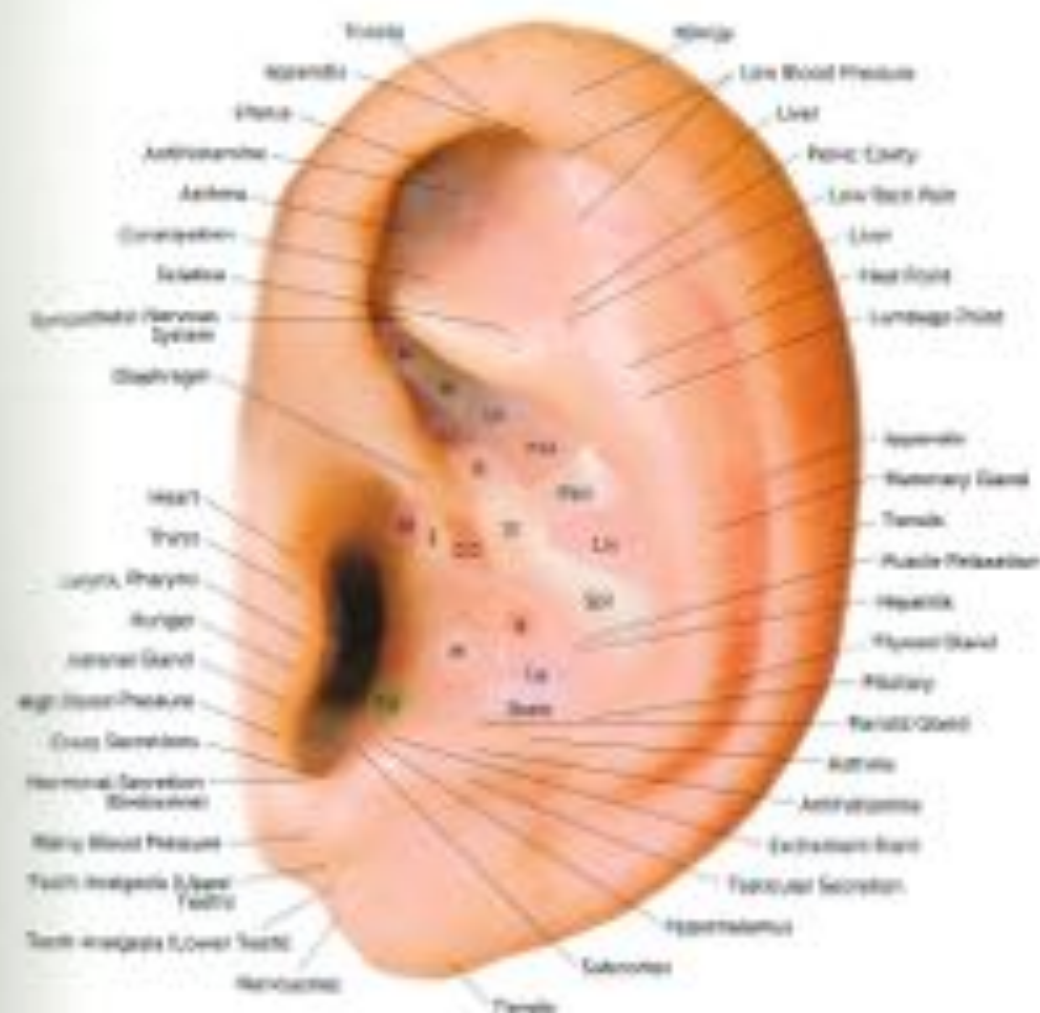
Parasympathetic Nervous System

- + Constricts Pupils
- + Stimulates Salivation
- + Slows Heart Rate
- + Constricts Bronchi
- + Constricts Skeletal Muscle Blood Vessels to Decrease Blood Flow to Muscles
- + Dilates Other Blood Vessels to Decrease Central Blood Pressure
- + Stimulates Gastric Juice Production
- + Stimulates Digestive Process
- + Relaxes Bladder
- + Contracts Bladder Muscles



Auricular Internal Body Points

Auricular therapy refers to applying a small amount of oil to various points on the ear related to internal body parts. After applying the oil, the point is stimulated with the finger or a glass probe.



Bl: Bladder	Li: Liver	Sp: Spleen
CO: Cardiac Orifice	Lu: Lungs	St: Stomach
E: Esophagus	M: Mouth	Tn: Triple Burner
H: Heart	Pa: Pancreas	Ur: Ureter
Ki: Kidney	Pr: Prostate	W: Windpipe/Trachea

Reflex Therapy Hand and Feet Charts

Reflex points on this hand chart correspond to those on the feet. Occasionally the list can be too sensitive for typical reflex therapy. Working with the hands will not only affect the specific body points but may also help to provide some pain relief to the corresponding points on the feet.



Essential Oils



Single Essential Oils

Note:

This section provides specific information concerning many of the pure essential oils that are available for use by the general public. The listings of possible uses are not meant to restrict application unless otherwise directed. The included safety data is also based on the intended use of the oil and may differ from other published information that is based on oral application. Any internal use indicated by these oils is based on the use of pure, therapeutic-grade essential oils only.

These pure essential oils are powerful healing agents; please remember to check the safety data before using in oil. Because there are several different oils that can help the same health condition, it should never be difficult to find one that will work for any particular situation.



Look for this symbol throughout this section for additional information on essential oils that are an essential part of any oil used list.

Symbols and Colors Used in This Section



Topical



Aromatic



Internal



Cleaning/Disinfecting



Avoid sunlight for up to 12 hours after use



Avoid sunlight for up to 72 hours after use



New (can be used without dilution)



Dilute for children and those with sensitive skin



Dilute



Body System(s) Affected



See Additional Research

Arborvitae *Thuja plicata*



Quick Facts

Botanical Family: Cupressaceae (cedar, cypress)

Extraction Method: Steam distillation from branches

Common Primary Uses: **AB** Antifungal¹, **AB** Antitumor², **AB** Antiviral³, **AB** Astringent⁴, **AB** Calming⁵, **AB** Cancer⁶, **AB** Cough⁷, **AB** Eczema⁸

Common Application Methods:

- C** Dilute, and apply to affected points or to area of concern.
- B** Inhale from the air.



Properties: Antifungal, antitumor, antipruritic, antispasmodic⁹, antistatic, anesthetic, expectorant, insect repellent, and stimulant (nerves, immune system, uterus, and heart muscles).

Historical Uses: The arbutus, or mountain cedar, has been referred to as the "Tree of Life." It has been used by ancient civilizations to enhance their potential for spiritual communication during rituals and other ceremonies. It has also been used for coughs, fevers, intestinal parasites, cystitis, and menstrual distress.

Dilute Possible Uses: This oil may help with hair loss, inflammation¹⁰, skin (eczema/dermatitis), rheumatism, ear protection¹¹, worms, and psoriasis. It has powerful effects on the subcutaneous and mucous membranes.

B Early Sprayed: Affects Emotional Balance, Respiratory System, Skin.

Aromatic Influence: It is calming and may help enhance spiritual awareness or meditation.

Oil Use As Dietary Supplement: None.

Safety Data: Use with caution during pregnancy. For topical and aromatic use only. Use sparingly and often.

Plant Classification: Enhancer and Equalizer.

Essential Oil: Rich, colored, resinous, volatile.

Other Type: Top to Middle Notes (30-20% of the blend). Sweet-Lemon, medicinal, woody, earthy. Tenacity: 3.

Quick Facts

Botanical Family: Lauraceae (or Labiales 1860)

Extraction Method: Steam distillation of leaves, stems, and flowers

Customer Application Methods

- Ⓒ Can be applied near (but not directly) when used topically. Dilute with carrier oil for sensitive skin and for children over 6. Apply in triangles, 1/2" of nose, outer corners, and in directly on area of concern.
- Ⓓ Diffuse, or inhale the steam directly.
- Ⓔ Take as capsules, once or a few times a day.

Properties: Acute/chronic^{1,2}, self-healing^{3,4}, self-limiting, self-inflammatory, autoimmune^{5,6}, autoantibodies (granulic), atypical, dysregulated (leuk), atrophy of the lungs, prostatic, fibrotic, distributed (interstitial/pulmonary), associated (cancer, viral/cocci), and splitting. There is also vasculitis, autoantibodies, remodeling, and regeneration.

Hematuria: Urine: Red; may occur secondary to respiratory problems, digestive and urinary ailments, epilepsy, poisonous insect or snake bites, fever, cystitis, and malaria.

Other Possible Uses: This oil may be used to relieve anxiety, stress, dizziness, vertigo, concentration, carbonic dyspnea, digestion, flatulent, hiccups, nausea, heart burn (acid reflux), heart palpitations, heart stress (anxiety), heart attack, heart failure, insomnia, stress, nervous system, water.

tail problems, poor memory^{25,27}, chronic wounds, pressure problems, decubiti (ulceration of anal wound area), scurrying, wrap strips, and wheezing cough.

22 **Early Synapsid-Affected Cardiovascular and Neural Systems and Molecules**

Asystole (Lullmann): Helps one maintain an open mind and increases clarity of thought.

Good Use As Dietary Supplement. Basil oil is generally recognized as safe (GRAS) for human consumption by the FDA (21CFR182.23). Dilute 3 drops of oil in 1 tsp. (5 mL) honey or in 30 mg (1.25 mL) of honey (e.g., sorbitol syrup). Note that children under 6 years old are not to be given oil in greater dilution for children 6 years old and over.

Sealing Plaster: Avoid chalking plasterwork. Not for use by people with epilepsy. It may also irritate sensitive skin (use a small area first).

Floral Classification: Enhancer and Equalizer

Flavor/With: Bergamot, orange, white tea, geranium, helichrysum, lavender, lemongrass, rosemary, sage, and ylang-ylang.

Color: Tip to Middle Nerve (28–40% of the total); Sooty Heronaceous, spiny, aster-like, acrophorous, Sooty, Intensity: 4.



Quick Facts

Botanical Family: Rutaceae (citrus)

Extraction Method: Pressed from rind or peel, sometimes

Common Primary Uses: ☼Agitation ☼Caloric ☼Cuts ☼Dermatitis ☼Dizziness ☼Emotion ☼Emotional Issues ☼Environmental Issues ☼Exhaustion ☼Fever ☼Hypertension ☼Hypotension ☼Infection ☼Inflammation ☼Injury ☼Lactation ☼Muscle Pain ☼Muscle Spasms ☼Physical Energy ☼Physical Stress ☼PMS ☼Stomach Ache ☼Stomach Issues ☼Stress ☼Tension ☼Tiredness

Common Application Methods:

- ☼ Can be applied neat (with no dilution) when used topically. Apply to forehead, temples, nape of neck, and/or directly to area of concern. May also be applied as a deodorant. Avoid direct sunlight or UV light for 72 hours after use.
- ☼ Diffuse, or inhale the aroma directly.
- ☼ Use as a flavoring in food and beverages.



Properties: Analgesic, antihistaminic (cough and stuffy infection), antitussive ☼, anti-infectious, anti-inflammatory ☼, antiparasitic, antipruritic, antipruritic, digestive, emollient ☼, irritant, and spasmolytic.

Historical Uses: Bergamot was used by the Indians to cool and relieve fever, protect against malaria, and repel intestinal worms.

Other Possible Uses: This oil may help with anxiety, appetite regulation, baldness, brachyria, catarrhs, cold sores, oily complexion, coughs, spasms, digestive, eczema, eruptions, endocrine system, fever, gallstones, gonorrhea, infectious diseases, insect bites, toothache, postnatal, respiratory infection ☼, scabies, skin disease, stomach issues, throat, acute tonsillitis, dandruff, various head infections, spot reduction, ulcers, and varicella.

☼ **Body System(s) Affected:** Digestive System, Emotional Balance, Skin

Artemic Influence: It may help to reduce anxiety ☼, depression, stress, and tension. It is uplifting and refreshing.

Oil Use As Dietary Supplement: Bergamot oil is generally recognized as safe (GRAS) for human consumption.

tion for the FDA (GRAS). Dilute 1 drop of oil in 1 tsp (2 mL) honey or in 4 cups (1 L) of oil of lavender (e.g., sweet oil). Not for children under 6 years old; use with caution and in greater dilution for children 6 years old and over.

Safety Data: Reported use may result in extreme contact sensitization. Avoid direct sunlight or ultraviolet light for up to 72 hours after use.

Black Classification: Equilibrium, Modest, and Moderate.

Black With: Cypress, eucalyptus, geranium, lavender, lemon, and pling pling.

Other Tips: Top Note (5-30% of the blend): Sweet, Soapy, Citrus, Green, Juicy, 2.

Quick Facts

Botanical Family: Betulaceae

Extraction Method: Steam distillation from wood

Common Primary Uses: ☼Cardiac Issues ☼Circulatory Issues ☼Muscle Development ☼Muscle Pain ☼Nervous System

Common Application Methods:

- ☼ Can be applied neat (with no dilution), or dilute 1-2 (1 drop essential oil in 1 drop carrier oil) for children and for those with sensitive skin when using topically. Apply to affected areas and/or directly to areas of concern. Apply topically on forehead, and can only use aromatics (diffuse with facilitated movement of the application or ingestion).
- ☼ Diffuse, or inhale the aroma directly.



Properties: Analgesic, anti-inflammatory, antihistaminic, antipruritic ☼, antipruritic, antipruritic, digestive, irritant (skin, food), and warming.

Historical Uses: Birch oil has a strong, penetrating aroma that most people recognize as wintergreen. Although both (Birch) and (Wintergreen) are completely unrelated to wintergreen (Gaultheria procumbens), the two oils are almost identical in chemical composition. The American Indians and early European settlers enjoyed a tea that was flavored with bark bark or wintergreen. According to Julia London, "This has been considered as a perfume for 'winter' for thousands [of years]." A synthetic methyl salicylate is now widely used as a flavoring agent, especially in chewing gum, toothpaste, etc.

Other Possible Uses: This oil may be beneficial for skin, bladder infection, spasms, dropsy, nervous system, reducing fever, gallstones, gout, infection, reducing inflammation to cancer, kidney stones, itching and itching the lymphatic system, rheumatism, rheumatoid, skin disease, ulcers, and various head disorders. It is known for its ability to dissolve bone pain. It has a camphor-like action due to the high content of methyl salicylate.

☼ **Body System(s) Affected:** Skeletal System and Muscles

Artemic Influence: It influences, elevates, opens, and increases resistance to the sensory system (sensory or emotional).

Oil Use as a Dietary Supplement: None.

Safety Data: Avoid during pregnancy. Not for use by people with epilepsy. Some people are very allergic to methyl salicylate. Test a small area of skin first.

Black Classification: Perseverance and Endurance.

Black With: Basil, bergamot, cypress, geranium, lemon, lavender, rosemary, and peppermint.

Black Pepper *Piper nigrum*



Quick Facts

Botanical Family: Piperaceae

Essential Method: Steam distillation from berries

Common Primary Use(s): **C**Headaches (Tension)^{1,2}

Common Application Method(s):

- C** Dilute with a carrier oil for children, and for those with sensitive skin. Apply to reflex points and/or directly on areas of concern. Mix very sparingly with jojoba and lavender in a bath to help with stiffness or to warm one up in the winter.
- D** Diffuse, or inhale the aroma directly.
- I** Use as a flavoring in cooking.

Properties: Analgesic, antispasmodic, anti-inflammatory, antipruritic, antiparasitic, antibiotic, aphrodisiac, expectorant, laxative, rubefacient, and stimulant (gastro, circulatory, respiratory)^{1,2}

Historical Use: Pepper has been used for thousands of years for malaria, cholera, and several digestive problems.

Other Possible Uses: This oil may increase cellular regeneration, support digestive health, stimulate the endocrine system, increase energy, and help diminished arthritis. It may also help with loss

of appetite, cramps, chills, chloasma, colic, cuts, constipation, coughs, earaches, dysentery, dyspepsia, dysuria, headache (combined with fennel), flu, heartburn, influenza, nausea, rheumatism, poor circulation, poor muscle tone, quinsy, quinsy, toothache, varicella, vitreous, and vomiting.

- I** **Early System(s):** Affected Digestive and Nervous Systems.

Aromatic Influence: Pepper is comforting and stimulating.

Oral Use As Dietary Supplement: Black pepper oil is generally regarded as safe (GRAS) for human consumption by the FDA. Dilute 1 drop oil to 1 tsp (1 and 1/2 tsp to 1/2 cup (125 mL) of beverage (e.g., vegetable juice). Not for children under 6 years old, or with caution and in greater dilution for children 6 years old and over.

Safety Data: Can cause severe skin irritation.

Essential Classification: Enhancer

Essential With: Fennel, fennel leaves, lavender, marjoram, rosemary, sandalwood, and other spice oils.

Other Type: Middle Note (30-40% of the blend).
Scent: Spicy, peppery, musky, warm, with herbaceous undertones. Intensity: 3.



Black Spruce *Picea mariana*



Quick Facts

Botanical Family: Pinaceae (cedar)

Essential Method: Steam distillation from needles and branches

Common Primary Use(s): **C**Clearing, **C**Cooling, **C**Cold (Dry), **C**Hypertension, **C**Menstrual, **C**Yoga

Common Application Method(s):

- C** Dilute and apply to reflex points and/or directly on areas of concern.
- D** Diffuse, or inhale the aroma directly.

Properties: Analgesic, anti-infectious, anti-inflammatory, antispasmodic, antitumor-like, disinfectant

Historical Use: Spruce was used by the Lakota Indians to influence their communications with the Great Spirit.

Other Possible Uses: Spruce oil creates the spiritual effect of an umbrella that protects the earth and brings energy to from the universe. At night, the animals in the wild lie down under the trees for the protection, recharging, and rejuvenation the trees bring them. Spruce may also be used to influence circulation and invigorate the mind. It may also be beneficial for bone pain, the circulatory system, aching joints, sciatica pain, and stimulating the thyroid and adrenal glands.

- I** **Early System(s):** Affected Circulatory System, Nervous and Respiratory Systems, Muscles and Bones, Skin.

Aromatic Influence: Spruce oil grounds the body, creating the feeling of balance necessary to dream and to give. It helps release emotional blocks.

Oral Use As Dietary Supplement: The needles and sap of this species of spruce are approved by the FDA for use as a Food Additive (FA) and Flavoring Agent (FL), but limited or no oral use is recommended for this oil.

Safety Data: Oil is considered safe, even when taken orally.

Essential Classification: Top Note

Essential With: Eucalyptus, frankincense, helichrysum, and wintergreen.

Other Type: Middle Note (30-40% of the blend).
Scent: Sweet-Fresh, camphorous, balsamic, clean, slightly sweet. Intensity: 2.



Blue Tansy *Tanacetum ananum*

Quick Facts

Botanical Family: Compositae (Aster)

Excretion Method: Urine, Salivary Gland Secret, and Sweat

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Cervine Applications: Medicine/

- ☐ Apply to roller points and/or directly on area of concern.

Proportion Analysis; unbalanced, settings^{1,2},
and inflammatory, unbalanced, depressive,
Schizoid-like, various

Harvard University, every was used to help
 find words, as a director, and for dealing with
 industry issues.

Other Possible Uses: This herb may help ease blood pressure, reduce swelling, reduce pain, and relax the nerves.

- Study System: Olfactory Nervous System

Reactive Influence: Discrepancy in splitting, collecting, and valuing in a modified mind. It may also help with confidence and motivation.

Oral Use As Dietary Supplement: None.

Key Words: Cervical; physician; history taking; history taking; modification.

Edward C. Smith, Jr., Editor, *Psychology and Health*

Black White: Most white prisoners in France have found that white tape has a greater adhesive capability than any other color.

Order Type: Middle New (70-80% of the family)
 North American: none, herbaceous
 American: 4



Cardamom *Elettaria cardamomum*

Charles Beattie

General Family: Zingiberaceae (ginger)

Extraction Method: Steam distillation from wood.

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Case-control Application Methods¹

- Apply to other points and/or directly on area of concern. Dilute with base oil, and massage over the stomach, waist, pelvis, and thighs. This oil is excellent as a bath oil.
- Pulling, or infuse the stress directly.
- Place 1 drop under the tongue, or take oil in capsule. Use as a flavoring in cooking or in beverage.

Propagulae, *Anthracoid*¹², and *infectious*, and *inflammatory*¹³, *ulceric*, *antiparasitic*, *glycolic*, *leucogenetic*, *cholic*, *expansive*, *venous*, and *ovine*.

Blurred Lines Anciently, codonons were considered to signify, separate, parallelize, characterize, and/or cluster; all functional features, predominantly the ones, from, and against and urinary completion. It is said to be able to neutralize the lingering color of genetic.

Other Possible Major Contributors may help with appetite loss, irritability, colic, diarrhea, sluggishness, fussiness, hiccups, nasal flares, periodic crying (burping), vomiting, sleep^{2,3,4}, and feeding. It may also help with menstrual periods, miscarriage, and various infections.

- †† Body Symptom(s) Affected: Digestive and Respiratory Systems.



Acoustic Inhibition Cancellation of splitting, rejoining, and rejoining. It may be beneficial for detecting confusion.

OnaTas As Dietary Supplement Generally regarded as safe (GRAS) for human consumption by the FDA. Ethical Tasting of ice 1 cup, 15 min longer to ice 1 cup 0.25 min all of beverage (e.g., vanilla milk). Not for children under 6 years old; use with caution and in amounts different for children 6 years old and over.

Filed Classification: Proceedings and Minutes

Floral White Request, redwood, cinnamon, clove, orange, rose, and strong strong

Odor: Type: Minkish Note (10–20% of the blend).
Scent: Sweet, spicy, balsamic, with floral undertones reminiscent of

Cassia *Cassipourea* sp.



Classic Paints

Botanical Family: Lauraceae (Chestnut)

Extraction Method: Simultaneous from bark.

Common Primary Unit:  Attribution  Non-Commercial  No Derivs

Common Applications: Healthcare,

- ➊ Debit briefly with a number of or bleed each side is essential also better applying on the skin. Apply to forehead, temples, under palms, and/or directly on area of concern.
- ➋ Debit with position it will induce the usual numbness if it is isolated directly from the diffuser.
- ➌ Use as a flavoring or smoking (similar to situation but has a stronger, more intense flavor).

[illegible]

Theretical Uses. Has been used extensively as a diuretic agent. Medicinally, it has been used for uric acid, gout, rheumatic dyspepsia, diarrhea, nausea, thromboses, and kidney and reproductive complaints.

Other Possible Causes This oil can be extremely sensitive to the diesel injection. Can provide some

smaller number of people.

Dialysis for Dietary Supplement: Canisat is generally recognized as safe (GRAS) for human consumption by the FDA (21CFR182.8). Dose: 1 drop (1 mL) 3 times daily or 3 drops (3 mL) at bedtime (eg, before sleep). May need to increase dialysis over time due to dialysis generated by treating cardiovascular diseases. Not for children under 6 years old; use with caution and in greater dilution for children 6 years old and over.

Safety Note: Reported use-as-is results in extensive contact sensitization. Avoid filling playground. Use some extreme risk reduction. Diffuse with caution, it will irritate the nasal membranes if it is inhaled directly from the diffuser.

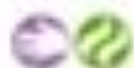
Elwood Chan elwoodchan@uwaterloo.ca, *Perovskites and TeXercises*

Black Wild: All other wild, open, backcountry, wooded, swampy, marshy, meadow, and all other wild.

Other Type: Middle New (10–100% of the island):
Some Noddy, many, some Frigatebird, 1.



Cedarwood *Juniperus virginiana*



Charles Fenton

Botanical Family: Cupressaceae (juniper type)

Keywords: Method, Factor-Method, Factor-Method

Common Primary Used: **BC** Learning, **BC** Training,
BC Coaching, **BC** Library, **BC** Home, **BC** App

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- Draw with a center-line children and let those with attention skills. Apply to other points online directly on line of concern.
- Draw, or label the points directly.

Preparation: Antitoxins, antivenoms, antiseptics (antibiotic and pulmonary), stringers, darts, insect repellents, and isolation.

Herbal Use: This variety of enhanced tobacco is not a Virginia tobacco! It has been used for a strong anesthetic, diuretic, rubefacient, and hair-removing² preparation.

Other Possible Uses: This oil may help ease, soothe, relieve, relieve, congestion, coughs, croup, flu, cold, inflammation¹², psoriasis, psoriasis, psoriasis, skin diseases, skin diseases¹³, and water retention. It may also help to reduce oily skin.

 Study Section(s) Affected: Nervous and Respiratory Systems

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Eating these 100 with mother during pregnancy.

Final Classification: Polymers and Equations

Flavor: Wild; Bergamot, dry sage, oyster, eucalyptus, floral oils, juniper, musky oils, rosemary.

Below: Tiger Base Note 25-30% of the Mural's Front.
Went, with, weekly January 1.



Celery Seed *Apium graveolens*



Charles F. Adams

Parental Family: Unemployed

Transition Method: None. Activation: Every week.

Common Primary User: COS, A/d, etc., BC, Cleanup,
OC, Local Presence, 24/7, OC Hardware, OC Un-
itary, 4-6 hours

Concrete Applications: Modules

- Ⓒ Apply to either points or directly to areas of concern.
- Ⓓ Diffuse, or include the masses directly.
- Ⓔ Place 1 drop under the tongue, or take off in vapors. The user, breathing in, catches on to the message.

Properties: Anticancerous, antileishmanial, antiplatelet
activity, antifungal, antitumor^[2-7], diuretic,
laxative, and stimulant.

Historical Uses: Celery has been cultivated since ancient times and was used in ancient Egypt and China. Celery seed was has been used traditionally in Italy with urinary problems and with inflammatory issues with the joints and connective tissues (such as arthritis and gout).

Other Possible Uses: This oil may also help with bloating, heartburn, constipation, heartburn[®], gas, indigestion, acid, low stomach acid, indigestion, jaundice, kidney detoxification, lactation (Ginger is Rich in breast milk), nerve pain, various disorders, tumors, rheumatism, skin, sexual problems, and also (gallstones or reflux) from

also help calm the central nervous system and help with stress-related sleep.

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

Asymmetric Influences: Culture and race a spin, were-
wolves that is eating and relating to the mind
and body.

Dialysis Access Dietary Supplement: Generally reported as with K2RA50 for human consumption by the FDA. Dilute 1 drop (c) in 1 cup (250 mL) water or in 1/2 cup (125 mL) of beverage (e.g., orange juice). Not for children under 6 years old; use with caution and as general observation for children 6 years old and over.

Salmon Chase CTR is seeking all major cases for resolution.

[Email/CloudHost.com Personal](#)Black Water Forest, Endemicity, preservation, and
spice silk.

Strong spicy, warm, resin, balsamic. Intensity: 3.



Cilantro *Coriandrum sativum* L.



Quick Facts

Parental Family: The Bellows (pandey)

Extraction Method: Steam Distillation from leaves
 (same plant as *carduaceae*), which is distilled
 from the seeds

Common Primary User: ^aLibrary, ^bCoding

Common Application Methods

- Can be applied over (with no abrasion) when used correctly. Apply in small pieces and directly on areas of concern.
- Dilute, or abuse the process slowly.
- Use as a banding in coloring.

Hyperosin: Anticancer, antiangiogenic²⁶

Blurred Lines: Cigarettes have been used since the start of nuclear power as an both for heating, by means but also have used for cooling and ventilation.

Other Possible Uses: Mainly used as a foraging in feeding. May also help with *hyper-conductivity*²⁶ and with protecting the skin²⁷.

Child Use: As a dietary supplement, Children's oil is generally recognized as safe (GRAS) for human consumption by the FDA (21CFR182.20). Children 1 drop oil in 1 tsp. (5 mL) honey or in 1/2 cup (125 mL) of beverage (e.g., apple juice). Not for children under 5 years old, use with caution and to greater dilution for children 5 years old and over.

Notes: Data may cause irritation on sensitive or damaged skin.

Word Classification: Pronoun and Modifier

Keywords: *Wetlands; Livestock; Grazing*

Oliver Sacks: *Hysteria*, 1995, 1996, 1997, 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674,



Cinnamon *Cinnamomum zeylanicum*



Quick Facts

Expanded Portfolio: Low-income Clients

Expansion Method: Series that follow from (4.6)

[illegible]

Computer Applications Methodology

- Dilute 1:1 (1 drop essential oil to at least 1 drop carrier oil) before using topically. Apply directly to area of concern or to pulse points.
- Diffuse with water in a room where the most sensitive person is a animal directly from a diffuser.
- Use as a flavoring in cooking.

Peperomia Aschmannii^{1,2,3,4}, antidiabetic, antifungal^{5,6}, anti-infectious (German), women's sex inflammatory, antitubercular, antitumor, antiparasitic, antispasmodic, anesthetic, anaphrodisiac, light, anxiolytic, anxiogen, irritant stimulus, purifier, sexual stimulant, and warming. It also contains the active and active of other oils.

Humeral Uses: This most ancient of spore mixtures is used by just about every practitioner based in ancient Chinese. It was regarded as a tranquilizer, tonic, and stimulant, and as being good for depression and a weak heart.

Other Possible Uses: This oil may be beneficial for circulation, colds, coughs, digestion, ulcers, rheumatism, the infections, sinusitis,^{17,18} and more. This oil fights viral and infectious diseases, and helps, but yet to find a cure, bacteria, or fungus that can survive its presence.

- © 2004 Blackwell Publishing Ltd *Journal of Internal Medicine* 255: 103–110



Over-the-Counter Dietary Supplement: Cholesterol oil is generally recognized as safe (GRAS) for human consumption by the FDA (21CFR182.20). Dose: 1 drop oil in 1 tsp. (5 mL) honey or in 1 tsp (5 mL) oil of vegetable (e.g., soybean oil). May need to increase dilution over time due to this oil's potential for irritating mucous membranes. Not for children under 6 years old, use with caution and in greater dilution for children 6 years old and over.

Safety Data Requested see our email in circular contact information. Avoid during pregnancy.

Blood Classification: Perfusion and Exchange

Breakdown: All citrus oils, except for dill, lemon, grapefruit, orange, tangerine, and all other oils.

Order Type: Middle Nerve (70-80% of the head).
Source: Spiny, white, smooth, translucent.

Cyrtocapsa *Cyrtocapsa* *Cyrtocapsa*



Quick Facts

Assigned Family: Gramineae (grass)

Keywords: Health; Stress; Satisfaction; Stress; Income

Common Noddy Terns **SC** (nesting) **SC** (nesting)
 Brown Noddy **SC**

Quantitative Application Methods

- **Direct and apply on location.** Apply to entire process and directly to area of concern.
- **Validate, or include the owner directly.** Place an outline or an oval shape of outline to help spot errors.
- **Use as a starting to outline.**

Polymer Analysis: methacryl⁽⁷⁰⁾, methylgel⁽⁷⁸⁾, aceto-ethyl-methacrylate, n-butylmeth-, polypropylene⁽⁷⁹⁾, styrenebutene, and neobutadi.

Harmful Uses: This oil belongs to the same family of aromatic, oil-rich tropical grasses as lemongrass and palmarosa. It has been used as an insecticide and for rheumatic problems or other aches and pains. The leaves of citronella have been offered by many different cultures for fever, intestinal parasites, digestive and menstrual problems, and as a stimulant.

Other Possible Uses: Chitosan may help with colds, fatigue, flu, bronchitis, minor infections, migraine, sinusitis, excessive perspiration, and oily skin. It can be used as an analgesic in sensitive and abrasive surfaces where fluid has been prepared. Combined with collagen, it makes an excellent tooth restorer.



Clary Sage *Salvia sclarea*



Clark, P. 1999.

Botanical Family: Labiaceae (mint)

Extraction Method: Steam Distillation from Boiling Plant

[illegible]

Common Eggbeaters (Mytilus)

- Ⓒ Overly applied, not *brushed on liberally* when used typically. Apply to reflect points and/or directly on area of concern.
- Ⓓ Diffuse, or indicate the areas directly.
- Ⓔ Take it capsule, or use in a flowing to cooling.

[illegible]

HistoricalWilliam Nicholson's "clear eye," it was famous during the Middle Ages for its ability to clear one's problems. Daring that same time, it was widely used for female complaints, hysteric/digestive/vascular disorders, inflammation, sore breasts, and several

Other Possible Uses: This oil may be used for insomnia, self-regulation, circulatory problems, depression, inner stress, memory disorders, dry skin, rheumatism, ulcers, and whooping cough.

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Useful As Dietary Supplement: Cherry oil is generally recognized as safe (GRAS) for human consumption by the FDA (21CFR182.20). Dose: 1 drop in 1 cup of oil; 10 drops in 1/2 cup oil of beverage (e.g., apple juice). Not for children under 6 years old, nor with surgery and its general anesthetic for children 6 years old and over.



Lactation Data: Use with caution during pregnancy. Monitor infants. Avoid during and after consumption of alcohol.

Final Classification: Preserved

Black: 100% Polyester, 100% silk, rayon, polyester, and cashmere.

Other Type: Middle or Rear Nerve (5-40% of the Nerve). Some: *Pharodonon*, spine long flat, sharp, fluties, brownish 5.

Clove *Eugenia caryophyllata*



Quick Facts

the general family: Myrmicae (the ants and termites)

Information: Market: Stock, Clothing, Every body and more

Common Primary Care's **C** Additions (Table 1):
C Antacids, **CC** Blood Clots, **CC** Cancers
C Cataracts, **C** Coats, **B** Throat, **O** Eyes
CC Fungal Infections, **C** Higher Strokes, **C** Kid-
 ney's Stones, **B** Hormonal Balance, **CC** Hyper-
 lipidemia, **CC** Low Cholesterol, **C** Lungs, **C** Me-
 dia Degeneration, **CC** Migraine, **B** Infection
 Balance, **CC** Mold, **C** Muscle Aches, **C** Muscle
 Pain, **C** Osteoporosis, **CC** Pains, **C** Rheumatoid
 Arthritis, **CC** Tumors, **CC** Thyroid Dysfunc-
 tion, **C** Urinary (Pain), **CC** Urinary (Lipids),
CC Urinary Infections, **C** Vets, **C** Wounds

Customer Segmentation Methods

- ③ Diffuse 1-2 drops essential oil on 1 drop carrier oil before topical use. Apply to reflex points and/or directly on area of concern. Rub directly on the gums surrounding an infected tooth. Place on tongue with finger to activate desire to swallow, or place on back of tongue to fight against choking cough.
- ④ Diffuse with caution; it may irritate the nasal mucous membrane if it is inhaled directly from a diffuser.
- ⑤ Place 1 drop under the tongue, or take in capsules. Use as a flavoring in cooking.

Properties: Analgesic, antithrombotic²³, antitumor^{24,25}, anti-infectious, and inflammation²⁶, antiparasitic, strong analgesic, antitumor²⁷, and anti²⁸-diabetic, antidiabetic, and immune-stimulant

Phytological Uses: Cloves were historically used for skin infections, digestive upsets, venereal parasites, childhood, and even recently for toothaches. The Chinese also used cloves for diarrhea, beriberi, bad breath, and hemorrhoids.

French Multinational Group Incapacities, intestinal parasites, memory deficiency, pain, plaques, toothaches, wounds (infected).

Other Possible Uses: Clove is reliable as a chewing tablet—it helps pull infection from tissues. It may also help soothe discomforts, whether ²⁴ dental



colitis, leprosy, leishmaniasis, diphtheria, syphilis, dental infection, diarrhea, infectious aches, fatigue, flu/sore throat, the influenza and hepatitis, various bronchitis, hypertension, infectious (bacterial and viral), latent bites and stings, insect control (mosquitoes)¹²⁻¹⁹, rashes, scabies, sores and poxes, skin (bites and stings), rheumatism, arthritis, skin cancer, chlamydia skin disease, smoking (cervical cancer, urea), speech/hearing (of mouth and skin area), tuberculosis, leg ulcers, viral hepatitis, and vomiting.

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

Anxiolytic (benzodiazepine): It may influence learning, improve memory (recalled information), and create a feeling of protection and courage.

Oral Use As Dietary Supplement: Clove oil is generally recognized as safe (GRAS) for human consumption by the FDA (21CFR182.30). Dose: 1 drop (1 mg) of honey or 1 to 2 tsp (2.25 mL) of beverage (e.g., water or milk). Not for children under 6 years old; use with caution and in greater dilution for children 6 years old and over.

Safety Data: Fipronil is not toxic to humans even at high concentrations. Use with caution during pregnancy. Can irritate sensitive skin.

Word Classifications Provided

Herbs With: Basil, borage, chives, dill, sage, gazpacho, horseradish, lemon, orange, pepperoni, rice, tomatoes, and zing zang.

Older Type: Middle to Base Notes (20-30% of the blend).
Sweet Spices, warming, slightly bitter, woody, aromatic
note of muskiness (each foot richer, firmer); L.



Copyright Clearance Center

Floral Family: Umbelliferae (parsley)

Examination Method: Essay - 50/100 (40% from whole class)

Continued from Page 10

Continuum Applications Weekly

- Ⓒ Can be applied more than once if desired when used topically. Apply to inflamed points on the feet and/or directly on areas of concern. A drop or two on the wrist may help soothe aches and pains.
- Ⓓ Difficult to inhale the aroma directly.
- Ⓔ Taken in a capsule. Use as a throat lozenge.

Dispersive Anticongestants, antihistaminic, sedatives, and tranquilizers

Other Possible Uses: This oil may help with bacterial, viral, cold, sinusitis, drooping, flaccid, headache, indigestion, liver dysfunction, lowering glucose levels, stress, anxiety, controlling body weight, promoting milk flow in nursing mother, supporting pancreatic function, and clearing skin.²² It may also act as an insect repellent.²³

- (f) Body System(s) Affected: Digestive & Cardiovascular Systems.

Aromatic Influence: It helps calm the nervous system, soothe irritations, and when diffused with Roman chamomile, can help trigger labor.

Do Not Use As Dietary Supplement: Consciously regarded as safe (GRAS) includes consumption by the FDA. Dose: 1 drop at 1 kg, 1 ml/1000 g or 10 mg (120 ml of beverage e.g., water, milk). Not for children under 6 years old; use with caution and in greater dilution for children 6 years old and over.

Policy Data Use only numbers if copyrightable in college.

Third Classification: *Interiors*

Florida Workers' Compensation

Global Type: *Mildly Non-DBP of the Island Series*
Thick, sweet, herbaceous, slightly sticky; 1 measure 1



Douglas Fir *Pseudotsuga menziesii*



Quick Facts

Parental Family: Peterson (1994)

Experimental Method: Stream-bathbaths from design and construction

[illegible]

Quantitative Application Methods

- Can be applied neat (with no dilution) where used topically. Dilute 1:10-1:100 essential oil to a base. A base carrier oil for children and for those with sensitive skin. Apply directly on area of concern or on reflex points.
- Diffuse, or inhale the aroma directly.

Diagnosis: Antropops, antropops, diopsis, vapores
sunt, volutae (curves) and more.

Thrombotic Uses: The Douglas fir is highly regarded for its fragrant scent. Douglas fir has also been valued through the ages for its ability to help support the body with respiratory complaints, fever, and muscular and rheumatic pain.

Other Possible Uses: Douglas fir may be beneficial for asthmy, catarrh, colds, respiratory weakness, furunculosis, tension (nervous), and wounds. It

is something to rest stomach and can help soothe overworked or tired muscles and joints.

- 19** *Bodily Systems (1) A Bessel: Respiratory and Related Systems and Muscles*

Automatic Inflammation: This beneficial process can help create a feeling of grounding and anchoring and promotes a sense of focus. It can help balance the emotions and stimulate the mind while allowing the body to relax.

Conflict of Interest Statement

Baking Time: Cans bake for 10 minutes only.

Plant Classification: Equisetum

Blank-Web: Cedarwood, eucalyptus, frankincense, juniper, lavender, lemon, orange, and sandalwood.

Oskar Tiger, Middle Names: DILIGENT of the Moral; Susan French, woods, earth, ocean, humanity, I.



Eucalyptus *Eucalyptus radiata*

Biography

Acacia *Monticola* and *eucalyptus* *lancea* is kept mostly using its essential and anti-inflammatory properties. Today, this oil is mainly distilled from the same leaves and is often used to treat inflammation and other concerns.

Eucalyptus is a tall green and white tree in its native home of Australia.

⑤ : Scent

• Highly Camphoric • Sweet • Fresh

② : Body Systems Affected

① Respiratory System ② Skin

Top Uses

Respiratory Ailments: To help relieve inflammation within the respiratory system, add 3–5 drops to a bowl of hot water or a humidifier, and inhale vapor.

Muscle Aches/Pain: Add 1–2 drops to a warm bath for muscle relaxation. Add 2–4 drops eucalyptus to 1 Tbs. (15 ml) fractionated coconut oil, and massage on location.

Inflammation: Add 3–4 drops to 1 Tbs. (15 ml) fractionated coconut oil, and massage on inflamed location.



