REPERTORY FOR ESSENTIAL OILS

Drops in a 15 ml bottle: 250 drops Drops in a 10 ml bottle: 175 drops
Drops in a 5 ml bottle: 85 drops

As you learn more, you can add to this list that I started.

Abcesses
- **Bergamot**
- **Chamomile - compress esp. if inflamed**
- **Garlic - cold compress**
- **Melaleuca - undiluted**
- **Onion - hot compress**
- **Oregano - careful of the skin**
- **Thyme**

Acidosis (promotes fungus imbalances)
- **Peppermint or lemon**

Acne
- **Bergamot**
- **Blue Chamomile - dab on full strength**
- **Juniper berry**
- **Lavender - mix with peppermint to dry it up; for pimples just dab it on straight with Q-tip. Also try combining with Bergamot**
- **Patchouly**
- **Peppermint**
- **Special Blend: 2 Bergamot, 2 Lavender 2-3/Xday**
- **Special Blend: 1/3 witch hazel, 2/3 orange flower water, bergamot and/or lavender**

ADD/ADHD
- **Cedarwood contains 98% sesquiterpenes, a general cerebral stimulant diffused or applied topically. Increase in brain waves by 83%**
- **Ruta works as brain modulator, calms children down**
- **Children inhaled lavender and brain waves increased in performance by 53%.**
- **Vetiver increased in brain wave performance by 100%. Put on bottom of 2 big toes (brain reflex points). Particularly good for anger and impulse issues. Apply 1-2 drops to temples, upper back and bottoms of the feet.**
- **Lavender**
- **Sandalwood**
- **Cardamon**
- **Basil**
- **Frankincense**
- **Diffuse lavender, brain power or peace and calming.**
- **Of course remove sugar, artificial sweeteners, processed foods, high fructose corn syrup from diet.**

Addictions (alcohol, tobacco, chocolate, sugar)
- **Blend: 6 yellow chamomile, 6 geranium, 10 orange, 5 tangerine, 2 peppermint. Use orange and tangerine if the person needs to get back to their childhood.**
- **Blend: 5 yellow chamomile, 2 blue chamomile, 6 geranium, 3 lavender, 3 cypress, 2 sage (if female) or 2 fennel or yarrow (if male)**
- **Angelica is known to cause a distaste for alcohol. 2 drops in a capsule or put 1 drop**

into water, or smell just as is, or rub it on the bottom of feet.

Adrenals

Lack Adrenal Cortex Hormones (Addison's):
Nutmeg;
Sage with nutmeg, clove, rosemary or basil

Overproduction of Adrenal Cortex Hormones (Cushings):
Lemon
3 drops clove, 3 drops nutmeg, 7 drops rosemary to 1 tsp base oil, apply as hot compress over the adrenal glands on top of kidneys

Air Purifier

- fill half atomizer with isopropyl alcohol, add 200 drops of essential oils per fluid ounce.
Try
65 drops bergamot,
25 drops lemon,
25 drops lavender,
15 drops clove,
10 drops juniper,
10 drops tea tree,
5 drops peppermint,
5 drops rosemary,
5 drops sandalwood,
5 drops eucalyptus
(if you don't have all these oils, any combination will be effective). Top up with distilled water and spray as required. You can make up mixture without alcohol, but the oils will not disperse so you'll have to shake the atomizer before each spray and the keeping qualities will be reduced.

Alignment

Blend: 4 Hillycrysm, 10 birch, 3 clove, 3 peppermint, 6 cypress

Alkalosis

Ginger Tarragon Anise

Allergies

- Lavender, roman chamomile
- Harmony (good for allergy eyes) (sage also helps) - do 1 drop in palms of hands, active with 3 clockwise circles and breathe deeply about 5 breaths.
- Antihistamine recipe: 6 drops lavender, 2 drops frankincense in a gel capsule
- 10 drops Adorado Azul and 2 drops Copaiba in a capsule - take one capsule in the morning, one in the evening.

Allergy to Essential Oils? Gary said nobody can be allergic to the oils. He has never seen an oil that will push the body beyond its normal position, its normal balance because essential oils will only stay in the body fro a max of 20 minutes, then they are exhausted and burned up by the acids in the body. The more acidic you are, the less effect the oils have on your body. The more acidic you are, the more likely you are to have a reaction to the oils.

Amygdaloe/Hypothalmus (Mood, feeling, instinct, memory)

Eucalyptus

Anger

Chamomile
Cedarwood
Melissa
Rose
Ylang, Ylang

Angina

Ginger Root
Goldenrod
Orange
Melissa

Animal Problems

Treat as you would for small children - put a drop oil on your hand, rub your hands until they're dry and then stroke the animal/bird.

Animal Bites

Deep cat bite: 20 drops Purification (Citronella, Lavandin, Lemongrass, Myrtle, Rosemary, and Tea Tree) to 1 cup epsom salt. Pack as much of this as you can over the wound, secure with a bandage. Change salt mixture every 2 hours. You can alternate Purification, Oregano and Clove, Treat for 3 or so days.

Cat troubles:

Fleas - pet shampoo with lavender - they will jump off
Puncture wounds: 1 drop lavender and Thieves on area.
Ticks: 1 drop Thieves on tick, sometimes Purification (Citronella, Lavandin, Lemongrass, Myrtle, Rosemary, and Tea Tree) blend.
Cats prefer not to have oils applied directly to their skin.
Diffuse and put it on their bedding or a place mat where they hand out.
You may have to dilute the oils for cats. Sometimes you can use lavender neat. As you bring the oil to them, if it is too strong, they will squint.

For dogs, massage it into the pads of their feet once or twice a day, place oil inside their ears, or rub it along the spine. Mix 30 drops of an oil with one ounce of a cold pressed almond oil, place 2 drop on the pad of each foot. The oils absorb through the skin into the blood within minutes.

Horses do well with applications to the ears and spine.

For Birds, mist the cage with oils mixed with water. Use 1 drop of oil per one ounce of water and spritz the cage twice a day.
What does the animal want? Let them smell it and see if they turn away from it or not.

<u>Recommended:</u>
Lavender for burns, salving wounds, calming the animal
Frankincense - antiviral, antibacterial, anti-fungal, anti-tumor so prevents scarring, works as an anti-depressant
Myrrh fights infection, supports the immune system, helps counter hyper thyroidism, eczema and respiratory disease
Purification (Citronella, Lavandin, Lemongrass, Myrtle, Rosemary, and Tea Tree)

detoxifies
Valor helps realign body, mind and spirit
Helichrysum for pain, regenerating tissue
Lemongrass to help ligaments and joints

Oils that can irritate the skin: cinnamon bark, clove, lemongrass, oregano and thyme.
Diffuse frankincense into the room, then give a light massage with the same oil. Most animals respond well to this. Put a few drops in hands, rub them together, gently massage the animal a few seconds.
If ligament or joint injury massage area with 1 drop lemongrass diluted with 1 tsp almond oil twice daily. Or lavender often can be used undiluted, depending on animal's individual response to the oil.
For musculoskeletal cases: blend spruce, frankincense, rosewood and blue tansy massaged into the pads on each paw. When the animal is placed on the floor, they'll naturally shake themselves and in the process adjust their own spine.

Anorexia
Tarragon

Anti-Bacterial
Chamomile Mixta
Cinnamon Bark
Clove
Cypressa
Melaleuca - Bactericidal
Oregano
Rosemary
Rosewood
Spearmint
Thyme

Antibiotic
Thyme oil shows effects against 25 different types of bacteria. Synthetic antibiotics are composed of single type of chemical. Essential oils are composites of hundreds of chemicals.
Single oils: oregano, thyme, cinnamon, mountain savory, lemon, rosewood, melaleuca, clove, ravensara, eucalyptus radiata.
10 drops lemon, 8 mountain savory and 3-5 oregano
<u>Formula:</u>
10 drops lemon; 8 drops Mountain Savory, 3 drops Oregano. Put in capsule, take 1 TID.
<u>Another formula</u>:
10 drops lemon, 4 drops clove, 4 drops frankincense, 3 drops oregano.
<u>Super formula:</u>
12 drops Thieves, 6 drops oregano, 2 drops Frankincense in caps 1 TID
<u>Heavy Duty Formula:</u>
10 drops thieves (Clove, Lemon, Cinnamon Bark, Eucalyptus radiata, and Rosemary), 6 drops oregano, 2 drops frankincense, 4 drops lemon, 6 drops melrose, 2 drops clove, 2 drops myrrh, 10 drops eucalyptus Radiata. Put into capsules.
Natural Antibiotic enhancement: 10 drops lemon, 8 drops Mountain savory, 3 drops oregano, 1 drop Cinnamon bark

Anti-Cancer
G. Young:

Clove - anti-tumoral
Frankincense - anti-tumoral
J. Valnet: Clove, Cypress, Hyssop, Garlic, Geranium, Onion, Sage, Tarragon, Thuja

Anti-Catarrhal
Frankincense
Lmmortelle aka Helichrysum
Rosemary

Anti-Coagulant
Lmmoretelle akaHelichrysum

Anti-Depressant
Frankincense

Anti-Fungal
Cinnamon Bark
Clove
Melaleuca
Oregano
Rosewood
Spearmint
Thyme
Fungal Formula: Cajeput, Tea Tree, Lemongrass, Peppermint, Red Thyme. Use neat for toenail bed infections & warts. Use 7% in cold pressed sesame oil for larger areas of topical fungi. Apply often. Treat footwear to kill spores.
For Candida: Tea Tree, cinnamon leaf, oregano & peppermint. For candida and other abdominal infection. Also for topical infection. Careful with internal use or dilute to 5% for abdominal massage.
For Thrush: Monarda, Spike Lavender, Lemongrass, Marjoram, Niaouli, German Chamomile, Rosemary, Peppermint, Cinnamon Leaf and Oregano. Oral and vaginal yeast infections. For infants use oil blended 5% essential oils to swab mouth and massage breast of mother. For vaginal use, creme base 3% essential oils may be inserted with cotton, sponge or tampon as preferred.

Anti-Infectious
G. Young:
Basil
Chamomile Mixta
Cinnamon Bark
Cypress
Lavender
Patchouly
Rosemary
Rosewood
Spruce
Thyme
J. Valnet:
Camphor, Clove, eucalyptus, garlic, juniper, lavender, lemon, niaouli, pine, thyme

Anti-Inflamatory

Birch
Blue Chamomile
Lavender
Myrrh
Patchouly
Spruce
Tarragon
Anti-inflammatory combo: Birch, juniper, marjoram, peppermint, lemongrass. 6% essential oils in arnica oil if you have, if not just use the oil you have.
For tendons: Lemongrass, birch, marjoram, black pepper, peppermint, german chamomile. 7% essential oils in arnica oil (if you don't have arnica oil, use what you have.. For tendonitis, plantar's fascitis and carpel tunnel.

Anti-Mucus
Cypress

Anti-Parasite
Cinnamon Bark
Nutmeg
Thyme

Antiseptic (counteracts putrefaction)
In the order of strength, the dose rendering infertile per 1000 cc of microbic culture:

Thyme	**.7**	**Cumin**	**4.5**
Oregano	**1.0**	**Neroli**	**4.75**
Sweet Orange	**1.2**	**Birch**	**4.8**
Lemongrass	**1.6**	**Lavender**	**5.0**
Chinese cinnamon	**1.7**	**Melissa**	**5.2**
Rose	**1.8**	**Ylang-Ylang**	**5.6**
Clove	**2.0**	**Juniper berry**	**6.0**
Eucalyptus	**2.25**	**Sweet Fennel**	**6.4**
Peppermint	**2.5**	**Garlic**	**6.5**
Rose Geranium	**2.5**	**Lemon**	**7.0**
Meadowsweet	**3.3**	**Cajuput**	**7.2**
Chinese anise	**3.7**	**Sassafras**	**7.5**
Cinnamon (Singhalese)	**4.0**	**Turpentine**	**8.6**
Anise	**4.2**	**Parsley**	**8.8**
Mustard	**4.2**	**Violet**	**9.0**
Rosemary	**4.3**		

In very diluted alcoholic solution (between 2% and 7%) the following essences are found active regarding tuberculosis: palmarosa, cinnamon, clove

Eucalyptus, clove, niarouli, thyme, garlic, sandalwood, lemon, cinnamon, lavender, german camomile, peppermint are all noted for antiseptic properties.

Eucalyptus or Eucalyptol used in an oily solution as nasal application is also given in intra-muscular injections.

Clove kills tuberculosis bacillus at a strength of one part to 6,000. In dentistry it is used as a

disinfectant and cauterizing agent. It is so powerful that even if used in a 1% dilution, it is still 3-4 times more active than phenol.

Niaouli is used in Caledonia to make infusions for disinfecting water.

Thyme: a watery solution of 5% kills typhus bacillus (typhoid fever) and Shigella bacillus (dysentery). It kills colon bacillus in 2-8 minutes, streptococcus and diphtheric bacillus in 4 minutes, staphylococcus in 4-8 min and tuberculosis bacillus in 30-40 minutes. At a strength of 0.1% the peroxidized essence of thyme in a diluted solution of soapy water destroys the mouth's microbial flora within 3 minutes. If you put thyme undiluted on the skin it can eat right through the skin and go very deep so be careful.

Essence of garlic used to prevent influenza epidemics and modifies bronchial secretions.

Essence of Sandalwood disinfects urinary tract, usually taken in 0.25g capsules. Also powerful for this are juniper, lavender and turpentine.

