

# Do It Yourself Health: A Man's Guide to Using Essential Oils

## Regular Maintenance

Just like a classic car the human body needs to have harm reduced, proper fuel input and consistent activity levels to keep everything working. Without these requirements provided, premature wear and/or failure may occur.

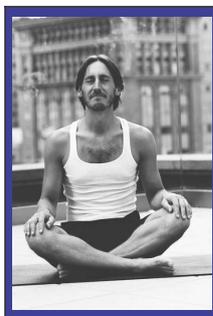
### Staying Healthy

Nearly 80% of all workers polled report coming to work even when they are sick. Illnesses acquired at the office are usually carried home to family.



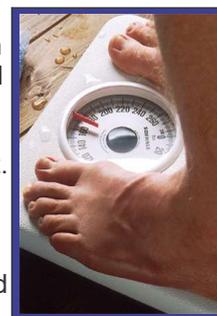
### Injury Recovery

When working out men tend to push too hard and injure themselves. Adding injury to the long list of reasons to avoid exercise, it is crucial to speed recovery.



### Shaping Up

When 50% of men are over their ideal weight, only 27% are actively doing something about it. Changing their composition can take time and serious dietary and lifestyle changes.



### Protective Blend

Supports healthy immune function. Stops airborne germs. Support healthy cardiovascular system Household cleaner.

**Application:** Take 1-3 drops daily. (directly in mouth or with gel cap 3X a day when ill or daily for prevention).

### Soothing Rub

Rub helps Joint Pain, Soothes muscles and tissues. Calms Osteoarthritis. Warming and cooling natural ingredients.

**Application:** Rub on affected area. Massage into the surrounding skin near injury or pain.

### Metabolic Blend

Improves muscle circulation. Mood enhancer. Weight management. Digestive issues.

**Application:** Massage 1-3 drops into skin over abdomen and rub in a clockwise motion to activate digestion.

## Five Major Health Concerns For Men and Essential Oils to Help

### 1. Heart Disease

Any issue affecting the function or structure of the heart is grouped into heart disease. This may include heart attack, heart failure and abnormal rhythms etc.

Lavender, Ylang Ylang

Apply 1 to 2 drops of each oil to chest or palms to calm palpitations and anxiety.

### 2. Prostrate Cancer

The prostate is a walnut sized gland located below the urinary bladder. Prostate cancer is the most common cancer in men regardless of age or ethnicity.

Frankincense, Orange

Mix 15 drops of each oil with 1 tsp of fractionated coconut oil and apply to lower back or retention enema.

### 3. Diabetes

A metabolic disease that causes the body to stop producing or responding to insulin. This causes abnormal levels of glucose in the blood.

Rosemary, Cinnamon, Ylang Ylang.

Use Metabolic Blend or combine 10 drops rosemary, 8 drops cinnamon and ylang ylang in 1 Tbsp fractionated coconut oil and rub on feet and over pancreas.

### 4. High Blood Pressure

Consistently high blood pressure can cause heart disease, vascular weakness, blood clots and other health issues.

Lemon Cypress, Marjoram.

Mix 10 drops lemon, 5 drops cypress and marjoram in 2 tsp fractionated coconut oil and rub over heart and on reflex points on left hand and foot.

### 5. High Cholesterol

Can cause fatty deposits in arteries that restrict blood flow reducing the amount of oxygen and nutrients delivered to the cells and heart.

Lemongrass, Clary Sage, Helichrysum.

Place 1 to 2 drops of each oil into gelatin capsule and swallow once a day.

The information contained in this document has not been evaluated by the Food and Drug Administration (FDA) in the USA or the Therapeutic Goods Administration (TGA) in Australia. Any information or products discussed is not intended to diagnose, cure, treat, or prevent any disease or illness. Please consult your own health care practitioner before making changes to your current diet or before beginning any supplement, or exercise routine.

# Do It Yourself Health: A Man's Guide to Using Essential Oils

## Personal Hygiene

Use these three simple recipes to create healthy, inexpensive and safe personal care supplies. Each of these recipes can be customised to match the personality and tastes of the applicant for highest satisfaction and effectiveness.

### Deodorant

#### Ingredients

3tsp Coconut Oil (solid state)  
3tsp Baking Soda  
3tsp Shea Butter  
3tsp Arrowroot powder  
3 drops ylang ylang (base)  
4 drops marjoram (mid)  
5 drops cypress (mid)  
4 drops lemongrass (top)  
6 drops bergamot (top)



#### Instructions

Melt coconut oil and shea butter in double boiler over med heat until combined. Remove from heat and add baking soda and arrowroot powder. Mix until powders are combined evenly in liquid. Add in essential oils (use suggested or choose your own base, mid and top note oils) and mix thoroughly. Pour into container.

### Shaving Cream

#### Ingredients

2/3cup Coconut Oil (solid state)  
2/3cup Shea Butter  
1/4cup Olive Oil.  
10 drops lavender  
5 drops peppermint  
2tsp Baking Soda



#### Instructions

Melt coconut oil and add shea butter in double boiler over med heat until combined. Remove from heat and add olive and essential oils. Stir to mix. Refrigerate until solid. Transfer to mixer bowl, add baking soda and whip until light and fluffy. Spoon into jar and store in dry cool place.

Use shave brush or fingers to apply.

### After Shave

#### Ingredients

120ml Vodka  
2Tbsp Rum  
60ml Coconut Oil  
3 drops melaleuca  
5 drops lavender  
3 drops eucalyptus  
3 drops geranium  
1 drop clove



#### Instructions

Combine vodka, rum and coconut oil into a water tight container and shake to combine. Add essential oils (use suggestions above or make a custom mix) and shake again to combine. Place in a cool, dark place for 4 days to allow oils and alcohols to combine.

Use a small amount each shave.

## Around The Office

On average people spend one third of their day in the work place. By managing focus, minimising fatigue and reducing stress, individuals will find their time in the office more enjoyable and more productive.

### Take a Breather

Current trends of stressful work environments (83% of workers say they are stressed by something at work) it is more important than ever to take a moment to minimise stressors.

#### Lavender

- Relieves Allergies.
- Calms Anxiety
- Induces Sleep
- Helps with cuts and burns

#### Application

Place 1-2 drops under nose or in palms, cup hands over nose and mouth, inhale deeply for 30-60 seconds.

### Maintaining Focus

During the average shift, workers admit to wasting 38% of their 8 hour work day. Lack of focus is both expensive and dangerous,. neglect behaviours can lead to serious injury.

#### Frankincense Focus Blend

- Reduces Stress
- Enhances Mood
- Minimises ADD/ADHD
- Aids Concentration

#### Application

Apply 1-3 drops to forehead and temples, massage in gentle circles for 1-2 minutes until calm.

### Beating Fatigue

With 30% of men working more than 50 hours per week, it is often hard to find time, energy or motivation to get the regular exercise needed to maintain a healthy body.

#### Peppermint

- Increases Circulation
- Focuses Mind
- Relieves Headaches
- Increases Alertness

#### Application

Rub 1-3 drops onto chest before workout to open airways and boost workout efficiency by up to 40%.