Priority
Essential
Eucalyptus

Quick Facts

Botanical Family: Myrtaceae (Myrtle shrubs and trees)

Extraction Method: Steam Distillation from leaves

Common Primary Uses: ① General Vasodilation, ② Asthma, ③ Head Cold Flow, ④ Cough, ⑤ Croup, ⑥ Congestion, ⑦ Cough (Bark), ⑧ Cough, ⑨ Throat, ⑩ Dehydration, ⑪ Throat, ⑫ Ear Inflammation, ⑬ Ear Infection, ⑭ Euphoric, ⑮ Eucalyptus, ⑯ Eucalyptus, ⑰ Eucalyptus, ⑱ Eucalyptus, ⑲ Eucalyptus, ⑳ Eucalyptus, ㉑ Eucalyptus, ㉒ Eucalyptus, ㉓ Eucalyptus, ㉔ Eucalyptus, ㉕ Eucalyptus, ㉖ Eucalyptus, ㉗ Eucalyptus, ㉘ Eucalyptus, ㉙ Eucalyptus, ㉚ Eucalyptus, ㉛ Eucalyptus, ㉜ Eucalyptus, ㉝ Eucalyptus, ㉞ Eucalyptus, ㉟ Eucalyptus, ㊱ Eucalyptus, ㊲ Eucalyptus, ㊳ Eucalyptus, ㊴ Eucalyptus, ㊵ Eucalyptus, ㊶ Eucalyptus, ㊷ Eucalyptus, ㊸ Eucalyptus, ㊹ Eucalyptus, ㊺ Eucalyptus, ㊻ Eucalyptus, ㊼ Eucalyptus, ㊽ Eucalyptus, ㊾ Eucalyptus, ㊿ Eucalyptus

Common Application Methods:

① Can be applied as such in the air, or diluted (1 drop essential oil to at least 1 drop carrier oil) for children and for those with sensitive skin when using topically. Apply to reflex points and to direct to areas of concern.

② Diffuse, or inhale the aroma directly.

Properties: Analgesic²³, antiseptic²⁴, anti-inflammatory²⁵, antispasmodic²⁶, antitussive²⁷, expectorant²⁸, and infectious²⁹.

Other Possible Uses: This oil, when combined with lemon, has been used effectively on herpes simplex. It may also help with acne, eczema, psoriasis, hay fever, high blood pressure³⁰, nasal mucosa inflammation, and vaginitis.

③ **Body System(s) Affected:** Respiratory System, Skin.

Oral Use As Dietary Supplement: None.

Safety Data: Use with caution with very small children.

Dose/Classification: Eucalyptus.

Black With Geranium, Lavender, Lemon, Sandalwood, Peppermint, Lemongrass, Ylang, Eucalyptus.

Oil Type: Middle Note (20–30% of the blend); Sweet. Highly camphoric, sweet, fresh, lemony.



Fennel (Sweet) *Foeniculum vulgare*



Quick Facts

Botanical Family: Umbelliferae (parsnip)

Expansion Method: More collections from the coastal zone

Common Primary Care: **C**linical Practice, **D**iagnostics, **E**ducation, **G**eneral Practice, **H**ospital Care, **I**nternal Medicine, **N**ursing, **O**ncology, **P**ediatrics, **R**esearch, **S**urgery, **T**herapeutics, **V**accines, **W**omen's Health, **X**-ray, **Z**oology. **CC**linical Practice, **CD**iagnostics, **CE**ducation, **CG**eneral Practice, **CH**ospital Care, **CI**nternal Medicine, **CN**ursing, **CO**ncology, **CP**ediatrics, **CR**esearch, **CS**urgery, **CT**herapeutics, **CV**accines, **CW**omen's Health, **CX**-ray, **CZ**oology.

Common Application Methods

- Can be applied neat (with no diluent), or dilute 1:1 (1 drop essential oil to at least 1 drop carrier oil for children and for those with sensitive skin when using regularly). Apply directly or mix of carrier or to skin prior.
- Diffuse, or inhale the aroma directly.
- Place 1-2 drops under the tongue, or mix to a capsule. This is a flavoring, in cooking.

[illegible]

Bladder Care The ancient Egyptians and Romans avoided gabfests of food at parties to strengthen warriors because food was believed to make strength, courage, and longevity. It has been used for thousands of years for scalabins, to shut off hunger pains, to ease the female reproductive system, for stretch, eye problems, heart failure, kidney complications, lung infections, and to cope with stress.

Other Possible Uses: Tensol-11 may be used for monophase polymerization^{2,3}, catalysis^{4,5}, stabilizing the colloidal systems, emulsification, dispersion (suppress the flocculation), homogenization, solubilization, PHS^{6,7}, and emulsifying the compounds in aqueous systems^{8,9}.

- Body Systems: Altered Digestive and Urinary Systems

Neonatal Influence: It increases and influences longevity, coverage, and purification.



Oral Use As Dietary Supplement: Dissolve 10 to 20 drops (weighed as such) (0.8333) for human consumption by the FDA (21CFR301.20). Dilute 1 drop oil in 1 tsp. of oil honey or in 1 cup (248 mL) of beverage (e.g., coffee, milk). Not for children under 6 years old nor with caution and in greater dilution for children 6 years old and over.

Seizure Onset: Agitation can also possibly result in a seizure. The withdrawal of anesthetic agents may precipitate a seizure. The withdrawal of anesthetic agents may precipitate a seizure. The withdrawal of anesthetic agents may precipitate a seizure.

Global Classification: Equations and Modifiers

Elmisk MZB: Ball, promoters, investors, loans, returns, and cashflow.

Other Types: Top to Middle Sums (25-50% of the Middle Sum: fewer, unusual spiky, fewer 10s, fewer 6s).



Biography

Created through steam distillation of the resin, frankincense oil has been a traditional remedy for thousands of years. It is used for a myriad of purposes, including cosmetics, perfumes, dyes, and a wide range of medicines.

An ancient incense in biblical times, frankincense is still grown natively in Africa and the Middle East.

👃 : Scent

- Rich • Deep • Warm
- Balsamic • Sweet

👉 : Body Systems Affected

- 👉 Circulatory System
- 👉 Immune System
- 👉 Nervous System
- 👉 Skin

Top Uses

Arthritis: Gently massage affected joints with a blend of 5 drops frankincense, 4 drops peppermint, 2 drops rosemary, and 1 Tsp. (15 ml) carrier oil.

Depression: Apply rose or ylang-ylang to forehead, add 5–10 drops to 1 Tsp. (15 ml) frankincense/rosemary oil to use as a massage oil, or add 1–3 drops to a warm bath. Frankincense may also be inhaled directly from the bottle or diffused.

Mental Fatigue: To help relax, apply rose to temples, back of neck, hair area, or face.

Inflammation: Mix 3 drops frankincense and 2 drops lavender in a bowl of cold water. Dampen a washcloth, and apply to affected area for 15–30 minutes.



Quick Facts

Botanical Family: Burseraceae (gymnosperm tree and shrub)

Extraction Method: Steam distillation from gum resin

Common Primary Use: 🇸🇨 Alzheimer's Disease, 🇸🇨 Anemia, 🇸🇨 Asthma, 🇸🇨 Bile, 🇸🇨 Blood (Aging), 🇸🇨 Bone Injury, 🇸🇨 Breathing, 🇸🇨 Cancer, 🇸🇨 Cerebral Ischemia, 🇸🇨 Confusion, 🇸🇨 Cough, 🇸🇨 Depression, 🇸🇨 Diabetes, 🇸🇨 Gouty Warts, 🇸🇨 Hepatic, 🇸🇨 Immune System Support, 🇸🇨 Insulin, 🇸🇨 Kidney Wounds, 🇸🇨 Liver Carcinoma, 🇸🇨 Low Blood Sugar, 🇸🇨 Metabolism, 🇸🇨 Mental Fatigue, 🇸🇨 Menstrual Pain, 🇸🇨 Multiple Sclerosis, 🇸🇨 Nerve Pain, 🇸🇨 Parkinson's Disease, 🇸🇨 Psoriasis, 🇸🇨 Rheumatoid Arthritis, 🇸🇨 Skin (Leprosy), 🇸🇨 Ulcers, 🇸🇨 Urinary Tract Infection, 🇸🇨 Vitis of Nerve, 🇸🇨 Warts, 🇸🇨 Wounds

Common Application Methods

- 1 Can be applied neat (with no dilution) when used topically. Apply directly on area of concern or to pulse points.
- 2 Diffuse, or inhale the aroma directly.
- 3 Place 1–3 drops under the tongue, or take in capsules.

Properties: Anticancerous, anticonvulsant, anxiolytic, anti-inflammatory, anti-infectious, anti-inflammatory, anesthetic, sedative, expectorant, immune stimulant, analgesic.

Historical Use: Frankincense is a holy oil in the Bible. As an ingredient in the holy incense, it was used widely during medieval ceremonies to help improve communication with the divine.

Other Possible Use: This oil may help with aging, diabetes, low energy and weight, bronchitis, catarrh, cataract, colds, dizziness, diphtheria, gonorrhea, hemorrhoids, itching, hemorrhaging, leprosy, high blood pressure, jaundice, leprosy, meningitis, cancerous conditions, prostate problems, pneumonia, respiratory problems, sciatic pain, sinus, spiritual anorexia, tooth aches, ulcers, warts, syphilis, TB, tendon, tendinitis, typhoid, and wounds. It contains saponins, making it to go beyond the blood-brain barrier. It may also help regenerate 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:** Circulatory System, Immune and Nervous Systems, Skin.

Aromatic Inhalation: This oil helps to focus energy, stimulate distractions, and improve concentration. It eases hyperactivity, impulsiveness, irritability, and confidence and can help enhance spiritual awareness and meditation.

Oral Use As Dietary Supplement: Frankincense oil is generally approved by the FDA (21CFR172.518 for use as a Food Additive (F/A) and Flavoring Agent (F/L). Dose: 1 drop of oil in 1 tsp. (5 ml) honey or in 1 cup (125 ml) of beverage (e.g., water, milk). Not for children under 6 years old; use with caution and to greater dilution for children 6 years old and over.

Blend Classification: Enhancer and Equalizer.

Blend With: All oils.

Other Type: Base Note (5–20% of the blend); Skin: Rich, deep, warm, balsamic, sweet, with leathery undertones; Scent: 1.



Biography

Grapefruit has been enjoyed by many as an invigorating, mood-elevating oil. It is also often used to help quell cravings as an appetite suppressant. It is cold-pressed from the rind.

Native to tropical Asia and the West Indies, grapefruit is now cultivated in many areas of the world, including Florida, China, Spain, Mexico, and South Africa.

⚡ : Scent

• Citrus • Fresh • Bitter • Citrusy

⚡ : Body Systems Affected

⚡ Cardiovascular System

Top Uses

Appetite Control: To help quell cravings, diffuse grapefruit in aromatherapy diffusers.

Energy: Inhale from the bottle for a quick boost of energy.

Stress: Diffuse grapefruit in an aromatherapy diffuser to help relieve stress.



Essential Oils
Grapefruit

Quick Facts

Botanical Family: Rutaceae (hybrid between *Citrus aurantium* and *Citrus sinensis*)

Essential Oil Method: Cold-pressed from rind

Common Primary Uses: ⚡ Kidney (Diuretic), ⚡ Anemia, ⚡ Appetite Suppressor, ⚡ Indigestion, ⚡ Catabolism, ⚡ Dry Throat, ⚡ Cystitis, ⚡ Gallbladder Issues, ⚡ Hangover, ⚡ Lymphatic Drainage, ⚡ Mood Issues, ⚡ Nausea (Ailment), ⚡ Obesity, ⚡ Urinary, ⚡ Polycystic Ovary Syndrome, ⚡ Stress, ⚡ Smoking/Tobacco, ⚡ Depression, ⚡ Prolactin

Common Application Methods:

- ⚡ Can be applied neat (with no dilution) when used topically. Apply directly on area of concern or to pulse points. Because grapefruit oil has some of the same uses as other citrus oils, it can be used in any place where immediate exposure to the sun is unavoidable. This is because grapefruit oil does not cause as much photosensitivity as the other citrus oils.
- ⚡ Diffuse, or inhale the aroma directly.
- ⚡ Take 1–2 drops in a beverage or in capsules. Use as a flavoring in cooking.

Properties: Antidepressant, anxiolytic, diuretic, diuretic, diuretic, and tonic.

Other Possible Uses: Grapefruit oil may help with anxiety^{1,2,3}, depression, easing digestive, digestive, jet lag, liver disorders, migraines, headaches, premenstrual tension, stress, and sympathetic nervous system stimulation^{4–7}. It may also have a clearing effect on the kidneys, the lymphatic system, and the vascular system.

⚡ **Body System(s) Affected:** Cardiovascular System.

Aromatic Influence: It is balancing and uplifting to the mind and may help to relieve anxiety^{8,9}.

Oral Use As Dietary Supplement: Grapefruit oil is generally recognized as safe (GRAS) for human consumption by the FDA (21CFR182.20). Dose: 1 drop in 1 tsp. O oil; honey or in 4 tsp (125 ml) of beverage (e.g., water) will. Not for children under 1 year old; use with caution and in greater dilution for children 6 years old and over.

Reed Classification: Major and Moderate.

Reeds With: Basil, Bergamot, eucalyptus, frankincense, geranium, lavender, peppermint, rosemary, and ylang-ylang.

Other Tips: Top Note (5–20% of the blend). Scent: Citrus, fresh, bitter, citrusy, lemony, 1.



Quick Facts

Botanical Family: Oleaceae (olive)

Extraction Method: Absolute extraction from flowers

Common Primary Uses: Stress, Vagus, Windy, Digestive Issues

Common Application Method(s):

- Can be applied neat (with no dilution) when used topically. Apply directly on area of concern or to entire pulse.
- Diffuse, or inhale the aroma directly.
- Take in capsule.

Properties: Anticancerful, antidepressant, and antispasmodic^{1,2,3}

Botanical Uses: Known in India as the "spirit of the night" and "moonlight of the grove," women have viewed jasmine for centuries for its beautiful, aphrodisiac-like fragrance. According to Robert Wilson, "In many religious traditions, the jasmine flower symbolizes hope, happiness, and love." Jasmine has been used for hepatitis, weakness of the liver, dysentery, dyspepsia, nervousness, cough, respiratory congestion, reproductive problems, and "to stimulate women's consciousness in pregnant women as childbirth approached." It was also used in tea, perfume, and incense.

Other Possible Uses: This oil may help with stomach (cramps), respiratory (coughs, dysentery, asthma) (when caused by emotional), Epilepsy, hepatitis (weakness of the liver), heartburn, skin pains, laryngitis, itching (abnormal dermatoses), menstrual pain and problems, muscle spasms, rumble evacuation and vesicles, pain relief, respiratory conditions, skin skin care (dry, greasy, itchy, and sensitive), sprains, and urticaria dermatitis. Jasmine is an oil that affects the emotions. It penetrates the deepest layers of the mind, opening doors to our emotions. It produces a feeling of well-being, energy, euphoria, and optimism. It helps to reduce anxiety, apathy, depression, indifference, isolationism, and relationship-dilemmas. As a cologne, it increases feelings of attractiveness.

- Body System(s) Affected: Digestive System, Emotional Balance, Nervous System, Skin



Aromatic Influence: It is very uplifting to the mind and may help increase creative genius and wisdom. It may also help to promote powerful, inspirational relationships.

Oral Use As Dietary Supplement: Jasmine oil is generally regarded as safe (GRAS) for human consumption by the FDA. Dilute 1 drop oil in 1 tsp (1 mL) honey or in 1 cup (125 mL) of beverage (e.g., coffee or milk). Not for children under 6 years old; use with caution and in greater dilution for children 6 years old and over.

Blood Classification: Equilibrates, Modifies, and Enhances

Blend With: Bergamot, Cardamom, geranium, huckleberry, lemongrass, melissa, orange, rose, sandalwood, spearmint.

Other Type: Best New (5–20% of the blend), Sweet Powerful, warm, relaxing, filled with happy-for-lustre undertones; lavender 4.

Quick Facts

Botanical Family: Cupressaceae (cedar; cypress)

Extraction Method: Steam distillation from berries and needles

Common Primary Uses: Stress, Alcoholism, Chronic Sinusitis, Kidney Issues, Uterine

Common Application Method(s):

- Can be applied neat (with no dilution) when used topically. Apply directly on area of concern or to entire pulse.
- Diffuse, or inhale the aroma directly.
- Place 1 drop under the tongue, or take in capsule. Use with caution if pregnant or nursing.

Properties: Antispasmodic, anxiolytic, anesthetic, diuretic, antitumor, diuretic, stimulant, and tonic.

Botanical Uses: Over the centuries, juniper has been used for physical and spiritual purification, for clearing infections and healing wounds, for bone complaints, for catarrhs, for relieving urticaria and urinary tract infections, for warting off plaques, epidermises, and meningitis diseases, and for headaches, kidney and bladder problems, pulmonary infections, and fevers.

Other Possible Uses: This oil may work as a detoxifier and a diuretic, which may reduce acne, dermatitis, and rashes. It may also help weight, depression, energy, hemorrhoids, infection, increase circulation through kidneys, kidney stones, liver problems, relief urticaria, some cancers and regeneration, obesity, inflammation (prostate, mucosa of oral and nasal), ulcers, urinary infections, water retention, and wounds.

- Body System(s) Affected: Digestive System, Emotional Balance, Nervous System, Skin

Aromatic Influence: Juniper evokes feelings of health, love, and peace and may help to develop one's spiritual awareness.

Oral Use As Dietary Supplement: Juniper berry oil is generally recognized as safe (GRAS) for human consumption by the FDA (21 CFR 172.80). Dilute 1 drop oil in 1 tsp (1 mL) honey or in 1 cup (125 mL) of beverage (e.g., coffee or milk). Not for children under 6 years old; use with caution and in greater dilution for children 6 years old and over. Use with caution during pregnancy or while nursing.

Blood Classification: Equilibrates

Blend With: Bergamot, all citrus oils, cypress, geranium, lavender, melissa, and rosemary.

Other Type: Middle New (50–60% of the blend), Sweet, Sweet, balsamic, balsamic; lavender 4.





Quick Facts

Botanical Family: Myrtaceae (myrtle shrubs and trees)

Extraction Method: Steam distillation from leaves

Common Primary Uses: **CC** Clearing, **CC** Joint Regulation, **CC** Respiratory Issues

Common Application Methods:

- C** Dilute 1:5 (1 drop essential oil to at least 5 drops carrier oil) before applying topically. Apply directly to area of concern or to other points.
- D** Diffuse, or inhale the aroma directly.
- A** Add 1 drop to 1 cup (250 mL) of water or other beverage.

Properties: antispasmodic^[1], antitussive^[2], and inflammatory^[3], antihistaminic, analgesic, antipruritic, decongestant, expectorant, and keratolytic^[4].

Historical Uses: Lemon eucalyptus (also known as lemon gum) leaves have been used traditionally to perfume linen closets, and to repel insects—especially cockroaches and silverfish.

Other Possible Uses: Lemon eucalyptus may help with asthma, athlete's foot, and other fungal infections, colds, cuts, dandruff, drowsiness, hives, infectious diseases, insect control, laryngitis, rashes, sore throat, sores, and sores.

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

Aromatic Influence: Lemon eucalyptus is clearing and refreshing. It can help clear the mind and clear the way for thinking.

Oil Use As Dietary Supplement: None.

Safety Data: Oil may irritate sensitive or damaged skin. Dilute before applying to the skin. Consult with a physician before use if taking medications, pregnant, or nursing.

Blends/Characteristics: Eucalyptus and Euphorbia

Blends With: Basil, cedarwood, coriander, citrus oils, eucalyptus, frankincense, geranium, lavender, melissa, and rosemary.

Other Type: Middle (50–80% of the blend), Sweet-Sour, lemony, fresh, with a woody hint. Intensity: 3.



Quick Facts

Botanical Family: Myrsinaceae (myrtle shrubs and trees)

Extraction Method: Steam distillation from leaves

Common Primary Uses: **CC** Anticancer, **CC** Anti-Injury, **CC** Coughs, **CC** Hoarseness

Common Application Methods:

- C** Dilute 1:5 (1 drop essential oil to at least 5 drops carrier oil) before applying topically. Apply directly to area of concern or to other points.
- D** Diffuse, or inhale the aroma directly.
- A** Add 1 drop to 1 cup (250 mL) of water or other beverage.

Properties: Analgesic, antitussive, antispasmodic, antitumor, anti-inflammatory, antineoplastic, antineurotic, and sedative.

Historical Uses: Dried leaves from the lemon myrtle tree have been used as food flavoring for poultry and seafood. They have also served as air fresheners in churches, shoe cabinets, and vehicles. Lemon myrtle is said to smell even "better" than lemon. Research indicates that lemon myrtle oil has very good antibacterial activity and excellent antitussive activity, perhaps even more than Melaleuca alternifolia. Tests have also shown lemon myrtle to possess strong germicidal powers, twice that of Eucalyptus citriodora and 19.5 times that of eucalyptol alone.

Other Possible Uses: Lemon myrtle may help with viral, bacterial, and fungal infections. It has also been reported to help with sprained or torn ligaments and tendons. Due to antitumor, antitussive, and antineurotic actions, lemon myrtle works well as an additive to any natural clearing product. What more agreeable way to deal with the strong lemon scent from this oil?

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

Aromatic Influence: Lemon myrtle is clearing and refreshing.



Oil Use As Dietary Supplement: While the FDA has given no approval for this oil, lemon from the lemon myrtle tree is commonly used as a spice or flavoring in Australia. Use in cooking or in beverages is small amounts (1 drop or less). Dilute 1 drop oil to 1 cup (250 mL) beverage or 1 cup (250 mL) of water (e.g., tea). Not for children under 6 years old, use with caution, and be greatly effective for children 6 years old and over.

Safety Data: Oil may irritate sensitive or damaged skin. Dilute before applying to the skin. Consult with a physician before use if taking medications (especially for diabetes), pregnant, or nursing.

Blends/Characteristics: Eucalyptus and Euphorbia

Blends With: Basil, eucalyptus, citrus oils, eucalyptus, geranium, lavender, melissa, and rosemary.

Other Type: Top (1–20% of the blend). Sweet-Lemony, crisp, sweet, slightly herbal. Intensity: 3.

Magnolia *M. alba* (Magnolia alba)



Quick facts

- **Members of Family:** *Myristicaceae*

Example Method: Store data in two arrays

Common Primary Users:  Artists,  Educators,
E-learning (all)

Common Application Membership*

- ② Can be applied with both no dilution when used topically. Apply directly on area of concern or to nail bed.

Deceptive Analysis¹²⁻¹³, analytic, analytical,
anti-information, artificiality, artifice,
artificial¹²⁻¹³

Etymology: Chinese *Magnolia* trees are sometimes identified *Azalea*, and the bark of one magnolia species (*Magnolia officinalis*) is used in traditional Chinese medicine to help with digestion and respiratory issues. This variety of magnolia (MC 100) is believed to be a hybrid of *M. thompsonii* and *M. soulieana*.

Other Possible Uses: This oil may also be beneficial for reducing depression and stress (lowering and raising).

- Daily Hydration Affects Fibrous Tissue, Inflammation, Skin**

Acoustic Influence: Magnetics has a soothing, energizing influence that can help relax both the body and mind. It also has sedating and sedating properties when inhaled.

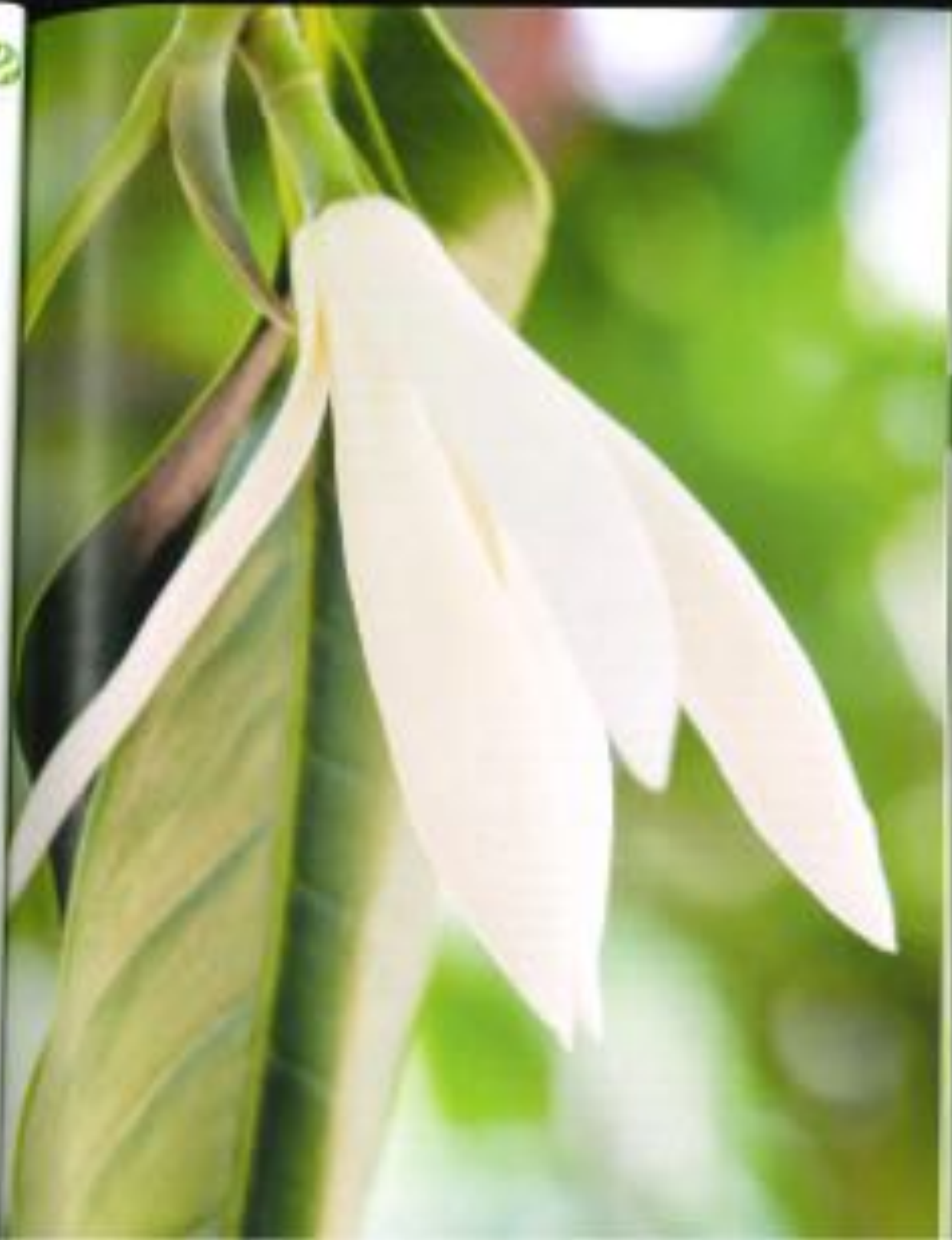
Child Use As Dietary Supplement: None

Safety Data: Safe in clinical trial when taken as directed. Consult with a physician before use if taking medications, pregnant, or nursing.

Fluoride Release: Extent and Duration

Black White Japanese, previous, gradual, line,
marjara, too, understood, water, ping ping

Flower: Small, floral, hairy, herbarium, January 2.



Melaleuca (Tea Tree) *Melaleuca alternifolia*

Biography

Also known as tea tree oil, melaleuca oil is a favorite for skin-care products. The oil is steam-distilled from leaves and twigs.

Melaleuca is still grown in its native region of Australia, where it was originally used by the Aboriginal people.

④ : Scent

• Medicinal • Fresh • Earthy • Woody

⊕ Body Systems Affected

- ⊕ Integumentary System
- ⊕ Respiratory System
- ⊕ Muscles and Bones
- ⊕ Skin

Top Uses

Skin Infections/Wounds: Wash wound with a mixture of 1 drop each lavender, melaleuca, and tea tree added to warm water. Or rub 1-2 drops oil with 1 Tbs. (15 ml) distilled rosewater, and massage on infected locations, neck, arms, chest, or feet.

Pungal Infections: Apply neat to affected area.

Acne: Wash face daily with a mixture of 2 drops melaleuca and 1 cup (250 ml) warm water.



essential
oil
Melaleuca

Quick Facts

Botanical Family: Myrtaceae (Myrtle shrubs and trees)

Extraction Method: Steam distillation from leaves

Common Primary Uses: Ⓢ Acne^[1], Ⓢ Allergies, Ⓢ Asthma, Ⓢ Canker Sores, Ⓢ Cuts, Ⓢ Cold Sores, Ⓢ Cold/Flu, Ⓢ Coughs, Ⓢ Cystitis, Ⓢ Diarrhea, Ⓢ Dry Skin, Ⓢ Ear Infection, Ⓢ Eczema, Ⓢ Eye Infection, Ⓢ Fever, Ⓢ Headaches, Ⓢ Heartburn, Ⓢ Insect Bites, Ⓢ Irritation, Ⓢ Itchy Skin, Ⓢ Joint Pain, Ⓢ Laryngitis, Ⓢ Nausea, Ⓢ Oral Infection, Ⓢ Period Pain, Ⓢ Psoriasis, Ⓢ Ringworm, Ⓢ Sore Throat, Ⓢ Stomach Issues, Ⓢ Sunburn, Ⓢ Tinnitus, Ⓢ Urinary Tract Infection, Ⓢ Vaginal Infection, Ⓢ Warts, Ⓢ Wounds, Ⓢ Yeast Infection, Ⓢ Zoster

Current Application Methods

- ④ Can be applied neat (with no dilution) when used topically. Apply directly on area of concern or to skin points.
- ④ Diffuse, or inhale the aroma directly.
- ④ Take as capsule.

Properties: Analgesic, antiseptic^[2], antifungal^[3], anti-inflammatory^[4], antiviral^[5], antibacterial, antiparasitic, a strong antiseptic, astringent, digestive, expectorant, immune stimulant, insecticidal, neurotonic, stimulant, and tissue regeneration.

Historical Uses: The leaves of the melaleuca tree (or tea tree) have been used by members of the Aboriginal people of Australia to heal cuts, wounds, and skin infections. With 12 times the antiseptic power of phenol, it has some strong immune-building properties.

Other Possible Uses: This oil may help treat, digest, regulate, and improve circulation, and it may help with skin conditions.

Ⓢ Body Systems: Affected Integumentary, Muscular, and Respiratory Systems, Muscles, and Skin.

Aromatic Influence: It promotes cleansing and purity.

Oral Use As Dietary Supplement: Melaleuca oil is generally approved by the FDA (21CFR172.300) for use as a Food Additive (FA) or Flavoring Agent (FLA). Dilute 1 drop oil to 1 cup (250 ml) honey or in 1/2 cup (125 ml) of beverage (e.g., tea or coffee). Not for children under 6 years old; use with caution and in greater dilution for children 6 years old and over.

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

Blend Classification: Enhancer and Equalizer.

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

Other Types: Melaleuca (10-50% of the blend). Scent: Medicinal, fresh, woody, earthy, herbaceous, intensity: 3.



Oregano *Origanum vulgare*

Biography

Ureaplasma is non-included from the body and is extremely used both as a cleaning agent and to treat bacterial and fungal infections.

Though oranges is native to Europe, this book is now cultivated world-wide.

Scientist

+ 27.44 (100%) = 27.44 (100%)

Body Systems Affected

Language Sources

Respiratory System

Madden and Brown

Top Cities

Antibacterial: Mix 1 drop orange with 5 drops carrier oil, and apply to liver area and base of the feet.

Acupuncture—Chinese surgery is an osteopathy. A disease is like a wound to be treated.

Warts: For planar warts, add 1-3 drops vinegar to a few drops of botanical essential oil. Apply 1-3 drops of mixture on location daily.

2000

QUESTIONS
Answers

Quick Facts

General Family Relations

Experiment 5: What kinds of stress distributions occur in text?

[illegible]

Current Application Methods

- **2** Dilute 1:1 drop essential oil to at least 3 drops carrier oil when used topically. **Do not** use orally for children, even if so for those with good medical. Apply directly on area of concern or to reflex points.
- **3** Dilute, or inhale the aroma directly.
- **4** Dilute and take to capsules. Use as a lozenge or capsule.

Properties: Antibacterial^[234], antifungal^[235], antiparasitic^[236], antiseptic to the respiratory system, antiviral, and immune stimulant^[234].

Other Possible Uses: This oil may help reduce digestive problems, metabolic balance, stress^{1,2,3}, and aid in hormonal problems, and strengthen vital organs.

Body-Spontaneous Altered Immune, Skeletal, and Respiratory Systems and Muscles

Armenia's Influence: Stronger ties mean looking at security

Good Use As Dietary Supplement: Borage oil is generally recognized as safe (GRAS) for human consumption by the FDA (21CFR182.50). Dose: 1 tsp oil in 1 day. (5 mill honey or 1/4 cup [125 ml] of honeying (e.g., apricot nectar). Not for children under 1 year old, use with caution and in greater dilution for children 1 year old and over.

Sales Tax Can cost more than \$10 million.

Global Cloud Network Enhancement and Expansion

Black White Bull, forest, grassland, homogenous, forest, and meadow.

Other Types: Middle Node (50000) of the Middle Node
Short Duration, short duration, 1.



Quick Facts

- Name of Family:** Labiate (mint)
Common Method: Steam-distilled from leaves
Common Primary Use: **C**Cholera, **CC**Cold/flu, **CC**Coughs, **CC**Headaches, **CC**Stomach issues, **CC**Stomach pain
Common Application Methods:
C Can be applied neat (with no dilution) when used topically. Apply directly on area of concern or to other points.
D Diffuse, or inhale the steam directly.
E Take as capsules.

Properties: Anti-infective, anti-inflammatory, anti-fungal, anti-viral, anti-bacterial, anti-parasitic, digestive, diuretic, diaphoretic, insecticidal, **CC**muscle relaxant (spasmolytic), and tonic.

Harvested Uses: For centuries, the Asian people used patchouli to fight infections, cool fevers, soothe the skin (and entire body), and to act as an antidote to snake and spider bites. It was also used to treat colds, headaches, nausea, vomiting, diarrhea, abdominal pain, and halitosis (bad breath).

Other Possible Uses: This oil is a signifier of low material in the body. It may also help acne, appetite (lack), skin (moist and healthy), cellulite, constipation,

depression, depression, digestive system, nausea (relief from stress, motion), **CC**skin conditions (chapped) and ulcers (soothe skin), **CC**infection (protect against), **CC**water retention, swelling (reduce), weight reduction, and wrinkles prevention.

Body Systems Affected: Skin

Anesthetic Influence: It is sedating, relaxing, **CC**and relaxing—allowing it to reduce anxiety. It may have some particular influence on sex, physical strength, and energy.

Oral Use as Dietary Supplement: Patchouli oil is present in approved by the FDA for use as a Food Additive (FA) and Flavoring Agent (FL). Dilute 1 drop oil in 1 tsp. (5 mL) honey or in 1/4 cup (60 mL) of beverage (e.g., water, milk). Not for children under 4 years old or use with caution and in greater dilution for children 4 years old and over.

Plant Classification: Labiate

Blend With: Bergamot, clary sage, frankincense, geranium, ginger, lavender, lemongrass, myrrh, pine, rosewood, sandalwood.

Other Type: Rose Noy (1-2% of the blend), Rose, Earth, Indigo, rose absolute, 4% with rosewood, sandalwood, lavender 4.



Peppermint *Mentha piperita*

Biography

A benzene-free varying concentration, pigmentated oil is steam-distilled from the flowering herb.

Pepperoni is grown worldwide and has been cultivated for centuries by many different peoples and cultures.

 Scent

+ 30 days + 40 days

 Body Systems Affected

 Digital for Business

Members and Means

Neurological Disorders

 Springer

Top Sites:

Almonds: Enhance Day 3-4 sleep; pepper diet on the same time when chewing in the morning to help indigestion. While the seeds of pepper are still digesting in the bowels.

Albino: Place 2 drops each of lavender, lemon, and peppermint in 1 tsp. (5 ml) fractionated coconut oil, and apply a small amount on the temples, under the cover, and on the bottoms of the feet morning and evening when dealing with seasonal allergies.

Coating: Wood 2 drops, paper/tissue with 2 drops
mercury in a bowl of coal tapers. Whiskers a
week with water and use to pump the
foolish, back of neck, and hair.

Headache. Apply 1 drop each of lavender, peppermint, and fir balsam to the forehead and back of the neck.

Names: Indicate the source of pygments (all directly from the bottle).

Congestion: Drop 2 drops eucalyptus and 1 drop peppermint in the foot of the shower while showering, and inhale the steam.



Quick Facts

Unpublished Partially: Lullwater (p. 104)

Language Method: Source: *Journal of American Studies*

[illegible]

Careers Applications Methods

- Can be applied neat (with no diluent), 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 directly on area of concern or to other parts.
- Dilute, or include the aroma directly.
- Put 1-2 drops under the tongue or in a beverage. Take in capsule. Use as a flavoring in cooking.

Properties: Analgesic, antitussive,^[1,2] anticonvulsant, anti-inflammatory,^[1,2] antipyretic, antipruritic,^[1,2] antitumor,^[1,2] antitoxic,^[1,2] and leukostatic.

Harvard University, preprint at arxiv.org, and to media outlets, including, *Wired*, *Spiegel*, and *Wired*.
 www.cic.gu, translation.harvard.edu, and wired.com.