Lemon is second to none for antiseptic and bactericidal properties. It can neutralize meningococcus in 15 minutes, typhus in less than an hour, pneumococcus in 1-3 hours. The essence itself neutralizes the typhus and staphylococcus in 5 minutes and diphtheric bacillus in 20 minutes. A few drops of lemon will rid an oyster of 92% of its micro-organisms in 15 minutes.

German chamomile in strength 1 part to 2000, is effective against staphylococcus aureus, haemolytic streptococcus (agent of scarlet fever and acute rheumatoid arthritis) and Proteus vulgaris. Infected wounds have been healed using concentration of 1 to 85,000 and 1 to 170,000.

Essence of cinnamon kills typhus in dilution of 1 part to 300

Singles: rosemary cineol, rosemary verbenon, thyme thymol, thyme linalol, eucalyptus (all types), mountain savory, melaleuca, lavandin, lemon, lemongrass, clove, cinnamon, clove, oregano.
Blend: birch with lavender, mountain savory, lavandin, peppermint, spearmint, ravensara, sage, clove, cinnamon, juniper, or nutmeg.
Blend: frankincense with lavender, cedarwood, rosemary, melaleuca, lemon, oregano, thyme, myrrh, geranium, cumin, eucalyptus globulus, eucalyptus radiata or sandalwood.
Blend: lemongrass with melaleuca, lavandin, cedarwood, lemon, rosemary, citronella, basil, cypress, fennel, fir, pine, mandarin, tarragon, patchouly, rosewood, laurus nobilis or vetiver.
Blend: Birch, frankincense, or lemongrass with purification (Citronella, Lavandin, Lemongrass, Myrtle, Rosemary, and Tea Tree)

Young Living mentions:

- **Cedarwood - 2-3 drops only**
- **Clove - powerful. 1% emulsion has strength of 3-4 X greater than phenol**
- **Fir**
- **Garlic**
- **Juniper**
- **Lavender**
- **Lemongrass - antiseptic, purifier, sanitation**
- **Melaleuca - wounds, undiluted**
- **Melrose - special blend**
- **Nutmeg**

Rosemary
Rosewood
Sandalwood
Spruce
Thyme

Anti-sexual
Marjoram

Anti-spasmodic
G. Young:
Basil
Peppermint
Rosemary
Sage
Spruce
J. Valnet:
Anise
Cypress
Lavender
Lemongrass
Marjoram
Blend: 1 g basil, 1 g marjoram, 50g honey. 1/2 to 1 tsp in cup of lime-blossom or verbena tea after meals

Anti-Venom
Blend: Basil, patchouli, cajeput & cinnamon leaf. For wasps etc use one drop carefully applied after removing stinger. Dilute to 5% for application to larger areas of mosquito or black fly bites.

Anti-Viral
Cinnamon Bark
Melaleuca
Oregano
Rosewood
Thyme

Anthrax
Use 3 caps Thymol a day and use Melissa three times a day. Take in a cap and diffuse. Use for 4-10 days, then break for 48 hours, and begin again.

Aphrodisiac also see sexual
Rose
Sandalwood
Ylang Ylang

Arthritis
Birch
Cypress
Helicrysm/Immortelle - 2-3 drops is enough
Lemon - helps uric acid excess
Marjoram
Nutmeg for Rheumatism

Ortho Ease -special blend
Rosemary
Spruce
Tarragon for Rheumatic pain

OrthoEase by Young Living: Peppermint, Juniper, Eucalyptus Glob., Lemongrass, Marjoram, Thyme, Eucalyptus Rad., Vetiver. Wintergreen oil, Grapeseed oil, Wheat germ oil.

Remember arthritis must be cleansed.

Special Blend: 10 birch, 5 cypress, 5 marjoram, 3 rosemary, 2 peppermint.

Jean Valnet says: garlic, juniper, lemon, onion, thyme

Blend: Lavender, Marjoram, Rosemary

School of London:
1. For lower back pain: 3 birch, 2 marjoram, 1 peppermint.
Massage clockwise on reflex point. If no response in 2 minutes assume it is the wrong oils.
2. Arthritis Stage 1. For 2 weeks. Bath synergistic blend: 30 drops fennel, 16 drops cypress, 10 drops juniper. This amount should be enough to last 14 days. Take daily baths by adding 2 handfuls of epsom salts, 1 handful of rock salt and 4 drops of this synergistic blend.
3. Rheumotoid Stage 1. Blend 10 lavender, 30 eucalyptus, 16 chamomile roman. This is enough for 14 baths. In the bath add 2 handfuls epsom salts, 1 handful rock salt and 4 drops of this blend. Also massage morning and night over whole body.
4. Rheumotoid Stage 2. Massage oil. 8 chamomile german, 10 lavender, 2 peppermint, 8 eucalyptus. Dilute with 2 tbsp base oil. Carry out stage 2 treatment for 2 weeks, then progress to stage 3.
5. Rheumotoid Stage 3. 8 ginger, 15 rosemary, 5 frankincense. Blend for the bath as before but omit the epsom salts. Take 2 weeks, alternating with Stage 2. During Stage 3 massage the affected joints only using the following oil and stage 3 massage oil on alternate days:
8 rosemary, 7 lavender, 5 ginger, 10 frankincense, 2 tbsp base oil.
After 6 weeks treatment, move on to maintenance.
6. Arthritis Maintenance. Use any one of the following or combine for the bath (4 drops per bath). Rosemary, chamomile roman, chamomile german, eucalyptus peppermint, eucalyptus blue malee, ginger, marjoram, thyme linalol, lavender.
7. Osteoarthritis. Follow Stage 1 for Arthritis. Stage 2 is Cedarwood, ginger, sandalwood, lavender, pettigraine, rosemary, cypress, black pepper, pine. Synergistic Blend: 10 pettigraine, 30 ginger, 16 rosemary. Put 2 handfuls epsom salts and 1 handful rock salt in bath, add 4 drops of this synergistic blend. Enough for 14 baths. Also, apply the following twice a day: 13 ginger, 8 black pepper, 4 cedarwood, 5 cypress. Dilute in 2 tbsp oil. This is enough to last 2 weeks.

Asthma

Eucalyptus
Frankincense
Lemon
Marjoram dilates the blood vessels
Myrrh
Myrtle
Oregano

Peppermint
Sage
Thyme - internally also (2-3 drops in honey water 3 X day)
Diffuse Thieves: Clove, Lemon, Cinnamon Bark, Eucalyptus radiata, and Rosemary, into the room day and night
Durado Azul

Athletes Food
Melaleuca
Melrose - use for 3 weeks, don't dilute

Bacteria
Chamomile Mixta
Cinnamon Bark - careful, can irritate skin if put directly on
Clove - used in thieves (Clove, Lemon, Cinnamon Bark, Eucalyptus radiata, and Rosemary) formula. Clove kills more than 60 types of bacteria, 15 strains of fungi and several viruses.
Lavender
Diffusing peppermint is most effective oil to stop germ growth.
Diffusing cinnamon bark, lemongrass, thyme, melaleuca and lavender are also powerful for killing respiratory tract germs.
Melaleuca - wounds, undiluted

Bad Breath
Nutmeg
Peppermint

Balance (not emotional type) - see vertigo

Bed Bugs
10 drops Palo Santo
6 drops Eucalyptus Blue
5 drops Cedarwood
Combine with 4 oz distilled water in a dark glass spray bottle.
To go after nesting eggs combine cornstarch or baking soda in cotton homemade tea bag looking containers. Add the above formula, place under mattress.
Wash linens with 1 cupful of Thieves Cleaner (Clove, Lemon, Cinnamon Bark, Eucalyptus radiata, and Rosemary), and 6 drops Purification (Citronella, Lavandin, Lemongrass, Myrtle, Rosemary, and Tea Tree) to the laundry.
For bug bites: lavender & purification (Citronella, Lavandin, Lemongrass, Myrtle, Rosemary, and Tea Tree)
To diffuse: Purification (Citronella, Lavandin, Lemongrass, Myrtle, Rosemary, and Tea Tree) , palo santo, eucalyptus blue.
Spray on bed between linen changes: thieves (Clove, Lemon, Cinnamon Bark, Eucalyptus radiata, and Rosemary) spray
Take a travel diffuser with you when travelling using the formula

Black Widow Spider Bite
Purification (Citronella, Lavandin, Lemongrass, Myrtle, Rosemary, and Tea Tree) blend applied right away and then every 30-60 min thereafter for several days.
If poison ivy reaction type occurs, use peppermint oil to calm down the itching
It usually gets worse looking for 3 days, then starts to stabilize and black crusty scab appears around day 4. It can fall off in a few days and if it becomes itchy, try Thieves

applied as often as needed for several hours. At this point there is an open wound where the scab has fallen off. Around day 8 the wound should show healing and by day 14 it will be sealed over.
During new skin formation little pockets of yellow pus may appear. Try lemon oil on the pockets.

Bladder - see Urinary

Bleeding Gums
Basil
Blend: Basil, Hillicrysm, Clove, Myrrh, Malaleuca work into Jaw Meridians. Myrrh helps strengthen jaw tissue but do not use straight because it suppresses the thyroid.
PaneAway (Hellicrysum, Clove, Peppermint, wintergreen)
Melrose
Thieves

Blood Cleanser
Garlic - circulation
Immortelle/Helichrysum - cleanser, hemottoma
Juniper
Rehemagen - a tincture combining herbs. 6-10 drops with meals.

Blood Clot
As in the brain: use helichrysum to the brain stem and underside of big toes.

Blood Count.
To raise white blood count. Lemon oil increases white blood cells. Apply to bottom of feet, take in caps throughout the day. Put it in drinking water (must be glass container as lemon digests petrochemicals).

Blood Pressure - see Heart

Blood Sugar
Ocatea Oil. Put drop under tongue am

Boils
Bergamot
Lavender

Bones
Birch

Bones, broken: Lavender for the swelling Peppermint can help drive oils better into the body and is recommended for broken bones. Wintergreen/birch is also good for bone pain. Helichrysm is good to help reduce scar tissue, regenerate tissues and nerves and improve circulation, great for pain. Can also add bit of Cypress, helps with swelling, supports nerves, good for circulatory system and good for strengthen connective tissue.

Blend for Broken bones: 10 drops wintergreen, 3 drops helichrysum, 2 drops lemongrass, 3 drops pine, 4 drops ginger, 4 drops vetiver.

Brain
Basil

Clarity blend
Durado Azul helps brain function - combine with Peppermint offers mental acuity.

Breasts
Warning. Do not take Clary Sage for breast cysts. It accelerates, raises estrogen levels.

Bronchitis
Cedarwood
Clary Sage
Cypress
Fir
Garlic - decongestant, catarrah
Marjoram
Melaleuca
Myrrh
Myrtle
Oregano
Peppermint
Rosemary
Sage - chronic bronchitis
Sandalwood
Spearmint
Thyme

Bruising
Camphor
Geranium (don't massage in, just apply)
Lavender
Marjoram
Blend: Marjoram, ginger, grapefruit, lemongrass, tarragon. 10% essential oils in macerated arnica oil or creme. Use liberally after any sort of injury or surgical procedure where brusing is expected. Immediate application is best but also performs well after bruising has formed.

Burns
Eucalyptus - also for scars
Geranium
Lavender for scars also

Calcium Deposits
PaneAway (Hellicrysum, Clove, Peppermint, wintergreen)

Calming
Cedarwood 2-3 drops
Frankincense
Jasmine
Orange
Peace and Calming, Young Living blend
Relaxation, Young Living blend

Cancer
Clove - anti-tumoral
Frankincense - anti-tumoral

Geranium - cancerous conditions, uterus
Sage - anti-cancer
Tarragon - anti-cancer
Orange oil helps body release cancer. Need to ingest 10 ml of orange oil in capsules every day.
This replicates the amount of limonene in the studies that were done which showed regression of cancer. A 10 ml is 2/3 of a 15ml bottle so holds 165-175 drops. Each cap easily handles about 15 drops which means that about 12 caps a day would be required. If someone were to take 2 caps 6 times a day (eg take 2 caps every 2 hr for 8 hr), that would fulfill the requirement. Probably need to do for 2-3 months. Many continue to do prevention by taking 1-4 capsules daily. Also rub orange oil, frankincense, myrtle, sandalwood, and tsuga all over the area (eg. if uterine cancer, rub the belly).

Candida

Bergamot - Vaginal (1-6 drops day) (makes skin photo-sensitive, do not sunbathe the days you use)
Cinnamon Bark - anti-fungal
Eucalyptus
Garlic
Melaleuca - careful when buying, much of what is sold is polluted. Internally 2-5 drops in honey water 3-4 X day. External: undiluted or in base oil. Use also for vaginal thrush
Myrrh - vaginal thrush
Rosewood
Spearmint - anti-fungal
Spruce -
Thyme - anti-fungal
Blend:: Tea tree, cinnamon leaf, oregano, peppermint. Dilute to 5% for abdominal massage. Careful with internal usage.
Gary: 17 drops Melrose in a capsule along with 3 drops Rosemary. If get cankers in mouth, use Alka lime to help with the pH.
Clove can help candida: 3 drops clove, 4 rosemary 1 mountain savory and 5-6 melaleuca.
For Candida, bloating, sweet cravings: 10 drops peppermint, 5 drops eucalyptus radiata, 2-3 drops melaleuca in gel cap. Take for a week (don't eat sugar during treatment period).
Candida surrounds itself in biofilm. As colonies of Candida form and lay down more biofilm, this sticky goo protects the yeast and supports its growth. Candida biofilms are very resistant to common antifungal drugs.
Lemongrass oil and clove oil are especially effective at busting through the biofilm (Journal of Etnoharmacology). In addition oils of thyme, patchouli and cedarwood can also inhibit growth of Candida.

