



# ESSENTIAL OILS

history, what they are, how to use



Before we dive into what essential oils are and how to use them, I want to share a brief history of aromatics and essential oils through time.

### **Ancient Civilizations**

Virtually all the ancient cultures utilized the healing and rejuvenating properties of aromatics and essential oils. Cultures such as Egypt, Rome and Greece used botanicals daily for body care, medicine, and religious purposes. The Egyptians bathed frequently and anointed their bodies daily with botanicals to keep their skin healthy and radiant and as a natural means of sunblock as well as using these ointments as medicine. Rome had its public bath houses where people would bathe in aromatic waters, followed by a "perfumed" massage. Other cultures also revolved

their daily lives around botanicals; Ayurvedic medicine is the oldest known form of medicine that was developed in India. China, and Japan both used aromatics for religious rituals, funerals, hygiene, beauty, and medicine. Africans even joined in by anointing their bodies with oils to soften the skin, protect it from the sun's rays and in preparation for marriage.

### **Biblical References**

We all know the story of the Three Wise Men bearing gifts of frankincense and myrrh to the Christ child. These were not only the most valuable of commodities they were also highly medicinal and used for spiritual purposes as well. The bible also mentions many other essences such as cedarwood, cinnamon, coriander, cypress, hyssop, juniper, mint, myrtle, pine, rose and spikenard. There are in fact over 180 references to essential oils in the Bible.

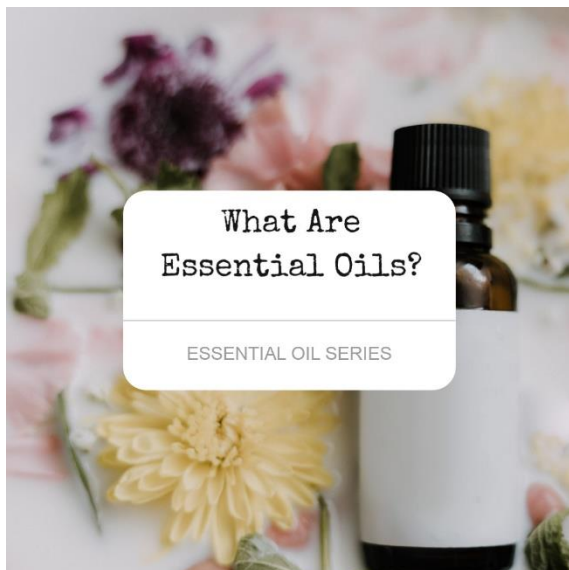
### **Middle Ages and the Renaissance**

Once Rome fell so did their influence in Europe and soon the daily use of aromatics and botanicals all but disappeared. Only a select few still used and valued these treasures, like the apothecaries (physicians), alchemists, glove makers (who scented their gloves) and other artisans that would use botanicals as aromatics to scent their wares. One thing that is interesting to note is when the plagues came through Europe these are the only set of people that seemed "immune" to the effects of the plague. The crusades brought a new light to aromatics, oils, and ointments as the Middle Eastern countries had continued to explore them. Soon trade was established, and Europe was soon using essential oils for beauty, health, hygiene and medicine. In the 16th century religion was shaping the climate of Europe and the rise of Puritanism saw the use of aromatics as vanity and even witchcraft. The use and knowledge of essential oils (and herbs for that matter) soon fell out of favor and use.

### **Modern Times**

In the 1920's a French chemist by the name of Rene-Maurice Gattefosse was experimenting with perfumery in his laboratory when he was burned very badly. He thrust his hand in the nearest liquid which happened to be a vat of lavender essential oil and was surprised to find the pain had subsided and his hand healed very quickly with no scarring. From then on, he spent his life researching the therapeutic side of essential oils and termed the phrase "aromatherapy". Europe once again began using essential oils for beauty, hygiene, health and medicine and America soon followed in the 1980's. Since then, you can find hundreds of books on aromatherapy and essential oils as well as schools, classes and essential oil

retailers. Knowledge on the therapeutic properties of essential oils is available at the click of a button and companies to purchase them from are just as numerous. Ever since I began my use of essential oils, the knowledge and use has seemed to flourish and grow as many people are finding that these simple essences have very powerful properties.



### **What Are Essential Oils?**

Essential oils are plant essences that are extracted from plant material such as bark, twigs, leaves, petals, fruits, resins, rinds, rhizomes, roots, seed, stalks, and stems. They are what give the plant its aroma and are known as the "life force" of the plant due to their function of oxygenating the plant, carrying nutrients, elements, and chemical constituents to every cell in the plant. They act as a defense system, give the plant the ability to destroy and prevent infection, resist pests, and maintain growth and regeneration.

Essential oils circulate throughout a plant, sending messages to help it function efficiently, they can be compared to the blood running through a human body. When essential oils are inhaled or applied to

the skin, they are carrying the same healing properties as they do in the plant. When this "life force" is extracted from the plant, it is highly concentrated and volatile, which means it will evaporate quickly when exposed to air, for this reason they are always stored in dark, airtight glass containers. Essential oils are also highly potent, one drop of essential oil is about the equivalent to an ounce of plant material (or in herbal terms about 50 cups of herbal tea). Because of their molecular structure they are easily assimilated by humans, it is like the human body and essential oils were just made for each other.

### **Blends vs. Singles**

Each essential oil has over 200 different chemical components that have been documented, some have up to 800 that are not documented. Each plant has specific attributes and properties that can be used to heal, repel pests, uplift, regenerate, etc. When two or more essential oils are mixed together for a specific purpose it is referred to as a blend. Blends are more effective than a single oil as they utilize all the chemical components and healing properties of each single contained in it. They are also less likely to cause a reaction than if the oils in the blend were used individually. Some essential oils even enhance the properties of others making them perfect for blending, like cinnamon or myrrh for example. Blended oils are able to reach the various layers of the physical, mental, and emotional part of our bodies.

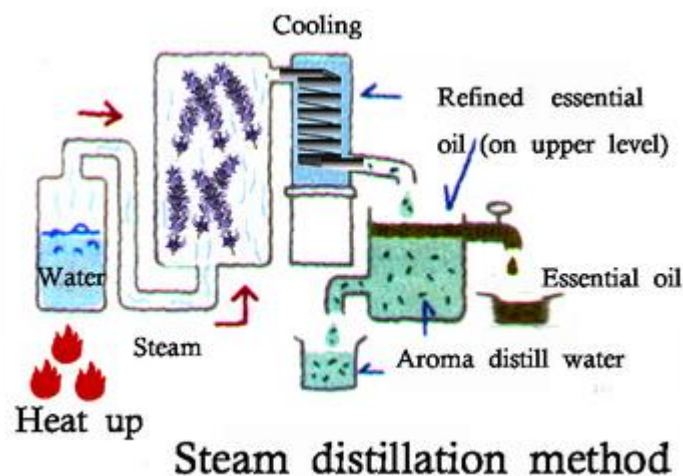
There are many essential oil distributors that have pre-blended formulas to purchase, or you can try your hand at blending yourself. You can also layer the oils one on top of another to reach your desired results.

### **Extracting Essential Oils from the Plant**

There are several ways to extract essential oils from plant material and it depends on the type of material, the structure of the plant and the amount of essential oil contained in the plant. Not all plants have essential oils in them, in fact very few plants when compared to the entire plant kingdom even produce essential oil. So here is a quick break down of a few of the most used methods for extraction:

### Steam Distillation

This is the most common form of extracting essential oils and you can see the diagram below on how it happens. It is a matter of pushing steam through plant material that collects the essential oil from the plant, as it cools and condenses the essential oil floats to the top of the water and is strained off while leaving behind a hydrosol or flower water which are medicinal also, though nowhere near as potent. When using this method, it is very important that the plant is harvested at the right time, right season and right conditions for the most potent and medicinal essential oil. It is also important that the water is heated at just the right temperature for a good quality oil, too little and the essential oil will not be released, too much and it can destroy or burn the essential oil. For this reason, essential oils will vary from batch to batch and not all "pure" oils are created the same. The same plant material can also be steam distilled for a second, third and even fourth distillation, these will not be as potent as the first distillation and are never included on the bottle of essential oil you purchase. You generally get what you pay for though. Most essential oils you purchase are coming from a second distillation.



### Cold Pressing

This method is mainly used to extract oil from citrus plants. Peels are punctured to release the essential oil and then pressed to squeeze everything out. The juice and essential oil are then separated by centrifugation.

### CO2 Extraction

This is a newer form of extraction using carbon dioxide to extract the essential oil. When carbon dioxide is under very high pressure it will turn to a liquid and then acts as a solvent to extract the essence from the plant. Once the pressure is decreased the carbon dioxide turns back into a gas, leaving behind the essential oil with no residue, as solvents leave behind.