Other Possible Uses: This oil may help soothe, soothe, calm, depression, fatigue, and poisoning, asthma, inflammation, liver problems, sinus, ¹² ¹³ ¹⁴ ¹⁵ ¹⁶ ¹⁷ ¹⁸ ¹⁹ ²⁰ ²¹ ²² ²³ ²⁴ ²⁵ ²⁶ ²⁷ ²⁸ ²⁹ ³⁰ ³¹ ³² ³³ ³⁴ ³⁵ ³⁶ ³⁷ ³⁸ ³⁹ ⁴⁰ ⁴¹ ⁴² ⁴³ ⁴⁴ ⁴⁵ ⁴⁶ ⁴⁷ ⁴⁸ ⁴⁹ ⁵⁰ ⁵¹ ⁵² ⁵³ ⁵⁴ ⁵⁵ ⁵⁶ ⁵⁷ ⁵⁸ ⁵⁹ ⁶⁰ ⁶¹ ⁶² ⁶³ ⁶⁴ ⁶⁵ ⁶⁶ ⁶⁷ ⁶⁸ ⁶⁹ ⁷⁰ ⁷¹ ⁷² ⁷³ ⁷⁴ ⁷⁵ ⁷⁶ ⁷⁷ ⁷⁸ ⁷⁹ ⁸⁰ ⁸¹ ⁸² ⁸³ ⁸⁴ ⁸⁵ ⁸⁶ ⁸⁷ ⁸⁸ ⁸⁹ ⁹⁰ ⁹¹ ⁹² ⁹³ ⁹⁴ ⁹⁵ ⁹⁶ ⁹⁷ ⁹⁸ ⁹⁹ ¹⁰⁰ ¹⁰¹ ¹⁰² ¹⁰³ ¹⁰⁴ ¹⁰⁵ ¹⁰⁶ ¹⁰⁷ ¹⁰⁸ ¹⁰⁹ ¹¹⁰ ¹¹¹ ¹¹² ¹¹³ ¹¹⁴ ¹¹⁵ ¹¹⁶ ¹¹⁷ ¹¹⁸ ¹¹⁹ ¹²⁰ ¹²¹ ¹²² ¹²³ ¹²⁴ ¹²⁵ ¹²⁶ ¹²⁷ ¹²⁸ ¹²⁹ ¹³⁰ ¹³¹ ¹³² ¹³³ ¹³⁴ ¹³⁵ ¹³⁶ ¹³⁷ ¹³⁸ ¹³⁹ ¹⁴⁰ ¹⁴¹ ¹⁴² ¹⁴³ ¹⁴⁴ ¹⁴⁵ ¹⁴⁶ ¹⁴⁷ ¹⁴⁸ ¹⁴⁹ ¹⁵⁰ ¹⁵¹ ¹⁵² ¹⁵³ ¹⁵⁴ ¹⁵⁵ ¹⁵⁶ ¹⁵⁷ ¹⁵⁸ ¹⁵⁹ ¹⁶⁰ ¹⁶¹ ¹⁶² ¹⁶³ ¹⁶⁴ ¹⁶⁵ ¹⁶⁶ ¹⁶⁷ ¹⁶⁸ ¹⁶⁹ ¹⁷⁰ ¹⁷¹ ¹⁷² ¹⁷³ ¹⁷⁴ ¹⁷⁵ ¹⁷⁶ ¹⁷⁷ ¹⁷⁸ ¹⁷⁹ ¹⁸⁰ ¹⁸¹ ¹⁸² ¹⁸³ ¹⁸⁴ ¹⁸⁵ ¹⁸⁶ ¹⁸⁷ ¹⁸⁸ ¹⁸⁹ ¹⁹⁰ ¹⁹¹ ¹⁹² ¹⁹³ ¹⁹⁴ ¹⁹⁵ ¹⁹⁶ ¹⁹⁷ ¹⁹⁸ ¹⁹⁹ ²⁰⁰ ²⁰¹ ²⁰² ²⁰³ ²⁰⁴ ²⁰⁵ ²⁰⁶ ²⁰⁷ ²⁰⁸ ²⁰⁹ ²¹⁰ ²¹¹ ²¹² ²¹³ ²¹⁴ ²¹⁵ ²¹⁶ ²¹⁷ ²¹⁸ ²¹⁹ ²²⁰ ²²¹ ²²² ²²³ ²²⁴ ²²⁵ ²²⁶ ²²⁷ ²²⁸ ²²⁹ ²³⁰ ²³¹ ²³² ²³³ ²³⁴ ²³⁵ ²³⁶ ²³⁷ ²³⁸ ²³⁹ ²⁴⁰ ²⁴¹ ²⁴² ²⁴³ ²⁴⁴ ²⁴⁵ ²⁴⁶ ²⁴⁷ ²⁴⁸ ²⁴⁹ ²⁵⁰ ²⁵¹ ²⁵² ²⁵³ ²⁵⁴ ²⁵⁵ ²⁵⁶ ²⁵⁷ ²⁵⁸ ²⁵⁹ ²⁶⁰ ²⁶¹ ²⁶² ²⁶³ ²⁶⁴ ²⁶⁵ ²⁶⁶ ²⁶⁷ ²⁶⁸ ²⁶⁹ ²⁷⁰ ²⁷¹ ²⁷² ²⁷³ ²⁷⁴ ²⁷⁵ ²⁷⁶ ²⁷⁷ ²⁷⁸ ²⁷⁹ ²⁸⁰ ²⁸¹ ²⁸² ²⁸³ ²⁸⁴ ²⁸⁵ ²⁸⁶ ²⁸⁷ ²⁸⁸ ²⁸⁹ ²⁹⁰ ²⁹¹ ²⁹² ²⁹³ ²⁹⁴ ²⁹⁵ ²⁹⁶ ²⁹⁷ ²⁹⁸ ²⁹⁹ ³⁰⁰ ³⁰¹ ³⁰² ³⁰³ ³⁰⁴ ³⁰⁵ ³⁰⁶ ³⁰⁷ ³⁰⁸ ³⁰⁹ ³¹⁰ ³¹¹ ³¹² ³¹³ ³¹⁴ ³¹⁵ ³¹⁶ ³¹⁷ ³¹⁸ ³¹⁹ ³²⁰ ³²¹ ³²² ³²³ ³²⁴ ³²⁵ ³²⁶ ³²⁷ ³²⁸ ³²⁹ ³³⁰ ³³¹ ³³² ³³³ ³³⁴ ³³⁵ ³³⁶ ³³⁷ ³³⁸ ³³⁹ ³⁴⁰ ³⁴¹ ³⁴² ³⁴³ ³⁴⁴ ³⁴⁵ ³⁴⁶ ³⁴⁷ ³⁴⁸ ³⁴⁹ ³⁵⁰ ³⁵¹ ³⁵² ³⁵³ ³⁵⁴ ³⁵⁵ ³⁵⁶ ³⁵⁷ ³⁵⁸ ³⁵⁹ ³⁶⁰ ³⁶¹ ³⁶² ³⁶³ ³⁶⁴ ³⁶⁵ ³⁶⁶ ³⁶⁷ ³⁶⁸ ³⁶⁹ ³⁷⁰ ³⁷¹ ³⁷² ³⁷³ ³⁷⁴ ³⁷⁵ ³⁷⁶ ³⁷⁷ ³⁷⁸ ³⁷⁹ ³⁸⁰ ³⁸¹ ³⁸² ³⁸³ ³⁸⁴ ³⁸⁵ ³⁸⁶ ³⁸⁷ ³⁸⁸ ³⁸⁹ ³⁹⁰ ³⁹¹ ³⁹² ³⁹³ ³⁹⁴ ³⁹⁵ ³⁹⁶ ³⁹⁷ ³⁹⁸ ³⁹⁹ ⁴⁰⁰ ⁴⁰¹ ⁴⁰² ⁴⁰³ ⁴⁰⁴ ⁴⁰⁵ ⁴⁰⁶ ⁴⁰⁷ ⁴⁰⁸ ⁴⁰⁹ ⁴¹⁰ ⁴¹¹ ⁴¹² ⁴¹³ ⁴¹⁴ ⁴¹⁵ ⁴¹⁶ ⁴¹⁷ ⁴¹⁸ ⁴¹⁹ ⁴²⁰ ⁴²¹ ⁴²² ⁴²³ ⁴²⁴ ⁴²⁵ ⁴²⁶ ⁴²⁷ ⁴²⁸ ⁴²⁹ ⁴³⁰ ⁴³¹ ⁴³² ⁴³³ ⁴³⁴ ⁴³⁵ ⁴³⁶ ⁴³⁷ ⁴³⁸ ⁴³⁹ ⁴⁴⁰ ⁴⁴¹ ⁴⁴² ⁴⁴³ ⁴⁴⁴ ⁴⁴⁵ ⁴⁴⁶ ⁴⁴⁷ ⁴⁴⁸ ⁴⁴⁹ ⁴⁵⁰ ⁴⁵¹ ⁴⁵² ⁴⁵³ ⁴⁵⁴ ⁴⁵⁵ ⁴⁵⁶ ⁴⁵⁷ ⁴⁵⁸ ⁴⁵⁹ ⁴⁶⁰ ⁴⁶¹ ⁴⁶² ⁴⁶³ ⁴⁶⁴ ⁴⁶⁵ ⁴⁶⁶ ⁴⁶⁷ ⁴⁶⁸ ⁴⁶⁹ ⁴⁷⁰ ⁴⁷¹ ⁴⁷²

⑦ Daily (systemic): Affected: Nervous, Digestive, Urinary, and Skeletal Systems; Muscles, and Skin

Acute effects: It is purifying and stimulating to the circulatory system and may aid with energy and mental performance. It is cooling and may help reduce stress.

Good Use As Dietary Supplement: Hippocampus oil is generally recognized as safe (GRAS) for human consumption by the FDA (21CFR192.28). Dose: 1 drop to 1 tsp. of oil daily or in ¼-cup (125 ml) of beverage (e.g., water, milk). Not for children under 5 years old, use with caution and get prior advice for children 5 years old and over.

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

Fluid Classification: *Prescription*

Black White Black, black
poppy, cinnamon,
cypress, lil, grapefruit,
jasmine, lavender,
lemon, rosemary,
sage, ylang ylang.

Other Type: NEMA Note (20-40% visible density). Screen: Micro, sharp, coarse. Latitude: 5.



Petitgrain *Citrus parviflora*



Case & Facts

Botanical Family: *Veronica* (Veronica)

Exercise Method: Open-Book, Multiple-Choice, True/False

Continued From Page 20 **BC** Deposition, **BC** Field,
BC Lower Only Heat, **BC** Forest, **BC** Logging

Customer Application Workflow

- Can be applied over (with no dilation) skin used typically. Apply directly on area of concern or to entire body.
- Diffuse, or attack the entire disease.
- Take a small amount in capsule.



Peptides: Anticancer²², anti-infection, anti-inflammatory, antitumor²³, antiprion²⁴, antiparasitic, cholesterol, and olivine lipases removal.

Blistered Olive: *Pergandeia* (from the French word *poire* green, meaning "small apple") derives its name from the attraction of the oil, which across rice was from the green sculp oranges when they were sold about the size of a cherry. This oil is now derived from the plant's leaves. Because of its very pleasing scent, *pergandeia* has been used extensively in high quality perfumes and cosmetics.

Other Possible Causes: This all may help with some, depression, fatigue, headache, gray hair, insomnia, and excessive perspiration.

 Body Systems & Affects: Emotional Patterns

Almonds: Influences: Fortifies and replenishes and helps to refresh the system, cleanse the skin, reduce mental fatigue, and reduce depression. It may also help stimulate the mind, support memory, and gladden the heart.

Child Use As Dietary Supplement: Prologon is generally regarded as safe (GRAS) for use in small amounts as a flavoring or additive in foods by the FDA. Dilute 1 drop oil in 1 tsp. (2 mL) honey or in 1 tsp. (2.5 mL) oil of lavender (e.g., soy-free milk). Not for children under 6 years old; use with caution and in greater dilution for children 6 years old and over.

Safety Note: May cause dizziness or drowsiness in some individuals.

Hand Classification Technique, Accuracy, and Precision

Black White. Regenerators, clay-sage, close, generation, justice, legends, orange, and recovery.

Odor: Types: Top Note (5-20% of the blend): Sweet, Fresh, floral, citrus, light to fragrant that overall and slightly woody, balsamic.

pink Pepper *Schinus molle*



David Evans

Suggested Family: *Arctostaphylos*

Expressed Method Shows for the first time, that

James H. Brown, Jr., 80, Newark, CO, teacher.
James H. Brown, Jr., 80, Newark, CO, teacher.

Case-control Application: Mendelsohn¹¹

- Can be applied neat (leaves are disturbed) when used topically. Apply directly to area of concern or to other points.
- Diffuse, or inhale the aroma directly.
- Add 1 drop to 1 cup (250 mL) of water, tea, or other beverage.



Proprietary Analgesic, antipyretic, and anti-inflammatory; acetaminophen, aspirin, nonsteroidal anti-inflammatory, antipyretic, analgesic; ibuprofen, ibuprofen, ibuprofen (Advil), and wound healing.

Blended Use: According to Linda Taylor, PhD, "Virtually all parts of this region were, including tobacco, buck, fruit, roots, tannin, and otherwise (as balanced), have been used traditionally by indigenous people throughout the region."

Other Possible Uses: This oil may help with tremors, *mania*⁽²⁻³⁾, diabetes (high blood sugar), glycolysis, growth, gut, heart problems (hypertension and angina heart), inflammation (arthritis), *mania*⁽⁴⁻⁵⁾, *neural*⁽⁶⁻⁷⁾, *neural*⁽⁸⁻⁹⁾, *neural*⁽¹⁰⁻¹¹⁾, *neural*⁽¹²⁻¹³⁾, *neural*⁽¹⁴⁻¹⁵⁾, *neural*⁽¹⁶⁻¹⁷⁾, *neural*⁽¹⁸⁻¹⁹⁾, *neural*⁽²⁰⁻²¹⁾, *neural*⁽²²⁻²³⁾, *neural*⁽²⁴⁻²⁵⁾, *neural*⁽²⁶⁻²⁷⁾, *neural*⁽²⁸⁻²⁹⁾, *neural*⁽³⁰⁻³¹⁾, *neural*⁽³²⁻³³⁾, *neural*⁽³⁴⁻³⁵⁾, *neural*⁽³⁶⁻³⁷⁾, *neural*⁽³⁸⁻³⁹⁾, *neural*⁽⁴⁰⁻⁴¹⁾, *neural*⁽⁴²⁻⁴³⁾, *neural*⁽⁴⁴⁻⁴⁵⁾, *neural*⁽⁴⁶⁻⁴⁷⁾, *neural*⁽⁴⁸⁻⁴⁹⁾, *neural*⁽⁵⁰⁻⁵¹⁾, *neural*⁽⁵²⁻⁵³⁾, *neural*⁽⁵⁴⁻⁵⁵⁾, *neural*⁽⁵⁶⁻⁵⁷⁾, *neural*⁽⁵⁸⁻⁵⁹⁾, *neural*⁽⁶⁰⁻⁶¹⁾, *neural*⁽⁶²⁻⁶³⁾, *neural*⁽⁶⁴⁻⁶⁵⁾, *neural*⁽⁶⁶⁻⁶⁷⁾, *neural*⁽⁶⁸⁻⁶⁹⁾, *neural*⁽⁷⁰⁻⁷¹⁾, *neural*⁽⁷²⁻⁷³⁾, *neural*⁽⁷⁴⁻⁷⁵⁾, *neural*⁽⁷⁶⁻⁷⁷⁾, *neural*⁽⁷⁸⁻⁷⁹⁾, *neural*⁽⁸⁰⁻⁸¹⁾, *neural*⁽⁸²⁻⁸³⁾, *neural*⁽⁸⁴⁻⁸⁵⁾, *neural*⁽⁸⁶⁻⁸⁷⁾, *neural*⁽⁸⁸⁻⁸⁹⁾, *neural*⁽⁹⁰⁻⁹¹⁾, *neural*⁽⁹²⁻⁹³⁾, *neural*⁽⁹⁴⁻⁹⁵⁾, *neural*⁽⁹⁶⁻⁹⁷⁾, *neural*⁽⁹⁸⁻⁹⁹⁾, *neural*⁽¹⁰⁰⁻¹⁰¹⁾, *neural*⁽¹⁰²⁻¹⁰³⁾, *neural*⁽¹⁰⁴⁻¹⁰⁵⁾, *neural*⁽¹⁰⁶⁻¹⁰⁷⁾, *neural*⁽¹⁰⁸⁻¹⁰⁹⁾, *neural*⁽¹¹⁰⁻¹¹¹⁾, *neural*⁽¹¹²⁻¹¹³⁾, *neural*⁽¹¹⁴⁻¹¹⁵⁾, *neural*⁽¹¹⁶⁻¹¹⁷⁾, *neural*⁽¹¹⁸⁻¹¹⁹⁾, *neural*⁽¹²⁰⁻¹²¹⁾, *neural*⁽¹²²⁻¹²³⁾, *neural*⁽¹²⁴⁻¹²⁵⁾, *neural*⁽¹²⁶⁻¹²⁷⁾, *neural*⁽¹²⁸⁻¹²⁹⁾, *neural*⁽¹³⁰⁻¹³¹⁾, *neural*⁽¹³²⁻¹³³⁾, *neural*⁽¹³⁴⁻¹³⁵⁾, *neural*⁽¹³⁶⁻¹³⁷⁾, *neural*⁽¹³⁸⁻¹³⁹⁾, *neural*⁽¹⁴⁰⁻¹⁴¹⁾, *neural*⁽¹⁴²⁻¹⁴³⁾, *neural*⁽¹⁴⁴⁻¹⁴⁵⁾, *neural*⁽¹⁴⁶⁻¹⁴⁷⁾, *neural*⁽¹⁴⁸⁻¹⁴⁹⁾, *neural*⁽¹⁵⁰⁻¹⁵¹⁾, *neural*⁽¹⁵²⁻¹⁵³⁾, *neural*⁽¹⁵⁴⁻¹⁵⁵⁾, *neural*⁽¹⁵⁶⁻¹⁵⁷⁾, *neural*⁽¹⁵⁸⁻¹⁵⁹⁾, *neural*⁽¹⁶⁰⁻¹⁶¹⁾, *neural*⁽¹⁶²⁻¹⁶³⁾, *neural*⁽¹⁶⁴⁻¹⁶⁵⁾, *neural*⁽¹⁶⁶⁻¹⁶⁷⁾, *neural*⁽¹⁶⁸⁻¹⁶⁹⁾, *neural*⁽¹⁷⁰⁻¹⁷¹⁾, *neural*⁽¹⁷²⁻¹⁷³⁾, *neural*⁽¹⁷⁴⁻¹⁷⁵⁾, *neural*⁽¹⁷⁶⁻¹⁷⁷⁾, *neural*⁽¹⁷⁸⁻¹⁷⁹⁾, *neural*⁽¹⁸⁰⁻¹⁸¹⁾, *neural*⁽¹⁸²⁻¹⁸³⁾, *neural*⁽¹⁸⁴⁻¹⁸⁵⁾, *neural*⁽¹⁸⁶⁻¹⁸⁷⁾, *neural*⁽¹⁸⁸⁻¹⁸⁹⁾, *neural*⁽¹⁹⁰⁻¹⁹¹⁾, *neural*⁽¹⁹²⁻¹⁹³⁾, *neural*⁽¹⁹⁴⁻¹⁹⁵⁾, *neural*⁽¹⁹⁶⁻¹⁹⁷⁾, *neural*⁽¹⁹⁸⁻¹⁹⁹⁾, *neural*⁽²⁰⁰⁻²⁰¹⁾, *neural*⁽²⁰²⁻²⁰³⁾, *neural*⁽²⁰⁴⁻²⁰⁵⁾, *neural*⁽²⁰⁶⁻²⁰⁷⁾, *neural*⁽²⁰⁸⁻²⁰⁹⁾, *neural*⁽²¹⁰⁻²¹¹⁾, *neural*⁽²¹²⁻²¹³⁾, *neural*⁽²¹⁴⁻²¹⁵⁾, *neural*⁽²¹⁶⁻²¹⁷⁾, *neural*⁽²¹⁸⁻²¹⁹⁾, *neural*⁽²²⁰⁻²²¹⁾, *neural*⁽²²²⁻²²³⁾, *neural*⁽²²⁴⁻²²⁵⁾, *neural*⁽²²⁶⁻²²⁷⁾, *neural*⁽²²⁸⁻²²⁹⁾, *neural*⁽²³⁰⁻²³¹⁾, *neural*⁽²³²⁻²³³⁾, *neural*⁽²³⁴⁻²³⁵⁾, *neural*⁽²³⁶⁻²³⁷⁾, *neural*⁽²³⁸⁻²³⁹⁾, *neural*⁽²⁴⁰⁻²⁴¹⁾, *neural*⁽²⁴²⁻²⁴³⁾, *neural*⁽²⁴⁴⁻²⁴⁵⁾, *neural*⁽²⁴⁶⁻²⁴⁷⁾, *neural*⁽²⁴⁸⁻²⁴⁹⁾, *neural*⁽²⁵⁰⁻²⁵¹⁾, *neural*⁽²⁵²⁻²⁵³⁾, *neural*⁽²⁵⁴⁻²⁵⁵⁾, *neural*⁽²⁵⁶⁻²⁵⁷⁾, *neural*⁽²⁵⁸⁻²⁵⁹⁾, *neural*⁽²⁶⁰⁻²⁶¹⁾, *neural*⁽²⁶²⁻²⁶³⁾, *neural*⁽²⁶⁴⁻²⁶⁵⁾, *neural*⁽²⁶⁶⁻²⁶⁷⁾, *neural*⁽²⁶⁸⁻²⁶⁹⁾, *neural*⁽²⁷⁰⁻²⁷¹⁾, *neural*⁽²⁷²⁻²⁷³⁾, *neural*⁽²⁷⁴⁻²⁷⁵⁾, *neural*⁽²⁷⁶⁻²⁷⁷⁾, *neural*⁽²⁷⁸⁻²⁷⁹⁾, *neural*⁽²⁸⁰⁻²⁸¹⁾, *neural*⁽²⁸²⁻²⁸³⁾, *neural*⁽²⁸⁴⁻²⁸⁵⁾, *neural*⁽²⁸⁶⁻²⁸⁷⁾, *neural*⁽²⁸⁸⁻²⁸⁹⁾, *neural*⁽²⁹⁰⁻²⁹¹⁾, *neural*⁽²⁹²⁻²⁹³⁾, *neural*⁽²⁹⁴⁻²⁹⁵⁾, *neural*⁽²⁹⁶⁻²⁹⁷⁾, *neural*⁽²⁹⁸⁻²⁹⁹⁾, *neural*⁽³⁰⁰⁻³⁰¹⁾, *neural*⁽³⁰²⁻³⁰³⁾, *neural*⁽³⁰⁴⁻³⁰⁵⁾, *neural*⁽³⁰⁶⁻³⁰⁷⁾, *neural*⁽³⁰⁸⁻³⁰⁹⁾, *neural*⁽³¹⁰⁻³¹¹⁾, *neural*⁽³¹²⁻³¹³⁾, *neural*⁽³¹⁴⁻³¹⁵⁾, *neural*⁽³¹⁶⁻³¹⁷⁾, *neural*⁽³¹⁸⁻³¹⁹⁾, *neural*⁽³²⁰⁻³²¹⁾, *neural*⁽³²²⁻³²³⁾, *neural*⁽³²⁴⁻³²⁵⁾, *neural*⁽³²⁶⁻³²⁷⁾, *neural*⁽³²⁸⁻³²⁹⁾, *neural*⁽³³⁰⁻³³¹⁾, *neural*⁽³³²⁻³³³⁾, *neural*⁽³³⁴⁻³³⁵⁾, *neural*⁽³³⁶⁻³³⁷⁾, *neural*⁽³³⁸⁻³³⁹⁾, *neural*⁽³⁴⁰⁻³⁴¹⁾, *neural*⁽³⁴²⁻³⁴³⁾, *neural*⁽³⁴⁴⁻³⁴⁵⁾, *neural*⁽³⁴⁶⁻³⁴⁷⁾, *neural*⁽³⁴⁸⁻³⁴⁹⁾, *neural*⁽³⁵⁰⁻³⁵¹⁾, *neural*⁽³⁵²⁻³⁵³⁾, *neural*⁽³⁵⁴⁻³⁵⁵⁾, *neural*⁽³⁵⁶⁻³⁵⁷⁾, *neural*⁽³⁵⁸⁻³⁵⁹⁾, *neural*⁽³⁶⁰⁻³⁶¹⁾, *neural*⁽³⁶²⁻³⁶³⁾, *neural*⁽³⁶⁴⁻³⁶⁵⁾, *neural*⁽³⁶⁶⁻³⁶⁷⁾, *neural*⁽³⁶⁸⁻³⁶⁹⁾, *neural*⁽³⁷⁰⁻³⁷¹⁾, *neural*⁽³⁷²⁻³⁷³⁾, *neural*⁽³⁷⁴⁻³⁷⁵⁾, *neural*⁽³⁷⁶⁻³⁷⁷⁾, *neural*⁽³⁷⁸⁻³⁷⁹⁾, *neural*⁽³⁸⁰⁻³⁸¹⁾, *neural*⁽³⁸²⁻³⁸³⁾, *neural*⁽³⁸⁴⁻³⁸⁵⁾, *neural*⁽³⁸⁶⁻³⁸⁷⁾, *neural*⁽³⁸⁸⁻³⁸⁹⁾, *neural*⁽³⁹⁰⁻³⁹¹⁾, *neural*⁽³⁹²⁻³⁹³⁾, *neural*⁽³⁹⁴⁻³⁹⁵⁾, *neural*⁽³⁹⁶⁻³⁹⁷⁾, *neural*⁽³⁹⁸⁻³⁹⁹⁾, *neural*⁽⁴⁰⁰⁻⁴⁰¹⁾, *neural*⁽⁴⁰²⁻⁴⁰³⁾, *neural*⁽⁴⁰⁴⁻⁴⁰⁵⁾, *neural*⁽⁴⁰⁶⁻⁴⁰⁷⁾, *neural*⁽⁴⁰⁸⁻⁴⁰⁹⁾, *neural*⁽⁴¹⁰⁻⁴¹¹⁾, *neural*⁽⁴¹²⁻⁴¹³⁾, *neural*⁽⁴¹⁴⁻⁴¹⁵⁾, *neural*⁽⁴¹⁶⁻⁴¹

① Body Systems: Affected Immune System, Respiratory System, Skin.

Aromatic Influence: Peak pyrene has a warm, spicy aroma that can help soothe ailments.

Use in As Dietary Supplement: Fish protein oil is generally regarded as safe (GRAS) for human consumption by the FDA. Dose: 1 drop oil in 1 tsp (25 mL) honey or in 1 tsp (250 mL) of beverage (e.g., coffee or milk). Newborn children under 4 years old use with caution and in greater dilution. In children 4 years old and over:

Safety Data: May irritate highly sensitive skin. Consult with a physician before using if taking another lotion, pregnant, or nursing.

Blends With Foamex, backings, linings, vapors, resins, sealants, and other acrylics.

Color: Type Matcha (10-15% of the blend).
Scent: spicy, fatty, with slight woody undertones.
Intensities: 3.



Quick Facts

Botanical Family: Compositae (daisy)

Extraction Method: Steam distillation from flowers

Common Primary Uses: **C** Acne/Fluorid Skin, **C** Colic, **C** Cold Feet, **C** Depression, **C** Hyperacidity, **C** Lactation, **C** Menstruation, **C** Muscle Spasms, **C** Nausea, **C** Pain, **C** Psoriasis, **C** Rash, **C** Sore Throat, **C** Stomach, **C** Skin (Dry), **C** Skin Nipples

Common Application Methods:

- C** 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.
- S** Diffuse, or inhale the aroma directly.
- O** Take in capsules.

Properties: Anti-inflammatory, anti-infective,²²⁸ carminative, antispasmodic,²²⁹ relaxing, and sedating.

Historical Data: It was traditionally used by the ancient Romans to give their aches relief and to comfort their sick children for their troubles. According to Robert Wilson, "Chamomile was nicknamed the 'plant's physician' because it supposedly cured any ailing plant placed near it."

Other Possible Uses: Chamomile soothes skin, dries, and increases the ability of the skin to regenerate. It is a cleanser of the blood and also helps the liver to reject poisons and to discharge them. This

oil may help with allergies, hives, rashes, depression, insomnia, muscle tension, nerve healing and promoting nerve health, restless legs, and skin conditions such as acne, boils, dermatitis, eczema, rashes, and sensitive skin. Chamomile is mild enough to use on infants and children. For instance, mothers have used chamomile to calm crying children, ease scratches, fight fevers, soothe sunburns and cuts, and relieve constipation and teething pain. It can safely and effectively reduce irritability and minimize nervousness in children, especially hyperactive children.

B **Body System(s) Affected:** Emotional Balance, Immune System, Skin

Aromatic Influence: Diffuse. It is relaxing and relaxing. It can combat depression, insomnia,²²⁸ and stress. It also soothes some of the emotional change of anxiety, irritability, and nervousness. It may also be used to soothe and ease the mind, creating an atmosphere of peace and poise.

Oral Use As Dietary Supplement: Roman chamomile oil is generally recognized as safe (GRAS) for human consumption by the FDA (21 CFR 182.20). Dilute 1 drop oil in 1 tsp. (5 mL) honey or in 1/2 cup (125 mL) of beverage (e.g., water or 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 irritate sensitive skin.

Blends/Classifications: Prenatal

Blends With: Lavender, rose, geranium, and clary sage.

Other Topics: Multiple Uses (30-60% of the blend). Skin: Fresh wound, facial blemishes, apple skin, or stretch marks.²³⁰



Quick Facts

Botanical Family: Rosaceae

Extraction Method: Steam distillation from flowers (or rose-petal essence)

Common Primary Uses: **C** Anxiety,²³¹ **C** Aphrodisiac, **C** Cholesterol, **C** Skin Dry Out, **C** Stomach (distended)

Common Application Methods:

- C** Can be applied neat (with no dilution) when used topically. Apply directly to area of concern or to pulse points.
- S** Diffuse, or inhale the aroma directly.
- O** Take in capsules. Use as a therapy in cooking.

Properties: Antithrombotic, anti-infective, aphrodisiac, and sedative.²³²

Historical Data: The healing properties of the rose have been utilized in medicine throughout the ages and still play an important role in the East. Rose has been used for digestive²³³ and menstrual problems,²³⁴ headaches and nervous tension, liver congestion, joint circulation, bone (gout), eye infections, and skin conditions.

Other Possible Uses: This oil may help aging,²³⁵ asthma, chronic bronchitis, fatigue, gingivitis, hemorrhaging, herpes simplex, impotency, infections, lower back pain (pregnancy),²³⁶ spinal infection,²³⁷ premenstrual syndrome,²³⁸ mood disorders, skin disease, sprains, rheumatoid arthritis, ulcers, wounds, and wrinkles.

B **Body System(s) Affected:** Emotional Balance, Skin

Aromatic Influence: It is stimulating and elevating to the mind, creating a sense of well-being. Its beautiful fragrance is almost intoxicating and uplifting.²³⁹

Oral Use As Dietary Supplement: Rose oil is generally recognized as safe (GRAS) for human consumption by the FDA (21 CFR 182.20). Dilute 1 drop oil in 1 tsp. (5 mL) honey or in 1/2 cup (125 mL) of beverage (e.g., water or milk). Not for children under 6 years old; use with caution and in greater dilution for children 6 years old and over.



Safety Data: Use with caution during pregnancy.

Blends/Classifications: Prenatal, Relaxant, Sedative, and Stimulant

Blends With: Bergamot, cedarwood, cinnamon, clary sage, clove, frankincense, geranium, jasmine, lavender, neroli, orange, patchouli, petitgrain, rosehip, ylang ylang.

Other Topics: Multiple Uses (30-60% of the blend). Skin: Floral, spicy, rich, deep, sensual, green, honey-like. Intensity: 1.



Capitolo Primo

Scientific Family: *Leguminosae* (peas)

**Extension Method: Stars Allocation from
Grossing rate**

Common Primary Chief: **CO** Allergic Rhinitis, **CO** Allergic Asthma, **CO** Allergic Dermatitis, **CO** Allergic Vasculitis, **CO** Anorexia, **CO** B-Cell Prol., **CO** Cancer, **CO** Choleliths, **CO** Chemical Burns, **CO** Cholest., **CO** Cold Feet, **CO** Constipation, **CO** Dehydration, **CO** Endometriosis, **CO** Enuresis, **CO** Excess, **CO** Fainting, **CO** Fingers, **CO** Gb Deficiency, **CO** Group A Strep, **CO** Hair Loss, **CO** Hemolysis, **CO** Hemorrhoids, **CO** Kidney Failure, **CO** Lact., **CO** Low Blood Pressure, **CO** Menstr., **CO** Mucous Dysphagia, **CO** Osteoarthritis, **CO** Schistosomiasis, **CO** Scurvy, **CO** Viral Infection, **CO** Viral, **CO** Viral Hepatitis, **CO** Wound.

Common Applications Methods

- Can be applied neat (both as directed, or dilute 1:1 (1 drop essential oil to 1 drop carrier oil) for children and for those with sensitive skin when used topically. Apply liberally on area of concern or to entire patient. Avoid use during pregnancy.
- Diffuse, or include the aroma directly.
- Take in capsules, or place 1-2 drops under the tongue. Use as a flavoring in cooking.

Properties: 3 adjacent C^{12} , all the rest C^{13} , active-
in C^{13} , nonaromatic, antiferromagnetic, not in the
zone, not in the zone C^{13} , antiferromagnetic,
and antiferromagnetic.

Historical Uses: The aromatic plant was regarded as sacred by many civilizations. It was used as a fragrance to help drive away evil spirits and to protect against plagues and infections (1800).

Other Possible Uses: This oil may help arthritic pain, headache, dizziness, colds, asthma, dyspepsia, nervous exhaustion, nervous system (relaxant), sinus, palpitations, prevent respiratory infection, and stress-related illness.¹²³

Notes: This chamomile is said to be best used for pulmonary congestion, slow circulation, scalds, chronic fatigue, and infections (especially cough and stress).



- Early Systems (Affected) Circuits, Respiratory, and Nervous Systems.**

Acoustic Influence: Stimulus intensity²² and across the various trials.

Oral Use. As Dietary Supplement: Rosemary oil is generally recognized as safe (GRAS) for human consumption by the FDA (21CFR182.20). Dose: 1 drop oil in 1 tsp. (5 ml) honey or in 1/2 cup (125 ml) of beverage (e.g., anyone's milk). Not for children under 6 years old; use with caution and in greater dilution for children 6 years old and over.

Valproic Acid: Avoid during pregnancy. Not for use by people with epilepsy. Avoid if dealing with high blood pressure.

Moral Classification: Excellent

Herb Wink: Basil, fennel, lavender, pepper mint, oregano, and rockrose.

Other Types: Middle Notes (30-50% of the library). Sweet
Honeycombs, strong, complex ones, with strongly
acidic and aromatic substances. (Larvae: 5)



Eduardo Rivera

General Family: *Eumecurus* (cuckoo)

Expansion Method: From Bar/Strip Form wood

[illegible]

Common Applications Methods

- Can be applied neat (with no dilution) when used topically. Apply directly on area of concern or to relief points.
- Diffuse, or inhale the aroma directly
- Taste is exquisite.

Behavioral: Antidepressant, anxiolytic, anxiogenic,^{1,2,28} sedative, anxiogenic, calming, sedative, and anxiolytic.

Blended Case: Satchel was traditionally used as an instrument used for carrying medicine. The Egyptians also used satchel for carrying.

Other Possible Uses: Sandalwood is very similar to frankincense in action. It may support the endocrine system and relieve symptoms associated with heartache and the sciatic nerve. It may also be beneficial for acne, representing loose cartilage, cysts, cellulitis (similar in action to frankincense), eczema, cystitis, depression, flaccids, lymphatic system, menstrual problems, nerves (similar in action to frankincense), nervous tics, increasing organs around the prostate and pituitary glands, skin infection and regeneration, and tubercularis.

- Early Systemic Arousal: Emotional Balance, Mood, Nervous and Endocrine Systems, and More.

Attitudes Influence: Calm, harmonious, and balanced the emotions. It may help enhance creativity.

Oral Use As Dietary Supplement: Sachetform of *in* ground is approved by the FDA (21CFR171.114) for use as a **Food Additive (FA)** and **Flavoring Agent (FL)**. Dose: 1 drop-*oil* is 1 tsp. 25 ml/ounce



or 4-oz (125 ml) of beverage (e.g., water, milk). Use the children's scale if your child is under 6 years old, use with caution, and is greater distance for children 6 years old and over.

Filmed Classification: *Shuttlebox and Eggshell*

Blends With: Cypress, frankincense, lemon, myrrh, and sandalwood.

Odor: Type: Bare Note (4-20% of the blend); Sweet Soft, woody, sweet, earthy. Indonesian, occasional lavender 3.

Siberian Fir *Abies sibirica*



Quick Facts

Mathematical Formulas: Parameters (continued)

Extraction Method: Steam Distillation; Water-soluble and volatile

Common Primary Cause: **OC** Inactivity, **C** Inertia,
C Cardiac Inflammation, **C** Cleanup, **OC** Excess
nutritional Balance, **OC** Enlarging, **C** Excess Work-
ing, **C** Excessive Polio, **C** Manage (working),
C March Fatigue, **C** Health Polio, **C** Over-
nutritional Balance, **OC** Excessive, **C** Excess

Common Applications Medically:

- Ⓒ Can be applied near birth (no dilution); when used topically, dilute 1:2 (1 drop essential oil to at least 2-drop carrier oil) for children, and for those with sensitive skin. Apply directly on area of concern, or to reflex points.
- Ⓓ Diffuse, or inhale the aroma directly.
- Ⓔ Take in capsule, or take 1 drop in a beverage.

Properties: Analgesic, antiseptic, anticonvulsant, antispasmodic, anesthetic, anxiolytic, and sedative.

Harmonious Unions: It is found throughout the mid-ridge forest in northern Eurasia and North America. Though highly regarded for its fragrant wood, the fir tree has been prized through the ages for its medicinal virtues in numerous respiratory complaints, fevers, and muscular and rheumatic pain.

French Medicinal Uses: Circulation Ca^{2+} , respiratory contraction, vasospasm.

Other Possible Uses: Fi causes the symbolic effect of an umbrella protecting the earth and bringing energy in from the cosmos. At night the animal in the wild lies down under the tree for the protection, embracing, and rejuvenation the tree being doing. Fi may be beneficial for reducing aches/pains from colds and flu, fighting various germs/bacteria, arthritis, asthma, supporting the blood, bronchial obstruction, coughs, fever, suppressing the cells, rheumatism, diabetes, and various tract infections.



- (7) Body System(s) Affected:** Respiratory System.
Artemisia bulbifera: It causes a feeling of groundling, swelling, and engorgement. It can stimulate it until while allowing the body to relax.
- Oil Use As Dietary Supplement:** Siberian fir oil is approved by the FDA (21CFR172.310) for use as a Food Additive (FA) and Flavoring Agent (FL).
Dose: 1 drop oil in 3 tsp. (1 ml) honey or in 6 tsp. (125 ml) of beverage (e.g., water or 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 irritate sensitive skin.
- Flavor Classification:** Equilium.
- Flavor With Food:** Sweet, warm, and smoky.
- Dose:** Type: Middle Note (50-80% of the blend).
Scent: Fresh, woody, earthy, sweet, incensey.

Spearmint *Mentha spicata*



Quasi-firms

Department of Family Medicine (continued)

James W. Marshall, *Source distribution*, 1999, 1998

Current Primary Unit: ☐ Looking ☐ Inductive

Keywords: Application; Methods

- Capsules applied neat (without dilution), or diluted 1:1 (2 drops essential oil to 1 drop carrier oil) for children and for those with sensitive skin when used topically. Use with caution during pregnancy (avoid use on babies). Apply directly to area of concern or to entire person.
- Infuse, or include the aroma directly.
- Take in capsules or in a beverage. Use as a flavoring in cooking.

Properties: Antifungal²⁰⁰, antineoplastic, antilepti, and inflammatory, analgesic, antispasmodic, hormone-like, insecticidal, and stimulant.

Phonetic—Name Spellerizer has been used to reduce
through, who, name, migration, balance,
teacher, were, and work.

Other Possible Uses: This oil may help balance and increase metabolism, which may help burn up fat and toxins in the body. It may aid the glycolytic, nervous, and respiratory systems. It may also help with acne, appetite (stimulant), arthritis (pain)^{12,13}, bad breath, balance, childhood (quantitative) autism, constipation, depression, diabetes, digestion, dry skin, eczema, flu, headaches, insomnia (soothing), kidney stones, menstruation (slow, heavy periods), migraines, nausea, sore gums, stomach (ulcers treated), ulcer treatment, respiratory, weight (reduce), and being about a feeling of well-being.

Early Systems/Advanced Digestive Systems, Emotional Balance.

Aromatic Influence: Its hormone-like activity may help open and release emotional blocks to bring about a feeling of freedom. It acts as an antidepressant by reflecting neural circuits and fatigue, and by lifting one's spirits.

Oral Use As Honey Supplement: Generally regarded as safe (GRAS) for human consumption by the FDA. Dose: 1 drop oil in 1 tsp. (5 mL) honey or in 4-oz (120 mL) of beverage (e.g., coffee or milk). Not for children under 6 years old; use with caution and to prevent infection for children 6 years old and above.

Safety Data: Use with caution during pregnancy. Not for use in infants.

Band Classification: Preliminary

Black Wally, left, launches, jumps into water.

Other Top News (5-20% of the board): Jerry Mays, eighty-three, has fought three popovers.
Intensity: 5.



Spikenard *Nardostachys jatamansi*

Graphic Design

Behavioral Family: Violent

Extensive Afterland Service: Not Just for Basic Obsequies

Common Primary Used: Eligible Age: 0-6 years old
 0-6 years old, 0-6 years old, 0-6 years old

Continuous Application Method²

3. Diffuse, or include the entire device.

Properties: Antihistaminic, antitussive, anti-inflammatory, vasodilator², diuretic, analgesic, and diaphoretic.

Hemlock Vase: Spikenard gets its name from the spike-shaped flowers (or "spikes") of the plant, due to its distilled form. Highly prized in the Middle East during the time of Christ, spikenard is referred to several times in the Bible. Spikenard was also used in the preparation of incense, a scented oil of great renown during ancient times. Proved in early Egypt, it was used in a preparation called *ajmal*, which others call the *saffron, saigon, south, sandal, and cinnamon*.

Other Possible Uses: The oil is known for helping in the treatment of allergic skin reactions, and according to Victoria Schwab, "The oil rebalances the skin's physiological balance and causes pruritus, hives, eruptions, etc. Spoken word may also help with allergies, eczema, hair loss, indigestion, insomnia, menstrual difficulties, migraines, nausea, neurological disorders¹², rashes, scalp infections, stress, urinary tract¹³, tension, and wounds that will not heal."

- ② **Body-Sensitized Allergic Food-Induced Dermatitis, Skin Allergic Reactions:** Syndrome has an itching, mild-to-mild symptoms. It is hives, swelling, and burning.

Civil Use As Dietary Supplement: None.

Ethical Classification: Moderate and Desires

Elkade Wale: lavender, patchouli, pine, and ylang-ylang.

Other: Free time (1–20% of the third's total hours), rest, animal lab, weather collection, Internet.



Star Anise *Illicium verum*



Quick Facts

Genus and Family: Eulachner

Keywords: *Metabolic Syndrome*, *Obesity*, *Diabetes*, *Cardiovascular Disease*, *Physical Activity*, *Weight Management*

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Common Application Methods

- Can be applied neat (with no dilution) when used topically. Apply directly on area of concern or to entire body. Use as a massage oil.
- Diffuse, or inhale the aroma directly.
- Add 3 drop to 1 cup (250 mL) of water steam, tea, or other beverage.



Papaveris, *Lathyrus*^[17], *Sesuvium*, *Cucurbitaceae*,
Helianthus-like, *Amaranthus*, *Stemodia* (*Chenop.*), and *Urtica*.

Harmonized: Their Native to Asia, this union has been used for centuries in Chinese medicine to help with various digestion issues such as indigestion, flatulence, colic, and cramping. It has also been used to help with back ache and rheumatism.

