

Think Oils!

Everyday Oils, Code 3695 **10** *Essential Oils*
Thieves®, **Purification®**, **PanAway®**, **Valor®**,
Lavender, Peace & Calming®,
Frankincense, Lemon, Peppermint & Joy



ACCIDENTS: PanAway, Peace & Calming
ANXIETY: Valor, Joy, Lavender, and Peace & Calming, Frankincense
BRUISES: PanAway, Lavender
BURN RELIEF: Lavender
CIGARETTE SMOKE: Purification
CONCENTRATION: Peppermint, Lemon
CUTS: Purification, Lavender, and PanAway
DEPRESSED MOOD: Frankincense, Joy
DIGESTIVE DISTURBANCES: Peppermint
FEAR: Valor, Peace & Calming, Joy and Lavender
FEVER: Peppermint
FUNGUS: Purification, Lavender, Thieves
GROUNDING: Valor, Frankincense
HEADACHES: Peppermint, Lavender, and Valor
IMMUNE SYSTEM SUPPORT: Lemon, Thieves
INFECTION: Lemon, Thieves
INFLAMATION: Lavender, PanAway
INSECT REPELLENT: Purification, Lemon
INSECT BITES & STINGS: Purification, Lavender, and PanAway
MENTAL CLARITY: Peppermint, Lemon
MILDEW: Purification, Thieves
NAUSEA: Peppermint
PAIN: PanAway, Lavender, Valor, Peppermint
RESPIRATORY SUPPORT: Peppermint, Thieves
ROMANCE: Lavender, Joy
SCARRING: Lavender
SKIN CONCERNS: Lavender
SLEEP DISTURBANCES: Lavender, Peace & Calming, and Valor
SORE THROAT: Lemon, Thieves
SPORTS INJURIES: PanAway, Lavender, Valor
SUNBURN RELIEF: Lavender
STRESS: Lavender, Peace & Calming, Joy, Frankincense, and Valor
TENSION: Lavender, Peace & Calming, Joy, Frankincense, and Valor



The above is provided for information purposes only and is not intended to diagnose or prescribe. Please refer to a physician if needed.

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Visit my Website: <http://www.ZiaEssentialOils.com>

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Testimonials

Everyday Oils

Oils I used for Fibromyalgia – PanAway, Lavender and Peace & Calming

Several years ago I was told I had Fibromyalgia. This was before I knew about the oils. I never had total relief from the pain until I started using the essential oils. (I tried many treatments).

To start with I used the **PanAway**[®] on the pain areas, **Lavender** and **Peace And Calming**[™] on my feet at night to have a proper sleep. Once I started to have a good sleep the pain was less. I used **Joy**[™] because I had many weepy days and the **Joy**[™] always made me feel better. My daughter also gave me a **Raindrop Treatment**[™] and I was pain free for 2 days for the first time.

In the past 18 months I have had a number of stressors that in the past would cause me to 'crash' as I call it. However that didn't happen. The oils I have been using in the past 12 months are **Valor**[™], **Idaho Balsam Fir**, and **Joy**[™]. Occasionally I need to use the **Lavender** to sleep but not often any more. I also used SAM-e in the winter time last year. I haven't needed to use it yet this year. L.A.G.

Lemon oil for sore throat & heartburn

After eating too much food close to bedtime, I woke with heartburn. I put 3 drops of **Lemon** oil on my tongue and then 8 ozs of water. The **Lemon** eased the heartburn. Moments after this I was busy looking up which oil I could use for my sore throat. After I found some recommendations I was trying to decide which oil to use when I realized my throat was no longer sore, because of the **Lemon** I had used for my heartburn. R.R.

Oils for depression & anxiety— Frankincense & Lavender

I have had problems with depression and anxiety for much of my life. I discovered that using 1 part **Lavender** to 2 parts **Frankincense** is very helpful for moments of particular discomfort. I put the mixture on the bottoms of my feet, on my chest, wrists, ears, back of neck, and the palms of my hands. Then, I cup my hands over my nose and mouth and breathe deeply for several minutes. The unpleasant mood changes to a balanced feeling. My confidence increases and I feel like talking to others (a feeling that disappears when depressed). This relief lasts for a couple of hours.

Purification takes away mildew smell

Diffusing **Purification**[™] in Young Living's cold air diffuser completely took away the mildew smell in our basement after it flooded last summer. I diffused it for about 15 minutes, 3 or 4 times a week for about a month before I realized that the smell was completely gone. V.G.

Peppermint oil a life saver, who knew?

I was introduced to **Peppermint** about 4 years ago by a friend distributor. I am prone to colds, flu and sinus infections. I have found that when I am congested or have problems breathing and excess coughing **Peppermint** can be my best weapon. I rub it on my back and chest feeling its effects almost immediately. It is also a pleasant scent, which is helpful when you want to wear it during the day. It can also provide relief for sore throats and headaches. A.G.

We just love Thieves!

We just love the **Thieves**[™] oil blend. For colds and flu, go for **Thieves**[™]. Sore throat? A drop of **Thieves**[™] in water, gargle and swallow. Or try **Thieves**[™] **spray** - one spray does the trick. **Thieves**[™] **lozenges** are great, too, especially for the little ones. **Thieves**[™] **cleaner** is 'my' cleaner for everything, from cabinets and high chairs, to all bathroom fixtures, doorknobs and dishes. **Thieves**[™] **toothpaste** is a must, and safe for the whole family. V.C.