



Ancient Remedies – Modern Longevity

THE VERY BEST REMEDY IS PREVENTION. Daily use of Longevity and Vitality Supplements is a great first step in caring for your health. They are formulated with potent levels of essential nutrients and powerful metabolic factors for optimal health, energy, and longevity. Coupled with the purest essential oils and a commitment to a wellness lifestyle, they naturally support a lifetime of looking, feeling, and living younger, longer. DNA Repairing Blend is recommended for daily use to prevent DNA damage.

ACUTE AND CHRONIC ESSENTIAL OIL REMEDIES:

- Acid Reflux:** Lemon, Ginger, Peppermint. Combine 3 drops each in a capsule 2x/day.
- Allergies:** Lemon, Lavender and Peppermint. Combine 3 drops each in a capsule. For first two days take 3x/day, then 2x/day.
- Alzheimer's:** Melissa, place a drop on thumb. Touch thumb to roof of mouth. Anti-Aging Blend, apply to the brain stem. Frankincense or Sandalwood, 2-3 drops in 1 Tbsp fractionated coconut oil. Apply to brain stem. Frankincense 2-3 drops in a capsule 2x/day. DNA Repairing Blend capsules, take as directed on packaging.
- Arthritic Pain:** Soothing Blend Rub or Soothing Blend oil directly to the site of pain, and apply 1-2 drops to bottom or feet for systemic relief.
- Arthritis, Prevention:** Longevity and Vitality Supplements.
- Athlete's Foot:** Melaleuca, Oregano. Applied directly to the site.
- Grounding Blend:** Frankincense, Grounding Blend, Vetiver, White Fir, Rosemary. Apply 1-2 drops to bottom of feet and behind ears.
- Blood Pressure - High:** Ylang Ylang, Marjoram. Combine 1-3 drops each in a capsule 2x/day. Lemon oil 2-3 drops in 16 oz of water several times per day.

- Blood Pressure - Low:** Rosemary. Combine 1-3 drops in a capsule up to 3x/day. Diffuse or inhale aroma from bottle.
- Bruises:** Helichrysum, Lavender, Geranium, Fennel. Apply 1-2 drops to bruise.
- Burn and Blisters:** Lavender. Apply 1-2 drops directly to site. Re-apply frequently until inflammation and pain have subsided.
- Cholesterol:** Lemongrass. Combine 1-2 drops in a capsule. Clary Sage or Helichrysum 1-2 drops in 1 Tbsp fractionated coconut oil. Apply over liver area.
- Cold:** Protective Blend, Oregano, Rosemary, Thyme, Melaleuca. 1-2 drops in 1 Tbsp fractionated coconut oil. Apply to sinuses, throat, chest, bottom of feet.
- Congestion:** Respiratory Blend, Digestive Blend, Eucalyptus, Peppermint. Apply 1-2 drops to sinuses, chest and back of the neck.
- Constipation:** Digestive Blend. Rub directly onto abdomen area. Peppermint, Lemon, Ginger, Rosemary. 1-2 drops in 1 Tbsp fractionated coconut oil. Massage onto abdomen area.
- Cough:** Protective Blend throat drops. Take as directed on packaging. Respiratory Blend, Eucalyptus, Protective Blend, Frankincense. Apply 1-2 drops over sinuses, throat and lungs.
- Cut and Scrapes:** Lavender and Melaleuca, Bergamot, Protective Blend, Helichrysum. Apply 1-2 drops to site.

- Dermatitis:** Skin Clearing Blend. Apply layer of fractionated coconut oil first, then roll on Skin Clearing Blend directly to site. Helichrysum, Thyme, Geranium or Bergamot. 4-5 drops in 1 Tbsp of fractionated coconut oil. Apply to site.
- Diabetes:** Longevity and Vitality Supplements, Digestive Enzyme Complex. Take one with each meal. Grounding Blend 1-2 drops on the bottom of the feet. Coriander and/or Basil 1-3 drops in a capsule 2x/day. For Type II, 3 drops Coriander, 3 drops Metabolic Blend 3x/day.
- Diarrhea:** Digestive Blend, Ginger, Peppermint. 2-3 drops in a capsule or apply topically over abdomen.
- Digestive Issues:** Digestive Blend, Ginger, Lemon, Peppermint. Mix 1-2 drops in 1 Tbsp fractionated coconut oil. Massage onto abdomen. Internally, 2-3 drops in a capsule, or under the tongue.
- Energy, Lack of:** Energy & Stamina Supplement, Longevity and Vitality Supplements: take supplements as package directs. Oils: Joyful Blend, Grounding Blend, White Fir, Peppermint. Apply 1-2 drops of oil on temples, brain stem, or bottom of feet. Diffuse in diffuser or apply to hands, cup them over the nose while inhaling deeply. Repeat several times per day.
- Fever:** Peppermint, Clove, Lemon, Lime. 1-2 drops in a capsule, or under the tongue. Topically, 1-2 drops in 1 Tbsp fractionated coconut oil. Apply to back of neck and bottom of feet.

