ESSENTIAL OILS BASICS

• Each protocol recommended is for use specifically with doTERRA® Certified Pure Therapeutic Grade essential oils.

• Every time dilution is mentioned, we recommend Fractionated Coconut Oil, 2-3 drops is sufficient. You can also use a high-quality olive or grape seed oil. Always dilute a “hot” oil, such as Oregano, when using topically (except on the bottom of the feet).

• Any time you put oils on the feet of children, you can put socks on top to keep the oils from getting spread to eyes, hands, skin, etc.

• If you feel a burn from a “hot” oil on skin or in eyes, dilute with another oil such as fractionated coconut oil. Do not use water to dilute – it will drive the oil in deeper.

• A dose for a child is 1-2 drops, for an adult it’s 2-4 drops.

• If pregnant or nursing, notify your physician prior to use.

• For an acute illness, be aggressive with the oils. Every 15 minutes or at least 4 times daily. For a chronic illness, use oils twice daily, with morning routine and with evening routine.

• As with any holistic form of natural medicine, there may be some trial and error experimentation required. Different oils work better with different body chemistries.

• For further research, testimonials and protocols, visit www.EverythingEssential.me.

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For more information, visit www.FaithfulWellness.org
ESSENTIAL OIL PROTOCOL

ADD/ADHD

1. The hardest part is giving these oils a chance. Sometimes it takes a few days for their effects to start making a difference. Encourage those treating this condition to have patience. And remember especially w/children, just spending quality time with them and applying oils with a loving touch might make as big a difference as anything.

2. For frustration, impatience, and anger use oils and blends that calm. **Balance, Serenity, Peaceful Child/Person (recipe to follow), In Tune, Frankincense, Lavender, Ylang Ylang.** Applying to the feet, back of the neck, behind the knees, and diffusion are all suggested.

3. With bad mood swings, consider a nightly routine of **Balance** and **Serenity.** Three or four drops of each applied with massage to the back of the neck and/or feet prior to bed time. This would also be a time for a "good talk" or prayer with the child. Also, put her to sleep with the diffuser running with Serenity, or another calming oil. If she starts to experience a bad episode of anger or screaming, apply a few drops of **Serenity** to the back of her neck and shoulders as you talk through the bad experience.

4. If completely out of control consider applying **Serenity** over their heart and on the crown of their head.

5. For improved concentration **Vetiver oil** or **Lemon oil.** **Vetiver** is an ingredient in both **In Tune** and **Peaceful Child** as well. Again on the feet or, for school children that need help during the school day, a necklace with a pendant that will absorb the oil will make it available all day. Also consider applying either **Vetiver** or **Peaceful Child** to the back of the neck then rub hands together and inhale...if no pendant is available after rubbing hands together swipe on the inside of the person’s shirt that way they become their own diffuser all day.

6. As a **Daily routine** apply one or more of the above mentioned oils or **Peaceful Child blend** to bottoms of feet and back of neck (and even a dab on the inside of their shirt) followed by applying **Balance** in the same manner.

7. Some people, with autism, are particularly sensitive to smell and may resist the use of oils. Let them help choose the oils you use. Applying to the feet, even after they are asleep, can circumvent this problem.
PEACEFUL CHILD/PERSON BLEND

85 DROPS VETIVER (1/3 BOTTLE)
30 DROPS LAVENDER
30 DROPS YLANG YLANG
20 DROPS FRANKINCENSE
15-17 DROPS CLARY SAGE
10 DROPS MARJORAM
*OPTIONAL 35 DROPS FRACTIONATED COCONUT OIL

MEASURE AND MIX ALL OILS IN AN EMPTY BOTTLE...APPLY OR DIFFUSE AS NEEDED. THIS BLEND IS USED FOR STRESS, ANXIETY, AND CONCENTRATION FOR ADULTS & CHILDREN.

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ESSENTIAL OIL PROTOCOL

ALLERGIES

1. Put 2 drops of Lemon, 2 drops of Lavender, 2 drops Peppermint and 2 drops Melaleuca (if mold allergy or infection suspected) in 2 oz of water in a glass or ceramic cup (don’t use plastic). Drink quickly. Start with 4 times daily until symptoms disappear, then reduce to once in the morning and once in the evening or as needed.

2. 2 drops of Breathe or Purify on chest, neck, around eyes or sinuses as needed.

3. Diffuse Purify or Breathe in a diffuser (especially helpful at bedtime) or put several drops on air intake filters in your home.