Other Possible Uses: This oil may be beneficial in bronchitis, colic, constipation, digestive disorders, diarrhoea, dandruff, eczema (acne), fungal, headache, hemorrhoids, infection, infantile colic, indigestion, constipation, psoriasis, RSV, urinary tract (UTI with dysfunction), and respiratory system (asthma).

- (f) Body Systems: Affected Cardiovascular System, Digestive System, Hormonal System, Respiratory System.

Asymmetric Influence: The status of one nation is greater than and influencing the other(s).

Good Use As Disney Supplement: This wine is generally regarded as safe (GRAS) for human consumption by the FDA. Dilute 1 drop in 1 cup (250 mL) honey or 1/4-cup (125 mL) of beverage (e.g., soy² rice milk). Use for children under 6 years old, use with caution and in greater dilution for children 6 years old and over.

Before Use: May cause highly sensitive skin. Consult with a physician before use if taking medications, pregnant, or nursing.

Blends With: Bergamot, black pepper, blue razz, citrus, ginger, juniper berry, lemongrass, patchouli, peppermint, rosehips, rosemary, and strong flavors.

Older Type: Top on Middle Neck (25.00% of the total); Short, Stout, Scurvy-like spiny scales, slightly bulbous; *Interdorsal* 4.

Tangerine *Citrus reticulata*



Duplicate Page No.

Statistical Family Name(s) (s)

Extraction Method: Cold-pressed from seed

Extension Primary Care: ☐Cooking ☒Culinary
☒Nutrition

Common Application Materials⁴

- 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.
- Diffuse, or inhale the aroma directly.
- Take in, capsule or in a beverage. Use as a throat lozenge.

Properties: Anticongestant, anti-inflammatory, laxative, and sedative.

Other Possible Uses: It may help relieve (alleviate), circulation, constipation, diarrhea, digestive upset (disorders), flat digestion, insomnia, hot flashes, gallbladder, jaundice, intestinal spasm, irritability, loose (fluid and aching), liver problems, strengthen the lymphatic system (helps to stimulate draining), obesity, psoriasis, rashes, the stomach (nausea), stretch marks (improve when blended with lavender), stress, swelling, and help absorb water retention (edema).

-  Study Systems is a National Educational Technology Consortium (NETC) member organization. For more information, visit www.study-systems.com.

Sensory Enhancement: Tergester oil contains esters and alcohols, which are soothing and calming to the nervous system. When diffused together with clarysage, tergester can soothe emotions such as grief, stress, and shock.



Oral Use As Dietary Supplement: Targretin oil is generally regarded as safe (GRAS) for human consumption by the FDA. Dilute 1 drop oil in 1 cup (8 oz) honey or in 8 cups (16 oz) of beverage (e.g., vegetable milk). Not for children under 6 years old; use with caution and in greater dilution for children 6 years old and over.

Word Classification: Noun and Preposition

Black/White Duck, longnose, clay egg, finchlike, greenish, grayish, lanceolate, linear, orange, and Rusty chromide.

Order: Top Note (3–30% of the Mass); Scent: Fresh, green, citrusy, Intensity: 3.

THEME *Hyenas vulgaris* C.T. Zippel



Chlorine Particulate

Journal of Plaster & Lathwork

Expansion Methods Series—Collection from James, James, and James

[illegible]

Common Applications Methods

- C** Dilute 1-11 drop essential oil in at least 4 drops carrier oil when used topically. Dilute heavily for children and for those with sensitive skin. Apply directly on area of concern or on other point.
- S** Diffuse, or inhale the aroma directly.
- D** Place 1-2 drops under the tongue, or add to capsules. Use as a flavoring in cooking.

Properties: Highly antihistaminic²³⁴, analgesic²³⁵,
anticholinergic²³⁶, antispasmodic²³⁷, antitussive,
antipruritic.

Historical Uses: It was used by the Egyptians for antidiarrheal and by the ancient Greeks to fight against infectious diseases. It has also been used for respiratory problems, digestive complaints, the prevention and treatment of infection, dyspepsia, chronic gastritis, bronchitis, pertussis, asthma, hiccups, tracheitis, and convulsions in children.

Other Possible Uses: This oil is a general tonic for the nerves and stomach. It may also help with constipation, depression, digestion^{12,13}, dizziness^{14,15}, physical weakness after illness, flu, headaches, women's biological functions, varicose thrombosis, urinary infections, rashes along the spine, and wounds.

- ④ *Ischii Synergistic Affected Limbless and Reticular Limbless and Muscles*

Artemisia vulgaris: It helps strengthen the tissues of the gastrointestinal tract and nerves. It has also been thought to aid concentration, improve sleeping and helps reduce depression.



Oil/Oil-Auxiliary Supplement: Thymol oil is generally recognized as safe (GRAS) for human consumption by the FDA. GLACIOL-20, Glaciol-1, drop oil, is 2 tsp. Glaciol-1 honey oil is 1 tsp./200 mL of honey oil (e.g., mytilus oil). However, more dilution may be necessary due to the oil's potential for irritating mucous membranes. Not for children under 6 years old; use with caution and in great dilution for children 6 years old and over.

Safety Data: This type of stress-relief is somewhat relaxing to the nervous system and does not cause drowsiness. This type of stress should be avoided during pregnancy. Use with caution when dealing with high blood pressure.

Ethical Classification: Reproductive and Embryonic

Ethical Work Environments, Individualism, and Collectivism

Order Type: Middle New (10-40% of the Mined) Group
 Family: scutiger, herbaceous, leaves 4

White Fir *Abies*

Climate Factors

Statistical Family Planning Council

Extended Medical Service Available from October

Common Primary Due To: **BC** Infection, **C**hronic, **C**ardiac Inflammation, **BC** Injury, **C**hirolo Shoulder, **C**hirolo Proliferation, **C**hirolo Fracture, **C**hirolo Pain, **C**hirolo Motion, **C**hirolo

Common Application Methods

- Can be applied *undiluted* (no dilution) when used topically. Dilute 1:1 if deep essential oil to at least 1 drop carrier oil for children and for those with sensitive skin. Apply directly on area of concern or to reflex points.
- Dilute, or include the carrier directly.
- Take in capsules.

Keywords: Auditory, vestibular, unimanual, bimanual (pseudoman), movement, and stimulus

Historical Uses: This is one of the classic Christmas tree shapes with the perfect pyramidal shape and always-white bark. Though highly regarded for its fragrant scent, the fir tree has been proved through the ages for its medicinal virtues to, regulate respiratory complaints, fever, and rheumatic and rheumatic pain.



Other Possible Uses: Fir cones, the symbolic object of an umbrella protecting the earth and bringing energy in from the universe. At night the woman is the wild be alone under the tree for the protection, recharging, and rejuvenation the tree bring down. Fir may be beneficial for reducing water/pain from cold and flu, fighting airborne germs/bacteria, arthritis, asthma, supporting the blood, bronchial obstructions, coughs, fevers, suppressing the yells, rheumatism, sinusitis and urinary tract infections.

 Study System (A World-Class University System)

Aromatic Influence: It evokes a feeling of grounding, anchoring, and empowerment. It can stimulate the mind while allowing the body to relax.

Oral Use As Dietary Supplement: Effective for all as given and is approved by the FDA. Call 1-800-727-7300 for use in a Food Additive (FDA) and Flavoring Agent (FDA). Dilute 1 drop in 1 cup (2 oz) of water or 1 cup (32 fl oz) of beverage (e.g., apple juice). Note: Do not use in children under 6 years old, use with caution and in precise dilution for children 6 years old and over.

Safety Data Can Inform Vaccine Plans

Word Classification: Common

Eleventh Week: Final Examinations and Graduation

Color: Upper Middle Nerve (80-90% of the length)
Scent: Fresh, woody, earthy, sweet. Intensity: 3

Wintergreen *Gaultheria procumbens* or *G. procumbens*



Global Effects

numerical Family: Enteromorpha (Twisted)

Expansion Market Street, San Francisco, California

Common Primary Uses: Cerebral Palsy, C-Plane Pain, C-Blind Spots, C-Carriage Injury, C-Growth, C-Forever Shingles, C-Joint Pain, C-Muscle Development, C-Muscle Tone, C-Pain, C-Retiree Club Owner

Current Application Methods

- ② Use the applied force both on children and on those 11–17 years of age at all on 1 step earlier call for children and for those with sensitive skin when using regular. Apply directly to area of concern or to other parts. Apply regularly on lesions, and use only small amounts (1/2 inch) with the smallest amount of the application on larger area.

Proprietary Analgesic, anti-inflammatory ^{OTC}, anti-
dyspeptic, antiepileptic, antiparasitic, diuretic,
diuretic, rheumatic fever, and anesthetic.

Flavoral Class: Whitegown oil has a strong, penetrating aroma. The American Indians and early European settlers enjoyed a tree that was flavored with hints both of whitegown. According to Julia Child, "like has been translated into a perfume for 'natural flavorings' [sic]." A synthetic natural substance is now widely used as a flavoring agent, especially in ice cream, chewing gum, toothpaste, etc. In fact, for this essential oil to be produced in such small quantities compared to the very massive use of the synthetic natural substance that those desiring to use whitegown essential oil for therapeutic uses should verify the source of this oil to make sure they have a true oil, not a synthetic one.

Pain Sensitivity: This disease is beneficial to you, bladders infection, cystitis, urinary, women, odors, reducing lower, preference, good, infection, reducing discomfort in pain, kidney stones, draining and clearing the lymphatic system, slowly, uric acid, the stones, clear, and urinary tract disorders. It is known for its ability to dissolve kidney pain. It has a continuous-like action due to the high amount of essential vitamins.



(9) **Early-Onset(s) Affective, Global System, and Mood.**

Statistical Inference is inferences, decisions, spaces, and
 Hypothesis testing in various context.

Safety Data: Avoid during pregnancy. Not for use by people with epilepsy. Some people are very allergic to methyl salicylate. Test a small area of skin first for allergies.

Word Classification Procedures and Findings

Shells With: hard, lustrous, opaque, granular, lamellar, transverse, sagittate, and papyraceous.

Quick Facts

Botanical Family: Rutaceae (citrus)

Extraction Method: Cold pressed from peel

Common Primary Use(s): **BC** Calming,^{1,2,3} Cholesterol

Common Application Method(s):

Can be applied neat (with no dilution) when used topically. Apply directly on area of concern or on reflex points. Use in bath water.

Dilute, or include the carrier directly.

Add 1 drop to 1 cup (250 mL) of carrier water, tea, or other beverage.

Properties: Antimicrobial, calming, and warming

Blended Use: Yuzu has been used in Japan since the 16th century in a traditional bath product called a *yuzu-aoi* to help soothe the body, improve circulation, promote healthy-looking skin, and promote illness.

Other Possible Uses: This oil may be beneficial for skin, arthritic pain, circulation, clarity, concentration, focus, stimulating skin, sore throat, premenstrual syndrome, skin tone, oral disease, and oral mucositis.

B Daily Essential Blend(s): Digestive System, Immune System, Skin

Aromatic Influence: Yuzu oil has a refreshing, citrusy aroma that is often used to help improve focus and concentration. It can also help purify the air.



Oral Use As Dietary Supplement: Citrus peel oil is generally regarded as safe (GRAS) for human consumption by the FDA. Dilute 1 drop oil in 2 cups (500 mL) honey or in 1 cup (250 mL) of beverage (e.g., tea). For the children under 6 years old, use with caution and be aware of the risk for skin irritation if used on children under 6 years old and over.

Safety Data: Cold or undiluted oil may irritate sensitive skin. Consult with a physician before using if taking medications.

Blend Classification: Exhale and Equilibrium

Blend With: Cherry, eucalyptus, geranium, mandarin, and orange oils.

Other Types Top Note: (5–20% of the blend): Sweet, citrusy, intensity: 1.

See the "Research References" in the Appendix for the full citation of each citation below.

Acoritae

1. Antimicrobial Test of Acoritae. *Journal of Natural Products*. 2011.
2. Antimicrobial Activity of Acoritae. *Journal of Natural Products*. 2011.
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Basil

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Bergamot

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Birch

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Black Pepper

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Blue Tansy

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Cardamom

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Cassia

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Cedarwood

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Celery Seed

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Cilantro

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Cinnamon

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Coriander

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Citronella

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Clary Sage

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Clove

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Copaiba

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Coriander

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Cypress

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Dill

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Douglas Fir

1. Antimicrobial Properties of Douglas Fir. *Journal of Natural Products*. 2011.



Alkaloids (+)-179b; griseoflavone (+)-179a, isogriseoflavone (+)-179c; geranyl, heptadecyl, lauroyl, 50:50 heptadecyl: lauroyl (+)-179e; Flavanols: methyl isopropyl, methyl isobutyl, isopropyl (+)-179a; Monoterpene: 4-geranyloxycoumarin (+)-179b; Sesquiterpene: 2-geranyloxyflavone, 5-geranyloxy, 8-geranyloxy, 4-geranyloxy coumarin.

from 10 to 7796. Infrared active (20–7796); Absorbance (2000–1800): 118–2096, geminal, vinylic, disubstituted ($>4\%$); gem-cis-D (up to 1296); acetylenic; Diene active alcohol: solvent (1–79) 2. Monomers: styrene, *n*- and *i*-phenyl, 1-butene, isoprene, isoprenol, Quinone, 1,2-cyclo, Infrared active solvent only; Ketones: *n*- and *i*-butanol, isoprenol, alcohol, Aldehyde, Carboxylic. (More than 20) (continued.)

Phenolic resins (up to 80%); cherted, 4-allylphenol; amines—methyl acetate (up to 10%), styrenyl, benzyl, isopropyl, ethyl phenyl acetate, methyl salicylate (in 1); Saponins (up to 140%) *D*-xylophyllane (12%); linalool, α -methylphenol, α -methylstyrene, cinnamyl alcohol (1–3%) *xylophyllane* with linalool-ethyl. **Cathartics: Acids: Salicylic**

Scapularis (up to 100%), β -caryophyllene (up to 10%), α - β -cadinene (-10%), isomerbergamotene (-10%), α -cadinene, α -humulene, γ - δ - β -elemene, β -cubebene.

[illegible][illegible]

8-carbon, 10-membered. Methylene, methine, double, fused, unsaturated. Oxygen, sulfur, thioether.

Monoterpene (up to 47%): *l*-limonene (up to 21%), α -*l*-pinene (-35%), α -*l*-phellandrene, β -pinene, ketone: *l*-camphor (+47%), *l*-linal (-17%).

Microspores (up to 50%), α -pinene (12–20%),
 β -pinene (20–40%), 1-limonene (1–3%), 3-carene,
camphene, myrcene, Eucal (up to 10%), isopyl
acetal (1–2%), geranyl acetate (1–4%), isopyl & geranyl
acetate, Alcohols (up to 10%), hexanol, geraniol,
Aldehydes: benzaldehyde, citral, Citronell, camphor
Oxides: 1,8-cineol.

Others: 1,8-naphthol (62–72%), carboxylic acids: Monoterpenes (up to 21%), α -D-glucose (1–2%), 1-fructose (1–4%), sucrose, p-coumaric, Nicotinic (1–2%), α -naphthol (1–4%), geranyl isomer, linalool, Nidichylin (8%), caproic, crotonyl, geranyl, anal.

Phenol: Ethanol (up to 50%), from anhydride (70%),
 methyl chloride (or anhydride) (1.7%). Monomeric
 (up to 80%); dimer (anhydride) (1.2%); dimer
 (1.2%), γ -isomer (1.1%), α - β -isomer (1.0%),
 pyrene, α - β -phthalanone, pyridine, pyrene,
 aniline, Alcohol (up to 100%), Indol (1.2%),
 α -Naphthol (1.4%), Ketone (1.5%), Aniline (1.2%),
 sample: Oxide, Phenol.

[illegible][illegible]

[illegible]

Abstract

[illegible]

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[illegible]

Cecilia Medina

Minerals: 10% to 15% (iron, 1% to 2%, 3% to 4%, 5% to 6%, 7% to 8%, 9% to 10%, 11% to 12%, 13% to 14%, 15% to 16%, 17% to 18%, 19% to 20%, 21% to 22%, 23% to 24%, 25% to 26%, 27% to 28%, 29% to 30%, 31% to 32%, 33% to 34%, 35% to 36%, 37% to 38%, 39% to 40%, 41% to 42%, 43% to 44%, 45% to 46%, 47% to 48%, 49% to 50%, 51% to 52%, 53% to 54%, 55% to 56%, 57% to 58%, 59% to 60%, 61% to 62%, 63% to 64%, 65% to 66%, 67% to 68%, 69% to 70%, 71% to 72%, 73% to 74%, 75% to 76%, 77% to 78%, 79% to 80%, 81% to 82%, 83% to 84%, 85% to 86%, 87% to 88%, 89% to 90%, 91% to 92%, 93% to 94%, 95% to 96%, 97% to 98%, 99% to 100%).

00000000

Scaphiopus: *Abolob* (sp. no. 0010) or *scutellatus*, *T. crassicauda*, *T. scutellatus* (1115-01-45-02, *β*-carboxyphosphonate alcohol); *Scaphiopus* (sp. no. 2090): *γ*-calixaric, *δ*-calixaric, *α*-methylaric, *β*-carboxyphosphonate, *α*-chloraric; *M. scutellatus*: *α*-methylaric, *β*-carboxyphosphonate.

Alternative Risk Reduction

Sesquiterpene Alcohols (up to 1996), α - β -unsaturated (up to 1996), α -ketoalcohol (up to 1981), di-acidified, ketone; **Sesquiterpene α - β -unsaturated**, **Sesquiterpene Aldehydes**, **terpenoid**, **Carboxylic Acids**, **monocyclic ketone**, **acid**.

Abstract

[illegible]

Introduction

Formic acid (100%), benzyl acetate (100%), benzyl alcohol (100%), methyl acetate, methyl propanoate, Diisopropyl Alcohol (99%), Isopropanol (100%), Ethyl Acetate (100%), Isopropyl Alcohol, Acetone, Dimethyl sulfoxide (100%), Pyridine (100%), Methyl Ethyl Ketone (100%).

Jean-Pierre Marre

[illegible]

Lamy et al.

Alcohols (up to 50%), Isoids (>45%), α -terpineol, linalool, linalyl acetate, geraniol, nerol, Eucalyptol (approx. 50%), Isopropyl acetate (up to 40%), linalyl acetate & geraniol acetate, α -terpineol acetate, Monoterpene (up to 20%) p -cymene (>10%), p -thujone (>10%), α -thujone, camphene, β -pinene, Sabinene, β -caryophyllene (>7%), γ -dendrolene, Phytol, terpinene-4-ol (>50%), Dihydric isocyclohexyl, isomyl, geraniol, linalool, myristol, nerol, Ocideol, 1,8 cineol, caryophyllene oxide, linalyl oxide, Camphor (>40%), Eucalyptol acetate (>10%), cineol, Linalene.

1. *Lawson*[illegible]

Lorenz Kaufmann

[illegible]

Lesson 10/10

Acetylene ($\sim 10\%$), gasoline (10%), wood (10%), compressed Air ($\sim 40\%$), *de-Nitro-methanol* ($\sim 1\%$), liquid, Nitric Oxide trace elements include Styrol acetate, cyano, methylmethacrylate, and acrylic acid.

Keywords: *transmission, social capital, trust, social networks, social capital, social capital, social capital*

[illegible]

4

[illegible]

Literature

[illegible]

Key messages

Alcoholic heated (up to 80°C), Nucleosides (up to 100°C)
 (Nucleosides, alcohols, β-alcohols, Nucleosides)
 (Nucleosides)

Munich

[illegible]

References

Monocyclic (up to 606); 4- & 5-substituted (109),
substituted (496), isopropyl (178), terphenyls, octenyl,
2-3-carboxy, 2-oxo, α - and β -pinenes, 2-octenyl,
 α - & β -phthalides, 1-Ethoxy, Alkyls (109),
 α -isopropyl (178), α - & β -methyl (41), (178),
Isobutyl (496), Phenyl, isopropyl (178), isopropyl
 α - & β -isobutyl, Ester group (178), Isobutyl, isopropyl,
 α -terphenyl, Alkyls, α - (496), Naphthyl,
isopropyl (178), 2-oxo, 2-oxo, 2-oxo, 2-oxo,
Ester, α -isobutyl.

Metals (The Time)

Minorspecies (up to 70%) α - β - γ -isoprenes (α 00%),
preymeres (γ 00%), α - and β -pinenes (γ 00%), ter-
pinolene, 1-bisnorbornene, sabinene, myrcene, α -thujene,
Phenolic: isoprenes 4-6 (γ 00%), Sesquiterpenes (up to
20%) α - β - δ -cadinenes (γ 00%), germacrene (γ 00%),
bisabolene (γ 00%), β -caryophyllene, α -phellandrene,
Oxides: 1,8-dioxol (γ 00%), 1,8-dioxol (γ 00%), mono-
phenolic oxides, Monoterpene α - β - γ -isoprenoids (γ 00%),
Sesquiterpene Alcohols (γ 00%), phenols, sterols/sterol

Melloni (Lawson, 1964)

[illegible]

2000

Scaphiopus (up to 33%) *Desmognathus* (up to 30%),
Des. sp., *B. f. fulviventris* (<60%), *scapularis* (<40%),
B. f. fulviventris (<70%), *stansburiana*, *B. f. fulviventris*, *Des.*

[illegible]

Nancy K. Morgan, Editorial

Alcohols (up to 5796), aldehydes (-4496), α -unsaturated (-4996), glycols (-1396), nitriles, Saponins, Alcohols (-796), mono-unsaturated (-596), saturated (-296), Mono-terpenes (up to 4096), Di-Terpenes (-3496), Di-pheno (-1796), acetones (-496), nitrates (-496), α -glucose, neopentanes, substances, compounds, Esters (-1596), Dial glyoxides (-1796), methyl anthracene (-3096), vinyl & glycol acetates, Aldehydes, decanal, isovaldehyde, undecanal, Phenols, phenolphthalein, isopropyl alcohol, Pyridine, indole, naphthol.

Change (Weld Change)

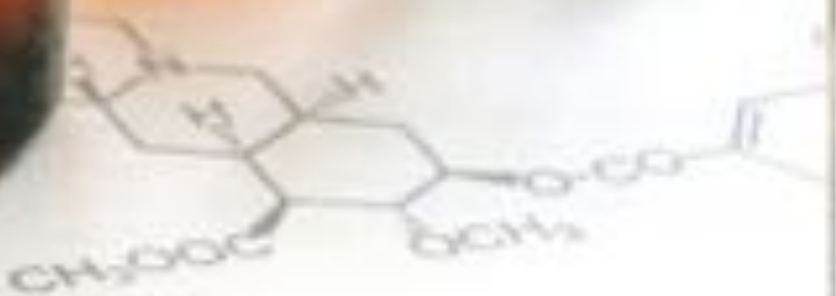
[illegible]

Acknowledgements

Phenols (up to 80%): cresol ($\sim$ 70%), decaol ($\sim$ 7%), myrica-4-ol ($\sim$ 25%), p-cresol ($\sim$ 12%), γ -terpinol ($\sim$ 7%), myrica-1-ol, α - and β -pinenes, camphene, 1-limonene, α -terpinol, Sesquiterpene ($\sim$ 6%), β -caryophyllene ($\sim$ 7%), β -bisabolene, Eucalyptol, Acetic-acetic acid ($\sim$ 7%), Ketone (Anal. carbide) ($\sim$ 4%), Ketone camphor, β -camone, Aldehyde birchod, Undecol, α -terpinol.

Part A: Can I Predictably?

Superior point (log to 1200): *a. fulvum* (+20%),
p. fulvum (+14%), *cruciatellum* (+7%), *a. griseum*
 (+12%), *apicalium* (0%), *w. p. & v. apicalium*
 (+12%), *p. curvicaudum* (+4%), *a. caudum* (+3%).



[illegible]

References

[illegible]

Performance

[illegible]

Peak Response

[illegible]

Potential Effects on the

Esters ($\log \kappa$: 7796): butyl acrylate ($\log \kappa$: 2786), isopropyl methacrylate ($\log \kappa$: 2790), amyl butyrate (-1096), octyl acrylate, butyric, stearic, and myristic esters.

Monomers ($\log \kappa$: 2786): *n*-dodecane ($\log \kappa$: 2896), cyclopentadiene, siloxanes, caprolactam, β -lactone, pyrene.

exposed. *Eximer piscivorus* (196), *Sagittarius* (sp. n.) (29), *Paraphysella* (Gutturoidei) (196), *Eximer piscivorus* (196), *Sagittarius* (sp. n.) (29), *Paraphysella* (Gutturoidei) (196), *Eximer piscivorus* (196), *Sagittarius* (sp. n.) (29), *Paraphysella* (Gutturoidei) (196).

Plan

Alcohols (up to 70%); esters (up to 45%); glycols (up to 20%); oxides (>4%); bristles; lacquers; waxes; plastic; Miscellaneous (<15%); monomers (<12%); waxes; Pyrimidines, purines, isocyanates, 1,3-butadiene, isoprene, propylene, octene; Alkanes (>10%); terpenoids (<15%); aromatic esters, and others; Ketones (>10%); glycols, vinyl, and unsaturated ketones; Phenols (<6%); aldehydes, phthalates; Soap; Surfactants; Alcohols; Amides (>2%). Oxides: rose oxide; Ketones: *n*- β -dihydroxyacetone, *p*-isomer; Furanoids: coumarins; Male: other rose esters.

Keywords:

[illegible]

Keywords: *Self-esteem, self-esteem threat, self-esteem threat sensitivity, self-esteem threat sensitivity scale, self-esteem threat sensitivity scale-2*

Suspensions: Acetate (α - β -unsatd) (+80%);
Succinates (α - β -unsatd) (+15%); Suspensions:
NADH:phos. succinate (+9%) Carbonyl Acids:
nonoxalacetate (-2%)

References

Monomers: (10–70%): caprolactone (>99%), ϵ -Bz-
6-phenyl (>99%), 6-3-carboxy (up to 12%), 1,4-benzenedi-
carboxy (>99%), terephthalic diacid (up to 35%).
Alcohols: hexanol.

Keywords: *gender inequality, gender discrimination, gender equity, gender equality, gender justice, gender equity, gender equality, gender justice*

[illegible]

[†] *Nephrolepis* is confined, however, almost entirely to the *Nephrolepis* member.

4920000

[illegible]

Major Authors

Phenolic Esters (EI-mass data given 1990), Inertial classed (1-10%). Monocyclopentadienyl Anhydride Anhydride

Tungsten

[illegible]

Keywords:

Phenyl (g to 400); decanal (1–500); dicyclohexyl (1–100);
Menthyl (1–500); *p*-toluene (1–200); *m*-toluene
(1–10); toluene (1–50); α -pinene (1–50); eucalyptol
(1–50); Citral 1,8 cineol (1–100); Nicotinic (1–100);
Isobutyl (1–50); Isomyl (1–50); ethyl acetate, geranyl, Iso-
propyl acetate, *l*-menthyl acetate (1–50); Camphor, Acetic
anhydride (1–20); waterproof ink (1); Ethane
linked dimer (1); methyl laurate (1); Ketone
analog (1); Also trace amounts of anethole.

[illegible][illegible]

and the

poly(2-vinylpyridine) (M_n = 470), isobutylene (174), styrene-butadiene (1376), ethylene (1116), isoprene-butadiene (149), isobutyl alcohol, 60/40, Sty-Dibutylamine (1780), n-Bu-2-butanone (1780).

[illegible]

White Fe

Monomers: 25–99% 1-butene (24%), α -pinene (24%), isophene (24%), styrene, 6–2 various linear isomers across (up to 24%).

[illegible]

Phenylethylamine methyl sulfoxide (19804), Carboxylic Acids, sulfoxide and

Play online

[illegible]

Y. Wang, F. Wang

Isopropylamine (1 g), 50% *p*-cresophylline (1.250), geraniol (1.1), 20% *n*-dodecane (1.250), benzoin (1.50), Eucaly (5.00), Isopropyl acetate & benzoin (1.250), methyl salicylate & benzoin (1.75), Isopropyl acetate (1.75), geranyl acetate (1.0), Isopropyl acetate (1.0), Isopropyl acetate, Alcohol (1.75), Isopropyl (1.0), geraniol, Ethanol, Isopropyl methyl salicylate (1.75), Benzoin (1.0), methyl *p*-cresol (1.0), methyl chavicol (1.0), eugenol, isopropyl, Choline, *p*-cresophylline (1.0), Isopropyl, Nicotinic, Isopropyl.

11-11-11

[illegible]

Essential Oil Blends





Biography

The oils in this blend may help establish a feeling of calmness, peace, and relaxation. It may also be harmonizing the various physiological systems of the body and promoting tranquility and a sense of balance.

Ⓢ Aromas

• Earth • Sweet • Woody

Ⓢ Body Systems

Ⓢ Muscles and Bones Ⓢ Emotional Balance

Ⓢ Nervous System Ⓢ Skin

Single Oils in This Blend:

Spruce, Ho Wood, Blue Tansy, Frankincense, German (Blue) Chamomile, Yarrow

Top Uses

- Calming/Relaxing: Add 3 drops to 1 Tbsp. (30 mL) fractionated coconut oil, and use as a soothing massage oil.
- Harmonizing/Unwinding: Place 3 drops on the bottoms of the feet.
- Balancing: Diffuse in an aromatherapy diffuser.

Common Primary Uses: Ⓢ Anxiety, Ⓢ Anxiety, Ⓢ Back Pain, Ⓢ Belching, Ⓢ Brain Imbalances, Ⓢ Bursitis, Ⓢ Cough, Ⓢ Confusion, Ⓢ Constipation, Ⓢ Depression, Ⓢ Diabetic Sores, Ⓢ Eczema, Ⓢ Fats, Ⓢ Grand Mal Seizures, Ⓢ Grief, Ⓢ Heart, Ⓢ Headaches, Ⓢ Hot Flashes, Ⓢ Hyperactivity, Ⓢ In Leg, Ⓢ Low Girdle, Ⓢ Menstrual Cramps, Ⓢ Muscle Pain (Balance), Ⓢ Nausea, Ⓢ Pain, Ⓢ Parkinson's Disease, Ⓢ Skin

Applications

Ⓢ This blend works best on the bottoms of the feet. Put six drops on bottoms of feet. Put on back, arms, and whole places from neck to thighs. To balance left and right sides, put on left fingers, and rub on right temple or put on right fingers, and rub on left temple or over arms, and rub under palms on bottoms of feet. To relieve pain along the spine, apply to other points on feet and temples.

Ⓢ Wear as perfume or cologne. Diffuse or inhale the aroma directly.

Caution: Use in This Blend: Fractionated coconut oil

Aromatic Influence: This blend of oils may help balance the body and mind. Diffuse whenever and wherever possible.



Biography

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 various bacteria and viruses that could be harmful to the system.

Ⓢ Aromas

• Mint • Fresh • Herbaceous

Ⓢ Body Systems

Ⓢ Respiratory System Ⓢ Nervous System

Single Oils in This Blend:

Eucalyptus, Peppermint, Eucalyptus radiata, Helichrysum italicum, Lemon, Rosemary, Camphor, Eucalyptus

Top Uses

- Aches/Pain/Injury: Diffuse using an aromatherapy diffuser, or inhale the aroma directly from the bottle.
- Coughs: Add 3 drops to 1 cup (30 mL) fractionated coconut oil in a small roll-on bottle, and apply a small amount on the chest, back, and forehead.
- Congestion: Add 3-5 drops to a small bowl of hot water, and inhale the vapors.
- Coughs: Drop 2-4 drops on the floor of a hot shower, and inhale the aroma while showering.

Common Primary Uses: Ⓢ Anxiety, Ⓢ Anxiety, Ⓢ Asthma, Ⓢ Bursitis, Ⓢ Coughs, Ⓢ Coughs, Ⓢ Constipation, Ⓢ Confusion, Ⓢ Constipation, Ⓢ Depression, Ⓢ Diabetic Sores, Ⓢ Eczema, Ⓢ Fats, Ⓢ Grand Mal Seizures, Ⓢ Grief, Ⓢ Heart, Ⓢ Headaches, Ⓢ Hot Flashes, Ⓢ Hyperactivity, Ⓢ In Leg, Ⓢ Low Girdle, Ⓢ Menstrual Cramps, Ⓢ Muscle Pain (Balance), Ⓢ Nausea, Ⓢ Pain, Ⓢ Parkinson's Disease, Ⓢ Skin

Applications

- Ⓢ May be applied on the chest, the back, or the bottoms of the feet.
- Ⓢ Diffuse into the air. Apply to palms of hands over nose and mouth, and breathe deeply, or inhale the aroma of the oil directly.

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 a good sleep.

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



Quick Facts

This blend contains citrus and spice oils that are known to help combat feelings of gloom, despair, and discouragement, helping to cheer and uplift the mind, body, and spirit.

Common Primary Uses: Calmness, Creativity, Depression, Grief, Joy, Positive Thinking, Uplifting

Application

- Diffuse or inhale the aroma directly.
- Apply on wrists, back of neck, over the lower arms, or on the bottoms of the feet.

Single Oils in This Blend

Orange, Clove, Star Anise, Lemon Myrtle, Nutmeg, Vanilla, Ginger, Cloves, Cinnamon, Elettaria

Safety Note: Reported use can result in contact sensitization. Consult your doctor before using if you are pregnant, epileptic, or have a medical condition.



Quick Facts

This blend contains many different oils often used to help alleviate symptoms often associated with PMS, menopause, and aging.

Common Primary Uses: The Menstrual Cycle, Hormonal Imbalance, Menopause, Memory Loss, Relaxation

Application

- Apply to the chest, abdomen, or back of neck as needed.
- Diffuse or inhale from the bottle.

Single Oils in This Blend

Clary Sage, Lavender, Bergamot, Roman Chamomile, Cedarwood, Ylang Ylang, Geranium, Fennel, Curry Seed, Palmarosa, Ylang

Aromatics Influences: Helps to balance mood and calm nerves and emotions.

Safety Note: Reported use may result in contact sensitization—dilute with Fractionated coconut oil if this occurs. Consult your doctor before using if you are pregnant or have a medical condition.



Biography

This invigorating blend brings together all of the uplifting and mood-elevating benefits of citrus essential oils in a uniquely refreshing way. In addition to their uplifting properties, many of the citrus oils in this blend have been studied for their ability to decrease anxiety and depression.

Key Notes

• Citrus • Sweet

Key Benefits

Immune System Emotional Balance

Single Oils in This Blend

Orange, Lemon, Grapefruit, Mandarin, Bergamot, Tangerine, Clementine, Vanilla Bean Extract

Top Uses

- **Soothe:** Add 3-5 drops to 1 Tbsp. (15 ml) Fractionated coconut oil, and use as a massage oil.
- **Uplifting:** Diffuse using an aromatherapy diffuser, or inhale the aroma directly from the bottle to help with anxiety and fatigue.
- **Cleaning:** Mix 3-5 drops with 1 cup (250 ml) of water in a bowl or bucket. Moisten a rag with this water, and use to clean countertops and other surfaces.

Common Primary Uses: Calming, Mood Lift, Depression, Fatigue, Digestion, Relaxation

Application

- May be applied on the face, neck, and wrists or may be used as a perfume or cologne. It may be diluted with Fractionated coconut oil for a full-body massage. It may also be added to water for a relaxing bath.

Diffuse or inhale the aroma directly.

Mixed with water, this blend can also be used to disinfect countertops and other surfaces.

Safety Note: May cause skin irritation. Avoid exposure to direct sunlight for up to 12 hours after use.



Quick Facts

This blend contains floral and woody elements help soothe feelings of stress and grief and promote uplifting feelings of peace and hope.

Common Primary Uses: ^{SC}Anger, ^{SC}Depression, ^{SC}Grief/Sorrow, ^{SC}Happiness, ^{SC}UpLifting

Application:

- ① Diffuse or inhale the aroma directly.
- ② Apply on wrists, back of neck, over the heart area, or on the bottoms of the feet.

Single Oils in This Blend:

Frankincense, Patchouli, Ylang Ylang, Labdanum, Neroli, Sandalwood, Rose, Geranium



Quick Facts

The oils in this blend have been chosen for their ability to provide antioxidant support for the cells and to promote a healthy cellular life cycle.

Common Primary Uses: ^{SC}Aging, ^{SC}Antioxidant, ^{SC}Anti-inflammatory, ^{SC}Cancer, ^{SC}Cellular Health, ^{SC}Tumor

Application:

- ① Dilute as needed, and apply on area of concern.
- ② Diffuse or inhale the aroma directly.
- ③ Adults can take up to 6 drops orally, twice a day with food.

Single Oils in This Blend:

Frankincense, Orange, Lemon, Lemongrass, Bayberry, Sweetgum, Clove, Nettle



Biography

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

① Aromas

• Citrus • Camphoraceous • Herbal/woody

② Body Systems

• Nervous System • Muscles and Bones

Single Oils in This Blend:

Wintergreen, Camphor, Peppermint, Ylang Ylang, Blue Tansy, Geranium, Clove, Helichrysum, Eucalyptus

Top Uses

- Arthritis: Blend 18 drops with 1 Tbs. (15 ml) fractionated coconut oil, and massage gently on affected joints each day.
- Back pain: Blend 7 drops in 1 tsp. (5 ml) fractionated coconut oil, and gently massage over back to help soothe discomfort.
- Inflammation: Add 5 drops to 1 tsp. (5 ml) fractionated coconut oil in a small roll-on bottle, and apply on location.
- Joint Swelling: Add 15 drops to 1 Tbs. (15 ml) fractionated coconut oil, and mix in a few drops of an essential oil to help soothe.

Common Primary Uses: ^{SC}Arthritis, ^{SC}Back Pain, ^{SC}Joint Pain, ^{SC}Swelling, ^{SC}Joint Pain, ^{SC}Whole Body Pain, ^{SC}Muscle Tension, ^{SC}Pain, ^{SC}Joint Swelling, ^{SC}Headaches, ^{SC}Headaches

Application:

- ① Apply as a compress on spine and on reflex points as feet. Apply on location for muscle aches, bruising, or any other pain.

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

Biography

This blend may be useful for improving digestive function. The oils in this blend have been crafted to help achieve a balancing the digestive system and working away at the stomach's ailments.

Aroma

• Minty • Astringent
• Spicy • Sweet

Body Systems

• Digestive System

Single Oils in This Blend:

Ginger, Peppermint, Turmeric, Fennel, Cardamom, Clove, Anise

Key Uses

- Upset Stomach/Blowing: Apply 2 drops over stomach area.
- Heartburn: Apply 1-2 drops to chest.
- Colic's Disease: Apply 1-2 drops over the stomach and bottom of the feet.

Common Primary Uses: Blowing, Colic, Constipation, Cramps (Menstrual), Colic's Disease, Diarrhea, Food Poisoning, Gas, Heartburn, Nausea, Parasites, Stomach Issues

Applications

- May be applied to reflex points on the feet and on the soles. It may also be applied topically over the stomach, in a compress on the abdomen, and at the bottom of the throat (for gagging). Apply to extend gastric passage.
- Diffuse or inhale the aroma directly.
- As a dietary supplement, add one drop to 1/4 cup (125 ml) of water or soybean milk, and sip slowly. May also be used in a ceramic burner for adding the aroma of perfume and for combining digestive catalysts.

Biography

This uplifting combination of essential oils creates an energetic aroma that can help stimulate the body's chemistry when a person is feeling lethargic or sad.

Aroma

• Floral • Woody • Herbaceous
• Citrus • Sweet

Body Systems

• Emotional Balance

Single Oils in This Blend:

Lavender, Lemongrass, Anise, Clove, Sage, Turmeric, Lemon, Myrtle, Melaleuca, Ylang Ylang, Geranium, Eucalyptus, Peppermint

Key Uses

- Upset Stomach/Blowing: Apply 2 drops over stomach area.
- Heartburn: Apply 1-2 drops to chest.
- Colic's Disease: Apply 1-2 drops over the stomach and bottom of the feet.

Common Primary Uses: Allergies, Anxiety, Coughing/Sneezing, Depression, Energy, Cold/Flu, Swollen, Lapses, Motion Sickness, Postpartum Depression, Stomach, Stimulating, Tension, Tiredness, Weight Loss

Applications

- Rub over heart, ears, neck, throat, temples, across back, and on soles. Apply on heart reflex points. Put in bathroom. Use in conjunction with lavender oil for a full-body massage. Place on areas of poor circulation.
- Use as perfume or cologne, especially over the heart. Put two drops in a wet cloth, and put the cloth in the dryer with washed laundry for your evening clothes. Diffuse or inhale the aroma directly.

Safety Data: Avoid exposure to direct sunlight for up to 12 hours after use.



Quick Facts

This blood contains our red blood cells that are known to help soothe feelings of anger or guilt and help promote feelings of love and forgiveness.

May/June 2004

- ☐ Apply on wrists, back of neck, over the breast area, or on the bottoms of the feet.