### Solvent Extraction

This method uses a chemical solvent to saturate plant material to pull out the essential oil. It is then dissolved in alcohol to remove the solvent and once the alcohol evaporates the essential oil is left. The solvent cannot be completely dissolved so there is always a bit of residue left behind when using this method.

### Maceration (also known as Enfleurage)

This method is used for delicate blossoms that have little essential oils in them and could easily be destroyed by heat. Blossoms are placed on a thin layer of oil or lard until all the essential oils are released, fresh blossoms replace the spent ones until there is enough essential oil extracted. Alcohol is then added to separate the oil from the essential oil. You will be able to



tell in the price of the oil if this method has been used because it takes a huge amount of blossoms and time.

### **Storage and Shelf Life**

Because essential oils are so volatile (evaporate easily) they must be stored in dark, glass containers with a dropper top. Make it a habit to put the screw top lids back on tightly each time you use an essential oil, you don't want your oil exposed to air too long or you will lose the potency of the oil. Store in a cool, dark location, away from electrical appliances.

If you add essential oils to a massage or carrier oil, salve, lotion, or product of any sort, that essential oil will start to break down and is not as potent as using an essential oil fresh from the bottle.

Essential oils can be exposed to high temperatures just make sure to let the essential oil cool down to room temperature before removing the lid. \*Citrus oils can be damaged in temperatures more than 100 degrees, so keep those out of hot places.

Many books say that essential oils have a shelf life from 1-5 years, most were written in the 90's before we had so much more information on essential oils so if you follow these guidelines, you need not worry about a shelf life. My first essential oil I ever had my husband got from Germany when he was 19 years old (that was over 20 years ago by the way) it is still as potent and aromatic as when I first started using it 14 years ago.

### **What Brand of Essential Oils Should I Use?**

I have tried many different oil brands throughout the years, and I continue to use a variety of companies for my essential oil use, so it is okay to branch out and use more than one brand. I will tell you that I have come across some I know were "tainted" with synthetic fragrance so here are some tips to try and avoid a bad oil. The first thing you want to look at when deciding on a company is that the oils are genuine essential oil. Because there are no set "rules" and regulations on essential oils this can be a bit tricky, there are many out there trying to make a buck off the alternative healthcare industry and are in it only for profit. Some will "water" them down with carrier oil and some will even stoop so low as to lace them with synthetics, turning something whole and healing into something toxic. I like to look at the company as a whole and decide if they are honest.

- Do they run their business with integrity?
- Do they care about the environment and the practices of sustainable living and organic growing?
- Do they have an understanding of herbs, essential oils, and natural healing?
- Is their bottom-line profit or people?

Don't be afraid to ask questions and do a bit of research, it's okay to get an oil here and there and then experiment with them. Above all be prayerful about your decision.



### Why Use Essential Oils?

Long before modern medicine was around people depended upon plants to heal and care for their bodies. Once the Industrial Age came around those plants were taken apart by scientists and the chemical makeup of the plant was separated into key components that were isolated for that one particular property. Synthetic chemicals were then added to give us our modern-day pharmaceuticals. The problem is these come with a high price - side effects, cost, and dangerous contraindications. Have you ever watched a commercial for a prescription drug medication? The entire commercial is filled with a list of horrible side effects from taking the drug, many include heart problems and even death!

Plants were created by our Father in Heaven to be used in their full form, each chemical component playing a key part in its ability to heal without side effects. They are very complex and have anywhere from 100-500 different molecules that each play a part in healing and rejuvenation. These molecules are so small they can actually penetrate our cells, acting on free radicals and penetrating to the parts of our brain where no other substances can. They are also easily absorbed through our skin right into the blood stream, organs, and body systems. Within 21 minutes of applying, they will penetrate every cell in our body!

Essential oils restore balance to the body, they are powerful antioxidants which fight free radicals that cause disease and cancer. They contain oxygen molecules that are carried throughout the body to feed cells and stimulate the immune system. All essential oils are antibacterial, antifungal, antimicrobial, antiparasitic, anti-tumoral, antiviral, and antiseptic. A few specific essential oils contain sesquiterpenes that have the ability to cross the blood/brain barrier which help in treating neurological diseases such as ADHD, Alzheimer's, Lou Gehrig's and Parkinson's just to name a few. Essential oils are the only substances that can aid the body in healing on all levels; spiritual, emotional, behavioral and physical.

### What Can I Use Essential Oils For?

- Preventing and treating illness.
- First aid.
- Emotional, mental, and behavioral conditions.
- Balancing body systems, hormones, and chakras.
- Meditation, spiritual enlightenment, and raising the frequency of the body.
- Hygiene and personal care.
- Beauty care.
- Laundry and cleaning.
- Garden: pest control, fertilizer, treating disease and plant problems.
- Kitchen: cooking and baking.
- To purify drinking water.
- To kill airborne microorganisms, purify and deodorize the air.



## How To Use Essential Oils

There are no limits to what you can do with essential oils these are the most common ways to use them in your everyday life:

### Inhalation

The fastest, easiest, and most effective way of getting essential oils through your body systems is through inhalation. Odor molecules enter the nostrils and drift upwards to the olfactory receptors which are the only sensory pathways that open directly to the brain. Aroma has amazing effects on the body, it can trigger memories, influence behavior, trigger hormones that affect appetite, desires, motivation, moods, intuition, creativity, insulin production, body temperature, metabolism, stress levels, sex drive, and conscious

thought. Aroma can also access emotions and work on a subconscious level which can balance the body, change behavior, and alter attitude. As you inhale essential oils, they not only enter the brain but also the respiratory system where they attach to oxygen molecules and then are carried and circulated into the bloodstream and throughout the entire body.

#### Inhalation How To:

- Simply open the bottle and take a deep breath. I have also placed the essential oil directly on my shirt (just test for staining here), below my nose, behind my ears or on the pillowcase at night. On the go you could place a cotton ball with a few drops of essential oil in a bag or container, then open and inhale when needed.
- Diffusing: you can purchase an electric diffuser made specifically for breaking up the oils into a micro-fine mist that is dispersed into the air, covering hundreds of square feet in seconds. The molecules remain suspended in the air for several hours. Likewise, you can also use a humidifier, vaporizer, or a table fountain, just steer clear of heated diffusers as these will alter the properties of the essential oil and break them down much quicker.
- Spray Bottle: Fill a bottle with water and add anywhere from 20-40 drops of essential oil. Shake and spray in rooms and on surfaces.
- Open a bottle of essential oil and flick right onto your floor, in your bed, on your curtains, you get the idea. Just make sure the oil you use is not going to stain.
- Place a couple of drops on toilet paper rolls, every time you unroll it the aroma will be released. This also works on vacuum bags.
- Clay necklaces: Make your own or purchase. Place a couple of drops on the porous clay and the aroma will be slowly released right under your nose.
- Use your imagination and think outside the box.

### Topical Application

The second fastest way to get essential oils circulating throughout your body is through the skin. Because of the molecular structure of the essential oils, they are easily absorbed into the skin, penetrate the cells and enter right into the blood stream which travels to the lymph system and all of the organs in the body. There is no better way to get an essential oil to an organ or area of concern in the body than applying the oil right over that area. The oils are absorbed

within seconds and at their highest concentration about 20 minutes after application, within 2 hours the oils have been completely absorbed and utilized.

### Topical How To:

- Apply directly to the wrist, behind the ears and the bottoms of the feet are the quickest ways for the oils to absorb into the body and blood stream. It is also useful to apply directly to the area of concern if dealing with a physical problem. Use 1-3 drops of essential oil, less is best when using essential oils. Too much and your body can trigger a detox which could result in a headache, nausea, rash, etc.
- Applying Neat: This means you apply the oil directly to the skin with no carrier. The benefit to applying this way is deeper penetration, which equals more accurate results. Make sure the essential oil single or blend you are using is safe to be applied neat, don't use any of the "hot" oils without a carrier, these would include oregano, cinnamon, clove, lemongrass, and nutmeg to name a few. If you experience skin irritation after applying an oil neat, apply a carrier oil over the top to dilute the essential oil.
- Applying with a Carrier: The benefit of using a carrier is your essential oil will go further, spreading over a larger area and more even absorption. You are also less likely to have skin irritation and risk of body "detox". I like to squirt a small amount of carrier oil (coconut, grapeseed, almond oil, etc.) into the palm of my hand, add 1-5 drops of essential oil, rub hands together and massage over area or apply to bottoms of the feet. Other carriers could include salves, lotions, and distilled water.
- When applying to infants or younger children always use a carrier oil and start with just 1 drop of essential oil, the general rule for dilution is 1:30, 1 drop essential oil to 30 drops of carrier (usually about a teaspoon).
- Layering: You can use more than one blend or single if you have multiple concerns by layering them. This means you apply one essential oil and rub into the skin, then apply another one on top of that. You can layer several oils in this manner.