Cataracts

Blend equal amounts of frankincense, rosemary, cypress (5 drops each in 1 Tbsp oil. Put 1-2 drops around each eye 1-2 times a day. If you have a roll on bottle, you can just roll it around the eye.
Put a drop of Frankincense in your hand, hold over your eyes while keeping your eyes open.

Cattle problems

One rancher used the oils with great success. Calves were treated with thyme, oregano, thieves (Clove, Lemon, Cinnamon Bark, Eucalyptus radiata, and Rosemary) or

wintergreen. The oils were put in a capsule and given internally once a day. A few more oils were added to these for the cows - rosewood for reproductive problems and lemongrass and peppermint for injuries. He also used Raindrop Therapy if they did not respond to the oils internally. They treated their well also by putting a bottle each of thyme and thieves (Clove, Lemon, Cinnamon Bark, Eucalyptus radiata, and Rosemary) down the well.

Cellulite

Cedarwood
Copaiba and cloves mixed together. (15 ml Copaiba, 32 drops cloves, 8 oz V6 Vegetable Complex oil. Let mixture sit overnight. Apply twice a day an even coat over the area
Cypress
Grapefruit - take with lots of Vit. C to break down
Lemon
Rosemary
Tangerine
Blend: grapefruit, cypress, birch, juniper, orange, tarragon, sweet thyme, patchouli. Neat or at 7% essential oils in rosa mosqueta and sweet almond oil. Use liberally and often whether for painful swelling or cosmetic reasons. Also offered in lotion base.

Chicken Pox

Blend: 2 eucalyptus, 1 bergamot

Children

Orange - calming, better sleep
Peace & calming - massage, diffuse
Night Terrors: Cream Catcher, or Joy - lots of sniffs at bedtime.

Cholesterol

Garlic
Clary Sage - do not use if breasts cysts present
Lmmortelle - hypo-cholesterol
Rosemary - lowers cholesterol levels in blood
Longevity
Lipozyme was formulated to digest fats.
*** 2 drops each of lavender, lemongrass, rosemary in veggie cap. One morning and one evening. Do for 3-4 weeks and see if it helps.**

Circulation

Cypress
Garlic
Oregano
En-r-gee
Geranium
Lmmortelle - phlebitis, chelate metalics (plaques)
Tangerine
Aromalife works on blood flow
Blend: ginger, geranium, marjoram, grapefruit, red thyme, lemongrass. 5% essential oils in 1st press safflower oil. For chilly rheumatics, after sports or a long day of sitting or standing.

Colds

Cinnamon Bark - virus
Clove - used in Thieves (Clove, Lemon, Cinnamon Bark, Eucalyptus radiata, and

Rosemary) formula
Cypress Oil - 5 drops in water as gargle for sore throat.
Eucalyptus - coughs
Ginger Root - Sore throat
Immortelle - sinus infection
Lavender - catarrh, use as steam inhalation, also baths when cold is just starting. Can also rub on either side at top of nose or throat
Lemon
Melaleuca
Myrrh - sore throat
Peppermint
Rosemary
R-C blend - Young Living blend respiratory congestion and sinusitus.
Thieves Formula - Young Living blend for colds, flus, viruses. few drops on soles of feet.
Blend for coughs and colds: 3 benzoin, 3 eucalyptus, 2 cypress, 2 hyssop
Blend for head cold: 3 basil, 3 eucalyptus, 3 ginger
Cold Blend: eucalyptus radiata, tea tree, pavensare, eucalyptus globullus. Cold & flu buster. Rub several drops on soles of feet and upper chest. Use freely for inhalations.
For aches and pains: blue cypress and fir
For nasal congestion and respiratory problems: eucalyptus, ravensara, peppermint (diffuse or apply to forehead, temples, back of neck, chest or place 4 drops in 1/2 cup hot water and place nose and mouth over opening and breathe.
For sore throat: touch melaleuca to tip of tongue, swallow, repeat every mintue until throat feels better, then apply it behind ears and down under jawline. After repeating a few times every 5- 10 minutes, massage a couple of drops on the back of the neck to relieve any blockage.

Cold Sores

Cold Sore Blend: geranium, bergamot, eucalyptus radiata, tea tree. Use sparingly at first sign of symptoms. Apply directly, and reapply hourly, may prevent an outbreak. Used later will speed healing.
Herplex blend (tea tree, ravensara, eucalyptus rad., globulus and citriodora; nialoui, green myrtle, lavender, melissa (palmarosa)

Colic

Bergamot (1-6 drops a day) (makes skin photo-sensitive, do not sunbathe the days you use)
Lavender - massage oil for baby, use only 1 drop for chest.
Marjoram

Colitis

G. Young:
Chamomile Mixta - 2-3 drops
Thyme - infectious colitis
J. Valnet:
Lavender
Rosemary
Sage
Thyme

Concentration

Lemon

Peppermint
Rosemary

Connective Tissue Repair
Basil
Cypress
Basil, Lemongrass and lavender
Blend Basil, lemongrass, cypress, lavender, hillicrysm
Lemongrass & lavender good to heal connective tissue after an operation

Constipation
Marjoram
Orange
Rosemary

Corns
Citrus Fresh on feet after sanding them for several weeks.

Coughs
G. Young:
Eucalyptus
Melaleuca
Myrtle
Oregano - whooping cough
Sandalwood
Blend: 3 benzoin, 3 cypress, 3 eucalyptus, 2 hyssop

J. Valnet:
Cypress - some drops on pillow controls spasmodic cough

Great remedy: Use Harmony if not a bad cough, but if a bad cough do myrrh and then harmony (1-2 drops neat on the chest).
Can't stop coughing: put a drop of peppermint oil directly on the tongue.

Courag
Blend: 10 spruce, 3 fir, 3 cypress. If a woman add 6 bergamot and 4 Ylang Ylang and 3 Frankincense.

Cramps
Birch
Clary Sage - menstrual cramps (do not take if breast cysts present in body)
Cypress
Lavender
Lmmortelle/Helichrysum - stomach cramps
Marjoram - muscle cramps
Ruta

Cuts
Clove - wounds
Cypress - use to cauterize a cut, don't rub in
Frankincense
Geranium
Lmmortelle - anti-coagulant, hematoma
Melrose

Myrrh
Blend: 5 lavender, 3 melaleuca, 2 cypress, 8 oz distilled water. Use 1 sterile gauze pad

Cysts

Chamomile Mixta - apply 2-3 drops, don't massage, cut with massage oil
Warning: Do not take Clary Sage if breast cysts present. It accelerates, raises estrogen levels.

Cystitis

Bergamot
Blue Chamomile) hot compresses over lower abdomen
Chamomile Mixta) and can drink chamomile tea also
Eucalyptus
Fennel
Garlic - good against E. Coli (take 2 caps 3X/day), can use as suppositories also
Pine
Sandalwood
Tea Tree Oil
Thyme

Dandruff

Cedarwood - massage 2-3 drops and leave in
Lavender
Patchouly
Rosemary

Deafness

Smell peppermint oil as often as possible. Apply helichrysum to mastoid bones behind ears and the entire back of neck from the base of the skull, then oregan and thyme mixed with oil.... could take several weeks or months.
Try twirling in the ear, like a q-tip a partial drop of Idaho Balsam Fir instead of helichrysum) on the little fingertips. Have some carrier oil handly in case ear is sensitive.
Massage juniper all around shell of the ear and on bottom/back corner of the jawbone.
Don't put undiluted oils into the ear canal.
`Hearing Vita Flex Technique:
Make sure fingernails are short. Place 1 drop helichrysum on each index finger or on outer ears in the soft part between the two ridges on the outer ear, rub it around.
Standing behind the person gently insert index fingers into ears. Have person hold head firmly against your chest. Rotate your hands with the index fingers still inserted in ears until the palms face upward. Lift fingers alternatively in a gently rocking motion 10 times in each ear to a count of 20.
Rotate hands 90 degrees until the palms face backward. Pull back alternately 5 times in each ear to the count of 10.
Rotate hands 90 degrees until the palms face downward. Press down alternately 5 times in each ear to a count of 10.
Rotate hands 90 degrees until palms face backward. Put the thumbs in behind the fingers. Push foward alternately 5 times in each ear to a count of 10.
Rotate hands 90 degrees back to the starting position, palms facing upward. Lift both fingers up once and let down slowly.
Rotate fingers 90 degrees back and remove slowly.
Grasp ear lobes, pull down gently and release.

Massage Purification (Citronella, Lavandin, Lemongrass, Myrtle, Rosemary, and Tea Tree) on ear lobe, behind ear and down jawline.

Decongestant

Blue Chamomile
Garlic
Sandalwood

Deodorant

Blend: 4 oz Clay or talc, 2 oz baking soda, 3 drops lavender

Deodorizing Rooms (can use it as spray)

Bergamot
Cypress
Juniper
Lavender
Myrtle
Neroli
Thyme

Dental:

Dental Pain: clove, cajeput, cinnamon, peppermint. Eases pain, fights infection. Use cautiously, avoiding contact with any skin outside of the mouth. Dilute to 25% for teething babies. May also be diluted to 5-10% for use on sprains.

Depression

Bergamot
Chamomile Mixta - anti-depressant, 2-3 drops
Clary Sage - anti-depressant, apply in reflexology to top of foot. Do not use if breast cysts present in body.
Clove - courage
Cypress - eases feeling of loss, healing to emotions
Frankincense - anti-depressant
Geranium - let go of negative past
Idaho Balsam
Jasmine
Lavender
Lemon
Narouli
Orange Blossom
Rosemary
Rosewood
Sandalwood - tense and anxious depression
Spruce - immuno-depression
Ylang Ylang
Protocol: NingXia Red (1-6 oz a day), True Source vitamin pack, Longevity (1 cap daily and/or night before bedtime); Multigreen 1-3 caps 1-2 times a day, Stress Away.

Ruta acts as brain modulator, no need for prozac any more. Try on back of neck, soft spot before base of skull. Ruta has direct action on parasympathetic system. It levels brain response and brings it into a balance in a harmonic way.

Detoxifier

- **Fennel - helps break up fluids and toxins in tissues, cleanser, can also chew on seeds**
- **Garlic**
- **Juniper**
- **Lmmortelle/Helichrysum - detoxifying, blood cleansing**

Diabetes

- **Eucalyptus**
- **Geranium**
- **Ylang Ylang**
- **Blend: 10 geranium, 3 cinnamon, 6 juniper, 5 cypress, 3 patchouly if Diabetes with leg cramps**

Diarrhea

G. Young:

- **Geranium**
- **Melaleuca**
- **Myrrh - when there is too much moisture in colon**
- **Nutmeg**
- **Orange - chronic diarrhea**
- **Orange Blossom aka Neroli- when it is chronic**
- **Peppermint**
- **Sandalwood - obstinate diarrhea**
- **Blend: basil, tarragon, peppermint, ginger, rosemary**

J. Valnet:

- **Garlic, onion, anise, lemon, juniper, thype act against fermentations**

Digestion

- **Anise**
- **Bergamot - loss of appetite**
- **Blue Chamomile - digestive tonic**
- **Chamomile**
- **Clary Sage - intestinal cramps, weak digestion. Do not use if breast cysts present.**
- **Fennel - flatulence, intestinal spasms, sluggish digestion**
- **Grapefruit - digestion**
- **Lemongrass**
- **Marjoram - digestive system, flatulence**
- **Nutmeg - aids digestion of starchy food and fats, halitosis, loss of appetite**
- **Orange - digestive problems**
- **Peppermint - digestive**
- **Sage - sluggish digestion, ilness related to digestive and liver**
- **Tangerine - balances digestive system, parasites, intestinal spasms**
- **Tarragon - digestive system, intestinal spasms**
- **Thyme - general tonic for stomach**
- **Special Blend for Bloating: 5-10 drops Anise, 3 caraway, 3 coriander, 5 fennel**

Disinfectant

- **Clove - used to disinfect operating theatres, surgeon hands**
- **Lemon - cleanse from infection**
- **Rosemary**

Diuretic

- **Cedarwood - 2-3 drops**
- **Chamomile - on skin over area, also as tea using leaves**
- **Geranium**

Douche

- **8 oz distilled water, 5 drops basil, 5 drops frankincense. Add 1 tsp. veg. oil**

Drug Addiction

- **Peace & Calming - special blend**

Earaches

- **Chamomile Mixta - 2-3 drops**
- **Chamomile - 1% dilution with olive oil, warm to blood heat, drops into ear, plug with cotton, wool, repeat several times a day**
- **Hellicrysum - for hearing problems. One drop in ear once a week.**
- **Melaleuca - soak little piece of cottonwool in essence and place in ear**
- **Melrose - ear infection. Apply with Q-tip, then Purification around outside of ears.**
- **Purification - massage around ear edges**
- **Ear nerve problem: Hillicrysum in ear; peppermint & geranium on outside of ear.**
- **Blend: 2 malaleuca, 2 lavender, 1 tsp olive oil**