Single CDs in This Range

Ryanne Blankenship Spradell, Margaret, Joseph Marie,
Mick, Anderson, Nanda, Wayne, Christie

Safety Data Required: use may result in organ sensitization. Consult your doctor before using if you are pregnant, epileptic, or have a medical condition.

Comparative Effects: Coordinating Effect, Encouraging Effect, Inspiring Effect, Resonating Effect, Uplifting Effect.



Quick Facts

This new classification of the Tropical Effect systems, all of them have been selected for their unique abilities to help prevent the development of bacterial and fungal pathogenesis, and also, various skin problems such as rickets and acne. This blend can be applied topically to individual areas.

Common Primary User's: ⁶Adult, ⁶Children, ⁶Older adults, ⁶Impaired, ⁶Other

Applications

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Single Cells in This Dataset

He Went, Mydones, Linda Barry, Elizabeth
Johnson, Cleveland

Order Code

Black Currant Seed Oil

Safety: Discs Required one-way pressure study to correct malocclusion. Use with caution during pregnancy.



Quick Facts

This soothing blend may be useful for maintaining skin health and quality. The oils in this blend have been studied for their ability to help reduce inflammation, protect the skin from UV radiation, and promote healthy cellular function and proper hydration of the skin.

Customize Binary User's  [Apple](#)  [Chopped Credit](#)
 [Site](#)  [Dry Mix](#)  [Revolving](#)  [Wishes](#)

Accepted for publication

- Apply directly to areas of concern. Use along with other natural skin care products.

Quick Facts

This blend is formulated to uplift, inspire, and bring hope and joyous. It can help soothe feelings of stress and agitation, and relieve emotional and physical pain, allowing one to focus on what is most meaningful in life.

Common Primary User^{SC} Conditions^{SC} Functions^{SC} Upgrading

Appendix 1

- Apply on wrists, back of neck, over the lower arm, on the bottoms of the feet. Massage into hands, feet, or back.

Single Cells in This Round:

Receptor, Yang Yang, Feedforward, Vanilla Boltzmann

Carrier Oil is This Blend. Fractionated Coconut Oil.

- ② *Single System(s) Affected: Financial System, Environmental Balance.*

Relief Dates: Reported war can result in date restrictions. Consult your doctor before taking if you are pregnant or have a medical condition.





Biography

This blend contains oils that have been studied and used traditionally for their abilities to promote calmness, focus, and a balanced state of mind. Many of the oils in this blend contain high levels of sesquiterpenes, which have demonstrated an ability to pass the blood-brain barrier to reach the cells of the brain.

① Aromas

• Ylang • Earthy • Tobacco

② Body Systems

③ Nervous System ④ Emotional Balance

⑤ Nervous System

Single Oils in This Blend

Yarrow (Woolf Indian Sandalwood), Patchouli, Frankincense, Uru, Tiaoguang, Hawaiian Sandalwood, Roman Chamomile

Top Uses

- Calming/Relaxing: Add 3 drops to 1 Tbs. oil (fractionated coconut oil, and use as a soothing massage oil.
- Focus/Concentration: Place 3 drops on the bottom of the feet.
- Balancing: Diffuse in an aromatherapy diffuser.

Common Primary Uses

⑥ Anxiety, ⑦ Calming, ⑧ Clarity, ⑨ Concentration, ⑩ Focus, ⑪ Hyperactivity, ⑫ Stress

Application

- Apply on back of neck and on bottoms of the feet.
- Diffuse or inhale the aroma directly.

Safety Data

Repeted use may result in contact sensitization.



Quick Facts

Brave contains oils that are known for their abilities to help soothe nervous feelings. This blend can help your own feelings of self-worth and confidence to grow and overcome worries. It is offered in a base of fractionated coconut oil, so it is just right for young kids.

Common Primary Uses: ⑥ Anxiety, ⑦ Courage, ⑧ Focusing

Application

- Roll onto bottoms of feet, back of neck, or pulse points on wrists as needed.
- Inhale the aroma directly. Roll onto a diffusing blanket or cushion to wear throughout the day.

Single Oils in This Blend

Orange, Yarrow (Woolf Indian Sandalwood), Oreganum, Clove, Patchouli

Center Oil in This Blend: Fractionated coconut oil.

Safety Data: Keep out of reach of younger children. Consult with a physician before use if being treated for a medical condition.

Quick Facts

Calmer is designed to help soothe and promote relaxation after a busy, stressful day. It contains oils known for their calming and relaxing properties. This blend can help steady and balance the mind and emotions to prepare for a good night's sleep. It is offered in a base of fractionated coconut oil, so it is just right for young kids.

Common Primary Uses: ⑥ Calm, ⑦ Anxiety, ⑧ Calming, ⑨ Hyperactivity, ⑩ Nervousness, ⑪ Sleep, ⑫ Focus, ⑬ Yarrow, ⑭ Patchouli, ⑮ Frankincense, ⑯ Uru, ⑰ Tiaoguang, ⑱ Hawaiian Sandalwood, ⑲ Roman Chamomile

Application

- Roll onto bottoms of feet, back of neck, chest, or pulse points on wrists as needed. Apply a small amount to palms, and then gently rub from a mid back of hands for a relaxing massage.
- Inhale the aroma directly. Roll onto a diffusing blanket or cushion to wear throughout the day.

Single Oils in This Blend

Lavender, Clove, Patchouli, Yarrow, Roman Chamomile

Center Oil in This Blend: Fractionated coconut oil.

Safety Data: Keep out of reach of younger children. Consult with a physician before use if being treated for a medical condition.



Quick Facts

Thinker contains oils known for their ability to aid focus, memory, and concentration. This blend can help create a positive, nurturing atmosphere to support learning. It is diluted in a base of fractionated coconut oil, so it is just right for young kids.

Common Primary Uses: **CO** ADD-ADHD, **CO** Nervous, **CO** Anxiety, **CO** Calming, **CO** Clarity, **CO** Concentration, **CO** Focus, **CO** Memory, **CO** Peace

Application

- Roll over temples, back of neck, or pulse points as often as needed to help maintain focus and concentration.
- Inhale the aroma directly. Roll over a diffusing lavender or eucalyptus to rise throughout the day.

Single Oils in This Blend

Ylang, Clove, Citrus, Peppermint, Rosemary

Carrier Oil in This Blend: Fractionated coconut oil

Safety Note: Keep out of reach of younger children. Consult with a physician before use if being used for a medical condition.

Quick Facts

This blend contains a combination of oils and essences that can help motivate and inspire an individual to have the courage to move forward with confidence and strength.

Common Primary Uses: **CO** Anxiety, **CO** Fearful, **CO** Confidence, **CO** Creativity, **CO** Defiant, **CO** Depression, **CO** Expression, **CO** Self-empowerment, **CO** Focus, **CO** Happiness, **CO** Motivation, **CO** Resilience

Application

- Diffuse or inhale the aroma directly.
- Apply on wrists, back of neck, over the heart area, or on the bottoms of the feet.



Single Oils in This Blend

Peppermint, Clove, Citrus, Coriander, Basil, Ylang, Ylang, Rosemary, Vanilla



Quick Facts

This blend contains oils and herbs that are known to help enhance passion and excitement for life.

Common Primary Uses: **CO** Confidence, **CO** Defiant, **CO** Depression, **CO** Focus, **CO** Joy, **CO** Motivation, **CO** Uplifting, **CO** Passion

Application

- Diffuse or inhale the aroma directly.
- Apply on wrists, back of neck, over the heart area, or on the bottoms of the feet.

Single Oils in This Blend

Citronella, Cinnamon, Citrus, Clove, Sandalwood, Ylang, Vanilla, Ylang

Carrier Oil in This Blend: Fractionated coconut oil

Safety Note: Repeated use over months without cessation. Consult your doctor before using if you are pregnant, epileptic, or have a medical condition.



Biography

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:

- Airway
- Cavity
- Warm
- Thickening

Body Systems:

Immune System:

Single Oils in This Blend:

Orange, Clove Bud, Cinnamon Bark, Eucalyptus radiata, Rosemary

Top Uses:

- **Warm:** Add 5-10 drops to 1 Tbs. (15 ml) fractionated coconut oil, and use as a massage oil.
- **Thickening:** Diffuse using an essential oil diffuser, or inhale the warm directly from the bottle to help with congestion and labors.
- **Cleaning:** Mix 3-5 drops with 1 cup (250 ml) of water in a bowl or bucket. Moisten a rag with the water, and use to clean countertops and other surfaces.

Common Primary Uses: **Antimicrobial**, **Antifungal**, **Antiviral**, **Bacterial Infection**, **Candida**, **Chronic Fatigue**, **Cleaning**, **Cold/Flu**, **Cough**, **Cystitis**, **Diarrhea**, **Hallucinations**, **Hypertension**, **Infection**, **Leprosy**, **Mold**, **Mucus**, **Nausea**, **Pharyngitis**, **Pneumonia**, **Skin**, **Sore Throat**, **Staph Infection**, **Warts**

Applications:

- **Massage:** Dilute, stretch, infections, and herpes of feet. Dilute one drop in 15 drops of fractionated coconut oil, massage the dilution to stimulate the immune system, and massage under the area to stimulate the lymphatic system. It is best applied on the bottoms of the feet, as it may be easier to the skin. Dilute with fractionated coconut oil when used on sensitive/young skin.

- **Diffuse or Inhale:** the aroma directly.

Aromatic Influences: Follow this blend of oils periodically for 20-25 minutes at a time to help protect the body against the onset of flu, cold, and virus.

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



Quick Facts

This blend contains floral and spicy oils that are known to help alleviate fearful, worried, and anxious feelings and replace them with peaceful contentment.

Common Primary Uses: **Anxiety Feelings**, **Calm**, **Choking (Emotional)**, **Depression**, **Disinfectant**, **Emotion**, **Overwhelmed**, **Pain**, **Stress**, **Throat Feelings**

Applications:

- **Diffuse or Inhale:** the aroma directly.
- **Apply or Rub:** back of neck, over the heart area, or on the bottoms of the feet.

Single Oils in This Blend:

Vetiver, Lavender, Ylang Ylang, Frankincense, Clary Sage, Myrror, Labdanum, Sponewood

Safety Data: Consult your doctor before using if you are pregnant, epileptic, or have a medical condition.

Companion Blends: Calming Blend, Encouraging Blend, Inspiring Blend, Restoring Blend, Uplifting Blend

Quick Facts

The oils in this blend are known to help relieve the pain and tension associated with headaches.

Common Primary Uses: **Headaches**, **Migraines**, **Muscle Tension**, **Trigeminal Neuralgia**

Applications:

- **Use a roll-on applicator:** apply the blend to the temples, the forehead, the back of the neck, and to the reflex areas on the hands and feet.
- **Inhale:** the aroma directly.

Single Oils in This Blend:

Wangberg, Lavender, Peppermint, Frankincense, Citrus, Roman Chamomile, Marjoram, Basil, Rosemary

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



Biography

Some of the roles mentioned in this Manual are full-time and are where you'd go to help someone when there's a fire. Others have been studied for their potential skills in to distract and to help harmful things disappear.

References

* Fresh * Intermediate * Light

✦ Daily Hygiene:

Ⓢ Digestive System

Seaside City is the finest

Lima, Luis, Sebastian P. Creswell, Melissa Chao

Tag-Count

- **As Cleaning:** Diffuse in an ion-exchange diffuse.
- **Milium:** Add 20 drops to 4 cups (1L) water in a small spray bottle, and spray on surface to help remove milium.
- **Deslough/Deodorizing:** Add 5 drops to 1 Tsp. (15 mL) water in a small spray bottle, and spray into the air, in package area, or on other surfaces needing deodorizing.
- **Cleaning:** Add 5 drops to a damp rag, and use to wipe down surfaces.

Common Primary Uses: ^C Acute (Treat), ^{SC} Infections, ^S Airborne Bacteria, ^S Air Pollution, ^S Allergies, ^{SC} Antimicrobial, ^C Boli, ^C Bug Free, ^{CS} Cleaning, ^{CS} Deodorant, ^{CS} Dental, ^{CS} Disinfectant, ^C Ear Infections, ^C Insecticidal, ^C Laundry, ^{CS} Nausea (Repel), ^C Mites, ^C Skin Uses, ^C Soaps, ^C Urinary Infection

Applications

3. Put in cotton balls and place in air vents for an hour or so at home or at work. Can also be added to prior to help reduce stress. Diffuse or inhale the aroma directly.



Biography

The following table contains material that are placed used to help calm and soothe feelings of stress, anxiety, and worry in order to help the body have a peaceful sleep.

4. Experiment

$$\text{Hydroal} = \text{Hydro} + \text{al} = \text{Hydrogen} + \text{Aluminum}$$

11. Study Resources

© Springer-Verlag

Single-O's in This Blend

Lavender, The Wood, Cedarwood, Hoang Thang,
Sweet Marjoram, Roman Chamomile, Vanilla Bean
Moths, Yarrow, Hawthorn, Sandalwood.

Top Glass

- **Culicidex:** Diffuse in air, no neurotoxicity effects.
- **Avianex:** Apply 1 drop to the back of neck, temples, and between of the feet.
- **Neomycin:** Add 1-2 drops to water bathwater, and bathe before sleeping.
- **Slings:** Add 15 drops to 2 Tbs. (20 ml) water in a small spray bottle. Shake, and mist a small amount on pillow and between before sleeping.
- **Mental Fatigue:** Inhale the aroma directly from the bottle.
- **Stress:** Apply 1 drop to nape of neck, wrists, or other pulse points.

Common Primary Uses: **AC** ADD/ADHD, **CB** Ad-
diction, **SC** Anger, **SC** Anxiety, **SC** Calming,
SC Hypnosis, **SC** Trauma, **C** Teaching,
SC Medical Weight, **S** Medical Settings, **SC** Niche
care, **CB** Sleep, **SC** Stress, **CB** Teeth Grinding,
SC Trauma

Agropyron

- ② Wear as perfume or cologne. Diffuse or inhale the aroma directly.

Biography

This blend is designed to help control hunger and to help limit excess calorie intake. The active oils blend are relaxing to the stomach and work to improve emotional well-being. This blend is most effective when combined with exercise and healthy eating.

Actions:

• Calm • Sweet • Warm • Spicy

Body Systems:

• Digestive System • Emotional Balance

Single Oils in This Blend:

Orange, Lemon, Peppermint, Ginger, Cloves

Top Uses:

- **Appetite suppression:** Add 4 drops to 2 cups (½ L) of water (or other beverage), and drink between meals throughout the day.
- **Coverage:** Diffuse in an aromatherapy diffuser to help reduce cravings.



Common Primary Use: ^{CC}Appetite Suppression, ^{CC}Calorie, ^{CC}Craving, ^{CC}Cravings, ^{CC}Weight Loss

Application:

- Apply on neck, base of the throat, or on area of concern.
- Apply to palm of hand; cup hands over nose and mouth, and breathe deeply. Diffuse into the air.
- Add 5 drops of Slim & Sassy to 2 cups (½ L) of water, and drink throughout the day between meals.

Aromatic Influence: The blend of oils is relaxing to the stomach and uplifting to the mind.

Safety Data: Because this blend contains citrus oils, it may increase skin photosensitivity. It is best to avoid sun light or UV rays for 12 hours after topical application. Do not apply directly to eyes, ears, or nose. Consult your doctor before using if you are pregnant or have a medical condition.



Quick Facts

This blend contains essential oils that have been proven to effectively repel biting insects and help protect the skin from UV radiation.

Common Primary Use: ^{CC}Repellent Insect Application

- Apply a small amount of the oil on the skin.
- Diffuse into the air, or place a few drops in diffusers and wicks, and place near air vents, windows, or openings where bugs might come in.

Single Oils in This Blend:

Ylang Ylang, Flower, Tansy, Sand, Nettle, Mint, Cedarwood, Eucalyptus, Citrus, Lemon, Eucalyptus Leaf, Lemon Peel, Vanilla Bean, Mosquito, Aromatic Wood.

Carrier Oil in This Blend: Fractionated coconut oil

Aromatic Influence: It is slightly repellent to many flying and crawling insects and bugs.



Quick Facts

This exquisite blend of oils works harmoniously with an individual's unique chemistry to create an appealing aura—without the harmful chemicals found in many of today's perfumes.

Common Primary Use: ^{CC}Application, ^{CC}Tranquilizing, ^{CC}Emotional Balance

Application:

- Add 3–6 drops to 1 Tbsp. (15 mL) fractionated coconut oil for use in massage.
- Diffuse or wear as a perfume.

Single Oils in This Blend:

Patchouli, Bergamot, Heliotrop, Sandalwood, Rose, Jasmine, Cinnamon Bark, Ylang Ylang, Ylang Ylang, Lavender, Clove, Vanilla Bean, Vanilla Bean Extract.

Carrier Oil in This Blend: Fractionated coconut oil

**Quick Facts**

This unique formulation combines the skin benefits of yarrow essential oil with the powerful antioxidant and cellular health properties of pomegranate seed oil. Pomegranate seed oil has been studied for its ability to help boost healthy collagen and reduce wrinkle gain, as well as for its anti-inflammatory, antioxidant, and anti-microbial properties.

Common Primary Use:  Aging,  Acne,  Cancer,  Cellular Health,  Diabetes,  Heart,  Skin (Healing)

Application:

-  Apply on area of concern.
-  Rub into the skin directly. Or apply to a diffusing burner or nebulizer to wear throughout the day.
-  Take 1-2 drops daily in a capsule or in 1 tsp (25 ml) of honey.

Single Oil in This Blend:

Yarrow

Carrier Oil in This Blend:

Pomegranate Seed Oil

**Quick Facts**

This blend is designed to help bring order to the stress that surrounds our daily lives, bringing alignment, focus, peace, purpose, and understanding to what seems so chaotic.

Common Primary Use:  Stress,  Yoga

Application:

-  Apply to the neck, lower arm, and back of each hand. Apply on other points in the hands and feet.
-  Diffuse, or inhale from the hands.

Single Oils in This Blend:

Esquimaux, Coriander, Marjoram, Peppermint, Geranium, Basil, Rose, Jasmine

Aromatic Influence: Helps to uplift and soothe the mind and emotions, while still keeping one centered and focused.

Quick Facts

This blend is designed to help ground and soothe the mind and emotions to help promote a sense of courage, pleasure, and serenity, allowing one a fresh heart from which to move forward with life.

Common Primary Use:  Coloring,  Creativity,  Yoga

Application:

-  Apply on the hands, wrists, between of the feet, and the base of the spine.
-  Diffuse, or inhale from the hands.

Single Oils in This Blend:

Javonic, Cedarwood, Patchouli, Cinnamon, Sandalwood, Black Pepper, Patchouli

Aromatic Influence: Helps to uplift and soothe the mind and emotions, while still keeping one centered and focused.

**Quick Facts**

This blend helps promote feelings of inspiration and joy, helping one to rise and move beyond opposition and challenges in life.

Common Primary Use:  Inspiration,  Joy,  Yoga

Application:

-  Apply to the neck, lower arm, and back of each hand. Apply on other points in the hands and feet.
-  Diffuse, or inhale from the hands. Wear as perfume or on aromatherapy jewelry.

Single Oils in This Blend:

Lemon, Grapefruit, Shikarai Fir, Camphor, Melon

Aromatic Influence: Helps to uplift and inspire the mind and emotions, promoting feelings of strength, confidence, and courage to move forward and achieve.





Quick Facts

This blend contains oils that have been studied for their abilities to help support organ cleansing and healthy tissue function.

Common Primary Uses: ^{PC}Endocrine Support,
^{PC}Hormonal Balance

Application

- 1. Massage on forearms of feet.
- 2. Diffuse or inhale the aroma directly.
- 3. Take 3-5 drops of the Detoxification Blend in capsules when alone or with a Detoxification Complex supplement capsule up to once a day.

Single Oils in This Blend:

Rosemary Cilantro, Juniper Berry, Tangerine, Cardamom

Essential Supplements



Essential Oil-Inspired Wellness Supplements

This section contains various essential oil-inspired supplements that are available commercially and the essential ingredients that each supplement contains.

The further information and research on many of the single oils contained in these supplements, see the Essential Oils section of this book.

a2c Creamable™

Charlotte McWhorter's



This supplement is a complete daily nutrient supplement for children, and for those who have a hard time swallowing pills.

Key Ingredients:

—Vitamin and Mineral Complex

Vitamin A (natural alpha and beta carotene), Vitamin C (from acerola cherry fruit extract), Vitamin D₃ (as cholecalciferol), Vitamin E (as d-alpha-tocopheryl acetate and mixed tocopherols), Thiamine/Vitamin B1 (as thiamine HCl), Riboflavin/Vitamin B2, Nicotin/Vitamin B3 (as niacinamide), Vitamin B6 (as pyridoxine HCl), Folic Acid, Vitamin B12 (as methylcobalamin), Biotin, Panthothenic Acid/Vitamin B5 (as d-calcium pantothenate), Calcium (as calcium acetate with chelate), Iron (as iron acetate with chelate), Iodine (from potassium iodide), Magnesium (as magnesium ascorbate acid chelate), Zinc (as zinc acetate with chelate), Copper (as

copper amino acid chelate), Manganese (as manganese ascorbate chelate), Potassium (as potassium gluconate), Chlorine (as chelate Marmet), Selenium.

—Superfood Blend

Pineapple (Bromelain Protein Enzyme), Pomegranate Extract (Ellagic Acid), Lemon Bioflavonoids, Spirulina, Sunflower Oil, Oatmeal, Rice Bran, Dried Green, Reconstituted, Brown Rice, Carrot, Mango, Cardamom, Rose Hips, Saffron.

—Cellular Vitality Complex Blend

Turkish Fruit Extract (Guayusa), Grape Seed Extract (Proanthocyanidin), Maygold Flower Extract (Lutein).

Antagrin®

Calmind Blood Supplement

This unique supplement contains powerful ingredients and essential oils that have been studied for their ability to help relieve anxiety, stress, and tension—allowing you to relax and more easily fall into a deep, beneficial sleep.

Key Ingredients:

GABA (Gamma-Aminobutyric Acid), Suberone Root, Yellowroot Oil, Lavender, Cardamom, Orange, Fennel.

Alpha CRS+®

Cellular Finding Complex

Alpha CRS+ contains important ingredients that may help to increase cellular health, vitality, and energy.

Key Ingredients:

Baccharis extract (Baccharis Arborescens), Scutellaria Root Extract (Scutellaria), Milk Thistle Extract (Silymarin), Pineapple Extract (Bromelain Protein Enzyme), Polyphenol-antioxidant Extract (Resveratrol), Green Tea Leaf Extract, Pomegranate Fruit Extract (Ellagic Acid), Turmeric Root Extract (Curcumin), Grape Seed Extract (Proanthocyanidin), Immune Seed Extract, Pine Bark Extract, Acetyl-L-Carnitine, Alpha Lipoic Acid, Coenzyme Q10, Quercetin, Ginkgo Biloba Leaf Extract, Tamarind Tanning Blend.

g44c Nutrient Lifetime Complex

This unique immune complex is available naturally and naturally that have demonstrated a role in promoting joint health and in promoting age- and nutritional-related chronic loss and bone demineralization.

Key Ingredients:

Vitamin C (as ascorbic acid), Vitamin D₃ (as cholecalciferol) and Vitamin D₂ (as cholecalciferol), Biotin (as d-biotin), Calcium (as coral calcium), Magnesium (as magnesium chelate), Zinc (as zinc), Copper (as zinc), Manganese (as zinc), Iron (as zinc).

Breath® Respiratory Drops

Respiratory Lounge Drops



These drops combine many essential oils that are often used and studied for their ability to help support the respiratory system.

Key Ingredients:

Lemon Essential Oil, Peppermint Essential Oil, Eucalyptus radiata Essential Oil, Thyme Essential Oil, Melaleuca Essential Oil, Cardamom Essential Oil.

Capella Softgels

These unique softgels contain capella essential oil in a base of olive oil. Capella oil contains high levels of beta-carotene, which has been studied for its ability to affect one of the two constitutive receptors in the body. Constitutive receptors—found throughout the body—are involved in a variety of physiological processes, including appetite, pain sensation, mood, and memory. The two known constitu-

ent receptors are CB1 and CB2. When activated, both CB1 and CB2 help with inflammation, pain, and mood. The difference in the activation of the CB1 receptor (which is activated by marijuana) also creates a psychoactive high in the body, while activation of the CB2 receptor does not cause any psychoactive effects. Beta-carotene activates only the CB2 receptor, allowing it to potentially affect inflammation, pain, and mood, without any psychoactive side effects (Bianchi et al., 2015; Poir et al., 2015; Cheng et al., 2014; Atherton et al., 2015).

Key Ingredients:

Capella Essential Oil

DDR Primer® Softgels

Essential Oil Cellular Complex

The aim of this essential oil blend has been chosen for their ability to provide antioxidant support for the cells and to promote a healthy cellular life cycle.

Key Ingredients:

Frankincense, Orange, Lemon, Lemongrass, Thyme, Sweetener Honey (Baccharis extract), Clove, Nettle (Mullein polyphenol).

Deep Blue Polyphenol Complex®

Soothing Polyphenol Complex

Like Deep Blue, this polyphenol nutritional supplement provides natural support for aching muscles, sore joints, and other musculoskeletal discomforts. The polyphenols found in green tea, rosemary, grape juice, and pomegranate juice provide antioxidant power.

Key Ingredients:

Frankincense (Baccharis extract), Green Tea Leaf Extract, Turmeric Root Extract (Curcumin), Green Tea Leaf Extract, Pomegranate (Punica granatum) Fruit Extract, Grape (Vitis vinifera) Seed Extract, Rosemary (Rosmarinus polyphenol complex), Tamarind Tanning Blend.

DigestTab®

Digestive Calcium Tablets

DigestTab combines the acid-neutralizing benefits of calcium carbonate with an infusion of essential oils that have been studied for their abilities to soothe digestive symptoms and support the digestive system.

Early August 1991

Calcium Carbonate, Ginger Essential Oil, Peppermint
Essential Oil, Fennel Essential Oil, Fennel
Essential Oil, Camomile Essential Oil, Cardamom
Essential Oil, Anise Essential Oil.

DigenZee® Softgels

J. Agnew and J. H. J. Goddard

Digestive Multiple on a consistent way to take the Digestive, which contains all the have been studied the their ability to soothe digestive symptoms and support the digestive system.

Key Words

Unger, Peppermint, Tarragon, Fennel, Cassia,
Cloves, Anise.

Ergonomics, Technology & Training®

Objectives: Exercise Objective

The supplement blocks food-derived enzymes and corrects deficiencies that can delay the digestion and absorption of critical nutrients that are lacking in many of today's diets.

Wang, Jingxin/2014/10/15/

Proteus (Aspergillaceae), Papilio (Papilionaceae), Aschmuss (Aspergillaceae), Laccaria (Aspergillaceae), Epistoma (Orobanchaceae), Alpha Galactosidase (Aspergillaceae), Cellulase (Glomerulaceae), Saccharase (Glomerulaceae), Ferment HCL, Glucosaminase (Aspergillaceae), Anti-glucose Enzyme Blood (Aspergillaceae), Tannase Tanning Blood, Compositae Secretions.

Enteric-Coated Peppermint Softgels

Autism Spectrum Disorders

This softgel contains peppermint oil emulsified with a special mouth-coated softgel that follows the stomach all day long to the lower GI tract, allowing it to more effectively target intestinal discomfort and digestive issues.

Mary Margaret Smith

Frygeschmidt, M. / Journal of Child Psychology and Psychiatry 43:1 (2002), pp 111–124

EX Ambient

Oil-Chemistry Formulae

CDX Asian blends essential oils with caprylic acid to help support the gastrointestinal tract by eliminating pathogens.

Many Ingredients

Oregano Essential Oil, Helichrysum Essential Oil, Lemon
Essential Oil, Lemongrass Essential Oil, Peppermint
Essential Oil, Thyme Essential Oil, Caprylic
Acid

KO Mega®

Omega-3 Fish Oil

Omega-3 Fish Oil provides all of the essential fatty acid benefits from fish oil without the fishy taste. It should be continuously stirred to ensure the fish remains well and constantly flavored with orange essential oil for a great taste even fish will love.

New Ingredients

Vegetable Oil Concentrate (EPM, DRI), Vitamin D, Vitamin E (as natural mixed tocopherols), Vitamin C (as ascorbyl palmitate), Orange Extract (oil).

ANAL. Calcd for $C_{10}H_{10}O_2$: C, 80.0%; H, 8.0%. Found: C, 79.8%; H, 7.9%.

And Natural Composites

The probiotic also contains natural vitamins and minerals with a complex of whole-food nutrients and amino acids that are bound to a glycoprotein matrix to help enhance their bioavailability. These nutrients help support healthy cell, tissue, and organ function. Additionally, this supplement contains a whole-food based and patented enzyme activation system to help further enhance nutrient bioavailability.

100% *in situ* hybridization

Vitamins: A (as A-B carotene and retinyl palmitate), vitamin C (as calcium ascorbate and magnesium ascorbate), vitamin E (as d-alpha-tocopherol), vitamin K (as natural menaquinone and menadione), vitamins K (as glycerophosphate matrix), folic acid (as glycerophosphate matrix), riboflavin (as glycerophosphate matrix), niacin (as glycerophosphate matrix), vitamin B6 (as glycerophosphate matrix), biotin (as natural biotin (d-biotin biotin) and sodium biotin), vitamin B12 (as glycerophosphate matrix), Biotin (as glycerophosphate matrix), pantoic acid (as glycerophosphate matrix), calcium (as calcium chloride, calcium carbonate, and ascorbate), iron (as bis-glycinate chelate) formulated, iodine (from kelp *Chlorella denticulata*) extract and leaf powder, Magnesium (as glycerophosphate matrix and ascorbate), Zinc (as bis-glycinate chelate), Selenium (as glycinate and selenomethionine), Copper (as bis-glycinate chelate), Manganese (as bis-glycinate chelate), Chromium (as chromium glycinate chelate), Polyphenol Blend, Whole-Food Blend, Tissue Tissue Blend.

doi:10.1371/journal.pone.0194499.g004

Energy of Ionized Complexes



This small nutrient supplement would be a natural alternative to scheduled energy drinks to support stamina and increase cellular health, vision, and energy.

Key ingredients:

Acetyl-L-Carnitine HCL, Alpha-Lipoic Acid, Camu Camu (QB9), Echer (Litchi divinica) Fruit Extract, Green Tea (Camellia sinensis) Leaf Polyphenol Extract, Guarana (Pauna lupulina) Seed Extract, Cordyphus (Cordyphus sinensis) Mycelium, Glowing (Pauna pompilioides) Root Extract, Ashwagandha (Withania somnifera) Root Extract

Ort Guan® Protecting Throat Drops

Projective Group Design

These drops take the effect of a throat lozenge, soothing dry and scratchy throats, combined with the immune-protective power of the essential oils that make up On Guard.

More magazines:

Orange Essential Oil, Clove Bud Essential Oil,
Cinnamon Bark Essential Oil, *Peppermint* *radicata*
Essential Oil, Rosemary Essential Oil, Camphor
Essential Oil, Myrrh Essential Oil

On Censorship: Schreier

Poster 100: Scotland

Combines the power of Oxy Guard with black pepper, organic, and natural essential oils to help support the immune system.

Key Ingredients:

Orange Essential Oil, Clove Bud Essential Oil, Black Pepper Essential Oil, Cinnamon Bark Essential Oil, Fenugreek seed Essential Oil, Oregano Essential Oil, Rosemary Essential Oil, Melaleuca Essential Oil.

PB Assist®

Probiotic Digestive Formula

This supplement blends six strains of probiotic bacterial flora that can help support healthy colonies of beneficial microflora in the digestive tract. These probiotics are recommended to be taken using a special double-walled capsule that protects the flora as they pass through the stomach.

Key Ingredients:

Lactobacillus acidophilus, *Bifidobacterium lactis*, *Lactobacillus salivarius*, *Lactobacillus casei*, *Bifidobacterium bifidum*, *Bifidobacterium longum*, Fructo-Oligosaccharide (FOS).

PB Assist® Jr

Probiotic Powder

This supplement blends 6 strains of probiotic bacterial flora that can help support healthy colonies of friendly microflora in the digestive tract. These strains have been studied for their abilities to help support healthy digestion and to help protect against harmful infections that are common in childhood. These probiotics are recommended to be taken using a special enter-encapsulation that protects the flora as they pass through the stomach.

Key Ingredients:

Lactobacillus rhamnosus, *Lactobacillus salivarius*, *Lactobacillus plantarum* LP61 and LP62, *Bifidobacterium lactis*, *Bifidobacterium lactis*, Fructo-Oligosaccharide (FOS).

Phytoestrogen Lifetime Complex

Phytoestrogen Complex

This complex may help women maintain a healthy estrogen balance with a powerful blend of phytoestrogens

(plant-derived estrogens resembling estradiol) from soy, pueraria, and flax seeds.

Key Ingredients:

Soy Extract (40% isoflavones with a minimum 50% genistein), Flax Seed Extract (40% lignans), Pueraria Extract (40% daidzein).

Safety Data: If pregnant, lactating, or experiencing any health conditions, consult a physician before using.

Serenity™ Restful Complex Softgels

This unique supplement combines the powerful sedative and anti-anxiety effects of lavender essential oil and L-theanine with melatonin, passionflower, and German chamomile extract to help calm, soothe, and prepare the body and mind to enter a relaxed state of sleep.

Key Ingredients:

Lavender Essential Oil, L-Theanine Green Tea Extract, Lemon Balm (Melissa) Extract, Passion Flower (Passiflora incarnata) Extract, German Chamomile Extract.

Slim & Sassy® Control™ Bars

Appetite Suppressant Bars

Slim & Sassy Control Bars are filled with natural ingredients to help manage weight, hunger, and well-being. One of the key ingredients found in these bars is a spinach leaf extract that has been shown to significantly reduce appetite for up to 4 hours. Slim & Sassy Control Bars can be used for weight management.



when combined with a healthy lifestyle, exercise, and a balanced diet.

Key Ingredients:

Organic Brown Rice Syrup and Honey, Sugar, Splenda (Sucralose), Leaf Extract, High Oleic Sunflower Oil, White Protein Crisp, Gluten-Free Baked Oats, Almonds, Sunflower Seeds, Flaxseed, Organic Flax Seed, Sesame Seeds, Chia Seeds, Turbinese.

Slim & Sassy® Control™ Instant

Drink Mix

Appetite Suppressant Drink Mix

This powdered drink mix combines the action of Slim & Sassy with natural ingredients to help manage weight, hunger, and well-being. One of the key ingredients found in this drink mix is a spinach leaf extract that has been shown to significantly reduce appetite for up to 4 hours. This drink mix can be used for weight management when combined with a healthy lifestyle, exercise, and balanced nutrition. The drink mix can be added to water, a milk shake, or a favorite beverage.

Key Ingredients:

Spinach (Spinacea oleracea) Leaf Extract, Ground Flax (Linum catharticum) Seed Powder, Grapefruit Essential Oil, Lemon Essential Oil, Peppermint Essential Oil, Ginger Essential Oil, Cinnamon Essential Oil, Protein (Soybean) (Glycine) Tuber Extract.

Slim & Sassy® TrimShake

Protein Shake



Choose a high fiber, high protein meal alternative drink powder with a low glycemic index and low sodium. These shakes should contain extracts from the ashwagandha plant (*Withania somnifera*) that have shown potential to decrease blood sugar levels of cortisol (Almouzni, 2008) and to reduce stress (Archana et al., 1999; Bhattacharya et al., 1987). Cortisol—a hormone created by the adrenal glands—is released from the blood to the rest of most of the body, and it also plays a role in the body's sleep/wake cycle. When an individual is exposed to constant or chronic stress, levels of cortisol remain elevated in the body, disrupting the body's ability to relax and its ability to sleep naturally. Chronic stress and abnormally elevated cortisol levels have also been associated with increased weight and with increased levels of obesity and abdominal weight (De Vriendt et al., 2008; Watanabe et al., 2003).

Key Ingredients:

Protein Blend, Protein Protein Extract, Fiber Blend, Ashwagandha (*Withania somnifera*) Root and Leaf Extracts, Biotin, Vitamins and Minerals. Key vitamins and minerals are listed below:

Calcium (as calcium phosphate), Magnesium (as magnesium oxide), Vitamin C (ascorbic acid), Vitamin E (tocopherol), Vitamin B1 (thiamine), Vitamin B2 (riboflavin), Vitamin B3 (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B12 (cyanocobalamin), Vitamin B12 (methylcobalamin), Vitamin B12, Folic acid.

Slim & Sassy® V Shake

Protein Shake

Slim & Sassy V Shake has the same high fiber and high protein content, the ashwagandha root and leaf extracts, and the protein protein extract found in the regular Trim Shake—but with natural, sugar-free options.

Key Ingredients:

Protein Blend, Protein Protein Extract, Fiber Blend, Ashwagandha (*Withania somnifera*) Root and Leaf Extracts, Biotin.

TerraGreens®

Plant or Veggie Diet Mix



TerraGreens consists of a wide assortment of fruits and vegetables known to contain high levels of vitamins, minerals, and other important nutrients that are often missing from the diet of the average person. This diet mix can help boost overall nutrient levels to the average diet, helping to support the body in maintaining optimal health.

Key Ingredients:

Kale, Collard Greens, Dandelion Greens, Wheat Grass, Barley Grass, Grass, Amaranth Cherry, Gai Berry, Lemon Essential Oil, Ginger Essential Oil

TriEase® Softgels

Essential Fatty Acids

These softgels combine three powerful essential oils that have been studied for their abilities to help the body respond appropriately to symptoms related to essential oils.

Key Ingredients:

Lemon Essential Oil, Lavender Essential Oil, Peppermint Essential Oil

Turmeric Dual-Chamber Capsules

Turmeric Supplement

This unique supplement contains the powerful anti-inflammatory compounds surrounded by nutrients essential to a powerful one-two punch to help support healthy cell and brain function.

Key Ingredients:

Turmeric Root Extract (Curcumin), Turmeric Essential Oil

vEO Mega®

Algae Essential Oil Omega Complex

This supplement is a vegan-friendly blend of essential fatty acids that is particularly high in beneficial omega-3 fatty acids. It also includes the potent antioxidant astaxanthin and a unique essential oil blend that helps enhance the benefits of the essential fatty acids.

Key Ingredients:

Algae Oil (DHA), Flaxseed Oil (ALA), Iron Dextran Seed Oil (ALA), Astaxanthin, Lutein, Lycopene, Zeaxanthin, Alpha & Beta Carotene, Borage Seed Oil (GLA), Cranberry Seed Oil (ALA), Persea Gratissima Seed Oil (LINALOL), Pumpkin Seed Oil, Grape Seed Oil, Vitamin D (cholecalciferol), Vitamin E (d-alpha-tocopherol), Clove Bud Essential Oil, Frankincense Essential Oil, Thyme Essential Oil, Cumin Essential Oil, Orange Essential Oil, Peppermint Essential Oil, Ginger Essential Oil, Cinnamon Seed Essential Oil, German Chamomile Essential Oil

vEO Mega®

Essential Oil Omega Complex

This complex is a blend of essential fatty acids. It includes essential fatty acids from both marine and land sources, the potent antioxidant astaxanthin, and an essential oil blend that helps enhance the benefits of the essential fatty acids.

Key Ingredients:

Oil (an Anchovy, Sardine, and Mackerel) and Calcium Oil Concentrates (DHA, EPA, and other Omega-3s), Lutein, Zeaxanthin, Lycopene, Zeaxanthin, Lutein (from Marigold Flower), Lycopene (from Tomato Fruit), Vitamin A (alpha and beta-carotene), Vitamin D (cholecalciferol), Vitamin E (d-alpha-tocopherol), Clove Essential Oil, Frankincense Essential Oil, Thyme Essential Oil, Cumin Essential Oil, Orange Essential Oil, Peppermint Essential Oil, Ginger Essential Oil, Cinnamon Seed Essential Oil, German Chamomile Essential Oil

Yarrow Pom Cellular Beauty Complex

Anti-Nutrient Diet

This supplement combines the Yarrow Pom active botanical nutrient blend with other essential oils and ingredients that can have a profound impact on cellular health and vitality.

Key Ingredients:

Yarrow Pom Blend, Cider Seed Essential Oil, Frankincense Essential Oil, Palmarosa Essential Oil, Tansy Essential Oil, Helichrysum Essential Oil, Helichrysum, Grapeseed Extract, Vitamin C, Zinc

Zendocrine® Detoxification Complex

Detoxification Complex

This supplement is a blend of whole food-based nutrients that may help promote healthy endocrine gland functions and the filtering of toxins by the body's system.

Key Ingredients:

Pollock Seed Husk Powder, Raspberry Leaf, Turkish Rhubarb Stem, Kelp, Milk Thistle Seed (Silymarin), Osha Root, Safflower Petals, Astragalus Root, Burdock Root, Clove Bud, Dandelion Root (Bitter), Garlic Fruit, Marshmallow Root, Red Clover Leaf (Bioflavonoid), Tryptone, Ascorbic Acid System

Personal Care and Spa



Personal Care and Spa

This section contains examples of various types of essential oil-inspired personal care and spa formulations that are available commercially as well as the key ingredients that each type of product contains. See the Essential Oils and the Essential Oil Blends sections of this book for more information on the single essential oil and blend suggestions indicated here.