- Flu:** Respiratory Blend, Peppermint. Apply to sinuses. Protective Blend, Peppermint, combine 2-3 drops in a capsule 3-4x/day.
- Gout:** Lemon. Drink 1-2 drops in 8 oz water, or 2 drops in a capsule 2-3 times per day until condition is gone. Geranium, Soothing Blend, Wintergreen, and Thyme can be used topically at site of gout. 2-3 drops in 1 Tbsp fractionated coconut oil, massage onto site.
- Headache:** Marjoram, Frankincense. Apply 1-2 drops onto temples and back of the neck. Re-apply every 15 minutes until headache is gone. Tension Blend, roll around hairline avoiding eyes and apply to back of the neck.
- Hearing:** Helichrysum or Anti-Aging Blend. Apply topically around the ear 2 or 3x/day.
- Heart, Angina:** Ginger, Frankincense, Marjoram, Ylang Ylang. Apply 2-3 drops over the heart, brain stem and carotid artery.
- Heart, Healthy:** Longevity and Vitality Supplements, Ylang Ylang, Marjoram, Geranium. 2-3 drops to 1 Tbsp fractionated coconut oil. Apply over the heart, carotid arteries, bottom of feet.
- Incontinence:** DNA Repairing Blend capsules for both men and women. Women: apply Cypress oil over abdomen.
- Insomnia:** Calming Blend, Roman Chamomile, Clary Sage, Lavender. Apply topically to the back of neck, bottom of feet, or over the heart. Diffuse by putting drops on hands and cupping them over your nose, inhaling deeply or use diffuser.

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ACUTE AND CHRONIC CONDITIONS AND ESSENTIAL OIL REMEDIES continued

Joint Pain: Lemongrass, Soothing Blend 1-2 drops in 1 Tbsp fractionated coconut oil. Apply to joint. Soothing Blend Rub apply directly to joint.

Leg Cramps/Charley Horse: Marjoram, Lemongrass, Soothing Blend, Vetiver. 3-4 drops in 1 Tbsp fractionated coconut oil. Apply to cramp or Charley Horse.

Memory: Longevity and Vitality Supplements, Rosemary, Peppermint, Frankincense, Focus Blend. Diffuse with diffuser or apply to hands and cup over nose while inhaling frequently throughout the day. Apply topically to brain stem, temples, along the spine and bottom of feet.

Menopause: Longevity and Vitality Supplements, Monthly Blend, Women's Blend, Roman Chamomile, Cypress, Lavender, Clary Sage, Bergamot. Apply 1-2 drops on abdomen, reflex points on ankles and bottom of feet.

Moles: Frankincense, Sandalwood. 1 drop applied on site. Re-apply frequently.

Muscle Cramps and Spasms: Marjoram, White Fir, Lemongrass, Helichrysum, Ginger, Lime. Apply topically to site of pain.

Muscle Pain: Soothing Blend oil, Soothing Blend Rub, Massage Blend, Marjoram, Peppermint, Wintergreen, Black Pepper, Lemongrass. Apply topically to site of pain.

Nail Fungus: Skin Clearing Blend, Melaleuca with Oregano, Lemongrass. 1-2 drops applied to nail 2-3x/day.

Prostate - Enlarged: Fennel. 3 drops to 1 Tbsp fractionated coconut oil. Apply to bottom of feet, ankles, lower back and scrotum.

Prostate, Healthy: Helichrysum and Frankincense. Apply 1-2 drops to bottom of feet, lower back and scrotum.

Prostatitis: Thyme, Cypress, Lavender. 2-3 drops to 1 Tbsp fractionated coconut oil. Apply to bottom of feet, ankles, lower back and scrotum.

Rash: Lavender, Melaleuca, Bergamot, Roman Chamomile. 2-3 drops in 1 Tbsp of fractionated coconut oil. Apply to site.

Respiratory Issues: Respiratory Blend, Eucalyptus, Thyme. Apply to chest/lung area, over sinuses, back of the neck.

Scarring: Helichrysum, Lavender, Frankincense. 3-4 drops in 1 Tbsp fractionated coconut oil. Apply to site.