### **Internal Use**

Opinions vary from aromatherapist to aromatherapist on the view of taking essential oils internally. The English books I've read will say absolutely not to ever take an oil internally, while the French will take just about anything internally. Unless you are very certain you have a 100% genuine oil, I would not even consider using this method. The FDA has approved some essential oils as generally regarded as safe for human consumption (GRAS), food additive (FA) or flavoring agent (FL); this should be specified as you research each oil before using.

The controversy over this topic includes the following arguments:

- Essential oils absorb so readily into the body through the skin and inhalation that it is just not needed.
- Digestive juices could change the molecular structure of the oil.
- Because of the high concentration of plant material, it could be lethal if an overdose occurs. Your body will let you know if you have had too much though, you will feel nauseous or throw up, have a headache or flu like symptoms.

I personally do not recommend medicinal internal use of essential oils but will use them for food flavorings.





### Bath and Foot Soaks:

These are the best! Water magnifies the properties of the oils and allows them to penetrate every part of your body. You can also place a few drops on the bottom of the shower letting them absorb into the pores of the feet and diffusing the air. 2-5 drops are enough for both and be mindful of what oils you are placing in your bath water, oils containing menthol may not feel too great on those "sensitive" areas. For a foot soak fill a basin, tub or large bowl with hot water and add 2-5 drops of essential oil. The oils will be absorbed into your body through the feet and as with the bath and shower will be diffused throughout the room.

### First Aid:

Essential oils make a great first aid kit due to their antiseptic, antibacterial, and regenerative properties. You can use them need and/or add them to salves, balms, and washes. The best essential oils for first aid in my opinion are: lavender, tea tree (melaleuca), frankincense, helichrysum, and yarrow.

### Household Cleaners:

Add essential oils to your dishwater when washing dishes, to the laundry, in your DIY household cleaners, disinfectant sprays, furniture polish, and any other cleaning uses.

### Hygiene, Beauty, and Personal Care:

Make your own mouthwash and/or gargle, brush your teeth with them, add them to your hand and face creams, shampoo, and conditioner, etc.

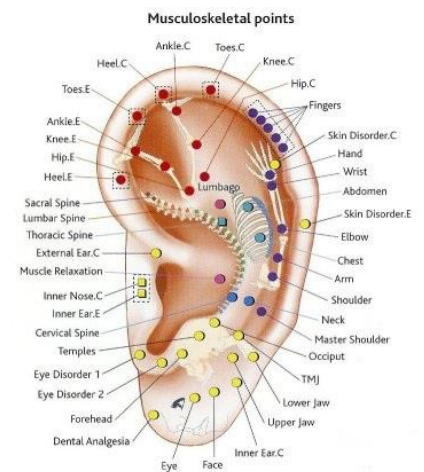
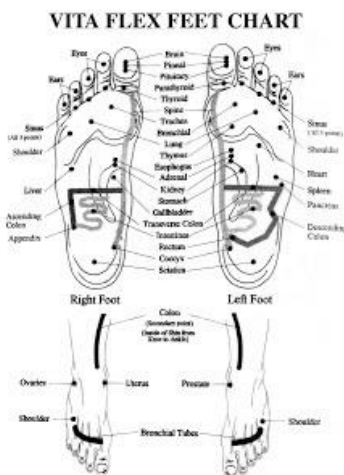
### Vita Flex Therapy:

Vita Flex therapy is the act of applying essential oils to contact points on the hands and the feet that correspond with different body parts. This is a superior form of reflexology and is explained in detail in the book *Healing for the Age of Enlightenment by Stanley Burroughs*.

### Auricular Therapy:

Auricular therapy is a healthcare modality in which the external surface of the ear, or auricle, is stimulated to alleviate pathological conditions in other parts of the body. Apply the essential oil to the corresponding body part point.

*Reference Guide For Essential Oils*





## **Safety Guidelines**

It is important to remember essential oils are very concentrated and potent and care should be taken with the way you store and use them. Here is a simple list of guidelines to follow in order to use your essential oils safely and effectively - according to Annie.

### **Always Study an Essential Oil Before Using It**

Just like with herbs, I would suggest starting with one essential oil and study it, learn about the healing properties of that oil; all that it can be used for, if it can be used neat or needs a carrier, if it can be taken internally and if it has any cautions with it such as staying out of the sun after use or not using while pregnant or nursing.

Once you study the oil then get familiar with the aroma, use it, and become familiar with it, only then move onto another essential oil continuing to use both. This is the baby step method and takes a lot of frustration and feeling of being overwhelmed with using these amazing, God sent gifts. May I suggest starting with lavender - this is one of the most gentle and versatile essential oils available. I have included a list of several essential oils to get you started on this journey.

### **Always Use a Carrier with Infants and Children**

After applying the first guideline you should know if the essential oil you are using is safe to use on infants and children. When using essential oils on infants and young children ALWAYS use a carrier even if the oil states it can be used neat (without a carrier). Also start with 1 drop of essential oil per palm full of carrier oil (about 30 drops carrier) for topical application and only 2-3 drops in bath water - I loved giving my babies lavender baths! Lavender is an exception to this rule, it is gentle enough to be used neat and as a bonus it can be used to treat most anything your baby may need to be treated for.

### **Keep Out of the Reach of Children**

I learned this lesson the hard way as I thought my essential oils were out of the way in the dark linen closet towards the back of one of the shelves. My then 3 year old always saw mommy applying oils to his owies and decided he could do it himself, he climbed up the shelf and pulled a random bottle out and dumped the entire bottle onto his leg. Besides the fact that the entire house had to be fumigated, his leg was bright red and very irritated. I doused his leg with carrier oil and we all spent the rest of the day outdoors while the house aired out. After that I moved my oils to the highest shelf completely out of sight and reach. Again, these oils are very potent and should be treated as such.

### **Patch Test an Oil Before Use**

I will be honest in stating that I never patch test my oils before using, however neither myself nor my children have allergies. I would highly suggest this if you or your family members are prone to allergies or have sensitive skin. To do this, apply a small amount of carrier and 1 drop of essential oil to the inside part of your arm, wait for an hour or two to see if it turns reds or you have any type of reaction. If not, go ahead and use the oil as planned.

## **Less Is Best**

Remember how potent and concentrated essential oils are, 1 drop is the equivalent to about an ounce of plant material so you do not need that much at all. In fact, using too much will cause a detox and those are no fun at all. Start with 1-3 drops of oil and if you feel you need more than that you can use a couple more but never more than 6 drops. If you use too much and trigger a detox you will feel nauseous, faint, have a headache, stuffy nose or cold and flu like symptoms. If this happens discontinue the use of the oil and apply a lot of carrier oil to the area. You can never overdose on oils when applying them to skin, only if taken internally, so you may feel yucky for a bit, but you will get over it. Next time use a smaller amount of essential oil and maybe more carrier oil. Along the same lines if you accidentally spill oil or get it into your eyes dilute with carrier oil as I did my 3 year old until you feel better.

## **Be Cautious If You Choose to Use Oils Internally**

Only use 100% genuine essential oils, I only trust the distributor I use for this purpose and even then, I only use essential oils to flavor food, not to take medicinally. Study the oil to make sure it is okay to take internally and only use the recommended dosages on the bottle; I would also be prayerful about this method of use.





*Picea pungens*

**Family:** Pinaceae - Pine

The Northwestern Native Americans considered the Idaho Blue Spruce to be a sacred tree and used it in a variety of ways, many of them for healing.

### Properties:

Anti-infectious, anti-inflammatory, antispasmodic, antiviral, antibacterial, disinfectant, expectorant, tonic.

## Application

- Diffuse
- Apply neat to area of concern, bottoms of feet, chakras, and/or vitaflex points (layer with a carrier if skin sensitivity occurs)
- G.R.A.S, generally regarded as safe for human consumption

## Cleaning

- Use as a disinfectant to clean bathroom and kitchen areas.
- In the laundry to freshen and disinfect.
- Furniture polish (20 drops in 1/4 cup of olive oil).
- Air freshener.
- Mattress and furniture spray (20 drops in 8 oz. Spray bottle of distilled water).

## Uses

- Respiratory conditions; asthma, bronchitis, croup, any chest congestion.
- Coughs
- Sore throat or any throat problems.
- Cuts, wounds, and swelling.
- Pain associated with inflammation.
- Sports injuries, sprain, strained muscles.
- Joint, muscle pain and inflammation, rheumatism. (Layer with copaiba for best results)
- Back pain, sciatica.
- Carpal tunnel.
- Insecticide
- Grounding
- Balancing
- Releases emotional blocks.