Anti-Aging Eye Cream

Key Ingredients

This cream targets large fine lines and wrinkles that appear around the eyes and helps the skin to show some serious NQ, youthful appearance.

Key Ingredients

Frankincense Essential Oil, Ylang Ylang Essential Oil, Blue Tansy Essential Oil, Meadowfoam Seed Oil, Patchouli, Red Algae Extract, Retinoid

Anti-Aging Moisturizer

Anti-aging Moisturizer combines several ingredients that have been studied for their abilities to counter some of the visible signs of aging by reducing wrinkles and fine lines and improving skin elasticity and tone.

Key Ingredients

Lavender Essential Oil, Jasmine Essential Oil, Geraniol Essential Oil, Frankincense Essential Oil, Palmitic Oligopeptide and Tripeptide-3 Olanolide (Peptide Hydroxy Acid Sphered), Cupressus Oil, Sarsaparilla Bark Extract, Amodi-Oleate-3 (Tripeptide Olanolide), Vitamin B12

Baby Diaper Rash Cream

This gentle cream sooths and effectively creates a natural barrier to protect a baby's sensitive skin. It soothes and eases diaper rash while moisturizing the skin.

Key Ingredients

Lavender Essential Oil, Camellia Seed Essential Oil, Helichrysum Essential Oil, Non-Nano Zinc Oxide, Magnolia Bark Extract

Baby Hair and Body Wash

This unique baby wash contains natural ingredients that are gentle on a baby's delicate skin. It has a soft, delicate aroma that is soothing to babies and children of all ages.

Key Ingredients

Lavender Essential Oil, Roman Chamomile Essential Oil, Vanilla Extract, Magnolia Bark Extract

Baby Lotion

This unique lotion combines several ingredients to help moisturize baby's skin. It contains the soft, gentle aroma of lavender and Roman chamomile essential oils blended with a hint of vanilla.

Key Ingredients

Lavender Essential Oil, Roman Chamomile Essential Oil, Vanilla Extract, Magnolia Bark Extract, Coconut Oil, Apple Fruit Extract

Brightening Gel

Key Ingredients

Brightening Gel combines ingredients that have been studied for their abilities to prevent even pigmentation and tone in the skin and to help lessen the appearance of dark spots associated with aging.

Key Ingredients

Argemone Essential Oil, Jojoba Essential Oil, Helichrysum Essential Oil, Daisy Extract, Ginger Root Extract, Vitamin C

Breath® Vapor Stick

Key Ingredients

This handy stick contains many essential oils that are often used and studied for their abilities to help support the respiratory system. It is easy to apply and stick.

Key Ingredients

Lavender Essential Oil, Peppermint Essential Oil, Eucalyptus globulus Essential Oil, Eucalyptus Essential Oil, Helichrysum Essential Oil, Camellia Seed Essential Oil

Care Bliss® Hand Lotion

Key Ingredients

This lotion offers the same natural benefits of the gentle Hand & Body Lotion, plus the added benefits of Care Bliss.

Key Ingredients

Care Bliss This blend contains essential oils of orange, lemon, grapefruit, mandarin, bergamot, ylang-ylang, and chamomile, with vanilla bean extract. See Aromas of Body Lotion for other suggested ingredients and research.

Care Bliss® Invigorating Bath Bar

Key Ingredients

This invigorating soap combines the skin-protecting abilities of safflower, cillanese, ylang, coconut, and ylang oils with naturally relaxing essential lavender and the stimulating aroma of Care Bliss.

Key Ingredients

Care Bliss, Orange (Citrus aurantium) Kernel, Sodium Cocoyl Glucoside (Sodium Cocoyl Glucoside), Sodium Lauryl Sulfate (Sodium Lauryl Sulfate)

Correct-It®

Key Ingredients

This all-natural skin cream harnesses the healing power of essential oils to help soothe skin irritation and enhance the natural process of healing.

Key Ingredients

Frankincense Essential Oil, Helichrysum Essential Oil, Helichrysum Essential Oil, Helichrysum Essential Oil, Helichrysum Essential Oil, Helichrysum Essential Oil, Helichrysum Essential Oil, Helichrysum Essential Oil

Deep Blue® Rub

Key Ingredients



This massage and sports cream contains Deep Blue. This blend is comprised of oils that have been studied for their abilities to help reduce muscle, joint, and bone pain and inflammation. Additionally, this cream using cream-carrier ingredients known to stimulate circulation of nutrients and soothe to help soothe from soreness and stiffness.

Key Ingredients

Wintergreen Essential Oil, Camphor Essential Oil, Peppermint Essential Oil, Blue Tansy Essential Oil, Ylang Ylang Essential Oil, German Chamomile Essential Oil, Helichrysum Essential Oil, Oregano Essential Oil, Eucalyptus globulus Essential Oil, Menthol, Capric Acid, Palmitic Acid

Detoxifying Mud Mask

This natural earth mask combines the cleansing properties of kaolin, bentonite, and bentonite with skin-soothing botanicals and natural essential oils that help gently exfoliate and soothe the skin.

Key Ingredients

Jojoba Berry Essential Oil, Grapefruit Essential Oil, Myrrh Essential Oil, Natural Earth Clay, Amodi-Oleate-3 (Tripeptide Olanolide), Amodi-Oleate-3 (Tripeptide Olanolide), Amodi-Oleate-3 (Tripeptide Olanolide)

Exfoliating Body Scrub

This natural body scrub contains exfoliating vegetable oils that help nourish and soften the skin while stimulating, uplifting essential oils.

Key Ingredients:

Orange Essential Oil, Grapefruit Essential Oil, Clove Essential Oil, Sweet Almond Oil, Safflower Seed Oil, Macadamia Nut Oil, Kukui Nut Oil



Facial Cleanser

The Facial Cleanser includes special ingredients that work to gently cleanse the face while leaving the skin feeling soft, smooth, and fresh.

Key Ingredients:

Melaleuca Essential Oil, Peppermint Essential Oil, Yarn Root Extract, Safflower Extract, Marshmallow Seed Oil, Sodium PCA, Vitamin E

Hand & Body Lotion

This lotion blends special ingredients that have been studied for their unique moisturizing and skin-purifying abilities with natural, botanical ingredients. It should be formulated so that you can take in your desired essential oil or blend to create your own custom blend for many different uses.

Key Ingredients:

Safflower Seed Oil, Coconut Oil, Macadamia Seed Oil, Marshmallow Seed Extract, Cupressus (Tea Tree) Seed Extract, Shea Seed Oil, Olive (Olive) Fruit Unsaponifiables, Jojoba Oil, Bulb (Onion) Flower Extract

HD Clear® Facial Lotion

Special Ingredients

This clearing facial lotion will help to remove skin blemishes while providing lasting moisture for the skin. Using the power of essential oils, this lotion helps relieve acne and other skin blemishes.

Key Ingredients:

Melaleuca Essential Oil, Eucalyptus Essential Oil, Geranium Essential Oil, Ho Wood Essential Oil, Litsea Essential Oil, Vitamin B₅, Arnica Archa, Black Currant Seed Oil, Chamomile Oil, Mayweed, Mincia, White Willow Bark

HD Clear® Foaming Face Wash

Special Face Wash

HD Clear Foaming Face Wash blends special ingredients that have been studied for their ability to help clarify the skin and to create a healthy environment for development of the face.

Key Ingredients:

Rosewood Essential Oil, Melaleuca Essential Oil, Eucalyptus globulus Essential Oil, Geranium Essential Oil, Litsea Essential Oil, Black Currant Seed Oil, Ho Wood Essential Oil, Litsea Essential Oil, White Willow Bark Extract, Glycyrrhiza Inflata Root Extract, Camphor, Chamomile, Vitamin E

Healthy Hair Glaze

Also called

Healthy Hair Glaze combines special ingredients that have been studied for their abilities to provide a hair-activated healthy hold for hair without chemical build up, while helping to protect and strengthen the hair on the molecular level.

Key Ingredients:

Lavender Essential Oil, Peppermint Essential Oil, Marjoram Essential Oil, Cedarwood Essential Oil, Litsea Essential Oil, Rosemary Essential Oil, Nard (Nardus pappaveracea) Essential Oil, Eucalyptus (E. globulus) Essential Oil, Tangerine Essential Oil

Hydrating Body Mist with Beautiful

Hydrating Body Mist with Beautiful combines moisturizing vegetable oils along with the beautiful natural oil blend to help promote healthy, clear, youthful-looking skin.

Key Ingredients:

Lime Essential Oil, Oramunda Essential Oil, Bergamot Essential Oil, Frankincense Essential Oil, Coconut Oil, Safflower Seed Oil, Passion Fruit Seed Oil, Avocado Oil

Hydrating Cream

Hydrating Cream combines essential oils known for their abilities to soothe and balance the skin's natural moisture levels with a complex of signaling molecules that have been studied for their abilities to help promote the production of collagen and other extracellular matrix proteins that are crucial for skin's moisture-retaining ability.

Key Ingredients:

Lavender Essential Oil, Geranium Essential Oil, Frankincense Essential Oil, Litsea Essential Oil, Eucalyptus, Camphor, Glycyrrhiza Extract, Magnolia Extract, Blackberry (Rubus) Seed Extract

Invigorating Scrub



Invigorating Scrub combines fragrant and stimulating essential oils, vegetable extracts, and other natural ingredients known for their ability to soothe and polish skin.

Key Ingredients:

Grapefruit Essential Oil, Peppermint Essential Oil, Jojoba Seed (Hydrogenated Jojoba Oil), Mandarin Orange Extract, Jasmine Flower and Leaf Extract, Citrus Blackberry Root Extract

Lip Balm

Help hydrate and soothe lips with this natural moisture ting lip balm.

Key Ingredients:

Original Blend

Orange Essential Oil, Peppermint Essential Oil

Tropical Blend

Lime Essential Oil, Chamomile Essential Oil, Thai Ylang Essential Oil

Harsh Blend

Spruce Essential Oil, Marjoram Extract, Litsea Essential Oil

Coconut Oil, Myrror Oil, Kukui Nut Oil

Moisturizing Bath Bar

This unique soap combines the moisturizing abilities of palm, coconut, and jojoba oils with skin softening and the stimulating aroma of bergamot and grapefruit essential oils.

Key Ingredients:

Bergamot Essential Oil, Grapefruit Essential Oil, Sodium Cocoyl (Saponified Coconut Oil), Vegetable Glycerin, Jojoba Oil, Aloe Leaf Juice

Natural Deodorant

This natural deodorant combines the natural deodorizing and antiseptic properties of eucalyptus, melaleuca, bergamot, and lavender essential oils with a base of lemongrass, coconut oil, shea butter, and cornstarch.

Key Ingredients:

Rosemary, Coconut Oil, Shea Butter, Cypress Essential Oil, Melaleuca Essential Oil, Bergamot Essential Oil

On Guard® Cleaner Concentrate



This natural cleanser combines the protective benefits of On Guard with plant-based ingredients to create a tough, yet soft and non-toxic, multi-purpose household cleaner.

Key Ingredients:

On Guard® contains orange, clove bud, cinnamon bark, Eucalyptus radiata, and rosemary essential oils.

On Guard® Foaming Hand Wash

Protects Hand Wash

On Guard Foaming Hand Wash combines several essential oils into a healthy, all-natural hand soap that is gentle enough for circulation with sensitive skin to use. It leaves hands feeling clean, soft, and fresh while it prevents against harmful microorganisms.

Key Ingredients:

Sweet Orange Essential Oil, Clove Bud Essential Oil, Cinnamon Bark Essential Oil, Rosemary Oil.

On Guard® Laundry Detergent

Protects Laundry Detergent

This detergent combines the natural antiseptic properties of the oils contained in On Guard with naturally based surfactants, enzymes, and stabilizers.

Key Ingredients:

On Guard® contains orange, clove bud, cinnamon bark, Eucalyptus radiata, and rosemary essential oils. Naturally Sourced Enzymes, Natural Surfactants, Natural Care-Based Surfactant Stabilizers.

On Guard® Mouthwash

Protects Mouthwash

This natural mouthwash formulation offers the protective benefits of On Guard infused with peppermint, wintergreen, and eucalyptus essential oils.

Key Ingredients:

On Guard® Wintergreen Essential Oil, Myrtle Essential Oil, Peppermint Essential Oil, Mineral Flavors, Monk Fruit Extract, Natural Xylitol.

On Guard® Natural Whitening Toothpaste

Protects Toothpaste

This natural toothpaste formulation offers the protective benefits of On Guard along with peppermint, wintergreen, and eucalyptus essential oils.

Key Ingredients:

On Guard® contains orange, clove bud, cinnamon bark, Eucalyptus radiata, and rosemary essential oils. Myrtle Essential Oil, Peppermint Essential Oil, Calcium Hydroxyapatite, Natural Xylitol, Hydroxyl Silica.

Pore Refining Toner

Refine Skin

This toner includes ingredients that have been studied for their abilities to help reduce the visible size of pores while eliminating skin irritation and stress.

Key Ingredients:

Lavender Essential Oil, Ylang Ylang Essential Oil, German Chamomile Essential Oil, Aloe Leaf Juice, Waxes, Vitamin E, Apple Fruit Extract, Essential Oil and Fruit Extracts, Witch Hazel.

Protecting Shampoo

Protecting Shampoo blends ingredients that have been studied for their abilities to cleanse and protect hair, especially hair that has been chemically treated or heat styled. This shampoo combines the benefits of essential oils with natural organic based cleansers and oat peptides to naturally protect, repair, and condition damaged hair—and to protect hair against future damage.

Key Ingredients:

Argan Oil, Dextrin (Starch), Oat Peptides, Essential Oil of Silver, Orange Essential Oil, Lime Essential Oil.

Hydrating Body Wash

This natural body wash contains several ingredients that work to gently cleanse the skin while leaving it soft, hydrated, and refreshed.

Key Ingredients:

Green Tea Essential Oil, Bergamot Essential Oil, Cinnamon Essential Oil, Indian Mustard Seed Oil, Ylang Ylang.

Replenishing Body Butter



This body butter combines natural ingredients that help to moisturize and soothe troubled areas of the skin that take the most abuse, such as the elbows, feet, and hands.

Key Ingredients:

Orange Essential Oil, Douglas Fir Essential Oil, Frankincense Essential Oil, Shea Butter, Avocado Oil, Cocoa Seed Butter, Jojoba Oil.

Reveal Facial System

Two-Step Facial System

The Reveal Facial System consists of a two-part approach facial care system that contains ingredients that have been studied for their abilities to help exfoliate and polish the skin and their ability to help collagen peptides to help maintain firm, tone, reduce skin.

Key Ingredients:

Phospholipid Esters, Acetyl Hexapeptide-8, Coenzyme Q, Polylactyl Oligopeptide, and Polylactyl Tripeptide-10 (Matrixyl SynGene), Orange Essential Oil, Lime Essential Oil.

Root to Tip Serum

Moisturize

Root to Tip Serum contains beneficial essential oils with Moisture-retain-ol to nourish, protect, moisturize, and revitalize the hair and scalp.

Key Ingredients:

Argan (Argemone-pinnata) Oil, Lavender Essential Oil, Peppermint Essential Oil, Marjoram Essential Oil, Cedarwood Essential Oil, Lavender Essential Oil, Rosemary Essential Oil, Nettle (Urtica dioica) Essential Oil, Eucalyptus (E. globulus) Essential Oil.

Rose Hand Lotion

Revitalize Body Care

This lotion offers the same natural benefits of the regular Hand & Body Lotion, plus the added benefits of rose essential oil.

Key Ingredients:

Rose Essential Oil.

See *Hand & Body Lotion* for other suggested ingredients and research.

Scrubby Bath Bar

Caring Bath Bar

This scrubbing soap combines the skin protecting abilities of essential oils, such as, palmarosa, and ylang ylang with the exfoliating properties of olive leaves and the relaxing aroma of Sarsaparilla.

Key Ingredients:

Sarsaparilla, Indian Coconut (Superfatted Coconut Oil), Aloe Leaf Juice.

Smoothing Conditioner

This conditioner contains several ingredients known for their ability to help smooth hairiness, thin, hollow, and overall health to hair. This formulation is designed to help smooth the outside layer of the hair strands, reducing mechanical damage caused by friction. This conditioner combines the benefits of essential oils with natural botanical extracts to remedy conditions and repair damaged hair and to protect hair against future damage.

Key Ingredients:

Botanical Extracts, Lavender Essential Oil, Peppermint Essential Oil, Marjoram Essential Oil, Cedarwood Essential Oil, Lemongrass Essential Oil, Rosemary Essential Oil, Natch (Hibiscus polycarpus) Essential Oil, Eucalyptus (E. globulus) Essential Oil.

Tightening Serum

Skin Tightening Serum

Tightening Serum contains ingredients that have been studied for their abilities to hydrate and tighten the skin in order to reduce the appearance of fine lines and wrinkles.



Key Ingredients:

Frankincense Essential Oil, Sandalwood Essential Oil, Myrrh Essential Oil, Anise (anise) and Hydroxy Anise Essential Oils (Hibiscus & Anise), Clove (Elettaria), Perfumaldehyde (Proprietary Perfumaldehyde), Ficus (Ficus) Root Extract (Black Tree Root Extract), Benzoin.

Verage™ Cleanser

Facial Skin Cleanser

This natural gel cleanser will reduce the appearance of skin aging by hydrating, smoothing, and smoothing the skin. To help produce a glowing youthful complexion, use this cleanser to remove makeup and dirt, deeply cleanse pores, and soothe skin.

Key Ingredients:

Orange Essential Oil, Basil Essential Oil, Melaleuca Essential Oil, Anise (Anise) and Euphorbia, Camomile Oil, Olive Oil.

Verage™ Immortelle Hydrating Serum

Hydrating Serum

This anti-aging hydrating serum combines the action of Immortelle with other natural ingredients to reduce the appearance of skin aging. By increasing the natural moisture of the skin, this serum ensures the youthful properties associated with healthy skin, such as firmness, elasticity, and hydration.

Key Ingredients:

Frankincense Essential Oil, Sandalwood Essential Oil, Lavender Essential Oil, Myrrh Essential Oil, Helichrysum Essential Oil, Rose Essential Oil, Euphorbia, Olive Oil, Jojoba Oil, Macadamia Oil.



Verage™ Moisturizer

Anti-Wrinkling Lotion

This moisturizing facial lotion is ideal for all skin types and provides hydration as well as skin nourishment. As the lotion hydrates deeply it helps to reduce wrinkles and smooth the skin.

Key Ingredients:

Yarrow Essential Oil, Geranium Essential Oil, Sea Buckthorn Berry Essential Oil, Jojoba Berry Essential Oil, Rose Rose Oil, Shea Butter, Phellodendron Americanum Root Extract.

Verage™ Toner

Facial Skin Toner

This soothing skin toner will reduce the appearance of skin aging by hydrating, toning, and smoothing the skin. To help produce a youthful complexion, use this toner to increase skin glow, tone, and texture, and tighten pores.

Key Ingredients:

Yarrow Yarrow Essential Oil, Camomile Essential Oil, Cypress Essential Oil, Peltandra Essential Oil, Witch Hazel, Aloe.

Yarrow Root Body Renewal Serum

Body Renewal Serum

This unique serum combines the oil-smoothing and antioxidant properties of Yarrow Root with essential and vegetable oils known to moisturize, smooth, and tone the skin.

Key Ingredients:

Yarrow Root, Borneo Chamomile Essential Oil, Yarrow Essential Oil, Peppermint Essential Oil, Camomile Essential Oil, Jojoba Oil, Sea Buckthorn Seed Oil, Avocado Oil, Grape Seed Oil, Argan (Argan) oil, Pomegranate Extract, Cacao (Cocoa) extract/Seed Extract.



My Usage Guide



Additional Notes on Using Essential Oils

- Essential oils get into your skin by accident or if they leak. Be sure to wash the skin where the oil with water. This will only drive the oils deeper into the skin. It is best to dilute the essential-oil-on-leakage with a just-vegetable-oil bath or treatment (see next oil).
- The FDA has approved some essential oils specifically for internal use and gives them the following designations: GRAS (Generally Recognized As Safe for human consumption), LAR (Lowest Available Risk), and TL (Therapeutic agent). These designations are listed under each of the 400+ Essential Oils for each drop of each drop of the oil.
- Using more oils such as lemon, orange, grapefruit, bergamot, etc., helps in clearing exposure to direct sunlight or UV rays (burning, tanning, for example) and some acids, pigmentation, or skin irritants. Please see the safety information under each oil in the Essential Oils chapter of this book for further information, then either dilute these oils and use a small amount, or avoid them use altogether.
- Caution should be used with oils such as clove and eucalyptus during pregnancy. These oils contain active constituents which however the activity and could possibly irritate or even react in the mother although there are no recorded cases in humans.
- Petroleum can should be taken when using lemon, orange, bergamot, grapefruit, and others, as they are some of the strongest and most sensitive oils. It is best to dilute them with a just-vegetable-oil.
- When a blend or recipe is listed in this section, rather than use the oils together, it may be more beneficial to layer the oils that is, apply a drop or two of one oil, wait 15 min, and then apply another oil. If dilution is necessary, a just-vegetable-oil can be applied to help effectiveness in the layering.
- Love is often lost but use 1-2 drops of oil and use more than 1 drop at a time. Note, and note as a disclaimer: disclaimer.
- When applying with no infants and small children, dilute 1-2 drops per essential oil with 1-2 tsp (5-10 ml) of a just-vegetable-oil bath or treatment (see next oil). If the oils are used in the bath, always use a bath pillow as a dispersing agent for the oils. See Children and Infants in this section for more information about the recommended use of oils for babies and children.
- The body absorbs oils the fastest through inhalation, breathing, and second fastest through application to the skin or skin. Layering oils can increase the rate of absorption.
- The life expectancy of a cell is 120 days (4 months). When cells divide, they make duplicate cells. If the cell is damaged, new damaged cells will be made. When we use the nutrients of the essential oils (some healthy oils), we help the cells. Essential oils have the ability to penetrate and carry nutrients through the cell membrane to the nucleus and to pass the health of the cell.
- An extreme caution when diffusing oils or essential oils may harm the health if you put your nose directly under the inhaler of the diffuser when the unit is running.
- When standing by oil, you should always have your oil hand checked. A very machine may interfere with the frequency of the oil.
- Keep oils away from the light and heat—although they seem to be in the temperature up to 100°F (37°C). If stored properly in a cool, dark environment, they can maintain their maximum potency for many years.

Symbols and Colors Used in This Section

	Primary Recommendation		Topical
	Secondary Recommendation		Aromatic
	Other Recommendation		Internal
	Body System(s) Affected		Cleansing/Detoxifying
	See Additional Research		

My Usage Guide

ADD/ADHD

Attention deficit disorder or attention deficit hyperactivity disorder is a psychological condition characterized by inattentiveness, restlessness, and difficulty concentrating. Although most individuals exhibit all of these symptoms at some point, ADHD is characterized by a frequency and duration of these symptoms that are inappropriate to an individual's age.

Depth Solutions: ADD/ADHD: Combine 3 drops lavender and 3 drops basil in a natural glass or weighted clay pot, and wear throughout the day.

Oil:          

Blend 1: Combine equal parts lavender and basil. Dilute, and apply 1-2 drops on the crown of the head.

 Diffuse into the air. Inhale oil directly from the bottle, or apply to a tissue or cotton cloth.

 Dilute as recommended, and apply 1-2 drops on the bottom of the feet and/or on the spine.

 Body System(s) Affected: Nervous System and Emotional Balance.

AND/HSV

See also Acne/eczema

Acquired immune deficiency syndrome (AIDS) is a disease of the human immune system. AIDS progressively inhibits the effectiveness of the immune system, leaving the human body susceptible to both infections and tumors. AIDS is caused by the human immunodeficiency virus (HIV), which is spread by direct contact of the bloodstream or mucous membranes with a body fluid such as blood, semen, vaginal fluid, breast, and pre-ejaculate fluid) containing HIV.

Oil:          

 Diffuse into the air. Inhale oil directly from the bottle, or apply to a tissue or cotton cloth.

 Dilute as recommended, and apply 1-2 drops on the bottom of the feet and/or on the spine.

 Body System(s) Affected: Nervous System

 Additional Research:

Holmes, Agard, et al. 2005. *Essential Oils*. p. 101.

Abcess

See Oral Conditions: Abscess

Abuse

Abuse is the harmful treatment or use of something or someone. Abuse has many different facets: physical, sexual, verbal, spiritual, psychological, etc. Abuse is all of its forms often has long-lasting negative effects on the person or thing abused.

Oil:     

 Apply oil topically over the heart, side or back, and then top/bottom and whole deeply to help release negative emotions associated with abuse.

 Body System(s) Affected: Emotional Balance.

Acne

Acne is a skin condition, generally of the face, commonly found in adolescents and young adults. Acne is characterized by red, inflamed blisters (pimples) on the skin. Most commonly, acne is found on the oil-producing parts of the body such as the face, chest, back, upper arms, and back of neck. Acne is a blockage of a skin pore by dead skin cells, tiny hairs, and oil secreted by the sebaceous glands located near the hair follicles in the face, neck, and back. This blockage occurs deep within the skin. Acne is not currently believed to be caused by dirt on the face or by eating certain foods, and research has indicated that over-scrubbing the face may actually make acne worse.

Depth Solutions: Acne: Add 2 drops melaleuca to 1 tsp (250 ml) warm water, and use until fully resolved over a day.

Oil:          

— **Spelling**

—(44) *gustat* 'He eats'.

[illegible]

Dysentery

See also: Ananthanarayanan, Digestive System (Overview)

Dysentery is a term. It refers to diarrhea, often with blood in stool, that occurs due to infection by bacteria or parasites. Dysentery can be fatal due to dehydration if left untreated. See *Dysentery-Symptom Checklist* for information on understanding the body.

Simple Solution: *Dysentery:* Blend 3 drops per person and 3 drops each with 1 tsp. of only unflavored coconut oil, and apply as ointment. Use only when necessary (see above), and only in medical situations.

Oil: *Coconut, Castor, Olive, Sesame, Sunflower, Jojoba, Pomegranate, Eucalyptus*

Oil is recommended, and apply as ointment and as liniment of last.

Body System(s) Affected: Digestive System

Dyspepsia

See: Digestive System (Indigestion)

Ears

Oil: *Castor, Coconut, Eucalyptus, Jojoba, Olive, Sesame, Sunflower, Pomegranate, Eucalyptus, Peppermint, Rosemary, Lavender, Cedarwood*

—Deafness

Simple Solution: *Deafness:* Add 1 drop each of basil and eucalyptus to a cotton ball. Hold the cotton over the ear canal (not in the ear canal) for 30 minutes.

Oil: *Castor, Coconut, Eucalyptus*

—Hearing in a Tunnel

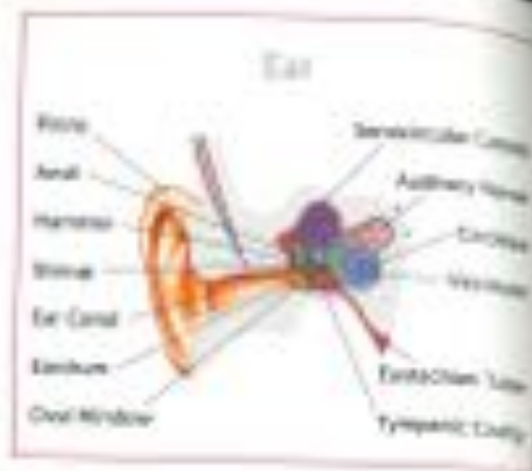
Oil: *Castor*

—Infection

Oil: *Castor, Eucalyptus, Jojoba, Sesame*

—Inflammation

Oil: *Castor*



—Tinnitus

Tinnitus is a ringing or other audible noise in the ear caused by ear infection, wax buildup, or a block in the eustachian tube.

Simple Solution: *Tinnitus:* Add 1 drop eucalyptus to a cotton ball. Hold the cotton over the ear canal (not in the ear canal) for 30 minutes.

Oil: *Castor, Coconut, Eucalyptus*

Caution: Never put oil directly into the ear canal. Oil is recommended, and apply 1-2 drops in each of the ear and behind the ear as the eardrum heals. Apply 1 drop of oil to each ear canal, and place over opening to ear canal (do not put oil in the ear canal). Place 1 drop of oil in each ear, and only spread the oil over.

Diffuse into the air.

Body System(s) Affected: Nervous System, Digestive System, and Respiratory System

Eating Disorders

Simple Solution: *Eating Disorders:* Diffuse grapefruit in an aromatherapy diffuser to help soothe the mind when feeling overwhelmed from food or compulsive behaviors.

—Anorexia

Anorexia is a psychological disorder where a person becomes obsessed with body size and weight, often depriving him or herself of food to avoid gaining weight.

Oil: *Castor, Coconut, Eucalyptus*

Diffuse into the air. Inhale directly from bottle. Apply oil to hands, face, or entire body, and inhale.

—Bulimia

Bulimia is a disorder characterized by periods of overeating, or bingeing, followed by periods of self-induced vomiting, fasting, or abuse of laxatives and diuretics to purge the body of the food or to compensate for the overeating.

Oil: *Castor, Coconut, Eucalyptus*

Diffuse into the air. Inhale directly from bottle. Apply oil to hands, face, or entire body, and inhale.

—Overeating

Overeating is eating too much food for the body to use. It includes bingeing (eating so much at one time that the stomach is overly filled and uncomfortable or painful) or chronic overeating (eating more than the body needs over a long period of time). Consistently overeating can lead to obesity and other health problems.

Oil: *Castor, Coconut, Eucalyptus, Peppermint, Rosemary, Lavender, Cedarwood*

Other Products: *Castor & Sesame Tincture*

Add 3 drops of *Castor & Sesame* to 2 cups (16 fl. oz.) of water, and drink throughout the day between meals. Drink *Tea or Tincture* 1-2 times per day as a mild alternative.

Diffuse into the air. Inhale directly from bottle. Apply oil to hands, face, or entire body, and inhale.

Body System(s) Affected: Nervous System, Digestive System, and Endocrine System

Additional Research:

Castor & Sesame Tincture (see above) (see above)

Eczema

See: Skin Dermatitis/Eczema

Edema

See also: Allergies, Diabetic, Inflammation

Edema is swelling caused by the abnormal accumulation of fluid in a tissue or body cavity. This can be caused by an allergic reaction, inflammation, injury, or as a signal of problems with the heart, liver, or kidneys.

Oil: *Castor, Coconut, Eucalyptus, Jojoba, Olive, Sesame, Sunflower, Pomegranate, Eucalyptus*

Oil is recommended, and apply 1-2 drops as liniment.

Add 2-3 drops to 1 cup (250 ml) of water, and drink every 3 hours.

Body System(s) Affected: Cardiovascular System, Digestive System, and Nervous System

Elbow

See Joints: Tennis Elbow

Emergency Oil

The following oils are recommended in case of an emergency:

Castor: The oil is analgesic (for rapid pain relief) and a drawing salve (to pull toxins/infections from the body). Good for aches, inflammation, bruising, sores, and infections.

Frankincense: Enhances effect of any other oil. It helps with clarity of mind, softens all skin concerns, sores, and reduces anxiety and mental and physical fatigue. Reduces hyperactivity, insomnia, irritability, and restlessness. Helps with focus and concentration.

Lavender: Use for agitation, anxiety, heart (can mix with eucalyptus, big sage, lemon, heart irregularities, stress, lower stress, soothe, pain (inside and out), low energy, asthma, soothe (combine with frankincense), and controls. Relieves insomnia, depression, and TMS and is a natural anti-inflammatory (reduce or relieve).

Lemon: Use for asthma, colds, congestion, coughs, cuts, digestive issues, sore throat, sores, and sores. It lifts the spirits and reduces stress and fatigue. Lowers blood pressure, reduces acid, reduces skin sores, and encourages circulation.

Peppermint: Use for sore and cramping muscles and chills (mix with peppermint, drink lots of water). Apply to bottom of foot to relieve to warm feet.

Ylang-ylang: Use for leg pain, colds, coughs, cuts, sores, digestive issues, sores, infections (see above), stress, lower stress, soothe (combine with frankincense), and controls. Relieves insomnia, depression, and TMS and is a natural anti-inflammatory (reduce or relieve).

Diagnose Use as a home-day antibiotic. Generally with skin all or almost all its capacity is typically in business of heat—follow up with herbs and peppermint. Also for fungal infections and for reducing pain and inflammation of arthritis, back ache, toothache, cold, nasal syndrome, throat pain, and sinus. Always dilute.

Peppermint Use as an analgesic for typical pain relief, bumps, and bruises. Can also be used for circulation, fever, headache, indigestion, motion sickness, nausea, some problems, or vomiting.

Acacia/Tea Use for inflammation and sprain relief. It is soothing and anti-inflammatory antiseptic massage.

Banana Use for allergies, asthma, asthma, bronchitis, congestion, cold, cough, flu, and respiratory distress.

Shag Blue Use for pain relief. Works well in case of arthritis, bruise, cold, toothache, headache, inflammation, joint pain, sprains, muscle pain, sprain, and rheumatism. Follow with peppermint to enhance effects.

Digoxin Use for all digestive issues such as bloating, constipation, indigestion, diarrhea, food poisoning (intestinal), heartburn, indigestion, motion sickness, nausea, and vomiting. Also can be used on diaper rash.

On Guard Use to disinfect all surfaces. It eliminates mildew and viruses and helps to lower the immune system (because of heat or naturally on daily).

Purple Use for various pathogens, such as germs (on any surface), insect bites, insect bite types and water, and wounds. Also lowers the immune system.

Tanaka Use on all living tissues and skin (on human bodies and pets).

Emotions

See also Anxiety, Calming, Depression, Fear, Grief/Sorrow, Stress, Emotional Stress, Griefing

To put it simply, emotions are the way we currently feel. These feelings come in response to what we see, smell, hear, feel, taste, think, or have experienced and can affect our future thoughts and behavior. While much is still being discovered about the complex psychological and physiological processes involved in emotions, researchers have discovered that emotions involve many different systems in the body, including the brain, the sensory system, the endocrine/hormonal system, the autonomic nervous system, the immune

system, and the release or inhibition of neurotransmitters (such as dopamine) in the brain. Research has also begun to uncover compelling evidence that various emotional, life and brain components have the ability to affect each other in these systems, making the emotional side an interesting tool for helping to balance emotions in the human body.

On Guard Use for all digestive issues such as bloating, constipation, indigestion, diarrhea, food poisoning (intestinal), heartburn, indigestion, motion sickness, nausea, and vomiting. Also can be used on diaper rash.



Acceptance:
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Foot

Oil: *Caryophyllus*, *Thymus*, *Caryophyllus*

—Athlete's Foot: See Antifungal: Athlete's Foot

—Blister:

Oil: *Camphor*, *Eucalyptus*, *Calendula*, *Cherry*

—Burrhead: See also Burrhead

A burrhead is located at the base of the finger. It is often caused by excessive skin that has the tendency to pull inward at the base of the finger to join again. This enlargement was called the burrhead at the base of the toe and caused it to become inflamed, which causes further irritation.

Oil: *Eucalyptus*

—Callus:

A callus is a flat, thick growth of skin that develops on areas of the skin where there is constant friction or rubbing. Calluses typically form on the bottoms of the feet, but they can also form on the hands or other areas of the body exposed to constant friction.

Oil: *Eucalyptus*

—Club Foot:

Oil: *Eucalyptus*, *Camphor*, *Camphor*, *Camphor*

—Corns:

Corns are painful growths that develop on the small toes due to repetitive friction or pressure (often from ill-fitting shoes). If untreated, corns can cause increased pressure on underlying tissue, causing some damage or infection.

Oil: *Camphor*, *Eucalyptus*, *Eucalyptus*, *Camphor*, *Camphor*

—Diffuse: See recommended, and apply to area. Cover with 1–2 drops with indicated essential oil, and massage on location.

—Body System(s) Affected: Muscles, Nerve System, and Skin

Forgiveness

See Memory

Free Radicals

See Antioxidant

Fertility

See Sexual Issues: Female Fertility

Fungus

See Antifungal

Gallbladder

The gallbladder is a small sac that stores bile from the liver until it is needed to help with digestion in the small intestine. The gallbladder is located just below the liver.

Oil: *Eucalyptus*, *Camphor*, *Camphor*

—Infection:

Oil: *Camphor*

—Mucous:

Gallstones are formed by cholesterol that has crystallized from the bile stored in the gallbladder. These stones accumulate in the sac that carries bile from the gallbladder to the small intestine from the common hepatic duct that allows bile to flow into the small intestine. Gallstones blocking these ducts can be painful and can lead to even serious complications, such as infection or jaundice.

Simple Solution: *Yellow* Apply 1 drop milk or grapefruit seed extract over the gallbladder area. Hold a washcloth saturated with warm water over the area for 15 minutes.

Oil: *Eucalyptus*, *Eucalyptus*, *Camphor*, *Camphor*

—Diffuse: See recommended, and apply 1–2 drops over gallbladder area. Apply over warm water over the gallbladder area.

—Body System(s) Affected: Endocrine System and Digestive System

Gallstones

See Gallbladder: Stones

Gangrene

Gangrene is the localized decay of body tissue caused by a loss of blood to that area. One gangrene is caused

by bacteria entering a deep wound that has become the blood supply or not a cell entirely. The bacteria cause pain and pus in the infected area, causing severe pain and sometimes decay of the tissue.

Oil: *Eucalyptus*, *Camphor*, *Camphor*

—Diffuse: See recommended, and apply 1–2 drops on location.

—Body System(s) Affected: Skin and Immune System

Gift

See Digestive System: Gas/Patience

Gastritis

See Digestive System: Gastritis

Gonorrhea

See Female-Specific Conditions, Male-Specific Conditions/Issues

Gout

See Antifungal, Antifungal, Arthritis

Gingivitis

See Oral Conditions: Gum Disease

Gonorrhea

See Thyroid: Hyperthyroidism

Gout

Gout is a painful inflammation of a joint caused by a buildup of uric acid crystals deposited in the joint. This acid is formed during the natural breakdown of dead tissues in the body. An excess of uric acid in the blood stream can lead to the formation of crystals in the joints or kidneys (kidney stones). Some good ways to prevent the formation of uric acid crystals include maintaining a healthy body weight (which lowers the body's ability to break down), exercising, and drinking plenty of water.

Simple Solution: *Light* Apply 1 drop Deep Blue on joint to help soothe pain.

Oil: *Camphor*, *Camphor*, *Camphor*, *Camphor*

—Diffuse: See recommended, and apply 1–2 drops on location.

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Additional Research:

Wang, W. *Journal of Dermatology*, 2010; 47(10): 1155-1160. (Review)
 Wang, W. *Journal of Dermatology*, 2010; 47(10): 1155-1160. (Review)
 Wang, W. *Journal of Dermatology*, 2010; 47(10): 1155-1160. (Review)

Curt Disease

See Oral Conditions: Curt Disease

Gums

See Oral Conditions: Gums

Hair

See Additions

Hair

Other Products: *Conditioning Conditioners*, *Conditioning Shampoo*, *Conditioning Tip Serum*, *Conditioning Tip Serum*



Beard

Other Products: *Conditioning Conditioners*, *Conditioning Shampoo*, *Conditioning Tip Serum*, *Conditioning Tip Serum*

Children

Other Products:

Dandruff

Other Products: *Conditioning Conditioners*, *Conditioning Shampoo*, *Conditioning Tip Serum*

Dandruff: See also Anti-fungal

Dandruff is a scalp condition characterized by the excessive shedding of dead skin cells. A small amount of flaking on the scalp is normal, as old skin cells shed and new skin cells grow. Dandruff occurs when the shedding of dead skin cells becomes excessive and visible. Dandruff can be caused by many possible factors: increased sebum production, allergies, weathering of hair sprays and gels, excessive use of styling tools, cold weather, infrequent shampooing, etc. Many specialists believe that dandruff is caused by a tiny fungus called *Pityrosporum* yeast.

Simple Solution: *Dandruff*. Combine 3 drops niacinamide with 1 tsp. D oil jojoba oil, and apply to scalp in shower before washing hair.

Other Products: *Conditioning Conditioners*, *Conditioning Shampoo*, *Conditioning Tip Serum*

Dry

Other Products: *Conditioning Conditioners*, *Conditioning Shampoo*, *Conditioning Tip Serum*

Other Products: *Conditioning Conditioners*, *Conditioning Shampoo*, *Conditioning Tip Serum*

Estrogen Balance:

Estrogen is a steroid hormone that causes the development of female characteristics such as breasts and larger hips, helps with calcium uptake and balance, and plays some other important roles. Estrogen also helps hair to grow faster and to stay on the head longer. Estrogen levels fall, hair loss can quickly result.