4. For molds and fungus, diffuse several drops of Melaleuca or OnGuard, or put several drops on air intake filters in your home.

5. For congestion:

   STEAMER RECIPE

   1 DROP PEPPERMINT
   1 DROP LEMON
   1 DROP MELALEUCA
   1 DROP OREGANO

   PUT ALL OILS IN A CUP OF BOILED STEAMY HOT WATER. BREATHE IN NOSE AND MOUTH.

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ESSENTIAL OIL PROTOCOL

ALS (LOU GEHRIG’S DISEASE)

1. **Long Life Vitality Pack** – Take two of each at breakfast and two of each at lunch.

2. **DDR Prime** – Take one at breakfast and one at dinner in a capsule (if they can swallow caps, otherwise on bottoms of feet).

3. Add **GX Assist** for 10 days, 1 with each meal (for detox), then switch to **PB Assist** one with lunch and at bedtime.

4. **Terrazyme** - 1 with each meal

5. **Frankincense** - 2 full capsules a day if possible. One at breakfast and dinner

6. You may also try: Ginger, Myrrh, Sandalwood, Vetiver, Ylang Ylang. These are Sesquiterpenes and are able to cross the blood-brain barrier. Include 2 of each in capsules daily, then alternate between them.

7. At bedtime, roll the **Immortelle** on feet and top with 2 drops of **Vetiver**

8. Drink **Lemon** (oil) water, can add **Bergamot** to water as well

9. Take all sugar, gluten, and alcohol out of your diet and add as many fruits & vegetables.

10. **DAILY ROUTINE:**

    **AM**
    One dose of **LLV** (2 of each supplement)
    1 **GX Assist** with breakfast (first 10 days)
    1 **Terrazyme**
    1 cap **Frankincense**
    1 cap with: 3 drops each of any 2 of the following (rotate daily): Ginger, Myrrh, Sandalwood, Vetiver, Ylang Ylang. AND 3 drops **Bergamot** in same capsule.
    1 cap with 8 drops **DDR Prime**
    Drink Lemon water (1 drop lemon in glass each time, preferably **Kangen** water)

    **LUNCH**
    1 **GX Assist** (first 10 days, then switch to 1 **PB Assist**)
1 Terrazyme
Lemon water
One dose of LLV (2 of each supplement)

DINNER
1 cap Frankincense
1 GX Assist (first 10 days)
1 Terrazyme
Lemon water

BEDTIME
1 cap with 8 drops DDR Prime
Roll Immortelle on bottoms of feet and rub in
2 drops Vetiver over Immortelle on bottoms of feet

11. Use Deep Blue or AromaTouch® as needed for any stiffness/pain.

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ESSENTIAL OIL PROTOCOL

ANXIETY ATTACK

1. Layer 2 drops of Marjoram, 2 drops of Wild Orange, 2 drops of Frankincense on wrists, back of neck, and then rub hands together and inhale.

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ESSENTIAL OIL PROTOCOL

ATHSMA

1. Topical applications, try one at a time:
   • Apply 2-4 drops of diluted Breathe to chest/neck.
   • Layer 2 drops each of lime and thyme (can also use marjoram or rosemary instead of thyme.)
   • Layer 2 drops each of myrrh, wild orange, eucalyptus on chest and neck.

2. Diffuse breathe and rosemary, or 3 drops each, or myrrh + wild orange + eucalyptus

3. Put 3-4 drops of either Breathe or Frankincense in the cup of a nebulizer, along with some filtered water, and use as a breathing treatment.

4. If it is an allergy related asthma, use an:

   ALLERGY SHOOTER

   2 DROPS LEMON
   2 DROPS LAVENDER
   2 DROPS PEPPERMINT

   PUT IN 2 OZ WATER

   DRINK BACK, CAN USE AS NEEDED.

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ESSENTIAL OIL PROTOCOL

BURNS

1. Apply Lavender, 2-4 drops on location for minor burns. Peppermint is also helpful for cooling.

2. You can also use a glass spray bottle filled with water and a few drops each of Peppermint and Lavender and spray the burn if the area is too sensitive to touch.

3. If blistering occurs, apply 1-2 drops of frankincense or Melaleuca to prevent infection.

4. For severe burns, apply a few of drops of diluted Helichrysm topically twice daily to prevent scarring.

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ESSENTIAL OIL PROTOCOL

CANDIDA ALBICAN CLEANSE

1. **Zendocrine** capsules & oil for 30 days... (OPTIONAL) This will help prepare the body by cleaning out the "chimneys" (ie: filtering organs specifically these 5-liver, lungs, kidneys, colon & skin) Apply oil to bottom of feet or in caps twice daily. Can also take capsules as directed on bottle.