*Tanacetum annuum*

**Family:** *Compositae* - Daisy

Blue tansy is also known as Moroccan Chamomile or Blue Chamomile and has similar properties of German Chamomile. It is known for its nervine properties and relieves nervous tension as well as anti-inflammatory and pain-relieving properties. Blue Tansy is best used as part of a blend to utilize its properties.

### Properties

Analgesic, antibacterial, anti-inflammatory, antihistamine, hypotensive, nervine, solar plexus chakra.

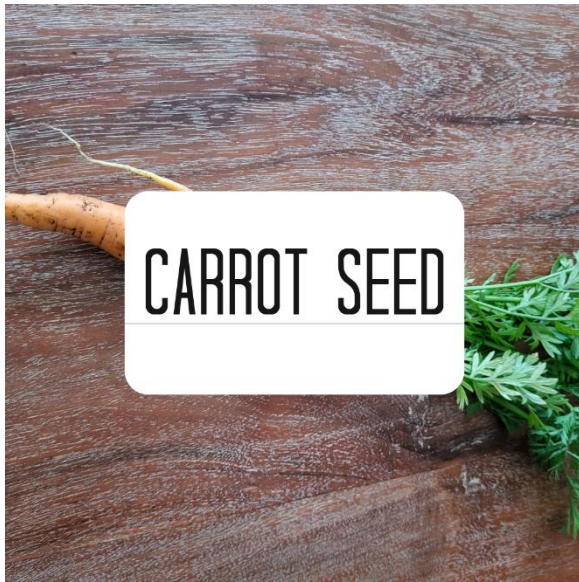
### Application

Only use this oil topically with a carrier and sparingly, this oil is best used as part of a blend.

### Uses

- Pain reliever
- Anti-inflammatory
- Sedative
- Itchy skin conditions.
- Calming
- Stress reliever.
- Increase creativity and productivity.
- Low blood pressure.





*Daucus carota*

**Family:** *Umbelliferae* - carrot, parsley

Carrot seed oil is extracted from the wild carrot plant, also known as Queen Anne's Lace. It is well known for its skin healing and rejuvenating effects but also has strong digestive and detoxing properties on the kidneys and liver.

## Properties

Antifungal, carminative, hepatic, digestive, affinity for skin, cardiovascular, and nervous systems.

## Application

- Diffuse
- Apply topically to area of concern - can be applied neat.
- Add to creams, lotions, or oil for skin care.

## Personal Care

- Use as a natural sunscreen - SPF 35-40.
- Retards and prevents wrinkles.
- Prevent or lighten age spots (applied regularly).
- Add elasticity and tone to the skin.
- Scars
- Dry, chapped skin.
- Regenerates skin tissue - great for mature and aging skin.

## Uses

- Skin health and healing: psoriasis, eczema, skin eruptions, boils, burns and sores.
- Digestive tonic: constipation, gas, diarrhea, indigestion, etc.
- Strengthens and detoxes liver and kidney function.
- Cleanses the blood.
- Jaundice
- Hepatitis
- Detoxes the entire body.
- Arthritis, rheumatism, gout, joint pain.
- Strengthens and detoxes nose, throat and lungs when inhaled.
- Strengthens the eyes.
- Anemia
- Relieves pressure.
- Rejuvenates the mind and body.



*Cedrus atlantica*

**Family:** *Pinaceae* - conifer

Cedarwood is one of the biblical essential oils and this particular species is the most closely related to Cedars of Lebanon. It has the rare ability of being a stimulant to the circulatory system while also being a sedative to the nervous system. Cedarwood has a great affinity for the skin, nervous, and respiratory systems, it is used for spiritual communication and emotion balancing.

## Properties

Antibacterial, antifungal, anti-infectious, antiseptic, astringent, diuretic, expectorant, fungicidal, insecticidal, sedative, tonic

## Application

- Diffuse or inhale directly (purifies the air).
- Apply to area of concern, on the bottoms of feet, wrists, behind ears, Vita Flex points, etc.

## Uses

- Hair loss and alopecia, soothes the scalp, dandruff, itching.
- Skin problems including eczema and psoriasis, acne.
- Tightens pores and skin, reduces oil secretion.
- Cellulite - massage with a carrier over area of concern.
- Makes a great after shave oil or ingredient in men's products.
- Insect repellent - best when used with citronella.
- Cleansing, purifying, and deodorizing, use in personal care and cleaning products.
- Bronchitis, coughs, congestion, sinusitis, and asthma.
- Allergy symptoms such as itchy, watery eyes, runny nose, and headache.
- Soothe toothache and tighten gums around the teeth.
- Respiratory infections.
- Skin disorders.
- Joint and muscle pain and inflammation.
- Urinary infections and water retention, cystitis.
- Encourages lymph drainage.
- PMS symptoms, regulates menstruation, cramps, pain, nausea and blood flow.
- Relieves nervous tension, anxiety, and stress, calms anger.
- May help with add and ADHD.
- Quiets the mind and helps to calm emotions.
- Stimulates the emotional center of the brain.

## Caution

Use with caution during pregnancy.



*Cymbopogon nardus*

**Family:** *Gramineae* - grass

Citronella is most commonly known for its insect repelling properties. It is also one of the best deodorant oils as it combats excessive perspiration and kills bacteria which is what causes you to smell when sweating.

## Properties

Antibacterial, antifungal, antioxidant, anti-inflammatory, antiseptic, antispasmodic, antiparasitic, deodorizing, diuretic, insecticidal, stimulant.

## Application

- Diffuse or inhale (be aware that inhaling can increase heart rate)
- Apply topically with a carrier oil to area of concern, bottoms of feet, behind ears, wrists, Vita Flex points or chakras. (Watch for skin irritation)

## Uses

- Combats excessive perspiration and deodorant.
- Tones the skin and tightens pores.
- Excessive oil in both the skin and hair.
- Eczema, acne, and skin care.
- Repels both insects and cats. (Enhanced when used with cedarwood).
- Digestive problems.
- Aids bladder function, act as a diuretic to cleanse and prevent toxic build up and fatty deposits.
- Deodorizer, can sanitize surfaces, great for cleaning.
- Intestinal parasites.
- Respiratory infections.
- Colds, flu, and fever.
- Headache and migraine
- Fatigue
- Joint and muscle aches and pains, rheumatism.
- Use as a disinfectant on cuts and wounds to prevent infection and tetanus.
- Menstrual problems.
- Stimulates cardiovascular system, increases heart rate.
- Anxiety, mild sedative.

**Cautions:** Use with caution during pregnancy



*Salvia sclarea*

**Family:** *Labiatae* - mint

Clary Sage is well known for its hormone balancing properties, it also has an affinity for the digestive system and respiratory system, along with all of the healing properties listed below.

### Properties:

Antiseptic, antifungal, antioxidant, astringent, calming, emmenagogue, anti-infective, antispasmodic, antisudorific, anesthetic, aphrodisiac, nerve tonic, estrogen-like properties.

### Application

- Apply directly to area of concern, bottoms of feet, wrists, over uterus and lower back, and/or to Vita Flex points.
- Diffuse and inhale (in small amounts)

### Personal Care

- Regulates excessive perspiration - great deodorant essential oil.
- Insect repellent
- Soothes inflamed skin tissue, acne, skin disorders and infections.
- Dandruff and hair loss.
- Strengthens fragile hair and nails.

### Uses

- Balance hormones, PMS, menstrual problems, cramps, menopause.
- Infertility and impotence.
- Kidney infection and disorders.
- Digestive complaints, gas, bloating, indigestion, diarrhea.
- Respiratory issues, bronchitis, croup, whooping cough, lung infections, sore throat.
- Sedative, calms nerves and hypersensitivity, relieves tension of the body and mind.
- Hemorrhoids
- Circulatory problems, regulates cholesterol and works against hypertension.
- Ulcers
- Depression, stress, anxiety, fatigue.
- Eye health, prevent cataracts, conjunctivitis.
- Insomnia, sweet dreams, sleep.

### Cautions

Use with extreme caution when pregnant and nursing. Not for infants or children.





### *Copaifera reticulata*

**Family:** Fabaceae – legume, pea, bean

Copaiba essential oil is obtained from the oleoresin of the Copaiba tree. It contains the blood/brain barrier constituent sesquiterpenes along with having very high anti-inflammatory properties. This oil is gentle enough to use as a pain reliever for children and adults alike with no harmful side effects.

### Properties

Analgesic (pain reliever), anti-inflammatory, antibacterial, antiseptic, and stimulant.