Eating Disorders

- **Bergamot**

Eczema

- **Blue Chamomile - dab on full strength**
- **Chamomile Mixta - need only 2-3 drops**
- **Geranium - for dry eczema**
- **Juniper berry**
- **Lavender - o.k.**
- **Lmmortelle/Helichrysm**
- **Melissa -very good**
- **Patchouly**
- **Rosewood**
- **Blend: for weeping type: 5 bergamot, 10 calendula, 10 juniper.**
- **Blend: for dry type: 10 calendula, 5 chamomile, 5 geranium, 5 lavender**

Edema (Water Retention)

- **Birch - diuretic**
- **Cedarwood - diuretic**
- **Cypress**
- **Grapefruit**
- **Juniper - diuretic**
- **Lemon**
- **Lemongrass**
- **Orange**
- **Rosemary - mix with geranium (2:1)**
- **Tangerine**
- **Blend: 10 eucalyptus, 6 cypress, 15 orange, 8 lemongrass.**
- **Also helpful: endoflex, ICP, megazyme, thyromin**

Emergencies:

Cistus and helichrysum for bleeding
All oils for inflammation
Lavender for everything
Oregano, Pao Santo, Balsam and Frankincense for inflammation
Apply on site and on brain stem (shut down sympathetic nervous system which pumps cortisol and adrenaline which increases inflammation - over stimulated).
Peace and calming will shut down over stimulating, orange and tansy are anti-inflammatory.
Thieves,

Emotions

Absent minded - basil with rosemary, peppermint, spruce, cardamon. Also clarity, valor
Anger - cedarwood, fury, chamomile, melissa, rose, ylang ylang
Anxiety - Narouli, Orange Blossom, Ylang Ylang
Anxiety, nervous tension - benzoin, bergamot, chamomile, camphor, cypress, geranium, jasmine, lavender, marjoram, melissa, neroli, rose, sandalwood, ylang ylang
Apathy - Jasmine, Juniper, Patchouli, Rosemary
Balance - lavender (good for mood swings)
Calming - Cedarwood, Orange, Cinnamon Bark
Confusion - Basil, cypress, frankincense, peppermint
Courage - clove,
Crying - for uncontrollable sobbing: basil, love, legend, moon goddess, sacred mountain
Depression - basil, bergamot, chamomile, frankincense, clary sage, geranium, jasmine, lavender, neroli, patchouli, peppermint, rose, sandalwood, ylang ylang
Dwelling on unpleasant past events - benzoin, frankincense
Ending a Relationship: mix Basil with juniper, helps to detach. Put into diffuser and meditate, then spruce, then orange(for loss),
Foregiveness, Transformation: releasing negative memories, move past emotional barriers helping achieve higher awareness, compelling to forgive and let go. Rose, melissa, Helichrysum, Angelica, Frankincense, Sandalwood, Lavender, Bergamot, Geranium, Jasmine, Lemon, Palmarosa, Roman Chamomile, Rosewood, Ylang Ylang.
Fear, paranoia - basil, clary sage, jasmine, juniper
Feeling of Loss - cypress
Frigidity - rose, ylang ylang
Frustration & anger - ylang ylang (don't use much)
Grief, Loss of Love - Hyssop, Marjoram
Grieving: 1 drop Joy over the heart. 1 drop Harmony on solar plexus just above navel. 1 drop Valor on one wrist, hold both wrists together for a few seconds. One drop White Angelica in one hand, rub two hands together, brush hands over entired body starting with head, shoulders and down.
Hypersensitivity - chamomile, jasmine, melissa
Hypochrondria - jasmine, melissa
Impatience - Chamomile, camphor, cypress, lavender
Irritability - marjoram, frankincense
Jealousy - rose
Lack of confidence - jasmine
Letting Go of Past - geranium
Loss of Loved one - mix basil, spruce, rose, Love, Forgiveness, Valor
Mood Uplifting: Valor on bottoms of feet or a single drop on one wrist, then hold the other

wrist to it for a few moments. A single drop Harmony over solar plexus just above belly button. A single drop Joy over the heart. A single drop in one hand of White Angelica, rub hands together, brush over head, face, chest, shoulders, down body.

Nervous tension - rose

Over thinking:

Sandalwood to ground, deeply calms the mind while helping calm agitated thoughts that lead to mental obsessiveness. Helps replace a worried outlook with more calmly reflective response to life's problems.

Frankincense eases mind when it is troubled by thoughts of regret and worries of a mundane kind. Perfect for those who are mentally overwhelmed.

Clary Sage for overthinkers who are constantly searching for the ideal solution to live's problems. Calming, stress relieving. Helps calm those who make decision and then worry if it is right and whether or not they should change their mind.

Panic - Chamomile, clary sage, jasmine, lavender, neroli, marjoram

Sad: 1 drop Joy over the heart. 1 drop Harmony on solar plexus just above navel.

1 drop Valor on one wrist, hold both wrists together for a few seconds. One drop White Angelica in one hand, rub two hands together, brush hands over entired body starting with head, shoulders and down.

Sexual or relationship problems - rose, jasmine

Shock - camphor, melissa, neroli

Shock & panic - ylang ylang

Soothing, calming - Chamomile

Suspicion - lavender

Tension - bergamot

Transition - for mother issues mix basil & geranium

- for father issues mix basil & lavender

Uplifting - bergamot

Wasting energy - basil with lavender, peppermint, juniper, valor, love, clarity

- mix basil with geranium for mother issues

- mix basil with lavender for father issues

- for loss of loved one, mix with spruce, rose, love, forgiveness, valor

- for ending a relationship mix with juniper to help detach - put into diffuser and meditate, then spruce, then orange, forgiveness, transformation

- for absentmindness basil with rosemary, peppermint, spruce, cardamon.

- for uncontrollable sobbing mix basil with love, legend, moon goddess, sacred mountain

- wasting energy mix basil with lavender, peppermint, juniper, valor, love, clarity

- for mood enhancing: valor, harmony, joy, white angelica (can mix a few drops of each together, in cap and take 1-2 caps a day)

Note: when working with emotional, spiritual issues, use Valor first on feet to open up the chakras.

Emotional block to learning: Cedarwood applied to right thumb.

Endocrine Glands

Peppermint - endocrine equilibrate

Endoflex

Thyromin supplement

Nutmeg for adrenals

Energy

Fir
Peppermint
Blend: 3 nutmeg, 6 rosemary, 6 ylang ylang, 3 clary sage, 8 bergamot

Epilepsy

Basil
Warning: Do not use fennel oil. It can bring on a seizure.

Eyes

Blend: 10 lemongrass, 3 Eucalyptus, 5 Cypress. Put into hot steaming water, cover head with towel, and let aromatic steam drift into the eyes. Put in carrier oil, massage into toes and finger tips, then orbital bone around the eye. Diffuse into face also.

Eye Floaters: use frankincense around the eyes for several days. Stop drinking any diet sodas. After using the frankincense around the bony eye socket of the eyes, cup your hands over the eyes with the eyes open and circle the eyes around slowly, clockwise and counter clockwise, up and down as you breathe in the frankincense and let it permeat your eyes. Do morning and evening for a year or two.

Eye Infections

Chamomile - cold chamomile tea bag over eye

Fainting

Peppermint

Fatigue

Thyme - general fatigue, fatigue after illness, or in times of physical stress
Blend to waken up: basil, peppermint, rosemary
Ylang Ylang - mental fatigue

Fear

Clove - courage, protection
Fennel - courage
Valor - special blend to give courage, confidence, build self-esteem
White Light - special blend, energy of protection, balances emotions

Fever

Bergamot
Chamomile Mixta - mix with bit of peppermint and apply cold compress on head wrapped in plastic to last longer. Use only little massage oil.
Chamomile Mixta is strong use only 2-3 drops.
Eucalyptus
Lemon - fever reducing
Peppermint - few drops in bath.
Spearmint - cooler than peppermint

Fibroids

In Breasts: Lavender and Frankincense (50/50) externally for several months
Others to consider: orange, lemon, lavender, cedarwood, myrrh.

Fibromyalgia

Flatulence

- **Benzoin**
- **Fennel**
- **Ginger Root**
- **Nutmeg**
- **Blend: aniseed, fennel, coriander, caraway (all seeds in equal quantities**
- **Marjoram**
- **Tarragon**

Fleas

- **Eucalyptus**
- **Lavender**
- **Lemon**
- **Lemonbalm**
- **Citronella**
- **Bergamot**
- **Orange oil breaks down the wax on their ekoskeletons and they die fast, all dead within 45 min.**

Flu (see influenza)

- **Cedarwood and clarity on the temples**

Foggy Brain – detox candida, parasites

Foot Deodorant

- **Cypress - 20-30 g to 1 litre of water in foot bath**

Frigidity

- **Clary Sage - do not use if breast cysts present in body.**
- **Ylang Ylang**

Fungus

- **Most powerful antifungal oils are: Cinnamon Bark, Cassia, Clove, Bay Laurel, Basil, Lemongrass, Rose, Cumin, Geranium, Thyme.**
- **Lavender**
- **Melaleuca - undiluted on skin or in base oil. Internally: 2-5 drops in honey water 3-4X day.**
- **Patchouly**
- **Tea Tree Oil - aka Melaleuca**
- **Thyme**
- **Blend: Cajeput, Tea Tree, Lemongrass, Peppermint, Red Thyme. Use neat for toenail bed infections & warts. Use 7% in cold pressed sesame oil for larger areas of topical fungi. Apply often. Treat footwear to kill spores.**
- **Blend for Candida: Tea Tree, cinnamon leaf, oregano & peppermint. For candida and other abdominal infection. Also for topical infection. Careful with internal use or dilute to 5% for abdominal massage.**
- **Blend for Thrush: Monarda, Spike Lavender, Lemongrass, Marjoram, Niaouli, German Chamomile, Rosemary Verbenone, Peppermint, Cinnamon Leaf and Oregano. Oral and vaginal yeast infections. For infants use oil blended 5% essential oils to swab mouth and massage breast ofmother. For vaginal use,**

creme base 3% essential oils may be insergted with cotton, sponge or tampon as preferred.

Gallbladder

- **Blue Chamomile**
- **Geranium**
- **Lemon**
- **Lmmortelle - infection**
- **Nutmeg - gallstones**
- **Pine - gallstones**

Gas - see flatulence, gastrointestinal

Gastro Intestinal

Rub any of these over the corresponding area of feet:
- basil, fennel, juniper, peppermint, rosemary, tarragon

Germicide

- **Lemon**

Gingivitis

- **Sage**

Glandular

- **Cypress - imbalance**
- **Garlic - imbalance**
- **Lmmortelle - gallbladder infection, pancreas stimulant**
- **Pine - glandular system**
- **Sage - imbalance**
- **Spruce - glandular system, stimulates thymus, good for hyper-thyroidism**

Glaucoma:

Every day (for at least 6 mo) put frankincense oil in hands, cup them over the eyes and keep the eyes open for a couple minutes daily so the molecules can go into the eyeballs.

Gout

- **Basil - 2-5 drops 3X/day in honey**
- **Fennel**
- **Lemon - uric acid excess**
- **Pine - in bath**
- **Blend: juniper, basil, birch, lemongrass, marjoram, peppermint, red thyme. 7% essential oils in macerated arnica oil. Use often on affected areas. Change diet.**

Gum Disease

- **Lemon - gingivitis**
- **Melaleuca**
- **Myrrh - helps strengthen gum tissue but don't use straight because it suppresses thyroid so combine it with clove or malaleuca**
- **Sage - gingivitis**
- **For Bleeding Gums: blend basil, hillicrysm, clove, myrhh, malaleuca and work into jaw meridians**
- **For Bleeding Gums: PaneAway (Hellicrysum, Clove, Peppermint, wintergreen);**

melrose, thieves (Clove, Lemon, Cinnamon Bark, Eucalyptus radiata, and Rosemary)
Thieves Blend on gums twice a day. If too strong, dilute with olive oil.

Hair

Cedarwood - hair loss, oily hair. 2-3 drops
Chamomile - for light hair
Lavender - hair loss, dandruff
Rosemary - hair loss, good for dark hair as rinse
Ylang Ylang - hair growth, hair loss
Scalp Tonic: Rosemary, Palmarosa, lavender, thyme, sage, essential oils in base of jojoba, calophyllum inophyllum and evening primrose. Use sparingly for a 10 min. scalp massage twice daily such as evening and morning before showering. Good for alopecia and hair thinning.

Hayfever:

Blend: sweet myrtle, hyssop off., tarragon, mugwort. Try tiny amount for inhalation in dealing with many air borne allergens including smoke and pets.
For chronic, best results achieved if used before exposure to known culprits.

Headache

Pressure point in pad of each thumb, and on head.
Chamomile - for vaso dilating(exploding type) headache
because it has the effect of constricting or closing down.
Clary Sage - do not use on people with breasts cysts in body.
Lavender - massage undiluted into temples, back of neck or use in cold compress.
Marjoram - has a vaso dilating effect (opens up) so is good for the vaso constricting headache.
Rosewood -
Blend: 3 lavender, 2 peppermint, 1 drop oil. Use at baseline of hair, then inhale from hands

Use the squeeze and release motion on the inside of their thumbs.

Blend: peppermint, basil, marjoram, lavender. 35% essential oils in first press safflower oil. Apply drop or two to temples and across hairline on back of neck. Avoid eyes, works best if applied at onset of symptoms.

