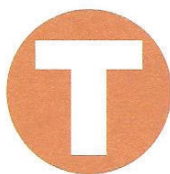


## Essential Oil Uses



### Aromatic

Some aromatic uses include dispersing the oil into the air with a diffuser, inhaling the oil directly from the bottle, or wearing the oil as a perfume or cologne.



### Topical

Some topical uses include applying the oil with a compress, using the oil in a massage, adding the oil to bathwater, or applying the oil directly to the skin.



### Internal

Some internal uses include taking the oil in a capsule, adding the oil to a beverage, or placing a couple drops of oil under the tongue.

**By using essential oils, one can change their attitude toward life and remove the need for immediate relief through harmful addictions.**

#### Bergamot **A T**

- Is used for all addictions
- Regulates appetite control
  - Helps relieve tension
- Is a strong antidepressant
- Helps break the relapse cycle



#### Black Pepper **A**

- Reduces cravings for nicotine
  - Helps calm withdrawal anxiety
- Increases cellular oxygenation
- Is a powerful antioxidant
- Increases serotonin levels



#### Clove **T**

- Works on a wide range of pathogens
- Helps heal mouth tissues
  - Lessens the desire to smoke
- Decreases oral sensitivity



#### Geranium **A T**

- Opens the heart to release anger
- Is antidepressant and refreshing
  - Allows a deeper connection to oneself, others, and Deity
- Softens resentments



#### Grapefruit **A T**

- Reduces cravings for nicotine
- Helps calm withdrawal anxiety
  - Increases cellular oxygenation
- Is a powerful antioxidant
- Increases serotonin levels



#### Lemon **A T I**

- Gently detoxifies the liver
- Helps the body change from an acidic state to an alkaline state
  - Reduces dehydration
- Is a strong antidepressant



#### Metabolic Blend **A I**

- Helps control hunger and appetite
- Balances blood sugar levels
  - Is uplifting to the mind and spirit
- Reduces toxic build-up in cells and organs



#### Orange **A T**

- Is a strong antidepressant
- Reduces acute feelings of anxiety and stress
  - Reduces Insomnia (periodic and chronic)
- Cleans scrapes and wounds



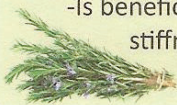
#### Roman Chamomile **A T**

- Helps the liver reject and discharge poisons
- Calms anxiety, irritability, and nervousness
  - Reduces depression and creates emotional stability



#### Rosemary **A T**

- Improves memory and concentration
- Helps with intestinal infection, stomach cramps, and diarrhea
  - Is beneficial for arthritic pain and stiffness of joints



#### Soothing Blend **T**

- Is used topically for headaches
- Soothes inflammation
  - Alleviates physical and emotional pain
- Helps stiff & sore muscles



For more information about essential oils, please contact: