



Using Essential Oils

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Boosting the Immune System

<https://www.doterra.com/US/en/wellness-topics-boosting-immune-system>

A healthy immune system works like body armor, protecting us from the threats that constantly bombard us. They're on your hands, on the food you eat, and in the air you breathe. Like air, we don't pay much attention to the immune system until something slips through a gap in the armor. When we feel under the weather, we suddenly realize how much depends on it.

BOOSTING THE IMMUNE SYSTEM TIPS

Take one to two doTERRA On Guard+ Softgels daily when seasonal threats are high to strengthen immune function. Take a drop of Copaiba and Frankincense under your tongue each morning for daily immune support.

Keep a bottle of doTERRA on Guard Sanitizing Mist in your bag during the day and use regularly to eliminate bacteria and other germs on the skin.

Essential oils and Your Immune System

There are many ways to make sure your immune system functions properly. Washing your hands before eating limits the number of germs that you are exposed to. You can also use essential oils to boost your immune system.

Scientific study demonstrates that diffusion of essential oils can purify and cleanse the air, providing added protection. doTERRA On Guard and Lemon contain powerful cleansing properties that purify the air we breathe, delivering positive effects on the immune system.

What Essential Oils Help the Immune System?

Known as the protective blend, doTERRA On Guard contains Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary essential oils for powerful immune support. The doTERRA On Guard product line makes it easy to incorporate the protective essential oil blend into your life at various times in the day. From brushing your teeth to washing your hands, keep doTERRA On Guard at your fingertips.

Taking essential oils internally is a good way to utilize their immune-boosting properties. Oregano, Frankincense, and Copaiba are powerful essential oils for supporting your immune system. Take a drop of each in a veggie capsule every morning for immune support. Take one to two drops of Oregano internally as needed.

What Else Supports Healthy Immune Function?

Exercise and proper nutrition keep your body healthy and strong, which is important for a healthy immune system. You can help your body get the nutrients it needs by incorporating the doTERRA Lifelong Vitality Pack into your daily routine. When added to a healthy diet, these supplements have a powerful, beneficial impact on your immune system.

Getting enough sleep each night helps make sure that your immune system has the energy it needs. Diffusing oils like doTERRA Serenity®, Lavender, or Roman Chamomile at bedtime can help support restful sleep.

Essential Oils for the Immune System

<https://www.doterra.com/US/en/blog/healthy-living-oils-for-the-immune-system>

We know that when we take care of ourselves through diet and exercise that our body systems receive what they need

to take better care of us. Unfortunately, the opposite is also true: when we don't eat well and exercise, we limit our body's capacity. It is a never-ending cycle, especially when it comes to our immune systems. The good news for us lies in an additional option—many different essential oils can help play a role in boosting and supporting your immune system.

When we talk about the immune system, we are actually talking about a complicated network of organs and cells. Several organs and cells make up the immune system, including your lymph nodes, spleen, bone marrow, lymphocytes (white blood cells known as B- and T-cells), the thymus, and leukocytes (another type of white blood cell). Each piece works together to defend and protect the body.

The Immune Support Kit

To keep each element of your immune system on track, doTERRA offers an Immune Support Kit. Along with the probiotic supplement PB Assist®+, this kit includes all of the most popular doTERRA essential oils known to help protect your body from environmental and other threats.

- doTERRA Easy Air® (5 mL): Add it directly to a diffuser or apply it to your chest to help minimize the effects of seasonal and environmental threats.
- Oregano Touch (10 mL): Use to support a healthy respiratory function.
- Copaiba (15 mL): Put one to two drops in a Veggie Capsule or the same amount under your tongue in order to support the health of the cardiovascular, immune, digestive and respiratory systems.
- doTERRA On Guard® (15 mL): This powerful blend can be used daily to support the body's natural antioxidant defenses.
- doTERRA On Guard+ Softgels: Contains the doTERRA On Guard blend to support both healthy immune and respiratory function

- doTERRA On Guard Sanitizing Mist: Use to kill 99.9 percent of the germs and bacteria you encounter in your environment.