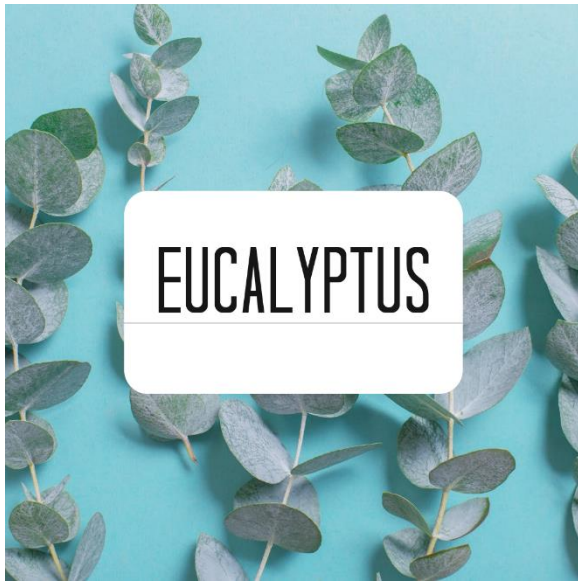
### Application

- Diffuse
- Apply topically with a carrier to area of concern or bottoms of the feet.
- G.R.A.S (generally regarded as safe for human consumption)

### Uses

- Strong pain reliever (equivalent to Tylenol).
- Highly anti-inflammatory (layer with wintergreen for best results).
- Arthritis
- Deep bone pain (layer with oregano oil and a carrier).
- Carpal tunnel (use the same as deep bone pain).
- Muscle and other soft tissue pain (layer with blue spruce).
- Anxiety, stress, and depression.
- Skin problems.
- Cuts, wounds, bleeding, and hemorrhage.
- Cold sores.
- Bug bites and stings.
- Cold and flu symptoms.
- Diarrhea and constipation.
- Respiratory issues such as bronchitis and sinus infection.
- Sore throat, tonsilitis.
- Urinary tract, kidney, and bladder infection.
- Ulcers
- Hemorrhoids





*Eucalyptus globulus* (*natriol*, *azul*, *radiata*, more)

**Family:** *Myrtaceae* - myrtle

With over 700 species the most well-known and used for their healing properties are those listed above. Eucalyptus is well known for its decongestant properties and affinity for the respiratory system.

Radiata is considered the most therapeutic and gentler on the skin than other varieties, use this variety for deep lung infection.

### Properties

Analgesic, antibacterial, antibiotic, anticatarrhal, antifungal, anti-inflammatory, antiseptic, antiviral,

diuretic, expectorant, febrifuge, stimulant, cooling.

### Application

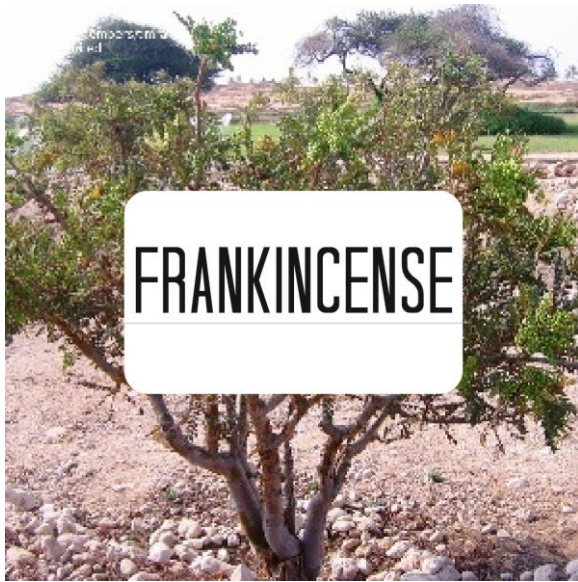
- Inhalation
- Apply topically with a carrier to area of concern and/or on the bottoms of the feet.
- Eucalyptus can be toxic if taken internally although it is approved by the FDA as a food additive and flavoring.

### Uses

- Teeth and mouth health, prevents cavities and the buildup of plaque.
- Pest repellent.
- Head lice (use with tea tree and lavender for best results).
- Purifies and disinfects, kill bacteria and germs on surfaces, use for cleaning and laundry.
- Removes stains, gum and sticky substances, paint, ink, and marker.
- Asthma, bronchitis, coughs, congestion, sore throat, strep, any problem with the respiratory system.
- Cold, flu and fever, infections of all kinds.
- Allergies and hay fever.
- First aid disinfectant and wound healer, skin health, infection, acne, sores, burns, etc.
- Cataracts
- High blood pressure, hypoglycemia, and diabetes support.
- Muscle, joint pain, carpal tunnel, rheumatism, arthritis, injuries, any type of inflammation.
- Pain reliever, headache, and migraine.
- Shingles, chicken pox, measles, cold sores.
- Mental clarity and focus, stimulates the brain, depression, anxiety, stress relief.

### Cautions

Do not take this oil internally and keep out of the reach of children. Do not use on or around infants.



*Boswellia carterii (frereana, serrata)*

*Boswellia sacra* (Sacred Frankincense) - only found in Oman. This is known as the most potent and healing of the Frankincense species and used with great success in the treatment of cancer, tumors, and other diseases.

Frankincense is one of the biblical oils and referenced 52 times in the Bible, it is a close relative to myrrh, sharing many of the same properties.

Frankincense is one of the oils containing sesquiterpenes that can cross the blood/brain barrier as well as healing spiritual and emotional issues and supporting the immune system, nervous system, and the skin.

## Properties

Analgesic, antifungal, anti-inflammatory, antioxidant, antiseptic, astringent, carminative, digestive, diuretic, expectorant, sedative, tonic, vulnerary.

## Application

- Diffusing is one of the best ways to utilize the properties of this amazing oil.
- Can be applied neat to the skin or area of concern.
- G.R.A.S. (generally regarded as safe for internal consumption)

## Uses

- Skin rejuvenating, scars, wrinkles, acne, moles, etc.
- Affinity for the brain, oxygenates the pineal and pituitary glands, use for brain injury, coma concussion, confusion, and trauma.
- Lou Gehrig's, Parkinson's disease, and multiple sclerosis.
- Skin disorders, including infections, sores, boils, scars, warts, etc.
- Herpes, cold sores.
- First aid treatment for cuts, wounds, and bleeding.
- High blood pressure.
- Ulcers
- Insect, spider and even snake bites.
- Respiratory conditions like bronchitis, asthma, coughs, colds, and pneumonia.
- Immune booster so helpful in treating any type of illness or infection.
- Staph, strep, throat issues.
- Joint and muscle pain and inflammation, headaches.
- Stress reliever, tension, anxiety, and depression.
- Cancer, tumors, diphtheria, gonorrhea, syphilis, meningitis, etc.
- Emotional oil used in meditation, spiritual uplift, dealing with loss, healing emotional wounds, uplifting the attitude and spirit, etc.



### *Helichrysum italicum*

**Family:** *Compositae* – daisy, sunflower

**Common Names:** Immortelle and Everlasting

There are over 500 species of *Helichrysum* but the *italicum* species is the rarest and sought after for its range of healing properties and potency. The chemical composition of this essential oil is what makes it so rare, and the climate and soil conditions effect it yearly which is why it is so expensive and sometimes not even available!

This oil is highly versatile and can be used for a number of ailments, it is especially useful treating skin conditions and anti-aging as well as for first aid treatments and sports injuries.

## Properties

Analgesic, antibacterial, anticoagulant, antiseptic, anticoagulant, anti-fungal, antioxidant, anti-inflammatory, antimicrobial, antispasmodic, antiviral, decongestant, diuretic, emollient, expectorant, hepatic, hemostatic, nerveine.

## Application

- Diffuse and inhale.
- Can be applied neat to area of concern or bottoms of the feet.
- G.R.A.S. (generally regarded as safe for internal consumption).
- Add to beauty care products and first aid preparations.

## Personal Care

- Regenerates skin tissue.
- Smooths and moisturizes the skin.
- Use for new and old scars.
- Highly effective for wrinkles and anti-aging.
- Aging spots
- Skin pigmentation disorders and blotches.
- Acne

## First Aid

- Burns/sunburn.
- Natural sunscreen.
- Bleeding/nosebleeds.
- Bruises.
- Cuts, wounds, scrapes - stops bleeding and knits the skin back together.
- Heals tissue quickly and prevents and heal scar tissue.
- Antiseptic and germ killer.
- Skin infections.

- Shock
- Stroke

## Uses

- Very effective treatment for sports injuries, especially when treated immediately.
- Cardiovascular health: cholesterol, blood thinner.
- Blood clots
- Anemia
- Respiratory conditions: bronchitis, asthma, croup.
- Skin conditions: eczema, psoriasis, dermatitis, dry, cracked skin, rash, eruptions, boils.
- Headache and migraines.
- Cramps, muscle spasms.
- Joint pain and inflammation.
- Pain reliever.
- Tooth abscess.
- Cold sores (herpes simplex).
- Coughs, cold, congestion, sinusitis.
- Lymph drainage.
- Gallbladder infection.
- Strengthens and detoxes the liver.
- Varicose veins and spider veins.
- Allergies
- Helps combat inflammation both external and internal.
- Helps fight off bacteria and infection which will reduce fevers caused by these conditions.
- Cystitis, colitis, neuralgia.
- Promotes cell growth and fights free radicals.
- Calming, relaxant, uplifting.
- Contains sesquiterpenes which can cross the blood/brain barrier - useful for nervous system conditions, behavior, and mood.