Hearing

Hillichrysum/Immortal - 1 or 2 drops in ear, massage in rocking: 20 up, 10 back, 10 down, 10 forward, 1 up together without rocking, then rub down neck from ear
Purification - around outside of ear
Peppermint & Geranium on outside if nerve damage

Heart

Cinnamon Bark - strengthens heart
Eucalyptus - pulmonary
Lavender - for palpitations
Orange - palpitations, cardiac spasms, false angina
Rosemary - tonic for heart and low blood pressure
Sage - Pulmonary
Ylang Ylang - best oil for high blood pressure and heart problems, palpitations
Blend: Hillicrysm, Marjoram, Basil

Heartburn

- Lemon
- Peppermint
- Blend 2 tarragon, 2 peppermint

Helichrysum Alternative:

Clary sage, Elemi, Roman Chamomile, Wild Tansy, Wintergreen, Ylang Ylang - equal number of drops.

Hemoraging

- Geranium - coaguant

Hemorrhoids

- Clary Sage - do not use on anyone with breasts cysts.
- Cypress Oil - will burn for 1/2 hr. Mix with juniper (2-1) for a more subdued effect.
- Frankincense - in bath is good
- Peppermint
- Blend: 1 Hillicrysm, 3 cypress
- Blend: geranium, cypress, niaouli, eucalyptus citriodora, frankincense. 7% in oil. Use topically and consult a practitioner for herbal and dietary recommendations. Can do creme base at 10% concentration.

Hernia

- Lavender/Lemongrass use neat.
- Also Megazyme, Comfortone, ICP, Body Balance as meal substitute for a few days.

Herpes:

- Lavender
- Tea Tree/Maleluca
- Blend: Frankincense - mix with 10 bergamot, 20 calendula
- Blend: 6 drops total of bergamot, eucalyptus, teatree and dilute in 5 ml alcohol, dab on
- Cold Sore Blend: geranium, bergamot, eucalyptus radiata, tea tree. Use sparingly at first sign of symptom. Apply directly, reapply hourly, may prevent outbreak. Later using will help healing.
- Herpes Blend: hyssop off. decumbens, ravensare, helichrysum, niaouli, german & blue chamomiles with melissa extracgts in jojoba oil and calophylum inophylum. For cold sores, shingles, any other herpes incl. genital.

Hiccups

- Tarragon - few drops in glass of water or a few drops on the tongue

High Blood Pressure

- Garlic
- Lavender
- Marjoram dilates blood vessels
- Ylang Ylang - best oil for high blood pressure, heart problems
- Special Blend: Ylang Ylang with Cypress & Immortelle, apply to chest, back of neck, foot points.
- One drop of Rosemary on the tongue everyday.

Hip Pain

Combine the following in the exact order in an amber colored glass jar:

- 1 oz mixing oil
- 8 drops spruce
- 8 drops sandalwood

7 drops fir
5 drops hyssop
4 drops lemongrass
5 drops helichrysum
4 drops birch or wintergreen
2 drops german blue chamomile
2 drop blue tansy
Great for bone, joint discomfort and tissue regeneration.

Hormone
Blue Chamomile - (2-3 drops) hormone type
Clary Sage - imbalance. Do not use if breast cysts present.
Eucalyptus - anti-hormotic
Geranium - adrenal cortex stimulant
Dragontime - hormonal problem throughout whole month
Lady Love - hormonal problem only during PMS
Blend: basil, clary sage, sage, fennel, geranium, bergamot

Hot Flushes (menopausal):
Clary Sage mixed with water and used as a spray on neck and chest.

Hypertension
Birch
Marjoram

Hypoglycemia
Eucalyptus - 2-5 drops 3X/day in honey

Hysteria
Orange

Immune System
Cinnamon Bark - stimulant (augmentation IGA), strengthens endocrine and nervous system
Frankincense - immuno-stimulant
Lemon - immune system stimulant, stimulates white & red blood cell formation
Melaleuca
Oregano - stimulant
Spruce - stimulant
Thieves formula - special blend to protect immune system

Impotency
Clary Sage - do not use if breast cysts present
Clove
Ginger Root
Nutmeg
Sandalwood - works on many different levels
Rose - increases production of semen
Ylang Ylang

Infections
Basil
Bergamot (1-6 drops a day) (makes skin photo-sensitive, do not sunbathe the days you

use)
Chamomile Mixta
Cinnamon Bark - just just a little. Don't put on straight, irritates skin. Kills staff infection.
Clove - wounds (used in thieves (Clove, Lemon, Cinnamon Bark, Eucalyptus radiata, and Rosemary) formula)
Frankincense - skin infections
Melaleuca - wounds, abcesses, infection. Apply direct.

Infectious Diseases
Lemongrass
Myrtle
Oregano - viral diseases
Thieves Formula - special blend
Thyme - internally 3-5 drops in water 3X day

Inflammation
Myrrh
Lavender
Copaiba (can put 3 drops in cap and do 1-2 caps twice a day for instance if internal inflammation as inflammation may indicate precursor to degenerative disease)
Peppermint
Cypress
Camomile
Pane away (Hellicrysum, Clove, Peppermint, wintergreen)
Hellicrysum - reduces inflammation to allow more oxygen into the system
Anti-inflammatory: Birch, juniper, marjoram, peppermint, lemongrass. 6% essential oils in macerated arnica oil. Also see tendon ease.
For Tendons: Lemongrass, birch, marjoram, black pepper, peppermint, german chamomile. 7% ess. oils in macerated arnica oil. For tendonitis, plantar's fascitis and carpel tunnel.

Garys: Combine the following in the exact order in an amber colored glass jar:
1 oz base oil
8 drops spruce
8 drops sandalwood
7 drops fir
5 drops hyssop
4 drops lemongrass
5 drops helichrysum
4 drops birch or wintergreen
2 drops german blue chamomile
2 drop blue tansy
Great for bone, joint discomfort and tissue regeneration.

Inflammation
Oregano, Thyme and Mountain Savory. Thyme oil is rated #1.
Copaiba

Influenza
Chamomile - headache
Cinnamon - fever, chills etc. 5-10 drops in honey water every 2 hr.
Myrtle
Pine

Peppermint
Rosemary
Blend for Inhaling: Lavendor (1g), Pine Needle (2g), Thyme (2g), Eucalyptus (4g), 90 proof alcohol (150cc) Use 10-15 drops in bowl of boiling water
Thieves Formula - colds, flus, viruses. few drops on soles of feet
Blend: 4 eucalyptus, 2 thyme, 2 pine, 1 lavender

Iron, low
VitaGreen(MultiGreens) for 6 weeks.
Rehemogen.
Concord Grape Juice daily.

Insect Bites
Basil - wasp stings, snake bites (first aid treatment)
Cinnamon - wasp stings, snake bites
Eucalyptus - lice, mosquito repellent
Garlic - scabies, tinea, wasp stings, insect bites
Geranium - lice
Lavender - insects, animal and adder bites, lice. For insect bites mix equal parts of lavender oil and alcohol.
Lemon - snake bite, insect bites
Pine - lice, scabies
Rosemary - lice, scabies
Sage - wasp stings, insect bites
Thyme - lice, scabies, insect bites, snake bites
Anti-Venom: Basil, patchouli, cajeput & cinnamon leaf. For wasps etc use one drop carefully applied after removing stinger. Dilute to 5% for application to larger areas of mosquito or black fly bites.

Insect Repellant
Bergamot - fleas, any insect. can combine with melissa too
Clove - mosquito and clothes-moth repellent
Eucalyptus - fleas
Geranium - repels mosquitos, gnats, fleas
Lavender - fleas, moths
Lemon - fleas
Lemonbalm - fleas
Lemongrass - lice, insects
Lemon Verbeena
Onion - repels mosquitoes
Peppermint - mosquitoes, gnats
Blend: 4 drops Bergamot and 4 drops Melissa, use as spray
Blend: 5 clove, 10 eucalyptus, 5 geranium, 5 peppermint
Blend: 6 peppermint, 6 melaleuca, 9 eucalyptus, 1 cup vitamin E oil, 2 oz. almond oil. Use plastic -squirter and massage.
Blend: 10 drops Patchouli, 10 drops Lavender, 15 drops Purification in a cup of distilled water and use as a spray.
Use: thieves (Clove, Lemon, Cinnamon Bark, Eucalyptus radiata, and Rosemary) cleaner with peppermint - spray.
Insect Spray: fill 8 oz spray bottle with distilled water. Add 1 1/2 Tbsp liquid dish soap and 3-4 drops of each of: Spearmint, Citronella, Lavaender, Blue tansy, Cedarwood. Mix and

spray on
plants, fruits and vegetables.
For fungus and mildew protection add 4 drops of lemon or orange oil to 8 oz of water and spray
areas where fungi and mildew may grow.
Spearmint oil can deter ants and aphids
Citronella can help with gnats and mosquiotes
Lavendet helps with fleas, moths, and flies
Blue tansy use for flies
Cedarwood for snails and slugs
Lemon and orange oils help reduce fungi from growing on plants.

Insomnia
Citrus Fresh - special blend
Lavender - sedative, in bath or foot bath
Marjoram
Myrtle
Orange
Rose
Ylang Ylang
Blend: 8 lavender, 12 orange, 3 geranium, 6 bergamot.
For dreams: Start with lavender oil on feet, big toe, temples, between eyebrows, brain step, and a drop on pillow after inhaling. Then put Dream Catcher in the same way. (can also dry Inspiration, Cedarwood, Believe)
One lady mixes a couple of drops of frankincense in base oil and rubs on feet and around nose as well as all over face for a good night's sleep.
One lady diffuses: 15 drops lavender, 10 drops frankincense, 5-6 drops tangerine.
Another 10 drops valerian, 5 drops vetiver and 1 drop clove in a capsule at night, taken with 1/2 tsp Alkalime in water.
*** 10 drops roman chamomile, 8 drops lavender, 5 drops each neroli and ylang ylang into massage lotion (15 drops per ounce of lotion). Put on pulse points, feet and face when you lie down.**

Jaundice (also see liver)
Geranium

Jock Itch
Melrose

Kidneys - see Urinary

Lactation
Fennel - increases lactation

Ligaments
Lemongrass
Blend: 10 Birch, 6 Marjoram, 2 Hillicrysm, 6 cypress, 2 peppermint. Use morning & night.
Blend: 10 lavender, 6 lemongrass, 6 cypress, 5 patchouly.

Lipomas

Use Lipozyme between meals. Rub grapefruit oil directly on. Will need to do for 6 for more months.

Liver

G. Young:

Chamomile - hepatic congestion
Blue Chamomile
Geranium - jaundice
Lemon - hepatic congestion. Pour boiling water over 3 chopped lemons at night a nd drink first thing next morning.
Lmmortelle/Helichrysum - stimulant for liver cell function
Myrrh - viral hepatitis
Rose - increases bile production
Rosemary - hepatic congestion, jaundice, cirrhosis, gallstones, viral hepatitis. Lowers cholesterol levels in blood
Thyme - hepatic congestion

J. Valnet:

Lavender, Mint, Sage, Thyme - all choleretic
Rosemary - production and evacuation of bile

Loss of Appetite

Bergamot (1-6 drops a day) (makes skin photo-sensitive, do not sunbathe the days you use)

Lumbago

Thyme

Lymphatic

Blue Chamomile
Cypress - lymphatic decongestant
Frankincense - massage into throat for lymp. drainage
Grapefruit - lymphatic decongestant
Lavender - lymphatic system
Lemon
Lemongrass - lymph drainage
Lmmortelle/Helichrysum - lymph drainage
Orange
Rosemary - use with geranium 2:1
Sage - lymphatics
Tangerine - lymphatic congestion

Lupus

Lavender and frankincense together neat directly onto keratosis
Oregano oil on skin tags

Macular Degeneration

5 drops each of Frankincense, Rosemary, Cypress with 1 Tbsp V8 veg. oil. 1-2 drops in each eye 1-2 times daily. This is the formula, but I would put it on a cotton pad and just leave it rest on top of the closed eye. Don't know about putting anything right in the eye!

Measles

- Eucalyptus

Meditation

- Fir
- Frankincense - increasing spiritual awareness
- Legend - special blend, helps to make changes, set and achieve goals, visualization
- Myrrh
- Prayer & meditation - special blend
- Rosewood
- Sacred Mountain - special blend brings about feeling of protection, grounding, strength, power, security, feeling of sacredness around you.
- White Light - special blend, balances emotions

Memory - see Mind also

- Clove - memory deficiency
- Blend: 3 rosemary, 3 basil, 1 peppermint, 3 frankincense.
- Clarity: Young living blend.
- Peace & Calming, Valor
- Blend: ylang ylang, basil, peppermint, rosemary, lavender
- Sage oil

Menopause

- Chamomile - soothing
- Clary Sage - pre-menopause. Warning regarding Clary Sage: do not use on people with breast cysts.
- Fennel - pre-menopause, menopause, stimulates production of estrogen
- Geranium - balances skin, edema
- Orange
- Peppermint - hot flashes
- Rosemary - regulates ovaries
- Sage - monopause
- Yarrow - controls hot flashes
- Blend for balancing menopause: geranium, clary sage, rosewood, lavender, grapefruit, orange, pettigrain, marjoram, cypress, tarragon, ylang ylang

Menstrual

- Basil - 2-5 drops in honey 3X/day
- Chamomile
- Clary Sage - cramps, pms, pre-menopause, genitales. Warning regarding Clary Sage: do not use on people with breast cysts.
- Fennel - pre-menopause, menopause
- Jasmine - pain
- Lavender - oil compress or neat on lower back
- Marjoram - for pain, cramps
- Peppermint - menstrual irregularity
- Rosemary - regulaties ovaries, good for irregular periods
- Sage - irregularity
- Hot compress of lavender and chamomile

Mental fatigue

- **Basil - 2-5 drops 3X/day in honey**
- **Rosemary**

Metabolism

- **Birch - 2 drops in glass of water increases metabolism**
- **Clove - stimulates metabolism**
- **Oregano - balances metabolism**
- **Rosemary - stimulates metabolism**
- **Spearmint - balance metabalism migranes**

Migrane

Once they have started, very hard to stop.