Other Oils for the Immune System

Outside of the kit, there is a long list of essential oils that support the immune system. At any time, incorporate different oils to see which works best for you. We've noted which of these oils is already included in the doTERRA On Guard blend, so you are aware of exactly what oils you're putting in your body. Keep in mind that each of the listed oils needs to be taken internally to achieve the desired immune support:

- Basil
- Black Pepper
- Cardamom
- Cassia
- Cilantro
- Cinnamon Bark (doTERRA On Guard)
- Clove (doTERRA On Guard)
- Coriander
- Fennel
- Frankincense
- Geranium
- Helichrysum
- Juniper Berry
- Lime
- Marjoram
- Melaleuca (Tea Tree)
- Melissa
- Myrrh
- Petitgrain
- Roman Chamomile
- Tangerine
- Thyme

- Vetiver
- Wild Orange (doTERRA On Guard)

IMMUNE SYSTEM

<https://www.doterra.com/US/en/body-system-immune>

The immune system helps the body stay healthy. It consists of tissues, cells, and small organs that produce white blood cells. Without a healthy immune system, you could not defend yourself from potential threats that are all around. Essential oils and nutritional supplements can boost your immune system. doTERRA On Guard® can be an excellent line of defense. Used on a daily basis, it can help keep your immune system strong and healthy.

IMMUNE TIPS

Add two to three drops of Oregano, doTERRA On Guard, Lemon, or Thyme to a veggie capsule or try doTERRA On Guard+ softgels for daily immune support. Taken daily, along with a healthy balanced diet, these supplements can be your first line of defense in preserving immune system health.

The immune system is responsible for protecting your body from environmental threats. To do so, the immune system uses a variety of cells, tissues, and organs, many of which are shared by other body systems. The immune system's first line of defense is your skin. It acts as a barrier that keeps invaders out. Mucous membranes in your nose, mouth, and throat also protect your body from invaders by trapping potential threats and keeping them from invading the body.

When environmental threats get past these defenses, white blood cells kick into action. White blood cells find invaders, tag them as harmful, and destroy them. But that's not all—

they also remember the invaders so that if they try to attack you again, your body can stop them even faster. White blood cells are made and stored in a variety of places inside the body, such as the tonsils, thymus, lymph nodes, bone marrow, and spleen.

Keeping the immune system functioning properly depends on many things, including getting adequate sleep, regular exercise, and a balanced diet. Malnourishment and micronutrient deficiencies can result in altered immune responses and increased risk for health issues.

Supplementing your diet with specific vitamins, minerals, and probiotics may build up and fortify the immune system.

Daily supplementation with Microplex VMz® food nutrient complex is rich in vitamin D3 and other vitamins and minerals that support a healthy immune system. PB Assist®+ Probiotic Defense Formula can also be helpful to the immune system by supporting gut health. Use essential oils such as Oregano, doTERRA On Guard®, Lemon, Melaleuca, and Thyme to also support the immune system.

Support Your Immune System from the Inside Out

<https://www.doterra.com/US/en/blog/healthy-living-support-your-immune-system-with-essential-oils>

No matter the season, if you don't properly care for your immune system, it can seriously influence the way you feel every day. Exercise, nutrition, sleep, and other healthy habits help to strengthen our immune system, but sometimes we need a little extra boost to keep the body protected from outside influences.

Because they are known to have many powerful cleansing and purifying properties, you can use essential oils to boost the immune system, especially if you are already practicing

other healthy habits.

Using essential oils to boost your immune system

The beauty of using essential oils for your immune system is that there are a variety of oils and many application methods, so you can figure out what works best for you.

Scientific studies have shown that diffusion of essential oils can help to cleanse and purify the air, which provides the body with added protection.

In addition to contributing to clean air, essential oils can also be taken internally to utilize their immune-boosting characteristics.* When you take advantage of both the internal and external benefits of essential oils for the immune system, you can care for your body from the inside out.

Need some help getting started? Keep reading to learn about two powerful essential oils for the immune system:

Turmeric oil

For centuries, turmeric has been used as part of traditional health practices in China, India, and Sri Lanka because of its benefits for the body. A member of the ginger family, Turmeric essential oil is known to hold benefits for the circulatory system, digestive system, nervous system, and immune system.* When taken internally, Turmeric oil offers antioxidant support and helps to support healthy cellular function and immune response.