## Caution

Use with care when pregnant and with small children.



*Lavandula angustifolia*

**Family:** Labiatae - mint

Lavender is my very favorite essential oil. When in doubt of what oil or herb to use for an ailment you can go for lavender, it is a cure for all that may ail you. Lavender is well known for its gentle, yet powerful effect on children and babies and can be used for everything from burns to stress relief and cosmetic use.

### Properties

Analgesic, anticoagulant, antidepressant, antifungal, antihistamine, antiviral, anti-inflammatory, antimicrobial, antiseptic, antispasmodic, antitoxic,

antitumor, cooling, decongestant, regenerative, sedative.

### Application

- Can be applied neat to area of concern, bottoms of feet, wrists or behind the ears.
- Diffuse and inhale.
- Very safe and gentle, great for infants, young children, and the elderly.
- G.R.A.S (generally regarded as safe for human consumption).

### Babies and Children

- Calming
- Colic
- Cradle cap
- Diaper rash
- Earaches
- Skin conditions of any kind: eczema, dry skin, rash, bug bites, bum burn, etc.
- Thrush
- Teething

### Personal Care

- Acne
- Chapped lips and skin.
- Dandruff and hair loss.
- Scarring
- Stretch marks.
- Wrinkles

### First Aid

- Burns
- Boils, bruises, blisters, hives.



- Cuts, wounds, abrasions.
- Fainting and heatstroke.
- Insect bites, stings, and repellent.
- Seizure
- Sprain and strains.
- Sunburn
- Trauma, hysteria, shock.

## Uses

- First aid - see above
- ADD/ADHD
- Allergies
- Anxiety, stress, and depression.
- Arthritis
- Asthma
- Candida (yeast), athletes' foot, yeast infection, jock itch.
- Canker sores (herpes simplex).
- Carpal tunnel.
- Chicken pox, scabies, measles, mumps, Parkinson's disease.
- Cholesterol and high blood pressure.
- Cold and flu symptoms including congestion and respiratory issues.
- Gas, indigestion, nausea.
- Headache
- Impetigo
- Inflammation
- Insomnia
- Lymph system drainage and support.
- Mouth sores, abscess, teeth pain and grinding.
- Pain reliever.
- Skin conditions: itching, dry, eczema, psoriasis rash, sunburn, scarring, sensitivity, wounds, and wrinkles.
- Sedative, tension.
- Woman's health - PMS, cramps, mastitis, menopausal conditions.



*Citrus limon*

**Family:** *Rutaceae* - citrus

Lemon and all citrus oils are cold processed to extract the essential oils from the peel. Lemon is one of the most universal essential oils as it can be used for anything from air purification to brightening the complexion to fighting cancer.

## Properties

Antibiotic, sedative, carminative, diuretic, hemostatic, astringent, digestive, immunostimulant, antidepressant, stimulant, antiseptic, febrifuge, calmate, antispasmodic, vermifuge.

## Application

- Diffuse and inhale.
- Apply to the skin with a carrier oil either to area of concern or bottoms of the feet.
- Add to personal care products.
- Add to cleaning products.
- G.R.A.S. (generally regarded as safe for internal consumption)
- Add to water to purify.

## Personal Care

- Removes dead skin cells leaving the complexion looking clean and bright.
- Dissolves cellulite when rubbed into the skin.
- Strengthens and hardens fingernails.
- Naturally lightens hair, while also removing residues, dirt, and grime from hair follicles.

## Cleaning

- Disinfectant
- Add to some vinegar to clean pesticides and residue off produce.
- Cleanses the air when diffused.
- Cuts grease.
- Removes sticky adhesive and gum.
- Furniture and floor polish.
- Stain remover.
- Sanitizes
- Lemon is a must have in my laundry for removing stains, disinfecting and leaving my clothing smelling fresh and clean. I add 10 drops to 1 cup of vinegar and place in the fabric softener cup in my washer.

## Uses

- Anemia
- Autism
- Anxiety
- Asthma
- Brain injury
- Cold
- Sore throat and infections.
- Fever reducer.
- Food poisoning.
- Digestion
- Gout
- Heartburn
- Aids concentration and memory.
- Gout
- Gallstones
- Kidney stones
- Liver support
- Lymph cleansing
- Malaria
- Mumps
- Nerves and nervous system.
- Overeating
- Depression
- Stress relief
- Varicose veins
- Intestinal parasites
- Rheumatism
- Urinary tract infection
- Immune booster
- Improved energy
- Aids respiratory systems
- Scurvy

## Cautions

Lemon can be a phototoxic so avoid direct sunlight for 12 hours after using on skin. Can be a skin irritant so always patch test before using and dilute with a carrier oil.



*Cymbopogon flexuosus*

**Family:** *Gramineae* - grass

Lemongrass is native to Asia but is grown and cultivated in tropical regions, the leaves are steam distilled. It is a close relative to citronella, each having insect repelling properties. It has a light, citrus aroma that is refreshing, stimulating and balancing. Use to support the immune, digestive, and circulatory systems

## Properties

Analgesic, anti-fungal, antibacterial, anti-parasitic, anti-inflammatory, antioxidant, antiseptic, antiviral, astringent, carminative, deodorant, digestive, febrifuge, fungicidal, insecticidal, nervine, sedative,

tonic, antioxidant.

## Application

- Diffuse and inhale.
- Apply to skin with a carrier either on area of concern or the bottom of the feet.
- Use in cleaning and personal care products.

## Uses

- Use in the diffuser or spray bottle (1 cup water per 1 tsp. of oil) to disinfect and deodorize kitchens and bathrooms or throughout the home during an illness.
- Insect repellant, including ticks (best when used with citronella and peppermint).
- Digestive support, parasites.
- Skin health, regenerates tissue.
- Muscle, tendon, and ligament injuries, carpal tunnel.
- Illness, fever, and infection.
- Respiratory problems and sore throats.
- Varicose veins
- Eye health, cataracts.
- Fungal infections, athletes' foot - soak feet in a foot bath with a few drops of oil, after bathing apply the oil with a carrier to feet and in between toes.
- Improves mental clarity.
- Circulatory support.
- Thyroid problem, Grave's disease, Hashimoto's disease.
- Kidney disorders and bladder infection.
- Lymph drainage.

## Caution

Possible skin irritant so patch test on skin before use and always dilute with a carrier and use greater dilution when using with children.



*Citrus aurantifolia*

**Family:** *Rutaceae* - citrus

Lime is one of my favorites in the citrus family, I love to add it to my dish water while washing dishes, it always keeps me in good spirits. I also love to use lime in my cooking, it adds great flavor to any Mexican dishes and any recipe calling for lime juice or zest. Lime also tastes great in a glass of water and smoothies.

## Properties

Antibacterial, antiseptic, antiviral, restorative, stimulating, tonic - solar plexus chakra

## Application

- Diffuse or inhale.
- Apply topically with a carrier to area of concern or bottoms of feet.
- Add to hair and beauty products, added to dishwasher, dish water for hand washing dishes, laundry, and any DIY cleaning products.
- G.R.A.S - generally regarded as safe for internal consumption, can use as a dietary supplement, purifies water, and adds great flavor to dishes and smoothies.

## Uses

- Strengthens nails.
- Cleansing, add to shampoo, body wash and sprays.
- Tightens skin, removes dead skin cells which brightens a dull complexion.
- Dissolves cellulite, massage on to area of concern with a carrier oil.
- Stain remover, even on wood, removes oil, gum and grease spots.
- Air purifier, use as a spray or diffuse.
- Anxiety and depression, uplifts the mood, refreshing, stimulating.
- Cold, cough, sore throat, etc.
- Fever
- Memory and clarity.
- Lymph cleansing.
- Nervous conditions.
- Aids digestion - helps with gallstones.
- Liver deficiency and cleansing.
- Stimulates immune system.
- Infection
- Stabilize blood pressure.

## Caution

Citrus oils are phototoxic so avoid direct sunlight for 12 hours after using externally or keep covered.





*Commiphora myrrha*

**Family:** *Burseraceae* - resinous trees and shrubs

Myrrh is steam distilled from the gum/resin of the myrrh tree, it has a great effect upon the digestive, respiratory, nervous, and vascular systems, as well as the skin, immune system and the throat chakra.