Other Products:

Fragile Hair

Other Products: *Conditioning Conditioners*, *Conditioning Shampoo*, *Conditioning Tip Serum*

Other Products: *Conditioning Conditioners*, *Conditioning Shampoo*, *Conditioning Tip Serum*

Greasy/Oily Hair

Other Products: *Conditioning Conditioners*, *Conditioning Shampoo*, *Conditioning Tip Serum*

Other Products: *Conditioning Conditioners*, *Conditioning Shampoo*, *Conditioning Tip Serum*

Other Products:

Other Products: *Conditioning Conditioners*, *Conditioning Shampoo*, *Conditioning Tip Serum*

Itching

Other Products:

Loss

One common form of hair loss, especially in men, is androgenic alopecia (also known as male-pattern baldness or receding). This condition is thought to be caused by a genetically pre-disposed sensitivity within the hair follicles to androgens, hormones that cause them to shrink when exposed to this hormone. This shrinking of the hair follicles hinders their ability to produce hair, leading to a receding hairline and partial baldness on the top and sides of the head in males and thinning hair in females. Another common form of baldness, especially in females, is alopecia areata, which is a condition in which hair loss occurs on all or part of the body. The most common form of alopecia areata involves the loss of round patches of hair on the scalp, leaving this condition to be commonly referred to as "spot baldness."

Other Products: *Conditioning Conditioners*, *Conditioning Shampoo*, *Conditioning Tip Serum*

Apply 1-2 drops of oil to scalp, and massage into hair and scalp before hair is shower. Use shampoo and rinse hair as normal. Add 1-2 drops of oil to 1 Tbs. (15 ml) of an unscented shampoo or shower gel, and use to shampoo hair. Use shampoo and conditioner as directed on bottles.

Other Products:

Additional Research:

Wang, W. *Journal of Dermatology*, 2010; 47(10): 1155-1160. (Review)

Hairloss

See Oral Conditions: Hairloss

Hands

Other Products: *Conditioning Conditioners*, *Conditioning Shampoo*, *Conditioning Tip Serum*

Dry

Other Products:

Megacyst

Other Products:

Tingling Itch

Other Products:

Other Products: *Conditioning Conditioners*, *Conditioning Shampoo*, *Conditioning Tip Serum*

Other Products: *Conditioning Conditioners*, *Conditioning Shampoo*, *Conditioning Tip Serum*

Hangovers

A hangover is a set of unpleasant physical effects that occur after heavy alcohol consumption. Common symptoms of a hangover include nausea, headache, lack of energy, diarrhea, and increased sensitivity to light and noise.

Simple Solution: *Hangover*. Add 1 drop grapefruit, 1 drop orange, and 1 drop lemon to 1 cup (250 g) of water. Drink it up (25 g) of the oil to water balance for a morning bath.

Other Products: *Conditioning Conditioners*, *Conditioning Shampoo*, *Conditioning Tip Serum*

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Other Products: *Conditioning Conditioners*, *Conditioning Shampoo*, *Conditioning Tip Serum*

Other Products: *Conditioning Conditioners*, *Conditioning Shampoo*, *Conditioning Tip Serum*

Hashimoto's Disease

See also Thyroid: Hypothyroidism

Hashimoto's Disease is an autoimmune disorder where the immune system attacks the thyroid, causing it to swell up and become inflamed. Hashimoto's Disease does not have a unique set of symptoms, but possible symptoms include increased fatigue, weight gain, muscle pain and stiffness, a hoarse voice, prolonged menstrual bleeding, constipation, a feeling of tightness in the throat, sensitivity to cold, dry skin, and depression.

Other Products: *Conditioning Conditioners*, *Conditioning Shampoo*, *Conditioning Tip Serum*

Blind: Combine 1 drop each of lavender, helichrysum, myrror, and poppy seed. Apply on location; then apply on sock.

☺ Dilute as recommended, and apply 1-2 drops on location or on reflex points on the foot. Combine 3-10 drops with 1 Tbs. (15 ml) fractionated coconut oil, and massage on location.

☞ Body System(s) Affected: Urinary System

Kidneys

The kidneys are paired organs located just below the diaphragm on either side of the spine that function as filters to remove waste and extra water from the blood. The kidneys connect the waste and extra water into urine that is then removed through urination. The kidneys also play an important role in hormone production.

Simple Solution: **Kidney Stones:** Drink a glass of water with 1 tsp. (5 ml) lemon juice daily to help prevent kidney stones.

Oil: *Chamaejasme, Helichrysum, Myrror, Poppy Seed, and 2 Squamous, Squarilla, Squarilla, Squarilla, Squarilla*

Other Products: *Oil 1 (100% pure) or Oil 2 (100% pure) to provide complete kidney care that helps support kidney function. *Myrror, Myrror, Myrror, Myrror* to help support healthy kidney functioning.*

☺ Dilute as recommended, and apply to kidneys and reflex points on the foot. Apply as a hot compress.

☺ Take capsules as directed on package. Add 1-2 drops of essential oil to an empty capsule; swallow capsule.

-Diuretic: See Diuretic

-Infection:

Kidney infections occur when bacteria enter the urinary tract. They are treated by fever, abdominal pain, chills, painful urination, dull kidney pain, nausea, vomiting, and a general feeling of discomfort.

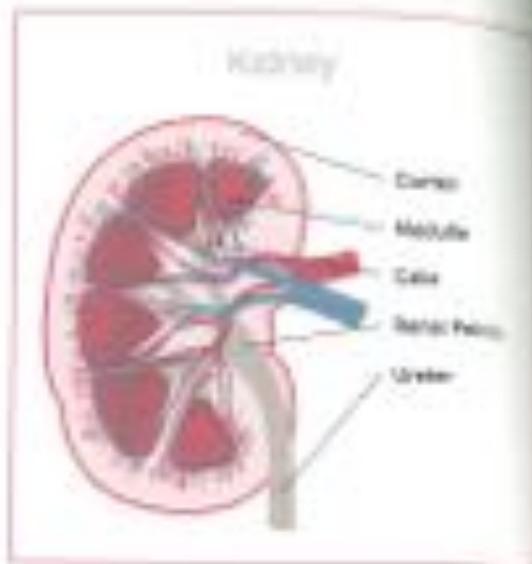
Oil: *Chamaejasme*

☺ Dilute as recommended, and apply to kidneys and reflex points on the foot.

☺ Drink 1 gallon (4 L) of distilled water and 8 cups (2 L) cranberry juice in 1 day.

-Inflammation (nephritis):

☺ Drink 1 gallon (4 L) of distilled water and 8 cups (2 L) cranberry juice in 1 day.



-Kidney Stones

A kidney stone is a solid piece of material that forms as chemicals in the urine crystallize and collect together in the kidneys. Small stones may pass through urination without causing pain. Larger stones with sharp edges and corners, however, can cause an intense amount of pain as they are passed out of the body through the urinary tract.

Oil: *Chamaejasme, Chamaejasme, Squarilla, Squarilla*

☺ Apply as a hot compress over kidneys. (Dilute as recommended, and apply 1-2 drops on location.)

☺ Add 1-2 drops oil to 1 cup (250 ml) of water, and drink. To help pass a stone, drink 6 cup (1.5 L) distilled water with juice from 6 lemons every 30 minutes for 4 hours; then take 1 Tbs. (20 ml) apple cider vinegar after all with the juice then 1 full lemon, and repeat daily until stone passes. Drinking plenty of water can help prevent the formation of kidney stones.

☞ Body System(s) Affected: Urinary System and Endocrine System

Additional Research:

From *Essential Oils: A Practical Guide* by J. L. Lippman

Knee Cartilage Injury

See Muscles/Connective Tissue: Cartilage Injury

Lactation

See Pregnancy/Motherhood: Lactation

Lactation

See Pregnancy/Motherhood: Lactation

Lactose Intolerance

Lactose intolerance is the inability of the body to fully digest lactose, a sugar found in milk and in other dairy products. Symptoms of lactose intolerance include abdominal pain and bloating, diarrhea, nausea, and gas.

Oil: *Chamaejasme*

☺ Add 1-2 drops to 1 tsp. (5 ml) honey, and swallow or add 1-2 drops to 6 cup (1.5 L) rice or almond milk, and drink. Place 1-2 drops in an empty capsule, and swallow.

☺ Dilute as recommended, and apply 1-2 drops on abdomen or reflex points on the foot.

☞ Body System(s) Affected: Digestive System

Laryngitis

See also Allergies: Allergic

Laryngitis is an inflammation and swelling of the voice box (called the larynx) that causes the voice to sound hoarse or raspy. Laryngitis is most commonly caused by viruses, allergies, or overuse of the voice and will generally go away by itself within two weeks.

Simple Solution: **Laryngitis:** Apply 1 drop undiluted to throat. Add 1 drop lemon to 1 tsp. (5 ml) honey. Swallow in a small cup of warm water, and sip.

Oil: *Chamaejasme, Chamaejasme, Chamaejasme, Chamaejasme, Chamaejasme*

☺ Dilute into the oil.

☺ Dilute as recommended, and apply to neck and reflex points on the foot.

☞ Body System(s) Affected: Sensory System

Liver

See Muscles/Connective Tissue: Liver

Leukemia

See Cancer: Leukemia

Libido

See Sexual Issues: Libido

Lice

See Nests/Wags: Lice

Ligaments

See Muscles/Connective Tissue: Ligaments

Lipoma

See Tumor: Lipoma

Lips

Simple Solution: **Chapped Lips:** Combine 4 tsp. (32 g) beeswax pellets, 1 Tbs. (15g) coconut butter, and 3 Tbs. (45 ml) jojoba oil, and melt in the microwave (20 seconds at a time, stirring in between) or in a double boiler. Cool slightly, and add 15 drops myrror. Pour into small jar or lip balm containers, and allow to cool completely. Apply a small amount of lip balm as desired.

Oil: *Chamaejasme, Chamaejasme, Chamaejasme*

Other Products: *Oil 1 (100% pure)*

-Dry Lips:

Blind: Combine 2-4 drops geranium with 2-3 drops lavender. Apply 1-2 drops on lips.

☺ Dilute as recommended, and apply 1 drop on lips. Combine 1-2 drops essential oil with 1 Tbs. (15 ml) fractionated coconut oil, and apply a small amount to lips.

☞ Body System(s) Affected: Skin

Liver

The liver is the largest internal organ of the body. It is located in the upper abdomen and helps with digestion, produces cholesterol used to make several hormones and cellular membranes, removes waste products and

used to soothe a sprain on the wrist, knee, and ankle. After a person receives a sprain, the area will swell rapidly and be quite painful. If the ligament is torn apart, surgery may be required.

Oil: *Camellia, Cinnamon, Clove, Cumin, Eucalyptus, Fennel, Geranium, Ginger, Lemon, Peppermint, Rosemary, Sage, Sesame, Turmeric, Ylang-ylang*

—Sore:

A strain is a tear of the muscle tissue due to excessive strain or overstretching. Strains are often inflammatory, pain, and disorientation of the skin around the injured area.

Oil: *Camellia, Clove, Eucalyptus, Fennel, Geranium, Ginger, Lemon, Peppermint, Rosemary, Sage, Sesame, Turmeric, Ylang-ylang*

—Stiffness:

Oil: *Clove, Eucalyptus*

Other Products: *Clove, Eucalyptus, Fennel, Geranium, Ginger, Lemon, Peppermint, Rosemary, Sage, Sesame, Turmeric, Ylang-ylang*

—Tendinitis:

Tendinitis is the inflammation of a tendon due to injury, repetitive motion or stress, or disease such as arthritis, gout, and psoriasis. This can cause swelling and pain in the affected tendon.

Simple Solution: *—Inflammation:* Apply 1 drop eucalyptus to location, and cover with a cool pack for 15 minutes.

Oil: *Camellia, Cumin*

—Tension (especially in shoulders and neck):

Muscle tension is a condition in which the muscle remains in a semi-contracted state for an extended period of time. This is usually due to physical or emotional stress.

Oil: *Camellia, Clove, Eucalyptus, Fennel, Geranium, Ginger, Lemon, Peppermint, Rosemary, Sage, Sesame, Turmeric, Ylang-ylang*

Other Products: *Clove, Eucalyptus, Fennel, Geranium, Ginger, Lemon, Peppermint, Rosemary, Sage, Sesame, Turmeric, Ylang-ylang*

—Tong:

Apply these oils before bedtime to help relax muscles.

Oil: *Camellia, Clove, Eucalyptus, Fennel, Geranium, Ginger, Lemon, Peppermint, Rosemary, Sage, Sesame, Turmeric, Ylang-ylang*

Oil: *Camellia, Clove, Eucalyptus, Fennel, Geranium, Ginger, Lemon, Peppermint, Rosemary, Sage, Sesame, Turmeric, Ylang-ylang*

Oil: *Camellia, Clove, Eucalyptus, Fennel, Geranium, Ginger, Lemon, Peppermint, Rosemary, Sage, Sesame, Turmeric, Ylang-ylang*

Oil: *Camellia, Clove, Eucalyptus, Fennel, Geranium, Ginger, Lemon, Peppermint, Rosemary, Sage, Sesame, Turmeric, Ylang-ylang*

Oil: *Camellia, Clove, Eucalyptus, Fennel, Geranium, Ginger, Lemon, Peppermint, Rosemary, Sage, Sesame, Turmeric, Ylang-ylang*

Oil: *Camellia, Clove, Eucalyptus, Fennel, Geranium, Ginger, Lemon, Peppermint, Rosemary, Sage, Sesame, Turmeric, Ylang-ylang*

Oil: *Camellia, Clove, Eucalyptus, Fennel, Geranium, Ginger, Lemon, Peppermint, Rosemary, Sage, Sesame, Turmeric, Ylang-ylang*

Muscular Dystrophy

Muscular dystrophy is any of several genetic diseases that cause gradual weakening of the skeletal muscles. The most common forms, Duchenne and Becker muscular dystrophies, are caused by a gene defect that inhibits or slows the production of dystrophin, a protein necessary for proper muscle cell structure.

Oil: *Camellia, Clove, Eucalyptus, Fennel, Geranium, Ginger, Lemon, Peppermint, Rosemary, Sage, Sesame, Turmeric, Ylang-ylang*

Other Products: *Clove, Eucalyptus, Fennel, Geranium, Ginger, Lemon, Peppermint, Rosemary, Sage, Sesame, Turmeric, Ylang-ylang*

Oil: *Camellia, Clove, Eucalyptus, Fennel, Geranium, Ginger, Lemon, Peppermint, Rosemary, Sage, Sesame, Turmeric, Ylang-ylang*

Oil: *Camellia, Clove, Eucalyptus, Fennel, Geranium, Ginger, Lemon, Peppermint, Rosemary, Sage, Sesame, Turmeric, Ylang-ylang*

Myelin Sheath

For Brain Myelin Sheath:

Nails

Oil: *Camellia, Clove, Eucalyptus, Fennel, Geranium, Ginger, Lemon, Peppermint, Rosemary, Sage, Sesame, Turmeric, Ylang-ylang*

Oil: *Camellia, Clove, Eucalyptus, Fennel, Geranium, Ginger, Lemon, Peppermint, Rosemary, Sage, Sesame, Turmeric, Ylang-ylang*

Oil: *Camellia, Clove, Eucalyptus, Fennel, Geranium, Ginger, Lemon, Peppermint, Rosemary, Sage, Sesame, Turmeric, Ylang-ylang*

Oil: *Camellia, Clove, Eucalyptus, Fennel, Geranium, Ginger, Lemon, Peppermint, Rosemary, Sage, Sesame, Turmeric, Ylang-ylang*

Oil: *Camellia, Clove, Eucalyptus, Fennel, Geranium, Ginger, Lemon, Peppermint, Rosemary, Sage, Sesame, Turmeric, Ylang-ylang*

Oil: *Camellia, Clove, Eucalyptus, Fennel, Geranium, Ginger, Lemon, Peppermint, Rosemary, Sage, Sesame, Turmeric, Ylang-ylang*

Oil: *Camellia, Clove, Eucalyptus, Fennel, Geranium, Ginger, Lemon, Peppermint, Rosemary, Sage, Sesame, Turmeric, Ylang-ylang*

Oil: *Camellia, Clove, Eucalyptus, Fennel, Geranium, Ginger, Lemon, Peppermint, Rosemary, Sage, Sesame, Turmeric, Ylang-ylang*

Nausea

Nausea is a sick feeling in the stomach producing an urge to vomit.

Nausea

Nausea is a sick feeling in the stomach producing an urge to vomit.

Simple Solution: *—Motion Sickness:* Inhale the aroma of peppermint.

Simple Solution: *—Nausea:* Add 2 drops ginger to a bowl of hot water, and inhale the steam vapor coming from the water.

Oil: *Camellia, Clove, Eucalyptus, Fennel, Geranium, Ginger, Lemon, Peppermint, Rosemary, Sage, Sesame, Turmeric, Ylang-ylang*

Other Products: *Clove, Eucalyptus, Fennel, Geranium, Ginger, Lemon, Peppermint, Rosemary, Sage, Sesame, Turmeric, Ylang-ylang*

—Morning Sickness: See Pregnancy/Maternal Morning Sickness

—Motion Sickness:

Motion sickness is a feeling of dizziness that occurs as a result of repeated movements, such as that experienced in a car, on a boat, or on a plane. These motions interfere with the body's sense of balance and equilibrium. The most common symptoms of motion sickness include dizziness, fatigue, and nausea.

Oil: *Camellia, Clove, Eucalyptus, Fennel, Geranium, Ginger, Lemon, Peppermint, Rosemary, Sage, Sesame, Turmeric, Ylang-ylang*

—Vomiting:

Oil: *Camellia, Clove, Eucalyptus, Fennel, Geranium, Ginger, Lemon, Peppermint, Rosemary, Sage, Sesame, Turmeric, Ylang-ylang*

Oil: *Camellia, Clove, Eucalyptus, Fennel, Geranium, Ginger, Lemon, Peppermint, Rosemary, Sage, Sesame, Turmeric, Ylang-ylang*

Oil: *Camellia, Clove, Eucalyptus, Fennel, Geranium, Ginger, Lemon, Peppermint, Rosemary, Sage, Sesame, Turmeric, Ylang-ylang*

Oil: *Camellia, Clove, Eucalyptus, Fennel, Geranium, Ginger, Lemon, Peppermint, Rosemary, Sage, Sesame, Turmeric, Ylang-ylang*

Oil: *Camellia, Clove, Eucalyptus, Fennel, Geranium, Ginger, Lemon, Peppermint, Rosemary, Sage, Sesame, Turmeric, Ylang-ylang*

Oil: *Camellia, Clove, Eucalyptus, Fennel, Geranium, Ginger, Lemon, Peppermint, Rosemary, Sage, Sesame, Turmeric, Ylang-ylang*

Oil: *Camellia, Clove, Eucalyptus, Fennel, Geranium, Ginger, Lemon, Peppermint, Rosemary, Sage, Sesame, Turmeric, Ylang-ylang*

Neck

Oil: *Camellia, Clove, Eucalyptus, Fennel, Geranium, Ginger, Lemon, Peppermint, Rosemary, Sage, Sesame, Turmeric, Ylang-ylang*

Oil: *Camellia, Clove, Eucalyptus, Fennel, Geranium, Ginger, Lemon, Peppermint, Rosemary, Sage, Sesame, Turmeric, Ylang-ylang*

Oil: *Camellia, Clove, Eucalyptus, Fennel, Geranium, Ginger, Lemon, Peppermint, Rosemary, Sage, Sesame, Turmeric, Ylang-ylang*

Nervous System

For the Brain, Spine

Simple Solution: *—Anxiety:* Blend 5 drops rose geranium and 5 drops rosemary with 1 tsp. (5 ml) carrier oil in a small roll-on bottle, and apply throughout the day.

The nervous system is a network of nerve cells that regulate the body's reaction to internal and external stimuli. The nervous system sends nerve impulses to regulate and coordinate throughout the body. The body relies on these impulses to function. The nervous system is composed of the central nervous system (the brain and spinal cord) and the peripheral nervous system (all other nerves). The peripheral nervous system is composed of the somatic nervous system (nerves that connect to the skeletal muscles and sensory organs in the skin) and the autonomic nervous system (nerves that connect to the internal organs and glands, such as the heart, lungs, and stomach). The autonomic nervous system is divided into two main parts: the sympathetic and parasympathetic nervous systems. The sympathetic nervous system functions to arouse the body, increase blood pressure, slow digestion, and control blood vessels. It activates the "fight or flight" response.

In infants, it can lead to tooth damage, jaw pain, and bruxism.

Ob: *BC* *Causes*

Teething Pain

Around ages 4-7 months, a baby will get his or her first tooth. Some infants erupt without discomfort, but for other infants, teething can be a painful process. Common symptoms of teething include irritability or fussiness, drooling, skin rash, biting, difficulty sleeping, and low-grade fever.

Ob: *Painful*

Toothache

A toothache is a pain around a tooth. Teeth erupt and erupt from many factors, including infection, injury, decay, jaw problems, cysts, damaged fillings, and gum disease. Common symptoms of a toothache include sharp or throbbing pain, swelling around the tooth (gum, toothache), and food coming through from the infected tooth.

Ob: *Causes* *Causes* *Causes* *Causes*

Other Products: *Causes* *Causes* *Causes* *Causes*

Toothpaste

Ob: *Causes*

Other Products: *Causes* *Causes* *Causes* *Causes*

Usage: 1. Mix 1-2 drops On Guard with 1 tsp. (5 g) baking soda to form a paste, and use as toothpaste to brush over the tooth.

2. Dilute as recommended, and apply 1-2 drops on location or along junction. Apply the oil with a hot compress on the foot. Use On Guard Natural Whitening Toothpaste as directed. Dilute as recommended, and apply 1-2 drops to a small cotton ball or washcloth and use on location. Mix 1-2 drops with 1 tsp. (5 g) oil of water, and use as mouth rinse. Add 1-2 drops to toothpaste. Place 1-2 drops with 2 Tbs. (30 mL) distilled water in a small spray bottle, and use over the mouth.

3. Dilute into the air.

Body Systems Affected: Nervous System and Skin

Additional Research

Wolfe, T. et al. 2004. *Journal of the American Academy of Dermatology* 51(4): 600-601. 2004. *Journal of the American Academy of Dermatology* 51(4): 600-601. 2004. *Journal of the American Academy of Dermatology* 51(4): 600-601. 2004. *Journal of the American Academy of Dermatology* 51(4): 600-601. 2004. *Journal of the American Academy of Dermatology* 51(4): 600-601.

Osteomyelitis

For Skeletal System: Osteomyelitis

Osteoporosis

For Skeletal System: Osteoporosis

Ovaries

Ovaries are the female reproductive organs in which eggs are produced and stored.

Ob: *Causes* *Causes* *Causes* *Causes*

Ovarian Cyst

An ovarian cyst is a fluid-filled sac within the ovary. While ovarian cysts are common, and most cysts are painless, they may cause feelings of aching or pressure and can cause pain, bloating, and other problems if they become too large or become twisted or ruptured.

Ob: *Causes*

1. Dilute as recommended, and apply 1-2 drops on abdomen and where pain is on the foot. Add 1-2 drops to 1 Tbs. (15 mL) distilled water, and use as a warm compress on the abdomen. Add 1-2 drops to 1 tsp. (5 g) oil of water, and use as a warm compress on the abdomen. Add 1-2 drops to 1 tsp. (5 g) oil of water, and use as a warm compress on the abdomen.

2. Dilute into the air. Inhale slowly from bottle. Apply oil to hands, face, or cotton sock, and inhale.

Body Systems Affected: Reproductive System

Overeating

For Eating Disorders: Overeating

Overweight

For Weight

Oxygenating

The term "oxygenate" means to supply, or treat, or to infuse with oxygen. All of the cells in the body require oxygen to create the energy necessary to live and function normally. The brain consumes 20% of the oxygen we inhale.

Ob: *Causes* *Causes* *Causes* *Causes*

1. Dilute into the air. Inhale slowly from bottle. Apply oil to hands, face, or cotton sock, and inhale. Dilute as recommended, and apply 1-2 drops to hands, face, and chest.

Pain

Usage: 1. Dilute as recommended, and apply 1-2 drops to 1 Tbs. (15 mL) distilled water, and use as a warm compress on the abdomen. Add 1-2 drops to 1 tsp. (5 g) oil of water, and use as a warm compress on the abdomen.

Usage: 1. Dilute as recommended, and apply 1-2 drops to 1 Tbs. (15 mL) distilled water, and use as a warm compress on the abdomen. Add 1-2 drops to 1 tsp. (5 g) oil of water, and use as a warm compress on the abdomen.

Ob: *Causes* *Causes* *Causes* *Causes*

Other Products: *Causes* *Causes* *Causes* *Causes*

Rare

Rare pain is a growing, throbbing sensation in the lower and foot areas, possibly caused by infection, injury, trauma, and overexposure.

Ob: *Causes* *Causes* *Causes* *Causes*

Chronic

Chronic pain is generally defined as pain that has been present for longer.

Ob: *Causes* *Causes* *Causes* *Causes*

General

Ob: *Causes* *Causes* *Causes* *Causes*

Information: See also Information

Ob: *Causes* *Causes* *Causes* *Causes*

Other Products: *Causes* *Causes* *Causes* *Causes*

Joint

Ob: *Causes* *Causes* *Causes* *Causes*

Other Products: *Causes* *Causes* *Causes* *Causes*

Muscle

Ob: *Causes* *Causes* *Causes* *Causes*

Other Products: *Causes* *Causes* *Causes* *Causes*

Tissue

Ob: *Causes* *Causes* *Causes* *Causes*

Other Products: *Causes* *Causes* *Causes* *Causes*

1. Dilute as recommended, and apply 1-2 drops on location. Combine with carrier oil, and massage into affected muscle and joint. Apply as a warm compress over affected area.

2. Take capsules as directed on package.

3. Dilute into the air. Inhale oil that is applied to a tissue or cotton sock.

Body Systems Affected: Nervous and Skeletal Systems, Muscles, and Skin

Additional Research

Lawless, J. et al. 1994. *Journal of the American Academy of Dermatology* 31(4): 600-601. 1994. *Journal of the American Academy of Dermatology* 31(4): 600-601. 1994. *Journal of the American Academy of Dermatology* 31(4): 600-601. 1994. *Journal of the American Academy of Dermatology* 31(4): 600-601. 1994. *Journal of the American Academy of Dermatology* 31(4): 600-601. 1994. *Journal of the American Academy of Dermatology* 31(4): 600-601. 1994. *Journal of the American Academy of Dermatology* 31(4): 600-601. 1994. *Journal of the American Academy of Dermatology* 31(4): 600-601.

Fainting

Add one 12 oz. bottle of your favorite essential oil (or oil blend) to any 5-gallon bucket of paint. Stir vigorously, mixing well, and then either spray paint or paint.

ly hard. This should relieve the pain from the other side.

Papillations

For Cardiovascular System: Papillations

Pancreas

The pancreas is a gland organ located behind the stomach. The pancreas is responsible for producing insulin and other hormones and for producing "pancreatic juice" that aid in digestion.

Oil: *Cyperus*, *Eucalyptus*, *CO* *basil*, *CO* *lemongrass*, *CO* *lemon*, *CO* *lime*

—Pancreatitis

Pancreatitis is the term used to describe pancreatic inflammation. Pancreatitis occurs when the pancreatic juices that are designed to aid in digestion in the small intestine become active while still inside the pancreas. When this occurs, the pancreas typically begins to digest itself. Acute pancreatitis lasts for only a short time and then resolves itself. Chronic pancreatitis does not resolve itself but instead gradually destroys the pancreas.

Oil: *CO* *lemongrass*, *CO* *lemon*

—Stimulant For

Oil: *Eucalyptus*

—Support:

Oil: *CO* *lemongrass*, *CO* *lemon*, *CO* *lime*

Diffuse as recommended, and apply 1–2 drops over pancreas area or on other points on the foot.

Diffuse into the air. Inhale directly from bottle. Apply oil to hands, face, or cotton sock, and inhale.

Body System(s) Affected: Endocrine System and Digestive System

Pars

For Anxiety

Paralysis

For Nervous System: Paralysis

Parasites

A parasite is an organism that grows on or in its host, or grows in the host organism's system. A parasite always lives independently and is fed and sheltered by the host organism without making any helpful contributions to it.

Oil: *OC* *agave*, *OC* *basil*, *OC* *lemongrass*, *OC* *lemon*, *OC* *lime*, *OC* *mint*, *OC* *peppermint*, *OC* *spearmint*, *OC* *tea tree*, *OC* *thyme*, *OC* *vanilla*, *OC* *vetiver*, *OC* *ylang-ylang*

Other Products: *Algaefix*, *Algaefix*

—Intestinal

Intestinal parasites are parasites that infect the intestinal tract. These parasites enter the gastrointestinal tract through the mouth by consumption of uncooked food, contaminated water, and unwashed hands. Symptoms of intestinal parasites include diarrhea, abdominal pain, weight loss, fatigue, gas or bloating, nausea or vomiting, stomach pain, passing a worm in a stool, stools containing blood and mucus, and red or itchy around the rectum or anus.

Oil: *OC* *agave*, *OC* *agave*, *OC* *basil*, *OC* *lemon*, *OC* *lime*

—Worms

Parasitic worms are worm-like organisms that live inside another living organism and feed off that host organism at the host organism's expense, causing weakness and illness. Parasitic worms can live inside of animals as well as humans.

Oil: *OC* *agave*, *OC* *basil*, *OC* *lemon*, *OC* *lime*, *OC* *mint*, *OC* *peppermint*, *OC* *spearmint*, *OC* *tea tree*, *OC* *thyme*, *OC* *vanilla*, *OC* *vetiver*, *OC* *ylang-ylang*

Recipe: Combine 4 drops Roman chamomile, 6 drops rosehip, 6 drops lavender, and 6 drops lemon with 2 Tbs. (30 mL) fractionated coconut oil. Apply 10–15 drops over abdomen with a hot compress, and apply 3–5 drops on internal and external points on the feet.

Place 3–4 drops essential oil in empty capsule, and swallow. Add 1–2 drops to 8 oz. (235 mL) diet or alcohol-free drink.

Apply as warm compress over abdomen. Add 2–3 drops to 1 Tbs. (15 mL) fractionated coconut oil, and apply as warm compress over abdomen for 15 minutes or more. Diffuse as recommended, and apply to abdomen and other points on the feet.

Body System(s) Affected: Endocrine System and Nervous System

Additional Research

Cheng, T. et al., 2015. *Journal of Clinical Pharmacy and Therapeutics*, 40, 1–10.

Parasympathetic Nervous System

For Nervous System: Parasympathetic Nervous System

Parkinson's Disease

Parkinson's disease is a progressive neurodegenerative disease marked by impairment of muscle movement and speech. Symptoms of Parkinson's disease include slowed motion, muscle stiffness, difficulty swallowing, tremors, impaired speech, loss of automatic movements (such as blinking, smiling, and waving the arms while walking), and hand cramps.

Oil: *OC* *agave*, *OC* *basil*, *OC* *lemongrass*, *OC* *lemon*, *OC* *lime*, *OC* *mint*, *OC* *peppermint*, *OC* *spearmint*, *OC* *tea tree*, *OC* *thyme*, *OC* *vanilla*, *OC* *vetiver*, *OC* *ylang-ylang*

Other Products: *Algaefix* is a help support healthy nerve function. *Algaefix* is a help support healthy nerve function. *Algaefix* is a help support healthy nerve function. *Algaefix* is a help support healthy nerve function.

Add 1–10 drops essential oil to 1 Tbs. (15 mL) fractionated coconut oil and massage on affected muscles, back, legs, and neck. Diffuse as recommended and apply 1–2 drops to base of neck or other points on the feet. Add 3–5 drops to warm bathwater, and bathe.

Take regularly as directed on package.

Diffuse into the air. Inhale directly from bottle. Apply oil to hands, face, or cotton sock, and inhale.

Body System(s) Affected: Nervous System and Muscular System

Additional Research

Chen, H. et al., 2015. *Journal of Clinical Pharmacy and Therapeutics*, 40, 1–10.

Pelvic Pain Syndrome

Pelvic pain syndrome is characterized by pain in the pelvic area that continues for several months. Symptoms include stress and anxiety, loss of sexual desire, a feeling of pressure deep in the pelvis, painful bowel movements, pain during intercourse, and pain when sitting down.

Simple Solution: Pelvic Pain Syndrome: Add 1 drop ginger and 2 drops grapefruit to 1 tsp. (5 mL) jojoba oil. Place oil mixture in warm bathwater or working bath oil.

Oil: *Cyperus*, *Eucalyptus*, *CO* *basil*, *CO* *lemon*, *CO* *lime*

Place 2–3 drops in warm bathwater, and soak for 15 minutes. Add 1–10 drops to 1 Tbs. (15 mL) fractionated coconut oil, and massage on pelvis and upper legs.

Periodontal Disease

For Oral Conditions: Gum Disease

Pests

For Insects/Bugs, Mice

Phleboma

For Cardiovascular System: Phleboma

Pimples

For Acne

Pink Eye

For Eyes: Pink Eye

Pineal Gland

The pineal gland is a tiny endocrine gland located just to the rear of the brain. It is responsible for producing the hormone melatonin that regulates the sleep/wake cycle. The pineal gland also seems to regulate blood pressure, sexual development, growth, body temperature, and motor function.

Oil: *OC* *agave*, *OC* *basil*, *OC* *lemon*, *OC* *lime*, *OC* *mint*, *OC* *peppermint*, *OC* *spearmint*, *OC* *tea tree*, *OC* *thyme*, *OC* *vanilla*, *OC* *vetiver*, *OC* *ylang-ylang*

Blend 2: Combine 1 drop lavender, 1 drop lemongrass, and 1 drop geranium; apply on location to help promote skin firmness.

⊖ Dilute as recommended, and apply 1-2 drops on location.

—Smoothing

Oil: **Clematis**, **Frankincense**, **Geranium**

⊖ Dilute as recommended, and apply 1-2 drops on location.

—Skin Ulcers

A skin ulcer is an open sore where the epidermis and possibly part or all of the dermis is missing, exposing the deeper layers of the skin. This can be caused by trauma, pressure, friction, infection, or substances damaging the upper layers of the skin.

Oil: **Clematis**, **Frankincense**, **Geranium**, **Myrror**, **Ylang-ylang**

⊖ Dilute as recommended, and apply 1-2 drops on location.

—Stretch Marks

Stretch marks are thin purple or red areas of the skin that appear as the skin is rapidly stretched over a short period of time, stretching and tearing the dermis layer (middle layer) of the skin. Many women notice the appearance of stretch marks on the late months of pregnancy, but stretch marks can also appear in men or women during any period of rapid weight gain. These marks most often appear on the breasts, stomach, buttocks, thighs, and hips. Stretch marks tend to fade over time, but it is difficult to eliminate them completely.

Simple Solution: **Stretch Marks:** Add 2 drops lavender and 3 drops rose to 1 tsp. (1 ml) jojoba oil in a small oil-scented bottle. Apply on location once per day.

Oil: **Clematis**, **Frankincense**, **Ylang-ylang**

⊖ Add 5-10 drops to 1 Tbs. (30 ml) fractionated coconut oil or carrier oil, and apply on location.

—Sunburn: See **Acne**, **Sunburn**

—Toner

Oil: **Clematis**, **Frankincense**

⊖ Add 4-5 drops to 1 Tbs. (30 ml) fractionated coconut oil, and use as toner or oil (used down tonight for 24 hours after application).

—Wrinkles

Wrinkles are lines or creases in the skin caused by the elastic destruction of collagen-producing cells in the skin. While the most cause is age, wrinkles can also be caused by an increase in skin dryness, as well as a relationship to thyroid problems.

Oil: **Clematis**, **Frankincense**, **Geranium**, **Ylang-ylang**

⊖ Dilute as recommended, and apply 1-2 drops to face and on back of neck or on other areas on the face; then, cup hands together, and inhale the aroma from the hands.

—Wrinkles

A wrinkle is a fold or crease in the skin that develops as part of the normal aging process. Wrinkles are thought to be caused by a breakdown of collagen (a protein that gives structure to cells and tissue) in the skin, causing the skin to become more fragile and loose.

Simple Solution: **Wrinkles:** Blend 1 drop ylang-ylang, 1 drop rose, and 1 drop lavender with 1 tsp. (1 ml) jojoba oil in a small oil-scented bottle. Apply on location once per day.

Oil: **Clematis**, **Frankincense**, **Geranium**, **Ylang-ylang**, **Frankincense**, **Geranium**, **Ylang-ylang**, **Frankincense**, **Geranium**, **Ylang-ylang**, **Frankincense**, **Geranium**, **Ylang-ylang**

Other Products: **Anti-Aging Moisturizer** and

Orange Moisturizer to help reduce dryness and reduce the visible signs of aging. **Lightening Cream** and **Lightening Toner** to help lighten the skin to reduce the lines and wrinkles.

Hydrating Body Oil with **Jojoba**, **Ylang-ylang**, **Orange**, **Ylang-ylang**, **Frankincense**, **Geranium**, **Ylang-ylang**, **Frankincense**, **Geranium**, **Ylang-ylang**

to help promote skin, soothe itching skin, and **Ylang-ylang** to help promote healthy skin, soothe itching skin, and soothe skin.

Ylang-ylang to help promote healthy skin, soothe itching skin, and soothe skin.

Blend 1: Combine 1 drop frankincense, 1 drop lavender, and 1 drop rose.

Blend 2: Combine 1 drop frankincense, 1 drop lavender, 1 drop geranium, 1 drop lavender, and 1

drop frankincense. Add to 2 tsp. (30 ml) carrier oil, and apply to skin.

⊖ Dilute as recommended, and apply 1-2 drops to skin. Add 4-10 drops to 1 Tbs. (30 ml) carrier oil and essential oil or other carrier oil such as jojoba, apricot, almond, or sweet almond, and apply to skin as needed. Add 3-5 drops to 1/2 cup (125 g) Therapeutic Bath Salts, and dissolve in warm bathroom before bathing.

⊖ Body System(s) Affected: **Skin**

⊖ Additional Research:

Winkler, 2001, DMS, University of North Carolina, Feb. 2001.

Sleep

See also **Insomnia**

Sleep is a regular period in which the body suspends conscious activity and sensory activity. Sleep is thought to play a role in restoring and healing the body and promoting the maintenance of the day.

Oil: **Clematis**, **Frankincense**, **Geranium**, **Ylang-ylang**, **Frankincense**, **Geranium**, **Ylang-ylang**

Other Products: **Relaxation** to help promote relaxation and relaxation from stress, allowing for better sleep.

Recipe 1: Combine 1 drop geranium and 1 drop lavender with 4 cup (50 g) Therapeutic Bath Salts, dissolve in warm bathroom, and bathe in the evening to help promote a good night's sleep.

⊖ Take supplement as directed.

⊖ Dilute as recommended, and apply 1-2 drops essential oil to spine, bottom of feet, or back of neck. Add 1-2 drops to warm bathroom, and bathe before sleeping. Add 5-10 drops to 1 Tbs. (30 ml) fractionated coconut oil, and massage on back, arms, legs, and feet.

⊖ Dilute into the oil. Add 1-2 drops to bottom of pillow before sleeping. Add 1-2 drops to 1 Tbs. (30 ml) distilled water in a small spray bottle, and mist your skin or use on face before sleeping.

⊖ Body System(s) Affected: **Respiratory System**, **Endocrine System**, and **Emotional Balance**

⊖ Additional Research:

Levine and Levine, *Chiropractic* (1994), 2001, University of North Carolina, Feb. 2001.

Skimming and Toning Oils

See **Weight**, **Skimming/Toning**

Small Holes

See **Nose**, **Obstructive Lesion**

Smoking

See **Addictions**, **Smoking**, **Purification**, **Cigarette Smoke**

Snake Bite

See **Acne/Skin**, **Snake**

Sores

See **Wounds**, **Antibacterial**, **Antifungal**, **Antiviral**

Sore Throat

See **Throat**, **Sore**, **Antibacterial**, **Antiviral**, **Infection**

Sperm

See **Muscles/Connective Tissue**, **Reproductive System**

Spina Bifida

Spina Bifida is a birth defect in which the vertebrae of the lower spine do not form correctly, leaving a gap or opening between them. In the most severe cases, this can cause the vertebrae (the bones surrounding the spinal cord), or even the spinal cord itself, to protrude through the gap. If the spinal cord protrudes through the gap, it can prevent the nerves from developing normally, causing weakness, paralysis, back pain, and loss of bladder and bowel control and function. This latter type often also develops with a defect in which the back part of the brain develops in the upper neck rather than within the skull, often causing a neural headache.

Oil: **Clematis**, **Frankincense**, **Geranium**, **Ylang-ylang**, **Frankincense**, **Geranium**, **Ylang-ylang**

Other Products: **Relaxation** to help promote relaxation and relaxation from stress, allowing for better sleep.