How to use Turmeric oil to boost the immune system

- Add Turmeric oil to a Veggie Cap and take internally for daily antioxidant support and to improve immune response.
- Add a drop of Turmeric oil to a glass of water for internal benefits.
- Reap the internal benefits of Turmeric oil by adding it to your favorite savory meals (try it with scrambled eggs, frittatas, rice, or soups.)

doTERRA® Purify

While Turmeric helps support the immune system from the inside, the Purify Cleansing Blend is perfect for protecting the body on the outside.* A proprietary doTERRA blend, Purify combines six essential oils to create a powerfully cleansing oil. Tea Tree (Melaleuca), Lime, Lemon, Siberian Fir, Citronella, and Cilantro essential oils come together in the Purify blend to provide serious cleansing benefits. The purifying properties of this blend can help you to cleanse your home, eliminate odors, and protect your family from environmental threats in a safe, natural way.

How to use Purify to boost the immune system

- Place a few drops of doTERRA Purify in your essential oil diffuser to help purify and freshen the air in your home.
- Add five drops of Purify to a spray bottle with water and use to wipe down countertops.
- Place a few drops of Purify on a cotton ball and place it in an air vent in the home to help purify the air.
- Add Purify to your homemade cleansers to help keep your family protected from environmental threats.

DōTERRA Flu Bomb

Use the Immune Bomb in a roller bottle for 1 month before the onset of winter, or when you feel those symptoms coming on!

It's safe enough for the kids to apply to their own feet.



Recipe is as the image suggests:

- 16 drops Lemon
- 15 drops On Guard
- 15 drops Melaleuca (Tea Tree)
- 12 drops Oregano
- 10 drops Frankincense

all in a 10-15ml roller bottle and then topped up with a carrier oil.

Be mindful that if a few extra drops fall in, that's ok. You can even add some other anti viral oils like Eucalyptus, Melissa or Rosemary.

We choose to use Fractionated Coconut oil because of it's tiny molecular structure means that it penetrates the outer layers of the skin really well, it's odourless, anti-fungal and stays liquid. Just perfect for making roller ball remedies with!

Apply The Immune Bomb

- to the bottoms of feet. If you can do it 2 x daily for 3 weeks you will have set yourself up for Winter really well!
- To the neck (and around the glands under the jaw bone) if you feel a niggelly throat coming on
- Along the spine (you might need some help here) but you can apply it to your kids this way too

The Immune Support Kit.....	Wholesale	Retail	Points	Qty
Easy Air	27.00	36.00	24.5	_____
Oregano Touch.....	23.50	31.33	15	_____
Copaiba	52.00	69.00	39.5	_____
OnGuard	40.75	54.33	37	_____
OnGuard+Softgels,.....	46.00	61.50	22.5	_____
OnGuard Sanitiser	10.00	13.00	6	_____

Other Oils

Basil.....	31.50	42.00	22	_____
Black Pepper.....	26.50	35.00	24	_____
Cardamom	40.50	54.00	28.5	_____
Cassia	29.00	38.67	20.5	_____
Cilantro	31.25	41.67	28.5	_____
Coriander.....	38.50	51.34	27	_____
Fennel	21.50	28.68	15	_____
Frankincense	90.00	120.00	77.5	_____
Geranium.....	37.50	50.00	34	_____
Helichrysum,	125.00	166.63	95	_____
Juniper Berry	30.00	40.00	21.5	_____
Lime,.....	17.00	22.67	15.5	_____
Marjoram	40.50	54.00	26.5	_____
Tea Tree.....	24.50	32.67	22.5	_____
Melissa	233.00	310.00	168	_____
Myrrh	92.50	123.33	60	_____
On Guard	40.75	54.33	37	_____
Petitgrain	41.50	55.00	29	_____
Roman Chamomile	70.00	93.00	49	_____
Tangerine	22.00	29.00	17	_____
Thyme.....	47.50	63.33	31	_____
Vetiver.....	56.00	74.65	43	_____

The information in this Ebook is compiled from information available on the internet. It is sourced from several sites and where possible links are given.

The statement(s) used throughout the publication have not been evaluated by the Food and Drug Administration (FDA in the USA) or the Therapeutic Goods Administration (TGA in Australia).

The products mentioned are not intended to diagnose, treat, cure or prevent any disease.