Sexual Drive, Loss of: for Women Clary Sage, Ylang Ylang, Women's Blend. Apply topically to temples, brain stem, over the heart and bottom of feet. Diffuse in diffuser, or apply to hands and cup over nose while inhaling deeply several times per day. *for Men:* Grounding Blend, Sandalwood, Clary Sage, Geranium. 1-2 drops of oil in 1 Tbsp of fractionated coconut oil. Apply topically to testes and the bottom of the feet. May also be diffused.

Shingles: Marjoram to stop the nerve pain. Put a sprayer top directly on bottle of Marjoram and spray undiluted onto Shingles outbreak. Other oils: Melaleuca, Eucalyptus, Lavender, Lemon, Geranium, Bergamot. Add 5-10 drops of essential oil to 1 Tbsp of fractionated coconut oil. Apply to outbreak and bottom of feet.

Skin Cancer: DNA Repairing Blend oil, Frankincense and Sandalwood. Apply directly to site. DNA Repairing Blend capsules 4-8 capsules per day.

Skin Discoloration: Lemon. 4-5 drops to 1 Tbsp fractionated coconut oil. Apply directly to discoloration. Avoid direct sun exposure for 24 hours after application.

Stroke, Paralysis: Basil, Rosemary, Lavender. Combine 1 drop each and apply to paralyzed area and spine. Also, Grounding Blend and Frankincense, apply to spine and bottom of feet.

Teeth: Prevention: Protective Blend Toothpaste. **Tooth Pain:** Clove and Protective Blend. Apply directly to area of pain.

Throat, Sore: Clove and Protective Blend. 1-2 drops in 1 Tbsp fractionated coconut oil. Apply topically to throat.

Thyroid: Hypothyroidism - Myrrh and Lemongrass. Combine 1 drop of each oil and apply over thyroid area of throat and on bottom of feet. **Hypothyroidism - Peppermint, Clove, Lemongrass.** Combine 1 drop of each oil and apply over thyroid area of throat and on bottom of feet.

Urinary Tract Infection: Protective Blend and Oregano. Combine 2 drops of Protective Blend and 1 drop of Oregano with 1 Tbsp of fractionated coconut oil. Apply topically over abdomen and pubic area. A hot compress over this area is helpful.

Varicose Veins: Lemongrass, Cypress, Helichrysum, Massage Blend. 3-5 drops in 1 Tbsp of fractionated coconut oil. Apply to legs in upward movements over site of damaged veins.

Vision: Anti-Aging Blend, or combination of equal parts Frankincense, Lavender and Helichrysum. Apply around the eyes 2x/day careful not to get into eyes.

Warts: Melissa, Oregano. 1 drop directly onto wart. Apply 2-3x/day.

Weight Loss: Metabolic Blend. 5 drops 5x/day in water or under the tongue. Metabolic Blend Shake according to package directions.

Wrinkles: Anti-Aging Blend. Apply directly to areas of concern. Take care to avoid getting it into the eyes. Lavender, Geranium, Frankincense, Sandalwood, Helichrysum. Combine 1 drop of 2 or more of these oils with 1 Tbsp of fractionated coconut oil, rose hip oil or unscented lotion and apply to skin.



EMOTIONS:

A great way to address emotional issues with essential oils is to diffuse in a diffuser, or apply to hands and cup hands over nose inhaling deeply several times per day. Any of these oils can be applied topically to temples, forehead, brain stem, and over the heart.

Anger: Melissa, Helichrysum, Geranium, Thyme, Ylang Ylang.

Anxiety: Frankincense, Calming Blend, Grounding Blend, Basil, Respiratory Blend.

Courage: Patchouli, Ginger, Cassia, Bergamot.

Dependent: Clove, Ginger, Melaleuca.

Depression: Bergamot, Joyful Blend, Melissa, Grounding Blend, Wild Orange, Invigorating Blend, Focus Blend.

Emotional Grounding Blend: Grounding Blend, Calming Blend, Invigorating Blend.

Flexibility: Cypress, Massage Blend, Wild Orange.

Frustration: Roman Chamomile.

Grief: Geranium, Invigorating Blend, Calming Blend, Frankincense, Myrrh, Soothing Blend.

Loneliness: Marjoram, Frankincense, Myrrh.

Purpose, Lack of: Ginger, Roman Chamomile.

Stress: Basil, Ylang Ylang, Calming Blend.

Unfulfilled: Roman Chamomile.

Vulnerable: Protective Blend, Repellent Blend, Monthly Blend.

Disclaimer: This chart is to provide information and education. It is not provided to diagnose, prescribe, or treat any disease, illness or injured condition of the body. The authors shall have neither liability nor responsibility to any person with respect to loss, damage, injury caused, or alleged to be caused, directly or indirectly by the information on this chart. This information is not intended as a substitute for medical counseling. Anyone experiencing a disease, illness, or injury should consult a qualified health care professional.