It is a biblical oil that not only effects the spiritual side but the emotional and physical as well. Anciently it was used in religious ceremonies, embalming, medicine and for leprosy. After reading through the long list of healing properties it is no wonder the Magi gave it to the Christ child as one of their gifts.

## Properties

Anti-inflammatory, pectoral, antiseptic, antispasmodic, cholagogue, expectorant, antifungal, astringent, antioxidant, antitumoral, antibacterial, antiviral, antiparasitic, analgesic, vulnerary, soporific, hemostatic.

## Application

- Apply directly to bottoms of feet, on area of concern, wrists, behind ears or any area of the body.
- Diffuse and inhale.
- G.R.A.S (generally regarded as safe for human consumption)
- Because of the thick nature of myrrh, you may need to dilute with a carrier. Also keep the bottle upright and the lid screwed on tight to prevent the oil from drying and caking on the top. If this happens use a little lemon essential oil to dissolve and remove the "crust", this is also effective if your lid is stuck and doesn't want to unscrew.

## Personal Care

- Natural sunscreen (very effective when used with carrot seed and helichrysum).
- Hair loss and alopecia.
- Nourishes and conditions dry hair and scalp, dandruff.
- Treats lice.
- Tones and conditions the skin.
- Use for dry, cracked, chapped skin.
- Stretch marks.
- Prevent and treat wrinkles.
- Acne and blemishes.

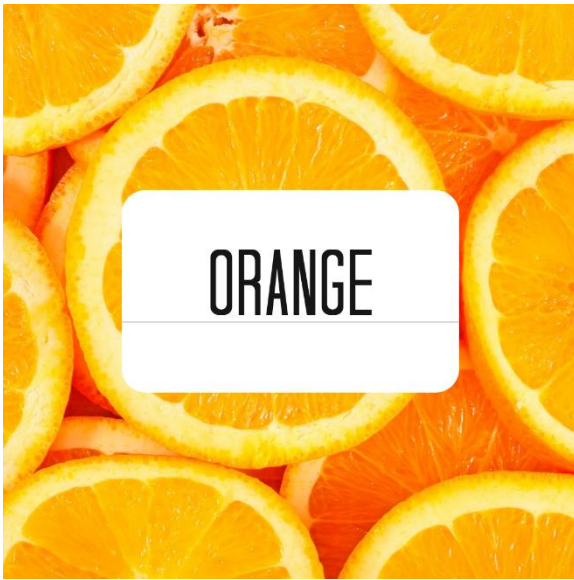
## Uses

- Hyperthyroidism and Hashimoto's disease.

- Impetigo
- Asthma, bronchitis.
- Cough, cold and flu.
- Sore throat (mix with a drop of lemon for even better results)
- First aid; stops bleeding, heals and prevent infection on cuts and wounds
- Decongestant for the lungs and sinus
- Increases perspiration, cleanses, and detoxes through the pores of the skin.
- Strengthens immune system.
- Skin conditions: eczema, dry, cracked skin, rashes, inflammation, skin allergies.
- Fungal infections; athlete's foot, ringworm, thrush.
- Candida, vaginal thrush (yeast infection).
- Digestive issues, gas, food poisoning.
- Ulcers
- Hemorrhoids
- Stimulates blood circulation.
- Tooth and gum infection and gingivitis (mix a couple drops in water to make a mouth wash).
- Mouth sores, cankers.
- Diabetes
- Hepatitis
- Mumps, measles, chicken pox.

## Caution

Mild uterine stimulant so use caution when pregnant.



*Citrus sinensis*

**Family:** *Rutaceae* - citrus

Orange oil, as with other citrus oils are cold pressed from the rind, not steam distilled as a traditional essential oil. Orange is the perfect oil for adding to drinks and smoothies, diffusing as an air freshener, and adding to your cleaning routine.

## Properties

Disinfectant, diuretic, calmative, anticoagulant, sedative, stomachic, cholagogue, diuretic, tonic, antispasmodic, antiseptic, anti-inflammatory, astringent.

## Application

- Diffuse and inhale.
- Apply topically to skin with a carrier on area of concern or on the bottoms of the feet.
- G.R.A.S - generally regarded as safe for internal consumption.

## Personal Care

- Use to perk up dull complexion.
- Use in toners and creams for oily skin.
- Dermatitis, skin conditions.
- Hydrates cells which makes it a great treatment for wrinkles.

## Uses

- Removes sticky adhesive, including gum from surfaces.
- Removes ink, marker and paint from metal, glass, or smooth surfaces.
- Air and water purifier and deodorizer.
- Makes a great air freshener, especially when mixed with other citrus oils or cinnamon.
- Anxiety, depression, and stress relief.
- Improves digestion and helps with indigestion, gas, bloating, constipation, and diarrhea.
- Nausea and morning sickness.
- Appetite suppressant which makes it useful for weight loss.
- Lowers high cholesterol.
- Bronchitis, cough and cold (mix with cold and cinnamon for a more potent healer).
- Flu and fever.
- Gargle for sore throat and canker sores.

## Caution

As with all citrus oils, orange is photo toxic so make sure to cover up when in the sun for 12 hours after applying.



*Origanum compactum*

Family: **Labiatae** - mint

Oregano has a great affect upon the immune and respiratory systems, as well as muscles and bones. This is the perfect essential oil to have on hand in the winter months during the cold and flu season as it is highly anti-viral and anti-bacterial. Both preventing and treating illness.

## Properties

Antibacterial, antifungal, antiparasitic, antiseptic, antiviral, antispasmodic, analgesic, antioxidant, carminative, emmenagogue, expectorant, nervine, digestive.

## Application

- Apply topically with a carrier to area of concern, bottoms of feet, and/or vita flex points.
- Diffuse and inhale.
- G.R.A.S - generally regarded as safe for internal consumption

## First Aid

- Antiseptic great for disinfecting cuts and wounds and preventing infection.
- Skin infection and other skin conditions, especially fungal infections such as athletes' foot and ringworm.
- Head lice.

## Uses

- Powerful anti-viral, great to diffuse during cold season and to boost immune system to prevent illness.
- Candida and yeast.
- Parasites
- Pneumonia, bronchitis, whooping cough, asthma, any lung condition.
- Sore throat, strep throat, and tonsillitis.
- Viral and bacterial infections.
- MRSA and staph.
- Arthritis, rheumatism, carpal tunnel, joint and muscle inflammation.
- Coughs, colds, flu.
- Supports the digestive system and helps with digestive issues.
- Eczema and psoriasis.
- Supports and cleanses the liver, kidney, and urinary tract.
- Pain reliever (especially effective when layered with copaiba essential oil).





*Mentha Piperita*

**Family:** Labiatae - mint

Peppermint was the first essential oil I was ever introduced to and is the very oil that got me interested in aromatherapy and essential oils. It is on my top 10 list of essential oils to have on hand for any type of digestive complaint or issue. I also love the pest repelling and cooling properties of this oil, not to mention how yummy it is to add to sweet treats and beverages.

## Properties

Analgesic, antibacterial, anti-inflammatory, antiseptic, antispasmodic, antiviral, stimulating, digestive, decongestant, antibiotic, antifungal, anti-depressant, astringent, calmative, nervine, purifying.

## Application

- Apply topically with a carrier oil.
- Diffuse and inhale.
- G.R.A.S. (generally regarded as safe for human consumption)
- Cleaning, purifies and disinfects.
- Spray along windowsills and door to keep unwanted pests from entering.

## Uses

- Asthma (apply one drop under the tongue).
- Sinus, chest congestion, any respiratory problem or weakness.
- Sore throat, laryngitis.
- Colds, flu, and fever.
- Allergies and hay fever.
- Halitosis, breath freshener (gargle or mouthwash).
- Toothaches, mouth sores, gum infection.
- Cold sores.
- Concentration, brain, memory, alertness, fatigue, energizing.
- Digestion: constipation, diarrhea, heartburn, indigestion, gas, IBS.
- Nausea, morning or motion sickness and vomiting.
- Headache and migraines.
- PMS, menstrual irregularity, cramps, aches, etc.
- Muscle pain, inflamed joints and tissue, arthritis, rheumatism, carpal tunnel.
- Varicose veins
- Skin fungus, candida, hives, scabies, rashes, itching, irritated skin.

- Cools the heat of sunburn and brings body temperature down on hot days (mix a drop or two in a spray bottle with water or apply directly to the back of the neck).
- Hot flashes (simply inhale or use the spray bottle method).
- Depression - uplifts the spirit.
- Repels spiders and insects, 1 drop on a tick will detach it whole.
- Heals the pain and itch of spider and insect bites or stings.
- Gets oxygen moving through the system (just inhale for hyperventilating, panic attack or hard time breathing).