Thyroid

See also Endocrine System

The thyroid is a gland located in the front of the neck that plays a key role in regulating metabolism. The thyroid produces and secretes the hormones needed to regulate blood pressure, heart rate, body temperature, and energy production.

—Dysfunctions

Oil: **CO₂ Low**

—Hypothyroidism: See also Graves' Disease

Hypothyroidism is when the thyroid gland produces too much of its hormones, typically due to the thyroid becoming enlarged. This can result in a noticeably enlarged thyroid gland (goiter), makes weight loss, swelling, a rigid or irregular heartbeat, shortness of breath, muscle weakness, nervousness, and irritability.

Oil: **CO₂ High**, **CO₂ Low**, **CO₂ High**

Blend 1: Combine 1 drop myrtle and 1 drop lemongrass, and apply on back of throat and on reflex points on the feet.

—Hypothyroidism: See also Hashimoto's Disease

Hypothyroidism is the result of an underactive thyroid. Consequently, the thyroid gland doesn't produce enough of necessary hormones. Symptoms include fatigue, a puffy face, a hoarse voice, unexplained weight gain, higher blood cholesterol levels, muscle weakness and aches, depression, heavy menstrual periods, memory problems, and low tolerance for the cold.

Oil: **CO₂ High**, **CO₂ Low**, **CO₂ High**

Blend 2: Combine 1 drop lemongrass with 1 drop of either peppermint or clove, and apply on back of throat and on reflex points on the feet.

—Supports

Oil: **CO₂ High**

Diffuse as recommended, and apply 1–2 drops on back of throat, hands, or reflex points on the feet.

Diffuse into the air. Inhale oils applied to hands.

Body Systems Affected: Endocrine System

Tinnitus

See also: Tinnitus

Tired

See Energy

Tissue

Tissue refers to any group of similar cells that meet together to perform a specific function in an organ or in the body. Some types of tissue include muscle tissue, connective tissue, nervous tissue, or epithelial tissue (tissue that lines or covers a surface, such as the lining of the blood vessels).

Oil: **CO₂ High**, **CO₂ Low**, **CO₂ High**, **CO₂ Low**, **CO₂ High**, **CO₂ Low**, **CO₂ High**, **CO₂ Low**

Other Products: **100% Pure Eucalyptus Oil** and **100% Pure Peppermint Oil** to help soothe muscle and connective tissue.

—Cleanses Tissues From

Oil: **CO₂ High**

—Connective Tissue: See Muscles/Connective Tissue

—Deep Tissue Pain: See Pain: Tissue

—Repair

Oil: **CO₂ High**, **CO₂ Low**, **CO₂ High**

—Regenerates

Oil: **CO₂ High**, **CO₂ Low**, **CO₂ High**, **CO₂ Low**

—Scarring

Scar tissue is the dense and fibrous tissue that forms over a healed cut or wound. The scar tissue serves as a protective barrier but is still inferior to the healthy, normal skin. In an area of new tissue, nerve fibers are dysfunctional, hair does not grow, and the skin is not as protected against ultraviolet radiation. Scar tissue and keloids are conditions where scar tissue cannot be completely removed.

Oil: **CO₂ High**, **CO₂ Low**, **CO₂ High**, **CO₂ Low**, **CO₂ High**, **CO₂ Low**, **CO₂ High**, **CO₂ Low**

Blend 1: Combine 5 drops helichrysum and 5 drops lavender with 1 Tbs. (15 mL) carrier oil or with liquid lecithin (see essential oil-infused skin eggs or wax), and apply on location.

Blend 2: Combine 1 drop lavender, 1 drop lemongrass, and 1 drop geranium, and apply on location to help prevent scar formation.

Diffuse as recommended, and apply 1–2 drops on back of neck, hands, or reflex points on the feet. Apply to areas of concern. Add 1–10 drops to 1 Tbs. (15 mL) fractionated coconut oil, and massage on location.

Tired

A tired is a substance given to invigorate or strengthen an organ, tissue, or system or to stimulate physical, mental, or emotional energy and strength.

—Tired

Oil: **CO₂ High**, **CO₂ Low**, **CO₂ High**, **CO₂ Low**, **CO₂ High**, **CO₂ Low**, **CO₂ High**, **CO₂ Low**

—Tired

Oil: **CO₂ High**, **CO₂ Low**

—Tired

Oil: **CO₂ High**, **CO₂ Low**, **CO₂ High**

—Tired

Oil: **CO₂ High**

—Tired

Oil: **CO₂ High**

Add 1–10 drops to 1 Tbs. (15 mL) fractionated coconut oil, and massage on location. Diffuse as recommended, and apply 1–2 drops to areas of concern on the feet. Add 1–2 drops to water in a diffuser before boiling.

Diffuse into the air. Inhale directly from bottle. Apply oil to hands, feet, or reflex points, and rub.

Tonsillitis

See Throat Tonsillitis

Toothache

See Oral Conditions: Toothache

Toxin

See also Antibacterial, Pregnancy/Motherhood, Prescriptions

Toxin is the general term for waste substances in the bloodstream. This is typically caused by a bacterial infection in which bacteria release toxins into the blood.

Toxin

Diffuse as recommended, and apply 1–2 drops on back, neck, feet, or on bottom of feet. Add 1–10 drops to 1 Tbs. (15 mL) fractionated coconut oil, and massage on back, neck, feet, and legs.

Diffuse into the air.

Body Systems Affected: Nervous System and Cardiovascular System

Toxin

See Detoxification

Travel Sickness

See Nausea/Motion Sickness

Tuberculosis (T.B.)

See also Antibacterial, Respiratory System

Tuberculosis is a bacterial disease spread through the air (coughing, sneezing, etc.). Tuberculosis most commonly infects the lungs, but it can infect other body organs as well. Symptoms of tuberculosis include a chronic cough (often with blood), fever, chills, weakness and fatigue, weight loss, and night sweats. Tuberculosis is contagious and sometimes deadly.

Oil: **CO₂ High**, **CO₂ Low**, **CO₂ High**, **CO₂ Low**, **CO₂ High**, **CO₂ Low**, **CO₂ High**, **CO₂ Low**

Other Products: **100% Pure Eucalyptus Oil**, **100% Pure Peppermint Oil**

—Antibacterial

Oil: **CO₂ High**, **CO₂ Low**, **CO₂ High**, **CO₂ Low**

—Antibacterial

Oil: **CO₂ High**, **CO₂ Low**, **CO₂ High**, **CO₂ Low**

Diffuse into the air. Inhale directly from bottle. Apply oil to hands, feet, or reflex points, and rub. Add 1–2 drops to bowl of hot water, and inhale vapors.

Diffuse as recommended, and apply 1–2 drops on back, neck, or reflex points on the feet. Add 1–2 drops to 1 Tbs. (15 mL) fractionated coconut oil, and apply to neck (optional). Add 1–10 drops to 1 Tbs.

CE will be treated immediately, and management plans, back, and feet.

- (b) **Body System(s) Affected:** Respiratory System and Immune System.

Additional Research:

Lewis Ruchman, Korman et al., 2016; Palmer Julia et al., 2012; Jamnagat Tanya et al., 2010; Jamnagat Tanya et al., 2010.

Tumor

See also Cancer

A tumor is an abnormal growth of cells in a benign or malignant form. Some tumors are malignant (cancerous) and some are benign (noncancerous). Benign tumors in many parts of the body do not create health problems. For information on abnormal (malignant) tumors, see Cancer.

- Oil: *CC*_{antitumor}, *CC*_{anti-inflammatory}, *CC*_{anti-cancer}, *CC*_{anti-tumor}, *CC*_{anti-cancer}, *CC*_{anti-tumor}, *CC*_{anti-cancer}.

Uterine

Uterine is a benign tumor of the fatty tissue that most commonly forms just below the surface of the skin but it can also form in any other area of the body where fatty tissue is present.

- Oil: *CC*_{antitumor}, *CC*_{anti-inflammatory}, *CC*_{anti-cancer}, *CC*_{anti-tumor}, *CC*_{anti-cancer}, *CC*_{anti-tumor}, *CC*_{anti-cancer}.

- Diffuse as recommended and apply 1-2 drops in location.

- Take 1-2 drops in an empty capsule, or with food and beverage. Take up to twice per day as needed.

- Diffuse into the air. Inhale directly from bottle. Apply oil to hands, face, or cotton cloth, and inhale.

Typical

See also Antibacterial

Typical fever is a bacterial infection caused by the bacteria *Salmonella typhi*. Typhoid is spread through food and water infected with the feces of typhoid carriers. Possible symptoms of typhoid include abdominal pain, severe diarrhea, bloody stools, chills, severe fatigue, weakness, dizziness, delirium, hallucinations, confusion, agitation, and fluctuating mood.

- Oil: *CC*_{antibacterial}, *CC*_{antitumor}, *CC*_{anti-inflammatory}, *CC*_{anti-cancer}, *CC*_{anti-tumor}, *CC*_{anti-cancer}.

- Diffuse as recommended, and apply over infection or on reflex points on the feet.

- Diffuse into the air.

- (b) **Body System(s) Affected:** Immune System and Digestive System.

Ulcers

See also Digestive System

An ulcer is an open sore either on the skin or on an internal mucous membrane such as the lining of the stomach.

Simple Solution: Ulcers: Mix 1 drop lemon in 1 tsp (2 ml) honey. Dissolve in 1 cup (250 ml) of warm water, and drink.

- Oil: *CC*_{antitumor}, *CC*_{anti-inflammatory}, *CC*_{anti-cancer}, *CC*_{anti-tumor}, *CC*_{anti-cancer}, *CC*_{anti-tumor}, *CC*_{anti-cancer}.

—Duodenal

A duodenal ulcer is an ulcer in the upper part of the small intestine.

- Oil: *CC*_{antitumor}, *CC*_{anti-inflammatory}, *CC*_{anti-cancer}, *CC*_{anti-tumor}, *CC*_{anti-cancer}, *CC*_{anti-tumor}, *CC*_{anti-cancer}.

—Gastric: See also Digestive System: Gastritis

A gastric ulcer is an ulcer in the stomach.

- Oil: *CC*_{antitumor}, *CC*_{anti-inflammatory}, *CC*_{anti-cancer}, *CC*_{anti-tumor}, *CC*_{anti-cancer}, *CC*_{anti-tumor}, *CC*_{anti-cancer}.

—Leg

An ulcer on the leg may be due to a lack of circulation in the lower extremities or possibly due to a burn, frost, or viral infection. See also Cardiovascular System: Circulation, Arteriovenous, Artery/Vein, Arterial.

- Oil: *CC*_{antitumor}, *CC*_{anti-inflammatory}, *CC*_{anti-cancer}, *CC*_{anti-tumor}, *CC*_{anti-cancer}, *CC*_{anti-tumor}, *CC*_{anti-cancer}.

—Mouth: See Canker Sores

—Pepic

A peptic ulcer is an ulcer that forms in an area of the digestive system where acid is present, such as in the stomach (gastric), esophagus, or upper part of the small intestine (duodenal). See also Duodenal: Ulcers in this section.

- Simple Solution:** Place 1 cup (250 ml) of water with 1 drop cinnamon, and up all day.

Uterine Ulcer:

A uterine ulcer is an ulcer on the lower leg where varicose (swollen) veins are located.

- Oil: *CC*_{antitumor}, *CC*_{anti-inflammatory}, *CC*_{anti-cancer}, *CC*_{anti-tumor}, *CC*_{anti-cancer}, *CC*_{anti-tumor}, *CC*_{anti-cancer}.

- Add 1 drop of rice or almond milk, and drink. Place oil in an empty capsule and swallow. Add 1 drop of oil to honey to food after cooking.

- Diffuse as recommended, and apply 1-2 drops over area. Apply to water to compare.

- (b) **Body System(s) Affected:** Immune and Digestive Systems.

Additional Research:

Hagopian, for Ruchman et al., 2016; Korman et al., 2016; Jamnagat Tanya et al., 2010; Jamnagat Tanya et al., 2010.

Uterus

See Coloring

Uvula

- Oil: *CC*_{antitumor}, *CC*_{anti-inflammatory}, *CC*_{anti-cancer}, *CC*_{anti-tumor}, *CC*_{anti-cancer}, *CC*_{anti-tumor}, *CC*_{anti-cancer}.

- Diffuse into the air. Inhale directly from bottle. Apply oil to hands, face, or cotton cloth, and inhale. Wear as perfume or cologne.

- (b) **Body System(s) Affected:** Cardiovascular System.

Additional Research:

Lewis Ruchman, Korman et al., 2016; Korman et al., 2016.

Ureter

See Urinary Tract

Urinary Tract

The urinary tract is the collection of organs and tubes responsible for producing and excreting urine. The urinary tract is comprised of the kidneys, bladder, ureters, and urethra.

- Oil: *CC*_{antitumor}, *CC*_{anti-inflammatory}, *CC*_{anti-cancer}, *CC*_{anti-tumor}, *CC*_{anti-cancer}, *CC*_{anti-tumor}, *CC*_{anti-cancer}.

Urinary Tract



—General Stimulant:

- Oil: *CC*_{antitumor}, *CC*_{anti-inflammatory}, *CC*_{anti-cancer}, *CC*_{anti-tumor}, *CC*_{anti-cancer}, *CC*_{anti-tumor}, *CC*_{anti-cancer}.

—Infection: See also Bladder: Cystitis/Infection

- Oil: *CC*_{antitumor}, *CC*_{anti-inflammatory}, *CC*_{anti-cancer}, *CC*_{anti-tumor}, *CC*_{anti-cancer}, *CC*_{anti-tumor}, *CC*_{anti-cancer}.

- Blend 1:** Combine 1 drop Oil of Uterus with 1 drop orange, apply as a hot compress over abdomen and pelvic area.

Other Problems: See also Bladder: Cystitis/Infection

—Stones in: See also Kidneys: Kidney Stones

Stones are solid masses that form in kidneys and other chemical crystals and adhere together. They can form in the bladder or kidneys. While small stones generally cause no problems, larger stones may block the ureters or urethra, causing intense pain and possibly injury.

Essential Living



Using essential oils in the bath or shower instead of products with artificial perfumes and fragrances allows you to simultaneously enjoy the topical and aromatic benefits of an essential oil in blood.

Bath and Shower Tips

3

Bathwater: Add 3-6 drops of oil to the bathwater while the tub is filling. Because the individual oils will separate as the water calms down, the oils will quickly drop the oils from the top of the water. Since people have commented that they were unable to relax more than 6 drops of oil, look individuals may benefit from adding the oils to a bath and shower gel bath foam. Look to the tub for 15 minutes.

Bath and Shower Gel: Add 3-6 drops of oil to 1 Tsp. (15 ml) of a natural bath and shower gel foam; add to the water while the tub is filling. Adding the oils to a bath and shower gel bath foam allows you to absorb the greatest benefit from the oils, as they are most evenly dispersed throughout the water and are allowed to immediately separate.

Wetshower: When showering, add 3-6 drops of oil to a bath and shower gel foam before applying to a washcloth and using to scrub the body.

Body Sprays: Fill a small spray bottle with distilled water, and add 10-15 drops of your favorite essential oil or blend. Shake well, and spray onto the entire body just after taking a bath or shower.

Footbath: Add enough hot water to a basin to cover the ankles. Add 1-3 drops of your desired essential oil. Soak feet for 5-10 minutes, inhaling the aroma of the oils.

Hand Bath: Pour enough hot water in a basin to cover hands up to the wrists. Add 1-3 drops of your desired essential oil. Soak hands for 5-10 minutes with washing, pulling, and squeezing the fingers and hands to stimulate. Try combining essential oils with 1 Tsp. (15 ml) oil in a hand bath or regular bath to help maintain the skin.

Shower: With the water turned on, drop peppermint, eucalyptus, or lavender in the shower floor as you enter to help invigorate and open the nasal passages. Use scented oils at night to help promote a feeling of calmness and relaxation. Alternatively, fill a tub/shower basket with about an inch or two of water; then place oils in the water before turning on the shower. This will allow the oils to more easily be drawn into the feet during the shower and allow the aroma to be inhaled.



Bath Lotus Bliss

3

1 c. (250 g) Epsom salt (or sea salt)

15 drops EO (see blend below)

Combine essential oils with salt in a container. Drizzle 1/4 to 1/2 cup (30-125 g) of the bath salt mixture in warm bathwater before bathing.

Bath Oils Bliss

3

1 T. (25 ml) fractionated coconut oil

(or jojoba or sweet almond oil)

15 drops EO (see blend below)

Place vegetable oil with essential oils in a small container. Add 1 tsp. (5 ml) of this bath oil to warm bathwater before bathing.

Calming Bliss



+



+



+



2 drops lavender

2 drops lemon/lime

2 drops lemon

2 drops orange

Soothing Sweet Treats



+



+



+



2 drops lavender

2 drops lemon/lime

2 drops lemon/lime

2 drops lemon/lime

Uplifting and Refreshing



+



+



+



2 drops lemon/lime

2 drops lavender

2 drops lemon/lime

2 drops lemon/lime



Fizzing Bath Bombs Base

6 x (225 g) baking soda 4 x (175 g) citric acid
6 x (175 g) Epsom salt 2 x (30 ml) water
2 x (150 g) coconut oil Spray bottle with water
15 drops EO (see blend ideas below)

Combine the dry ingredients in one bowl and the wet ingredients in another. Add the wet ingredients to the dry ingredients slowly while stirring with a whisk. Knead the mixture until it has the texture of stiffly wet sand and clumps together when pressed. If it is too dry, mist with a spray bottle with water. If it is too sticky, use a spoon to scoop out a small amount of the mixture and add it to the rest. Allow to dry for 1-2 hours, then remove from mold or tin, and allow to dry overnight.

To use, place a bath bomb in warm bathwater, and enjoy!

Scrub Scrub



10 drops lavender

2 drops orange

2 drops lemon

2 drops scrub

Chili Heat



5 drops chili

2 drops orange

2 drops lemon

2 drops scrub

Spicy All Day



2 drops chili

2 drops orange

2 drops scrub



Simple Sugar Scrub Base

1 x (30 g) fine sugar 1 x (30 ml) water, alcohol or
5 drops vitamin E oil (optional, extend preservation)
15 drops EO (see blend ideas below)

Mix all ingredients together in a glass bowl. Store in airtight container. To use, place a small amount of the scrub in the palm, and scrub over exfoliated skin. Rinse off in a shower or tub. (Note: The oil in this scrub can make the floor of the bathtub or shower slippery, so use caution when rinsing off.)

Try using different combinations of sugar to create progressively smoother skin (e.g., a coarse raw sugar "buffing" scrub followed by a fine white sugar "polishing" scrub).

Simple Sugar Scrub



10 drops orange

2 drops scrub

Simple Sugar Scrub



5 drops chili

2 drops orange

2 drops scrub

Simple Sugar Scrub



5 drops chili

2 drops orange

2 drops scrub



Deodorant Stick

3 T. (30 g) coconut oil 1 T. (5 g) beeswax pellets
 ¼ c. (30 g) essential oils ¼ c. (30 g) baking soda
 6 drops vitamin E oil Deodorant container
 15 drops DO (see blend ideas below)

Melt beeswax and coconut oil in a double boiler or in the microwave (heating every 30 seconds until just melted). Stir in essential oils, baking soda, and vitamin E oil. Allow to cool slightly, then add essential oils. Pour into an empty deodorant container. Allow to cool and harden completely. Apply deodorant as needed.

Fragrant Powder Addition



10 drops lavender

2 g dried rosemary

Sweet Scent



5 drops rose

5 drops orange

5 drops lemon

Spicy Scent



5 drops rosemary

5 drops eucalyptus

5 drops ginger

5 drops lemon

5 drops peppermint



Aftershave Lotion

4 c. (5 g) beeswax pellets ¼ c. (30 g) coconut oil
 10 drops vitamin E oil 1 T. (100 ml) aloe vera gel
 ¼ c. (30 ml) glycerin ¼ c. (30 ml) witch hazel
 15 drops DO (see blend ideas below)

Melt beeswax and coconut oil in a double boiler or in the microwave (heating every 30 seconds until just melted). In a separate bowl, mix together the aloe vera gel, witch hazel, and vegetable glycerin. Using a hand-held mixer, whip the oil mixture for a few minutes, then start slowly pouring in the aloe vera mixture while still whipping. Add in the essential oils, and whip for a few minutes until thickened like lotion. Store in an airtight container, and use a small amount after shaving.

Cool the Shave



5 drops lavender

5 drops E. citronellol

After Shave



5 drops rose

5 drops E. citronellol

5 drops lavender

Soothing Scent



5 drops E. citronellol

5 drops lavender

5 drops peppermint

5 drops lemon



Simple Perfume Base



1 L (1 mL) pure grade or perfume's alcohol
OR 1 L (1 mL) jojoba oil

15 drops EO (see blend ideas below)

Mix essential oils with a pure grade alcohol (like vodka, or Everclean) or perfume's alcohol, and pour into a small spray bottle. Alternatively, mix with jojoba oil in a small roll-on bottle for an alcohol-free perfume. Apply a small amount on wrists, neck, or other desired points.

Light Fragrance Base



1 L (2 g) lavender pollen 1 T (15 mL) jojoba oil

15 drops EO (see blend ideas below)

Combine lavender and jojoba oil, and melt in the microwave, heating every 30 seconds until just melted in a double boiler. Let cool slightly, and add essential oils and pollen if oil. Pour into a small jar or bottle. Apply a small amount on the wrists, neck, or other points on the skin as desired.

Essence



5 drops yellow
flower



10 drops dried
lavender



5 drops
rosehips



2 drops
rosemary

Rose Water



5 drops rose
water



2 drops
geranium



2 drops
rosehips



5 drops lemon
balm



1 drop eucalyptus

Herbal Notes



2 drops
cinnamon



5 drops rosemary



10 drops lemon
balm

Tip: Combine your alcohol-based perfume with 2 tsp. (30 mL) water for a lighter use in rollers, or 5 tsp. (75 mL) water for a room or body spray.



Simple Lotion Base



1 L (20 g) lavender pollen

1 L (100 g) coconut oil

1 L (1 L) all else over gel

15 drops EO (see blend ideas below)

Combine lavender and coconut oil, and melt in the microwave, heating every 30 seconds until just melted in a double boiler. Allow mixture to cool to room temperature (about an hour). Using a handheld mixer, whip the mixture, and slowly add the all else over gel and essential oils. Whip together until well incorporated and fluffy. Store in an airtight jar or lotion dispenser in a cool location. Apply a small amount on the skin as desired. This lotion is great when feeling warm on a hot summer day!

Fruit Flair



10 drops eucalyptus



2 drops lemon
balm

Citrus Flair



10 drops lemon
balm



5 drops rosehips



2 drops rosemary

Sandalwood Flair



10 drops sandalwood



2 drops lemon
balm



Lip Balm Balm



- 4 t. (15 g) beewax pellets
- 1 T. (30 g) coconut butter
- 1 T. (15 ml) jojoba oil
- 15 drops EO (see blend ideas below)

Combine beewax and coconut butter, and melt in the microwave letting every 30 seconds until just melted, or in a double boiler. Mix in jojoba oil until incorporated. Let cool slightly, and add essential oils. Pour into small jars or lip balm dispensers. Allow to cool and solidify completely. Apply a small amount on the lips as desired.

Minty Fresh



15 drops peppermint

5 drops spearmint

Fruity



10 drops orange

2 drops grapefruit

5 drops vanilla extract

Sweet Thyme



15 drops lemon

5 drops thyme



Berry-Alike Lip Stain



- 1 tablespoon
- 2 tablespoons
- 1 small sweetener (see notes)
- 1 t. (1 ml) sweet almond oil
- 5 drops peppermint essential oil OR 2 drops of a blend from the previous page

Heat the berries in the microwave or over a double boiler until soft. Mash the berries with a fork until well blended. Allow to cool slightly, and mix in the sweet almond oil and essential oil. Strain the mixture through a coffee filter or cheesecloth to remove pulp, and push. Place in a small jar or lip gloss jar, and store in the refrigerator. To use, dip your finger into the stain and apply to the lips. Wash finger immediately after application to avoid staining the finger.

Strawberry Sugar Mint Lip Scrub



- 1 T. (15 g) brown sugar
 - 1 T. (15 g) coconut oil
 - 5 drops peppermint essential oil OR 2 drops of a blend from the previous page
- Mix together all of the ingredients. Store in a small glass jar. To use, place a small amount on the lips, and rub lips together for a couple minutes to help exfoliate. Rinse lips with water.





"Drowsy Sleep" Linen Spray

1 c. (8 oz) pure grain or perfume's alcohol
1 c. (16 oz) water

Small misting spray bottle

15 drops lavender or another soothing essential oil (see below)

Mix essential oils with a pure grain alcohol like vodka or Everclear or perfume's alcohol in a small spray bottle. Add water. To use this spray, shake well, then mist a few spritzes on pillows, sheets, or other items before bed time.

Soothing Essential Oils



More Sleeping/Relaxation Tips

Inhalation: Diffuse soothing essential oils or breathe in help you feel calm and relaxed before going to sleep.

Pillow: Place 1-2 drops of a soothing essential oil or blend on a pillow or stuffed animal before you sleep to help calm your mind and body.

Relaxing Baths: Mix 1-5 drops of a soothing essential oil with bath salts or crystals to water to enhance the relaxing bath.



Energizing Shower

5 drops Eucalyptus or another energizing essential oil (see below)

Place 5 drops of the essential oil in the base of a shower just before entering for an energizing morning shower.

Energizing Essential Oils



More Energizing/Energizing Tips

Inhalation: Diffuse an energizing oil in the morning. Some individuals like to use a timer to start their diffuse a few minutes before their alarm clock goes off to help the body begin to wake up naturally.

Morning Beverage: Add a few drops of peppermint, lemon, or orange to water, a fresh fruit/vegetable smoothie, or another healthy beverage.



Disinfecting Spray

¼ c. (125 ml) white vinegar

¼ c. (125 ml) water

Small spray bottle

15 drops On Guard or another disinfecting essential oil (see below)

Combine all ingredients in a small spray bottle. Shake well, and spray on counters, cutting boards, microwave, refrigerator, garbage can, or other desired surfaces; use a rag to wipe off.

Other Kitchen-Cleaning Tips

Counter Cleaning: Add 3–5 drops of lemon, On Guard, or another disinfecting oil to a damp rag. Use to wipe down counters, tables, or tables.

Tooth Can Disinfectant: Add 3–5 drops of a disinfecting essential oil or blend (see below right) to 1 Tbs. (15 g) baking powder. Sprinkle into trash can.

Dishes: Add a few drops of lemon to detergent for sparkling dishes and a great-smelling kitchen. You can add the essential oil to a dishwasher as well.

Disinfecting Essential Oils



Disinfecting Essential Oils



Dishwasher Cleaner

2 c. (500 ml) white vinegar

18 drops lemon essential oil

Remove the lower rack from your dishwasher. Using a rag soaked in warm, soapy water, wipe down the bottom of the dishwasher to remove any loose food or dirt. Replace the bottom rack. Place the vinegar and lemon oil in a dishwasher-safe bowl or cup. Place this on the top rack of the dishwasher. Run your dishwasher from the hottest setting without any other dishes for a full cycle. Done and enjoy a clean, great-smelling dishwasher!

Streak-Free Glass & Mirror Spray

1 T. (15 ml) white vinegar

1 T. (15 ml) rubbing alcohol

10 c. (2.5 g) cornstarch

¼ c. (125 ml) water

1 drop lemon and 1 drop lime essential oil

Small spray bottle

Combine vinegar, alcohol, cornstarch, and essential oils in the spray bottle. Screw on the spray top, and shake to combine. Unscrew the top, and add water. Screw on the spray top, and shake again to combine. To use, shake, then spray on glass or mirror. Wipe glass or mirror with a rag.





Toilet Spray

3

- 1 c. (16 oz.) vegetable glycerin
- 1 c. (16 oz.) rubbing alcohol
- ¼ c. (2 fl. oz.) water
- 5-oz. spray bottle
- 25 drops EO (see label below)

Mix glycerin, alcohol, and essential oils in spray bottle, and shake to combine. Add water, and shake again to combine. To use, shake the bottle, then spray a fine mist in the toilet before you do your business.

Scent Spray



1 sprig lavender



2 drops lemon



2 drops grapefruit

Scent Spray



2 drops rosemary



4 drops orange



2 drops lavender

Air-Freshener



4 drops lavender



4 drops peppermint



4 drops lavender



2 drops eucalyptus

Greasy Bathroom Cleaning Tips

3

Mildew Spray: Mix 3 drops lemon and 3 drops white 4-in-1 with ¼ cup (50 mL) water in a small spray bottle. Spray on areas with mildew.

Disinfecting Spray: Place 3-4 drops of a disinfecting essential oil (try 3 drops grapefruit and 1 drop peppermint) in a 1-oz. spray bottle, and fill the remainder of the bottle with water. Shake well, and spray into the air.

Mist Diffuse On: Ground lavender oil or help eliminate mold.

Laundry Tips

3

Gum/Grease: Use lemon or Citrus Bliss to help rub gum or grease out of clothes that in a small, inconspicuous area first to ensure that the oil won't alter delicate dyes or fabrics.

Washing: Add a few drops of Peppery to the wash water to help kill bacteria and germs in clothes.

Drying: Put Peppery, Eucalyptus, Lemongrass, or another favorite oil or blend on a wet rag, and drape that rag in the dryer with clothing. Or use oil from a spray bottle directly into the dryer to keep clothes smelling great—without artificial perfumes or fragrances.

Furniture Tips

3

Polish: For a simple furniture polish, put a few drops of lemon, Peppery, or white tea oil on a clean cloth, and wipe onto wood.

Clothing Care

3

Clothing Disinfectant: Place a towel or cotton ball with several drops of Peppery, lemongrass, lemongrass, eucalyptus, peppermint, Citrus Bliss, or another favorite oil in a perforated metal, glass, or ceramic container. Place container in a closet, door cupboard, or drawer to keep clothes naturally smelling great.

Painting Tips

3

Paint Fumes: To effectively remove paint fumes and other smells, add one 15-oz. bottle of oil to any 3-gallon bucket of paint. Peppery and lemon single oils have been known to help. Citrus Bliss and Eucalyptus would work just as well. Either a paint sprayer or brush and roller would be used to apply the paint after mixing the oils into the paint by stirring vigorously. Oils may eventually get to the top if using a water-based paint. Occasional stirring may be necessary to keep the oils mixed.

Carpet Care Tips

3

Carpet Grease Disinfectant: Mix 1 cup (200 g) baking soda and 20-30 drops eucalyptus, lemon, Peppery, or another favorite oil in a glass jar. Close jar, shake together, and let stand overnight. Sprinkle lightly over carpets, let sit for 15 minutes, and then vacuum.

Grease/Gum Removal: Try lemon or lime oil on stubborn greasy stains, or use to help dissolve gum stuck to the carpet. Be certain to use oil in a small, inconspicuous area of the carpet first to ensure it won't alter any delicate dyes in the carpet.

Bug/Plant Repellent Tips

3

Bug-Repelling Oil: Tea/Chill, lemongrass, lemongrass, peppermint, Peppery.

Moss-Repelling Oil: Peppery.

Personal Bug Repellent: Apply repelling oils directly on the skin (dilute with fractionated coconut oil if you are wearing a large area).

Bug Spray: Add 10-15 drops of repelling oil to 2 Tbs. (32 oz.) water in a small mixing spray bottle. Shake well, and use over exposed skin and clothing.

Diffusion: Diffuse repelling oils in a room.

Plant Repellent: Place repelling oils on a string, ribbon, or cotton ball, and hang near air vents or windows, or place in cracks and other areas where bugs or pests enter through.



Wipe Wipes

2 T. (25 ml) Castile soap (or other scented soap)
2 T. (25 ml) jojoba oil
2 c. (512 ml) water
5 drops vitamin E oil
1 roll paper towels (heavy-duty work best) OR dry bamboo wipes
1 small plastic storage container
15 drops EO (see blend below listed)
Cut the roll of paper towels in half with a serrated knife, remove the cardboard tube from the center, and place each half in one of the small plastic storage containers. Combine the soap, jojoba oil, water, vitamin E oil, and essential oils together. Pour half of the liquid over each of the paper towel halves, and allow liquid to soak into the paper towels. To use, pull wipes from the center of the roll. Use the storage container allowed to keep wipes moist. The wipes last 2 weeks.

Baby Wipes



10 drops lavender



5 drops rosemary

Calming Wipes



5 drops lavender



5 drops lemon



5 drops rosemary

Chamomile Wipes



5 drops cinnamon



5 drops orange



5 drops lemon



5 drops lavender



Kid's Room Spray Blend

1 c. (128 ml) water
Small spray bottle
25 drops EO (see blend below listed)
Combine water and essential oils in a small spray bottle. Use blend with a trigger spray to mist the kids to soothe. Give to older children to spray into the air as needed or desired.

Kid's Diffuser Blend

Diffuser
15 drops EO (see blend below listed)
Diffuse one of the blends below in a water misting timer or use diffuser.

Sweet Dreams



10 drops lavender



5 drops orange



5 drops lemon



5 drops rosemary

Good Night



5 drops lavender



5 drops rosemary



5 drops lemon

Kids Car-Tip



10 drops grapefruit



5 drops lavender

The art of essential oils can be a major assistance in helping create the right atmosphere at home. Besides the scents that create a warm and cozy feeling, which is very relaxing, the scents can help calm and reduce anxiety. Here are a few ideas to get you started, but be experimenting with other oils to see what kind of mood they contribute to.

CALMING SCENT



2 drops lavender

3 drops of orange

FLOWERS APLENTY



2 drops lavender

2 drops of roses

3 drops of orange

ENERGIZING BLEND



3 drops orange

2 drops of leaves

2 drops of green

REFRESHING BLEND



2 drops lavender

2 drops of leaves

2 drops of green

1 drop of green

DEEP BREATH



2 drops of green

2 drops of green

RELAXING BREATH



2 drops lavender

2 drops of orange

CITRUS SPICE



2 drops orange

2 drops of orange

2 drops of red

1 drop of green

STRESS LESS



2 drops orange

2 drops of orange

2 drops of green

2 drops of green

SPRINGTIME BLISS



1 drop of yellow

2 drops lavender

2 drops of orange

HOLIDAY GLOW



2 drops cinnamon

2 drops of green

2 drops of orange

WINTER WONDERLAND



2 drops of orange

2 drops of orange

2 drops of green

Essential oils are great for adding flavor to spices in your favorite meal. Essential oils can replace the natural, fresh taste of fresh herbs and spices but are more concentrated and can easily be used year-round when fresh herbs are not available. Essential oils are also a great substitute for dried or powdered spices, since dried spices have lost most of the liquid essential oils that impart much of the flavor and aroma found in the natural plant. Additionally, while many commercially available flavoring extracts are artificial flavors or are diluted in alcohol or propylene glycol, essential oils provide a concentrated, pure flavor that is extracted directly from the plant.

Many great essential oil cookbooks are available that can help you get started using essential oils in cooking. But it is fairly easy (and a lot of fun) to substitute essential oils into your own favorite recipes in place of spices, flavoring extracts, and fresh or dried herbs.

Essential Oils Commonly Used in Cooking



1. Know what part of the plant the oil came from. Citrus oils are pressed from the peel, so they are substitutes for the zest but not the juice.
2. Giving the exact amount of oil drops may be tricky due to the different viscosity levels of the oils. Using the regular bottle with the white nozzles, place your drops on a spoon; they are very easy to count to ensure you have the right amount.
3. Putting your cooking oil in dropper bottles allows you to easily control the number of drops used and provides additional space to clip a notepad into the oil when needed.
4. A little goes a long way. Start with only a drop of oil, taste, and repeat until you are satisfied with the flavor. Some oils are really strong, and a toothpick dipped in the oil, then stirred into your mixture, may be sufficient.
5. Use glass or stainless steel mixing bowls. Try to avoid plastic containers, as the oils can damage certain types of plastic.
6. Always keep your oils away from heat, light, and humid conditions to maintain a long shelf life. Refrigeration storage is fine.
7. Make sure to recap your bottles so the oils don't evaporate out.
8. Because oils are diluted by heat and may evaporate, it is always best to add the oils at the end of cooking if possible.
9. Give a subtle hint of herbs to your savory salad greens by creating a spray in a 4-oz glass trigger spray bottle. Add a few drops of essential oil and 2 Tbsp. (30 mL) of olive oil to the spray bottle, and then fill the bottle the rest of the way with distilled water. Use this mixture to spray items like romaine, lettuce, vanilla chips, baked bread slices, egg rolls, etc.
10. If you are cooking with fish, make sure to keep the oils out of their reach.



Appendix and References



Appendix A: Body Systems Chart

The following chart lists the sites and products discussed within this book and indicates which body systems they primarily affect. While this chart does not include every system that could possibly be affected by each formulation, it attempts to list the primary systems that are most often affected. It is provided to give the beginning acupuncturist a starting point for personal use and analysis.

[illegible]

Product Name	Conductivity System	Hydronic System	Antifreeze System	Thermostat System	Pressure System	Pressure and Temperature System	Thermostat System	Thermostat System	With and Without
1000 Power	*				*	*		*	
1000 Plus						*	*		
1000 Plus		*							
1000 Plus	*	*							
1000 Plus					*			*	
1000 Plus			*	*					
1000 Plus								*	*
1000 Plus		*		*					
1000 Plus			*						
1000 Plus			*		*		*		*
1000 Plus		*			*				*
1000 Plus		*			*				*
1000 Plus	*				*				*
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1000 Plus			*		*			*	*
1000 Plus	*				*		*		*
1000 Plus	*	*	*	*	*	*	*	*	*
1000 Plus	*			*		*	*		*
1000 Plus			*						*
1000 Plus			*	*	*		*		*
1000 Plus		*	*						*

Appendix A: Body Systems Chart (continued)

Protein Name	Chromatographic Methods	Electrophoretic Methods	Immunological Methods	Mass Spectrometry	NMR Spectroscopy	X-ray Crystallography	Other Methods
Insulin							
Glucose							
Fructose							
Lactose							
Maltose							
Sucrose							
Galactose							
Mannose							
Glucosamine							
Galactosamine							
Mannosamine							
Glucuronic acid							
Galacturonic acid							
Mannuronic acid							
Glucosaminic acid							
Galactosaminic acid							
Mannosaminic acid							
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Product Feature	Customization Options	Integration Options	Automation Options	Reporting Options	Mobile Options	Analytics and Insights	Security Options	Compliance Options	Other Add-ons
UI/UX Design	•	•			•		•		•
System			•	•					•
System Module	•		•	•	•		•		•
Security Module	•		•	•					
System Module			•	•		•			
Security		•		•					•
Compliance		•	•	•			•	•	

Appendix B: Single Essential Oils Property Chart

The following chart presents some of the properties of each of the single oils. An attempt has been made to indicate the effectiveness of the oils for each property, where supporting information existed. However, this information should not be considered conclusive. It is provided to give the beginning aromatherapist student a starting point for personal use and study. Also, keep

Properties of Essential Oils

Antibacterials as agents that promote the growth of the dominant bacteria.

Aspirin is a drug that helps reduce heart disease risk by helping. Experimental help prevents the growth of plaque in the arteries.

Statin therapy as adjunct that helps alleviate depression

Antibody is given the previous and random target selection.

that influences an agent that prevents and controls the spread of germs.

Not infrequently it appears that the same information

Abstracted in: SPIES that mean to disrupt political movements.

to mind the applicable safety data when applying acid for its program. For example, ammonium boric is one of the best known antiseptics, but it is also extremely irritating to the skin. It may work well in sanitizing the bathroom sink, but it should be used with extreme caution on the skin.

Antiquarian or agent that converts old documents.

Antithrombotic: an agent that helps prevent and relieve clots.

Anticipate—to expect that damage and prevent the resulting costs of an action.

Antisocialism: we agree that parents and courts opinion on criminalism.

Australian a rhizomorph that inhibits the growth of a vine.

Analgesic is sufficient to treat colic pain.

Investment introduction is agreed that stimulates the national delivery mechanism of the trade.

Single Old Index	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
Aluminum	10			100	0		10	10		10						
Beet	10	1	1		1	100				1	1	1				
Bergamot					1	100		1		1	1				1	
Born						1			1	100	1					
Black Pepper	1						1			1	1	1	1	1	1	1
Black Sesame	1			1	1	1				1	1				1	
Blue Tansy	1			10		1	10			1					1	
Cinnamon	10				1	10	1			1	1					
Citrus	1		1	1	1	1	10	1		100	1	1				
Coldwater			1	1	1					10						
Corn Leaf									1	1	1					
Elamite	1			1												
Cinnamon	1		1	1	1	1	10	1		100	1	1				
Cornmeal	10			10		1				10	1				1	
Dairy Tansy	1		1		1					1	1					
Doyle	100	1		10	1			10	1	1			100			
Doyle	10					100				10					10	
Domestic	10		10		10			1			1					
Epiphyse	1				1			1	1	1	1					
Elm	1			1		1					100					
Dragonfly		100				1	1			1						

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