- **Basil - 2-5 drops 3X/day in honey**
- **Eucalyptus**
- **Lavender**
- **Linden Blossom**
- **Marjoram - vaso dilating. will help increase blood flow to brain, esp. warm compress.**
- **Peppermint**
- **Rosemary - vaso constricting, apply with cool compress. Good for those migranes that feel exploding**
- **Spearmint - balances metabolism migrane**
- **Special Blend: Mi-Grain - use on thumbs and head**
- **Blend: marjoram, peppermint, lavender**

Peppermint. Ways to apply for migraine. Rub on inside of thumb if doing to yourself.
If helping someone else, with your right hand, grab their right hand and with your left hand, grab
their left hand and use the squeeze and release method for a few minutes on the length of the fleshy part of the thumb.

Mildew

- **Purification - neutralizes mildew also see Candida, Vaginitis - yeast related**
- **Malaleuca**

Mind

- **Basil - mind stimulant, open mind. Internally 2-5 drops 3X day in honey. Externally in oil base, massage into toes, forehead etc.**
- **Cardamon - mental fatigue**
- **Cinnamon Bark - increase psychic awareness**
- **Clarity - special blend for memory retention and mental alertness. Good for students.**
- **Clove - memory deficiency**
- **En-R-Gee - mental alertness**
- **Ginger Root - Loss of memory**
- **Nutmeg - general cerebral and circulatory stimulant**
- **Oregano - mental disease**
- **Rosemary - clears head, good for studying**
- **Sage - mental fatigue**
- **- note: when studying you can try adding a drop of oil to a page in the book you are reading**

Ylang Ylang - mental fatigue

Mold

Black Mold: Thieves Cleaner. Also diffuse thieves (Clove, Lemon, Cinnamon Bark, Eucalyptus radiata, and Rosemary) for 24 hours straight.

Moles

Blend Geranium and lavender together
Rotate and apply Frankincense, Sandalwood, Lavender, Citrus fresh with Ledum in it.
Speed up the progress by scratching the mole a bit.

Mouthwash

Myrrh - good for mouth ulcers, cankers. 2% in alcohol.

Multiple Sclerosis

Rosemary - small doses only. CNS stimulant. Can also combine with Rosemary
For any neurological:
2 peppermint for nerve stimulation; 6 geranium for rejuvenator; 3 juniper; 3 cypress for circulation

Muscular

Basil - use marjoram as enhancer for antispasmodic - less caustic, also for women & children. Basil burns a little - athletes like that, so use
60-80% marjoram as anti-inflammatory
10-15% basil as equilizer
Peppermint as synergistic, pushes others, cools
Cypress to increase circulation
Blue Chamomile - if feels hot to the touch
Birch - excellent for pain, tendenitis, muscle & joint discomfort.
Use 10 drops in carrier oil
Clary Sage - muscle relaxant
Immortelle - pain
Lavender - for tired overworked muscles, spasms.
Lavender is more sedative than marjoram. If you blend, use more lavender.
Good for using on either side of spine.
Marjoram - any muscle problem, good after exercising, dilates and gets rid of uric acid
Rosemary - good for overworked muscles eg. weekend sportsman or gardener), for pain
Blend: Marjoram & Basil (muscle & nerve)-see above
Blend: Marjoram & Birch (muscle & bone)
Blend: Cypress & Birch, makes good massage oil
Blend for swelling: eucalyptus, wintergreen, rosemary, juniper
Good to use in the morning: blend rosemary with marjoram because rosemary stimulates
Blend: for muscular aches (use hazelnut oil if you can):
8 bergamot, 8 coriander, 6 eucalyptus, 8 rosemary
Blend: for muscular cramps: 10 basil, 8 cypress, 8 sweet marjoram

Nausea

Take a whiff of orange oil

Nerves (restorative)

- Basil - restorative.
- Cedarwood - calming, tension
- Chamomile Mixta - calming
- Cinnamon Bark - strengthens nervous system
- Citrus Fresh - special blend for relaxation, calming
- Fir - reduces anxiety, stress
- Jasmine - sedative
- Lavender - nervous tension, calming
- Lemon - anxiety
- Lmmortelle/Helichrysum - sciatica nerve pain
- Marjoram - sedative
- Myrrh - sedative
- Orange - hysteria, sedative, butterflies
- Patchouly - relief of anxiety
- Peppermint
- Rose - tension
- Rosemary - stimulant,tonic
- Sage - activates nervous system and adrenal cortex
- Sandalwood - sedative
- Spruce - nervous system
- Tangerine - nervous tension, aroma gives relief to grief and stress, brings about sense of peace.
- White Light - special blend, balances emotions
- Ylang Ylang - relaxation
- Blend: 1 peppermint, 3 geranium, 2 juniper for nerve disorders

Nerve Pain

1 oz base oil, 15 drops Copaiba, 2 drops Clove. Start with applying to the foot (reflex)., then to area.specific

Night Sweats

- Sage

Nose Bleed

- Lemon - use cottonball with lemon directly in nose

Obesity

- Birch - 2 drops in glass of water increases metabolism
- Grapefruit
- Lemon
- Orange
- Tangerine

Odors

- Purification - diffuse to help obnoxious odors, cig. smoke

Operation

- Tea Tree/Maleluca

Ovarian Cysts

Basil, geranium, cypress, Purification (Citronella, Lavandin, Lemongrass, Myrtle, Rosemary, and Tea Tree) , melrose, Dragontime or ladylove for cramps
Polycystic Ovarian Syndrome: 2-3 drops Frankincense several times a day.

Pain

Chamomile - good for dull pains
Clove - good for tooth pain too
Lavender - reduces pain, inflammation, good for sharp pain
Lmmortelle/Hillicrysm - reduces pain, good for sciatica. Using 2-3 drops is usually enough. Gary Young had operation using only Hillicrysm for pain
Rosemary - gets things moving eg. arthritis
Blend: Hillicrysm and Clove

Pane away (Hellicrysum, Clove, Peppermint, wintergreen)
Blend: 20 drops Valerian, 10 drops Helichrysum, 3 drops Clove, 3 drops Peppermint. Can put into capsules, take 2 - works within 20 min.

Another Pain Formula: 10 drops each Vetiver and Valerian. 5 drove each Helichrysum and clove
OR 20 drops valerian, 10 drops helichrysum, 3 clove, 3 peppermint
Gary says take 20 drops helichrysum and 20 drops cistis before surgery to curb or stop blood loss.

Pancreas

Cypress - pancreas insufficiencies
Lmmortelle/Helichrysm/Strawflower - stimulant

Parasites, Intestinal

Bergamot (1-6 drops a day)
(makes skin photo-sensitive, do not sunbathe the days you use)
Chamomile Mixta
Cinnamon Bark
Clove
Fennel
Garlic
Nutmeg
Tarragon (strong)
Thyme - incl. tapeworm

Perony's Disease (erectile disfunction due to blood not being received to end of penis)

Blend: 6 hillicrysm, 3 rosemary, 12 cypress

Pituitary Gland

Clary Sage
Geranium
Rose
Yellow Cowslip Orchid

Plantar Fascitis

Use spruce oil for grounding. it helps release natural cortisone in the body.

Pleurisy

Eucalyptus

PMS

Chamomile - compresses, use teas also
Clary Sage - Warning: do not use on women with breast cysts.
Dragon Time - special blend contains yarrow, lavender, fennel, marjoram, clary sage, by Young Living.
Geranium - edema
Marjoram
Blend: tarragon, lavender, clary sage, marjoram, sage. Neat in diffuser or bath, and also can use at 5% in sweet almond or pistachio oil for topical use. Use topically on affected areas for swelling and cramping or for inhalations if symptoms are mainly emotional.

Pneumonia

RC - rub 7 or 8 drops over the chest and back
and rub several drops Raven on the bottoms of the feet several times a day. You can apply 15-30 minutes if you want.
Next day switch by putting the Raven on the chest and back and RC on the bottoms of the feet. Keep switching back and forth.

Poisoning

Also Carbon Monoxide poisoning, drinking turpentine: 1 drop Purification (Citronella, Lavandin, Lemongrass, Myrtle, Rosemary, and Tea Tree) every minute for 10 minutes, then every 10 minutes for an hour and every hour until it clears up.

Pregnancy

Fennel - increase lactation
Jasmine - speeds up contraction in birthing, relieves pain
Gentle Baby - a blend of chamomile, lavender etc. from Young Living
Geranium for the liver
Lavender - rub in belly, lower back after birthing
These four are good for pregnancy: Chamomile for nerves, Lavender, Geranium and Rosewood.
Rose Oil - gives feeling of self-love

Procrastination aka Inertia

Valor creates balance
Megazyme, Vitagreen
Blend: 6 lavender, 3 cypress, 4 bergamot, 6 juniper

Prostate

Chamomile Mixta
Jasmine - enlarged prostate
Myrtle - prostate decongestant
Rosemary - regulator of testicular function
Spruce

Yarrow
Dragontime - put around ankle bone
Support with Specially His

Psoriasis
- **work on liver with megazyme**
- **Blend 5 lavender and 5 malaleuca, put few drops on skin and massage it daily**

Pulmonary
(also see Heart)
Cypress - pulmonary tuberculosis
Eucalyptus - pulmonary tuberculosis

Purification
Lemon - purifies drinking water. 2-3 drops per glass.
Lemongrass - purifier
Citrus Fresh

Radiation Poisoning
Chamomile helpd draw radiation from tissues
Radex - blend.

Relaxation
See Meditation also
Relaxation blend
Ylang Ylang

Respiratory
also see Sinus, Colds, Coughs
Anise - expectorant, draws mucus out
Cypress - few drops on pillow 4-5 X/day for whooping and spasmodic cough
Eucalyptus - general stimulant, coughs
Fir, Pine - congestion
Frankincense - anti-catarral, deepens breathing
Idaho Balsam
Lemon - congestion
Lmmortelle - anti-catarrhal
Marjoram -respiratory system
Myrrh - cough, asthma, sore throat, excess mucus
Myrtle - respiratory system, asthma, bronchitis, tuberculosis
Oregano - antiseptic to respiratory
Peppermint
Pine
R-C - special blend for respiratory congestion and sinusitis. Put on cotton swab and rub on inside of nasal passage, massage onto chest, neck, around ears, on feet, use in diffuser to help decongest and relieve allergy type symptoms eg. coughs, sore throats.
Raven Blend - for supporting lung/bronchial tissues
Rosemary - asthma (not steam inhalation method), bronchitis, coughs, catarrah, colds, sinusitis

Sandalwood - goes to bronchial system
Spearmint
Spruce
Ylang Ylang - if breathing too fast

Special Blend: for colds, influenza, bronchitis, tuberculosis etc. use alone or with other treatments as curative or preventive: 1 g. each of thyme, niaouli, pine needles; 50g mint; 60 ml alcohol. 25 drops in half glass of lukewarm water 10 min before meals 3X/day. Children 3-10 drops 3x/day

Special Blend: 10 eucalyptus, 3 peppermint, 3 rosemary, 6 birch, 6 cypress. For any kind of congestion

Another Blend: lavender, marjoram, basil, eucalyptus, myrtle, spruce, tea tree, clove. Neat for inhalers, diffusers, or foot application. Use at 10% in first press safflower for chest and back rubs.

Diffusing cinnamon bark, lemongrass, thyme, melaleuca and lavender are also powerful for killing respiratory tract germs.

Rheumatism/ Rheumatic Pain
Birch - rheumatism
Coriander - in base oil
Cypress - rheumatism
Ginger Root - rheumatic pains
Lemon- alkaline reaction. good if too much acidity. rheumatism
Marjoram - rheumatism
Nutmeg - rheumatism
Oregano - chronic rheumatism
Pine
Tarragon - rheumatic pain

Ringworm
Melrose dries it up fast - takes about 2 weeks to go completely away

Scabies
Caraway, cinnamon, clove, garlic, lavender, lemon, mustard, peppermint, pine, rosemary, thyme
Note: Jean Valnet says a drop of lavender, lemon, rosemary, orange flower, coves, cinnamon, mustard or thyme will kill the scabies mite in a few minutes.

Scar Formula:
Put together in this order: 10 helichrysum, 6 lavender, 8 lemongrass, 4 patchouli, 5 myrrh mixed with 1 oz base oil.