## Caution

Caution should be taken when using this oil while pregnant, peppermint can stimulate the uterus, probably best to use a blend and in small amounts. Also use caution if dealing with high blood pressure. Do not use repeatedly on the same area over and over as this can result in contact sensitization, use a carrier when applying topically. Probably not a good idea to use in the bathtub.



*Pinus sylvestris*

Family: *Pinaceae* - conifer

I don't know about you but I believe pine is one of the best fragrances out there. Every time I inhale this oil I am transported to happy times and a peaceful feeling within. It may be that it is reminiscent of Christmas when there is peace and joy all around or the feeling of being outdoors where I always feel at peace and closer to my Father in Heaven. Pine is not only about the fragrance it is also highly disinfectant, muscle and wound healing and soothing to the skin.

### Properties

Anti-infective, antifungal, disinfectant, tonic, pectoral, expectorant, diuretic, balsamic, stimulant, depurative,

restorative, antiseptic, antibacterial.

### Application

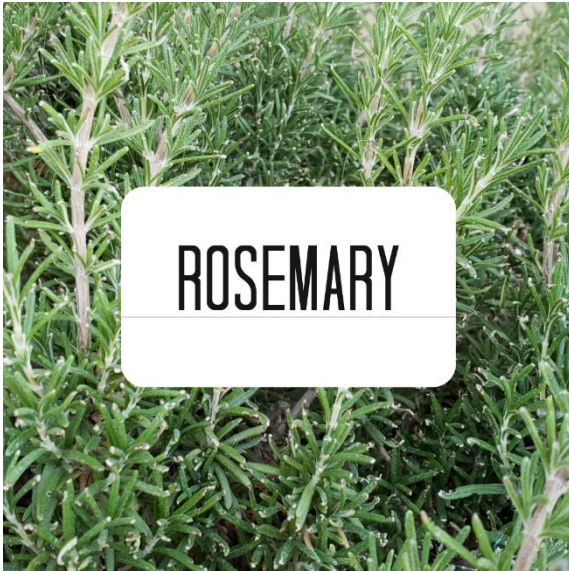
- Inhale - Diffuse
- Topical application with a carrier to the area of concern, on the bottoms of the feet, chakras or Vita-flex points.

### Uses

- Aromatic for perfumes and deodorant (also deodorizes).
- Great addition to a massage oil, add to skin care preparations to soothe.
- Head lice
- Cleaning, disinfects, purifies, freshens, and deodorizes.
- Inhibits and prevents the growth of mold and bacteria.
- Kills bacteria and germs.
- Soothes sore muscles and joints, arthritis, rheumatism, gout.
- Pain reliever.
- Asthma, bronchitis, sinusitis, respiratory issues.
- Cough, colds, and flu.
- Cuts and wounds - good first aid oil.
- Skin parasites, sores, and fungal infections.
- Eczema, psoriasis, itching, irritated skin.
- Removes waste and toxins from the body by aiding the kidneys and intestines.
- Urinary infections.
- Fatigue and exhaustion.
- Mental clarity, concentration, memory loss, anxiety and stress relief.
- Pest repellent, especially fleas

### Caution

Can be a skin irritant so use caution if applying topically without a carrier.



*Rosmarinus officinalis*

**Family:** Labiatae - mint

Rosemary was one of the herbs used in the infamous "Four Thieves" blend that kept a couple of thieves from getting the plague while robbing the dead and dying during the Middle Ages. It is highly antibacterial and antiseptic making it great for improving the immune function as well as the nervous, cardiovascular, respiratory, liver, and skin systems.

## Properties

Antibacterial, anti-catarthal, anti-infective, anti-inflammatory, antispasmodic, analgesic, antitumoral, antifungal, antibacterial, antidepressant, astringent,

aphrodisiac, pectoral, sedative, emollient, antiseptic.

## Application

- Diffuse and inhale.
- Apply topically to area of concern, bottoms of the feet, wrists, behind ears, to Vita Flex points and chakras.
- G.R.A.S. (Generally regarded as safe for human consumption)

## Uses

- Dissolve cellulite - massage into area of concern with a carrier or cream.
- Dandruff, hair loss, alopecia, oily hair, enhances dark hair and minimizes gray.
- Tightens sagging skin
- Balances heart function, energize solar plexus, fosters understanding and inquisitive spirit
- Immune stimulant, use during colds and flu season.
- Bronchitis, respiratory infections, and sinusitis.
- Infections
- Cramps, irregular menstrual period, and vaginal infections.
- Joint and muscle pain and inflammation.
- Cardiovascular health; poor circulation, palpitations, low blood pressure.
- Liver conditions including hepatitis.
- Headache
- Constipation
- Colitis, cystitis, dyspepsia
- Impaired memory, concentration, mental fatigue, memory loss, autism, etc.
- Nervous tension, stress, depression and anxiety.

## Cautions

Avoid during pregnancy. Avoid if epileptic. Avoid if dealing with high blood pressure.  
Do not use on children under 4 years of age





*Melaleuca alternifolia* (Tea Tree)

Family: *Myrtaceae* – myrtle

Tea tree only comes from trees and shrubs located in Australia. Along with be strongly antiseptic it aids the immune system, respiratory system, skin, muscles and bones. There are other *Melaleuca* species with similar properties. *Melaleuca ericifolia* (Rosalina) This variety of *Melaleuca* is gentler (and not as potent) than the *alternifolia* variety and does not irritate the skin. It also has calming, sedative properties making it useful for insomnia and better suited for use with children. *Melaleuca quinquenervia* (Niaouli) This variety of *Melaleuca* has a sweeter, more delicate scent, along with the uses listed below it also aids in concentration and helps clear the mind.

## Properties

Analgesic, antibacterial, antifungal, anti-inflammatory, antimicrobial, antiparasitic, antiseptic, antiviral, decongestant, deodorant, diaphoretic, expectorant, fungicidal, immune stimulant, insecticide, vulnerary, cooling.

## Application

- Diffuse and inhale.
- Can apply this oil neat to areas of concern or on the bottoms of the feet.

## Uses

- Acne, apply directly, use in an herbal toner and face wash (careful around eyes).
- Deodorizing and antiseptic, use in toothpaste, deodorant, cleaning supplies, etc.
- Strongly antiseptic; cleans, disinfects, and heals cuts, wounds, burns and skin infections.
- Use for shock, hysteria, and trauma.
- Bug bites, stings, mites, and ticks.
- Fungal infections including athletes' foot, jock itch and ring worm. (Bath, foot soak)
- Skin healing, rashes, hives, boils, sores, warts, etc.
- Earache and infection (apply every hour behind the ear going down neck, in front of ear going downward on ear lobes and the well outside the ear canal - not inside the ear canal).
- Yeast and candida overgrowth or infections including thrush and vaginal infections.
- Cold sores, herpes simplex virus.
- Cough, colds, flu, viral infections.
- Bronchitis, chest colds, tonsillitis, sore throat, strep and respiratory conditions.
- Viral infections including Staph/MRSA.
- Mouth ulcers, gum disease and infection.
- Chicken pox, shingles, measles, mumps.
- Can be used for diarrhea and digestions although there are other oils that are more effective in this area.





*Thymus vulgaris*

**Family:** *Labiatae* - mint

Thyme has a great effect upon the respiratory system, immune system, and the skin. This oil is highly anti-viral so is a great pick for dealing with illness and recovery from illness.

## Properties

Antibacterial, antiparasitic, antifungal, anti-infective, antiseptic, antiviral, antibiotic, pectoral, analgesic, expectorant, balsamic, stimulant, tonic, rubefacient, diuretic, emmenagogue, vermifuge, antivenomous, immune stimulant.

## Application

- Apply topical with a carrier to area of concern, bottoms of feet, along the spine, etc.
- Diffuse and inhale.
- G.R.A.S. (generally regarded as safe for internal consumption)
- Mouth wash and gargle.

## Uses

- Cleanse and purify the air.
- Anti-aging, acne, dermatitis, psoriasis, and eczema.
- First Aid: cleanses and disinfects cuts and wounds, prevents infection.
- Spider and insect bites.
- Physical weakness.
- Apply along the spine to treat spinal meningitis.
- Respiratory conditions such as bronchitis, croup, asthma, pleurisy and pneumonia.
- Viral and bacterial functions, use during cold and flu season.
- Fungal infections, candida, thrush, ringworm, athletes' foot, vaginal yeast infection.
- Parasites
- Bladder and urinary infections, cystitis.
- Digestive aid; dyspepsia, gas, flatulence, bloating.
- Gut health and healing.
- Supports cardiovascular system; relaxes veins and arteries, reduces blood pressure and stress on the heart, balances blood pressure.
- Headache
- Physical weakness, especially when recovering from illness
- Mental and emotional exhaustion, depression, insomnia.
- Memory and concentration

## Cautions

Avoid use when pregnant and be cautious if blood pressure is high.

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