Sciatica
Helichrysum/Lmmortelle/Strawflower
Tarragon
Thyme
PaneAway (Hellicrysum, Clove, Peppermint, wintergreen)
Blend: 10 birch, 10 lemongrass, 6 cypress, 2 peppermint, 3 rosemary
YL formula: 1 oz base oil, 15 drops Copaiba, 2 drops Clove. Start with applying to the foot (reflex)., then to lower back, buttocks, down leg to knee. After that massage all

layers of muscle that rightly weave around hip and buttocks, concentrate on isolating each muscle applying moderate palm and fist effleurage where muscle begins and ends. All bones affected by sciatica are the spine vertebrae, top rim of hip bone which is the lower back, the sacrum of hip bone, and greater trochanter knob of leg. Work strokes the direction the muscle goes, imagine muscle like grain fo wood, working with the grain but with slow strokes using palm and later top of fist. You can switch and work from bottom to top then and later work across grain of muscle.

Take it easy for a week to allow inflammation in body to recede, do strethces 3 times a day to

keep muscles open allowing enough space for sciatic nerve so it doesn't get pinches again. Avoid foods and beverages that cause inflammation and pain such as soft drinks that robe muscles and bones of calcium and magnesium, aspartame.

Sexual

- **Cinnamon Bark - stimulant**
- **Fennel - stimulates production of estrogen**
- **Geranium - sterility**
- **Ginger Root - aphrodisiac, impotency**
- **Jasmine - strengthens male sex organs**
- **Love Oil - special blend of rose and other oils**
- **Neroli/Orange Blossom**
- **Nutmeg - slight aphrodisiac**
- **Rose**
- **Rosemary - regulates ovaries, testicular function**
- **Sandalwood - aphrodisiac, impotency**
- **Ylang Ylang - mix with sandalwood for aphrodisiac**

note: marjoram is for the opposite "anaphrodisac", used for monks

Shampoo

- **5 to 10 drops per pint**
- **same for conditioner**
- **Rosewood for dry, brittle, lifeless hair. Add a few drops to castille shampoo, and a little jojoba, almond oil, rosewood, rosemary and lavender**
- **lavender is good for oily hair and hair loss.**
- **men over 30 quit producing testerone, and hair starts falling out. Add sage, clary sage, lavender (thyromin also helps)**

Shingles

- **2 eucalyptus 1 bergamot**
- **Blend: hyssop off decumbens, ravensare, helichrysum, niaouli, german & blue chamomiles with melissa extracts in jojoba oil and calophylum inophytum.**
- **combine in a capsule: Ravensara and Australian blue for the virus**

Sinusitis

- **Eucalyptus**
- **Lmmortelle - sinus infection**
- **Peppermint**
- **Pine**
- **Rosemary**
- **R-C - special blend for respiratory congestion and sinusitis. Put on cotton swab and rub**

on inside of nasal passage, massage onto chest, neck, around ears, on feet, use in diffuser to help decongest and relieve allergy type symptoms eg. coughs, sore throats.

- Blend: 2 basil, 2 eucalyptus, 2 lavender, 2 peppermint
- Valnet blend: 1 lavender, 2 pine needle, 2 thyme, 2 eucalyptus as inhalation

Skin

Cinnamon Bark - do not use
Chamomile - 4 drops use in 10 ml alcohol with 250 ml distilled water.
For dry, itchy, scaly patches
Blue Chamomile - eczema, acne. Use small amounts
Cedarwood - for dermatitis, dandruff. Massage and leave in.
Cypress - skin outbreaks, wounds - don't rub in
Frankincense - skin cell rejuvenator, skin infections
Juniper - acne, dermatitis, eczema
Lavender - general, as well as for acne (mixed with peppermint to dry up the acne; for pimples use straight and dab on with Q-tip), burns; psoriasis
Lemon - antiseptic, eczema, dry skin, irritated skin, freckles
Lmmortelle/Helichrysum - dermatitis, eczema, psoriasis, anti-coagulant, sunscreen
Melaleuca - skin healing, sunburn
Myrrh - skin, inflammations, anti-wrinkle
Palmarosa - all skin problems such as candida, rashes, scaly and flaky skin, stimulates new cell growth, moisturizes, speeds healing, antimicrobial, antibacterial, antifungal, antiviral.
Patchouly - prevents wrinkles, chapped skin, acne, eczema, skin regenerator. (a little goes a long way)
Peppermint - acne, dermatitis, itchy skin
Rose - astringent, tonic, cleanser, dry skin, wrinkles, baby skin care, skin allergies
Rosemary -add touch of patchouly and little more rosewood in base, apply to face)
Rosewood - skin care
Sandalwood
Thyme - boils, sores, dermatitis

Blend for friction rub for chest: 1g camphor; 5g Chloroform; 5g eucalyptus; 10g pine; 025g mustard; 20g glycerine; 90 ml alcohol. Rub on chest morning and night. Children under 10 yr. do mustard plasters or applications of tincture & iodine instead.

Blend for wrinkles: take 2 drops lavender, 2 drops patchouly with base oil, massage into wrinkles at night.

Skin Specifics:

Normal Skin: Chamomile, geranium, gasmine, neroli, rose, ylang ylang
Blend to try: 6 frankincense, 6 geranium, 3 jasmine, 12 lavender

Dry Skin: Rose, Rosewood
Blend to try: 8 chamomile, 8 rose, 8 sandalwood

Irritated, Troubled Skin: Cedarwood, eucalyptus, peppermint, rosemary

Oily Skin: Bergamot, camphor, cedarwood, cypress, geranium, juniperberry, lavender, lemon, rosewood, sandalwood, vetiver
Blend to try: 8 cedarwood, 10 lemon, 6 ylang-ylang

Rough, Broken Skin: Chamomile, lavender, rose, sandalwood

Broken Veins: Chamomile, lavender, neroi, rose, rosewood

Edemas: Chamomile, birch, clary sage, fennel, juniperberry, cypress, orange, peppermint, rosemary, neroli

Acne: Camphor, bergamont, cypress, cedarwood, chamomile, eucalyptus, geranium juniperberry, lavender, lemon, peppermint, rosemary, thyme, sandalwood.

Sensitive Skin: Chamomile, geranium, jasmine, neroli/orange blossom, rose, rosewood. If hot and dry try jasmine

Inflamed Skin: Chamomile, clary sage, geranium, gasmine, neroli, sandalwood

Scalp Tonic: Rosemary, Palmarosa, lavender, thyme, sage, essential oils in base of jojoba, calophyllum inophyllum and evening primrose. Use sparingly for a 10 min.
scalp massage twice daily such as evening and morning before showering.
Good for alopecia and hair thinning.

Rashes: Rosewood, chamomile

Mature/Aging Skin: Blue chamomile, clary sage, cypress, frankincense, lavender, fennel, neroli, orange, rose, rosewood, sandalwood, vetiver, ylang-ylang

Saggy skin (eg. after weight loss) - frankincense

Cracks in skin on feet - benzoin

Cellulite: Birch, cypress, juniperberry, lemon, orange, rosemary

For post-diet saggy skin: 8 lemongrass, 8 pine, 8 sage

Psoriasis: Bergamot, cajeput, lavender, neroli

Scratches & scrapes, cuts, burns: Blend: comfrey exgtract, aloe gel, veg. glycerine, lavender, parsley, tarragon, mugwort. 3% essential oils.

Best oils to use for Skin: grapeseed, almond, jojoba, calendula (see sheet on massage oils)

Facial: use complexion brush dry on your face daily. Wash face with warm water, no soap. Pick
essential oils according to your skin type and condition above. Allow 30 drops total to 1 ounce of oil and massage into face with circular motion, allow skin to absorb.

Clay Mask: Mix 2 tablespoons of clay from health food store with juice of 1 lemon, stir until paste
is thick, allow to dry. Wash with hot wash cloth or warm water. Rinse with cook water.

Follow mask with facial.

Facial steam: make strong tea with your favourite herbs (sage, rose petals, chamomile, lavender, rosemary, lemon grass, peppermint, marigold flowers) by steeping in covered pot for 15 min. Remove cover and carefully allow steam to bathe your face. Not recommended for very dry skin. Follow with facial.

Essential Waters: to 4 oz distilled water add 20 drops of essential oil according to your skin and condition type, put in spray bottle. Spray 3-4 times a day on your face in a light mist, especially on hot days.

Stretch Marks: Massage or oil body with essential oils once a day, esp. stomach, breast and thighs. Best to use are frankincense and tangerine, rose, chamomile, neroli sage and rosewood, also lavender, myrrh.
Blend to try: 10 frankincense, 15 lavender, 5 neroli

Cellulite: Get regular massage on problem areas using any of these oils: cypress, lavender, juniper berry, lemon and daily baths with any of these oils. Also see "Cellulite"
Blend: grapefruit, cypress, birch, juniper, orange, tarragon, sweet thyme, patchouli. Neat or at 7% essential oils in rosa mosqueta and sweet almond oil.
Use liberally and often whether for painful swelling or cosmetic reasons.

Scarring - lavender
Burns - lavender
Blend: lavender, calophyllum inophyllum, rosa mosqueta, vit. E, yarrow extracts, helichrysum, geranium, palmarosa. Pressed oils high in famma linolenic acid and essential oils high in specific ketones show good effectivity at softening and reducing scar tissue.
For small surgical type scars use a drop or two at a time at least twice daily.
For larger areas of stretchmarks etc. dilute in an appropriate carrier.
Scar Gel. Similar to above, but is quick absorbing base of Aloe vera and Vit. E. Good for facial injuries or surgery, won't interfere with makeup application afterwards. Essential oils of tangerine, lavender, helichrysum, tarragon, rosewood, geranium, blue chamomile.
Scar formula: 1 oz of carrier oil with 7 drops each of lavender, frankincense, helichrysum, geranium, 1 drop rose oil. Apply a drop or two twice a day.

Senility:
Cedarwood contains highest concentration of sesquiterpenes.98%) which delete or erase misinformation written in DNA as a result of trauma, abuse, loss, ancestral or generational and limiting beliefs. Considered the antidepressent. It is a general cerebral stimulant used topically or diffused. It stimulates the limbic region of the brain and pineal gland which releases melatonin. Helpful for ADD and ADHA. It calms, purifies. Combats hair loss, antibacterial, lymphatic stimulant. Used for cold/sore throat

Shingles
Thieves 50/50 3-4 drops every few hours.
Spray lavender water with fine mist.
See oils for pain

Skin:
blackheads: Mint satin facial scrub

Cracked skin: Omega blue

Skin Tags

One lady applied Thieves 2-3 times a day for about 10 days, then turned brown, then black and then just fell off.

Another lady said using the Relieve blend was causing her skin tags to dry up and fall away.

Another said applying lemongrass neat was the answer. Another used lemon oil, then used a bandaid over it for a couple of days.

Another used a drop of each of frankincense and geranium 3 times a day neat for a week.

Another used oregano oil. Another used Purification (Citronella, Lavandin, Lemongrass, Myrtle, Rosemary, and Tea Tree) oil applied a few times a day.

One lady said for difficult ones, used oregano.

Apply oil of oregano, topped with peppermint oil to drive in. Burns a little

Someone who had lupis used oregano oil said they melted off.

Sleep - see insomnia

Sprains

- cold compress for first 3 days, change every 5 minutes. After 3 days alternate between hot and cold.

- lavender, chamomile, marjoram

Blend: birch, juniper, rosemary, red thyme, peppermint. Neat for first aid kits, and at 10% ready to use for muscle aches etc. Stronger applications o.k. on small acute problems, dilute for larger areas such as back rub.

Sterility

Geranium

Stomach/Intestinal

Anise - settles, flatulence

Basil - antiseptic

Blue Chamomile - digestive tonic, anti spasmotic, ulcers

Clary Sage - intestinal cramps, weak digestion. Warning when using Clary Sage: do not use on people with breasts cysts.

Coriander

Fennel - flatulence, intestinal spasms, vomiting, sluggish digestion

Garlic - gastro intestinal

Grapefruit - digestion

Lemongrass - digestive system

Lmmortelle/Helichrysum - cramps

Myrrh - ulcers, mouth ulcers

Nutmeg - intestinal infection, stimulates appetite, digestive stimulant

Peppermint - nausea, travel sickness

Rosewood - nausea

Tangerine - digestive system

Tarragon - balances digestive tract

Special Blend: for intestinal complaints eg. colitis, enteritis, parasitosis: .75 g each of lavender, savory, basil, caraway with 60 ml 90 proof alcohol

Special Blend for Bloating: 5-10 drops Anise, 3 caraway, 3 coriander, 5 fennel

Stress - see Nerves

Strep Throat

*** Take Qtip, soap in Thieves, swab the back of the throat. Use thieves (Clove, Lemon, Cinnamon Bark, Eucalyptus radiata, and Rosemary) toothpaste and mouthwash also as prevention.**

*** Take a drop of each of rosemary, peppermint and helichrysum and wipe it on the throat(outside).**

*** Put thieves (Clove, Lemon, Cinnamon Bark, Eucalyptus radiata, and Rosemary) on the neck (might burn a little). Peppermint on the bottom of the feet if there is upset stomach and/or fever. Drink glass of hot water with a drop of Thieves, 4 drops of lemon and spoonful of honey.**

Stretch Marks

Lavender
Myrrh
- Massage or oil body with essential oils once a day,esp. stomach, breast and thighs.
- Best to use are frankincense and tangerine, rose, chamomile, neroli sage and Rosewood, Myrrh
- combination: mandarin, lavender, neroli (equal amts)

Stroke

To reduce swelling in brain after a stroke: As soon as stroke occurs, give cayenne pepper to stop bleeding and damage will be minimized. Then rub Idaho Balsam in the roof of mouth every minute or so throughout the day.

Sunscreen

Lmmortelle
Tea Tree/Maleluca

Surgery

Copaiba: 8-10 drops in little shot glass of water and drink twice a day to help inflammation internally. Externally apply directly to wound or area inflammed.

Sweating

Peppermint
Sage - for night sweats (could indicate high blood pressure or internal viral infection)
Treat thyroid: 2 peppermint, 4 cypress. Also one drop each palm of hand, lick

Tendons

Blend: lemongrass, birch, marjoram, black pepper, peppermint, german chamomile. 7% essential oils in macerated arnica oil. Good for tendonitis, plantar's fascitis and carpel tunnel syndrome.
Blend: idaho tansy, idaho balsam fir,

Tissue Regeneration

Lavender
Patchouly

Toe Fungus

Cleansing trio and lemongrass oil at same time. In 3 days the thick skin should slough off and in 6 months should get new toenails. Also no white sugar and flour.

Tick Deterrant

1 part tea tree oil, 2 part water - spray on clothes and skin.

Toothache

Chamomile - hot compress
Clove - dab on directly to area
Melaleuca - 1 drop on decayed tooth
Abscessed - Remove the small paid from a Bandaid - pour helichrysum on it for pain. Slide pan up on the root of the tooth, when it eases, make up another pad with Helichrysum and thieves (Clove, Lemon, Cinnamon Bark, Eucalyptus radiata, and Rosemary) and slide it up on the base of the tooth at the gumline - hold there for as many hours as possible. Make up another pad and put at root zone for overnight. Should heal in a couple of days, possibly avoiding root canal. If really bad, ad a drop of oregano fi person is not too sensitive. Can also put a small water bottle with very warm water in it wrapped in a town to increase circulation and help swelling go down.

Tonsilitis

Ginger Root
Melaleuca

Throat

Benzoin - very thick oil, doesn't break up easily but good in inhalation
Cypress Oil - 5 drops in glass of water as gargle (opens throat)
Ginger Root - sore throat, tonsillitis
Lemon - throat infection
Marjoram - speakers, singers use infusion of marjoram sweetened with honey.
Myrrh - sore throat
Oregano gargle in water
Peppermint - throat infection
Pine
R-C - special blend, diffuse
Sandalwood - goes to throat and bronchial
Blend: 3 thyme, 1 lavender inhale over bowl with towel over the head to hold in vapor.
Throat irritation: 100 ml veg. glycerine, 50 drops fir, 50 drops eucalyptus, 5 tbsp lemon juice. Blend. Shake before each use. Take 1 tsp 3-4 times a day.
Blend for throat drops: eucalyptus radiata, savory, juniper berry, ravensara & myrrh. 25% essential oils in first press safflower oil. Use liberally outside of throat and 1-2 drops orally to back of throat, or taken with a little honey.
Gargle with 1 drop lavendula angustifolia in glass of water 3 times within a few minutes.
Lavender and bergamot combined in distilled water.
Put a drop of thieves (Clove, Lemon, Cinnamon Bark, Eucalyptus radiata, and Rosemary) under tongue every 4 hours when feel cold or sore throat coming on.

Thymus

Spruce - stimulates

Thyroid

Myrrh - hyper-thyroidism, hypo-thyroidism
Myrtle - hypo-thyroidism
Spruce - hyper-thyroidism

Travel

- take: lavender, geranium, chamomile, peppermint, ginger, eucalyptus, thyme, lemongrass or citronella

- take Stress Away, Frankincense, Lavender, Thieves and some caps of thieves (Clove, Lemon, Cinnamon Bark, Eucalyptus radiata, and Rosemary), Peppermint, Copaiba, Peace and Calming. Thieves spray to spray your room down when you arrive.

Cologne of Valor, harmony, joy, white angelica to keep your moods happy

Trigger Finger

Lavender oil at base of finger.

3 drops copaiba and 2 drops ocotea in water bottle, drink it every day for about 4 months.

Tropical Infection

Cinnamon Bark

Tuberculosis

Cedarwood
Cloves
Cypress - pulmonary tuberculosis
Eucalyptus - pulmonary tuberculosis
Frankincense - anti catarrhal
Myrtle
Oregano - pulmonary tuberculosis
Thyme

Typhoid

Cinnamon Bark - 45 minutes destroys

Ulcers

see gastro intestinal

(any of the following, a few drops in glass of water)
Blue Chamomile
Frankincense
Geranium - gastric ulcer type
Myrrh - mouth ulcers

Urinary

Bergamot - urinary tract
Cedarwood - bladder, kidney infection
Chamomile - Bladder, Kidney stones (take tea too)
Eucalyptus - general stimulant
Fennel- urinary stones
Geranium - urinary stones
Juniper - uric acid, toxins
Lemon - ureter infections
Lemongrass - bladder infection, kidney disorders
Myrtle - urinary infections
Pine - urinary infections
Thyme

Blend: 1 g. Cypress; .75g each of lavender, sage and thyme; 60 ml 90 proof alcohol
Blend: juniper, geranium, cypress and use vitaflex on foot for kidney
Blend: Rosemary & Juniper for bladder infection

Blend: Juniper, birch, cajeput, marjoram, grapefruit, orange, parsley, basil, clove & red thyme. 10% in 1st press safflower oil or other good oil. Works alone or alone with herbal formulas for kidney congestion, infections or stones.

Too many trips to the bathroom: 1 drop peppermint in 1 litre of water (use glass bottle), drink throughout the day.

Bladder ifnection: 2 tablespoons cinnamon powder and 1 teaspoon honey in glass lukearm water, drink. Destroys germs in the bladder.

Vaginitis

- **Cinnamon Bark**
- **Rosemary**
- **Rosewood**

Varicose Veins

- **Cypress - vasoconstaraictor, venous tonic; use full strength on vein, several times a day for several days. Also can blend 3 cypress with 1 hillicrysm and put on each side of vein, moving towards heart.**
- **Lemon**
- **Lemongrass**
- **Peppermint**
- **Aromalife works on blood flow**
- **Blend 5 drops frankincense, 1 hillicrysm, 1 cypress and diffuse three times daily to strengthen capillary walls**
- **Blend: 1 hillicrysm, 3 cypress**
- **Support: Comfortone, Megazyme, ICP, DiTone, Juvatone, Juvaflex**
- **Try using Cypress, then citrus fresh**
- **Blend Basil, cypress, hellicrysm**
- **Program: Comfortone, megazyme, ICP**
  - **Ditone on abdomen**
  - **Juvatone, juvaflex**
  - **Cypress then citrus fresh**
  - **Aromalife works on blood flow**

Vertigo

- **Peppermint**
- **Rosemary - 3-4 drops 2-3X day in honey**
- **Ginger Oil 6 drops in an 00 cap, also rub 1-2 drops behind ears and on outside of her ears. Then gently pinch and pull ear lobes and all of the outer ear.**

Virus

- **Cinnamon - If you dilute cinnamon oil by -8000, it is still more effective than tetracylin by 10,000**
- **Cinnamon Bark**
- **Clove - used in thieves (Clove, Lemon, Cinnamon Bark, Eucalyptus radiata, and Rosemary) formula**
- **Frankincense - anti viral**
- **Lmmortelle - viral colitis**
- **Lemon - anti viral**
- **Oregano - viral diseases**
- **Rosemary**
- **Sandalwood - anti viral (basis for some exotic drugs)**

Thyme

Vomiting/Spasmodic

Anise
Basil
Blue Chamomile
Fennel - vomiting
Lavender
Peppermint - nausea
Rosemary - nausea
Sage
Spearmint - inhale, then cold compress
Tarragon
Blend: 90g valerian, 60g orange leaves, 30g yarrow
Blend: 50g lavender, 100g melissa balm, 100g basil, 100g catmint
(good for convulsive whooping coughs)

Warts

Cinnamon
Lemon - use neat
Tea tree/Maleleuca
For planters wort cleanse colon, use ICP, megazyme and Vit. A,D,E. This is a fungus.
For Plantars Wort: use longevity oil in caspules - take internally for 2 weeks.

Water Purification

- 1-2 drops lemon or citronella or lemongrass per glass

Weight Control

Birch - 2 drops in glass of water increases metabolism
Fennel - appetite suppressant, chew on seeds also
Peppermint makes you feel full after a meal
Grapefruit dissolves fat
Bergamot stimulates endocrine system. Lavender can be combined with bergamot to enhance this.
Tangerine is natural diuretic
Orange helps depression and gives emotional support
Ylang ylang califies thoughts, assists in feeling of wellness and calm
Patchouli is used as a sedative and relaxation aid.
Each day change the oils to make them more effective.

Whiplash

Blend: 10 lemongrass, 10 lavender, 6 cypress, 4 basil, 2 birch.

White Blood Cells

To increase: lemon oil in water - drink daily. Take in capsules throughout the day, apply bottom of feet.

Whooping Cough (see cough)

Wounds - see cuts

Yeast

see Candida

MAKE YOUR OWN FORMULAS:

HERPES: 2:1 ratio eucalyptus and bergamot eg: 4 drops eucalyptus, 2 drops bergamot.

MIGRAINES: Blend 3 drops Marjoram, 3 drops peppermint, 2 drops lavender. Breathe in the essence, and rub into the temples or use in a warm or cool compress.

VIRUS: 4 drops eucalyptus, 2 drops thyme, 2 drops oregano, 1 drop lavender. Breathe in to protect respiratory system. Take 4-5 drops on back of tongue, followed by a few gulps of water to wash it down.

MUSCLE/ARTHRITIS: blend 10 drops birch, 5 drops cypress, 5 drops marjoram, 3 drops rosemary, 2 drops peppermint. Add to some base oil (eg. almond oil, vegetable oil) and massage into area.

SINUSITIS: blend 2 basil, 2 eucalyptus, 2 lavender, 2 peppermint. Breathe into nostrils, and rub onto skin where sinuses are congested.

WRINKLES: take 2 drops lavender, 2 drops patchouly with base oil, massage into wrinkles at night

PROTECTION from diseases (eg. when visiting hospitals, working with sick people): blend equal parts clove, lemon, cinnamon, eucalyptus, rosemary. Breathe in to protect respiratory, use on feet to protect whole body. If you find it too strong for the skin, dilute it with oil.

SORE THROAT: 4 drops oregano with 1/8 cup water, gargle, then swallow. If giving to a child, mix 2 drops oregano in a teaspoon of honey and have them slowly eat it.

TOXICITY and DANGERS

TOXIC, DO NOT USE. EVEN SMALL AMOUNTS CAN DAMAGE KIDNEYS:

ANISEED	DWARF PINE	SAVORY (SUMMER/WINT)
ARNICA	ELECAMPAGNE	SOUTHERNWOOD
BITTER ALMOND	HORSERADISH	TANSY
BOLDO LEAF	JABORANDI LEAF	THUJA
CALAMUS	OREGON VULGARI	MUSTARD
CAMPHOR	MUGWORT (ARMOISE)	PLICATA
CASSIA	PENNYROYAL	WINTERGREEN
CEDARLEAF	RUE	WORMWOOD
COSTS	SAVIN	WORMSEED

USE WITH GREAT CAUTION:

CEDARWOOD	FENNEL	SAGE
CINNAMON	LEMON	THYME
CLOVE	NUTMEG	

RISK OF CHRONIC TOXICITY IF USED OVER LONG TIME (eg. longer than 3 months):

LEMON	**EUCALYPTUS**	**ORANGE**
SASSAFRAS	**TUMERIC**	

PLUS THE ONES LISTED ABOVE

SPECIAL CARE FOR PREGNANT WOMEN:

USE NONE OF ANY OF THE ABOVE LISTED

EMMENAGOGUES INDUCE MENSTRUATION, SO DO NOT USE:

BASIL	**HYSSOP**	**CLARY SAGE**
JUNIPER	**JUNIPER BERRY**	**MARIJORAM (mimics**
MYRRH	**PENNYROYAL**	**estrogen)**
SAGE		

AVOID IN FIRST 3-4 MONTHS:

ROSE	**ROSEMARY**	**CHAMOMILE**
FENNEL		

LAVENDER (unless you need to, use in small amount. Do not use if there is any fear of miscarriage)
PEPPERMINT "

AFTER 6 MONTHS OF PREGNANCY:

CAN USE LAVENDER, AND ROSEMARY unless any fear of miscarriage

If nausea in pregnancy, take fennel tea.

DO NOT USE IF YOU ARE EPILEPTIC:

Fennel	**Sage**
Hyssop	**Wormwood**

only small amounts of Rosemary

DO NOT USE IF YOU HAVE HIGH BLOOD PRESSURE:
Hyssop
Rosemary (however, it is good for low blood pressure)
Sage
Thyme

DO NOT USE IF YOU HAVE BREAST CYSTS:
Clary Sage

THESE WILL IRRITATE THE SKIN IF YOU PUT IN BATH:
(better to use only 3-4 drops or dilute in oil or cream)

Basil	**Lemon**	**Lemongrass**
Melissa	**Peppermint**	**Lemon Verbena**
Thyme	**Tea Tree**	

THESE MAY IRRITATE SKIN, TEST FIRST:
(do not use more than 2% dilution in massage)

Cinnamon leaf	**Sweet fennel**
Fir Needle	**Parsley Seed**
Pimento Leaf	**Thyme**

THE FOLLOWING ARE PHOTOSENSITIVE, DO NOT GO OUT IN THE SUN AFTER USE:

Bergamot	**Angelica**	**Lemon**	
Cumin	**Verbena**	**Lime**	**Orange**