2. Next... **GXAssist** for 10 days (pkg directions say 1 capsule 3x day but if Candida is truly an issue that c/b too strong & too much @ once). I would suggest starting w/1 cap/day for 3 days then increase to 2x/day (if tolerable) continue for next 3 days then increase to 3x/day for remainder of cleanse (IF TOLERABLE) ONLY do this cleanse for a total of 10 days followed by 5 days of **PB+** 1 cap 3x/day w/meals. To continue to populate the good bacteria I take 1 **PB+** daily.

3. Drink LOTS of citrus water w/both cleanses...can be lemon, lime, grapefruit... just whichever one you prefer. Should try to do 80% of your body weight in ounces. Ex: Weight-100lbs Daily Water intake-80 oz. Some of this needs to be just plain pure water.

4. Eliminate WHITE stuff from your diet including Flour, Rice, SUGAR, Potatoes, etc...even limit the amt of fresh fruits eaten...try to eat as much fresh produce as possible also limit dairy...focus on cutting out processed foods IF this is an issue for you.

5. **LLV** supplements should also be added if you are not already taking them. I also like to take **DDR Prime** along w/**LLV** as a daily regimen no matter what is going on in my body.

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ESSENTIAL OIL PROTOCOL

COLDS/SINUS

1. At first sign of a cold, fill a 2-4 oz glass spray bottle (www.aromatools.com) with water, and add 5-10 drops of OnGuard. Spray repeatedly on back of throat. Also apply 1 drop of Breathe to back of neck.

2. Cold and Flu Bomb—For adults: 3 drops each of Lemon, OnGuard, Oregano, and Melaleuca if infection is suspected in a capsule. First day, take every 2 hours. Days 2 and on, take every 4 hours until symptoms disappear, and then add at least 2 full days.

3. Momma’s Magic Bullet—An alternative “antibiotic” blend, especially good when sinuses are affected. 4 drops each: Basil, Thyme, Oregano, Rosemary or Melaleuca, 2 drops Frankincense, 2-4 drops OnGuard, and 1-2 drops of Myrrh (for congestion) into vegetable capsules. First day, take every 2 hours. Days 3 and on, take every 4 hours until all symptoms disappear, and then add at least 2 full days.

4. Use a couple drops of Breathe, or Eucalyptus to chest and neck for congestion. For severe chest congestion, layer a couple drops each of Thyme and Lime on chest.

5. For severe sinus congestion, add 1 drop of Eucalyptus to a neti pot and rinse. Also for severe sinus congestion, apply 1 drop of Marjoram topically over sinuses.

6. STEAMER RECIPE:

1 DROP PEPPERMINT
1 DROP LEMON
1 DROP MELALEUCA
1 DROP OREGANO

PUT IN A CUP OF BOILED AND STEAMY HOT WATER. BREATHE IN OSE AND MOUTH.
7. Use **OnGuard** throat drops if needed.

8. Drink lots of water. Add a drop of **Lemon** and **Peppermint** for every glass to help fight the infection.

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ESSENTIAL OIL PROTOCOL

CONSTIPATION

1. Massage 1-2 drops DigestZen, Lemon or Peppermint (diluted) on the abdomen.

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COUGH

1. Dilute **Breathe** or **Peppermint** along with **Frankincense**, 1-2 drops each. Apply to chest and back repeatedly.

2. **Cold and Flu Bomb**—For adults: 3 drops each of **Lemon**, **OnGuard**, **Oregano**, and **Melaleuca** (if infection is suspected) in a capsule. First day, take every 2 hours. Days 2 and on, take every 4 hours until symptoms disappear and then add at least 2 full days.

3. **Momma’s Magic Bullet**—An alternative “antibiotic” blend, especially good when sinuses are affected. 4 drops each: **Basil**, **Thyme**, **Oregano**, **Rosemary** or **Melaleuca**, 2 drops **Frankincense**, 2-4 drops **OnGuard**, and 1-2 drops of **Myrrh** (for congestion) into vegetable capsules. First day, take every 2 hours. Days 3 and on, take every 4 hours until all symptoms disappear, and then add at least 2 full days.

4. For severe cases, alternate layering 1 drop each of these oils on the chest and back (diluted) in this order: **Wild Orange + Myrrh + Eucalyptus** OR **Thyme + Marjoram + Lime**.

5. Diffuse **Breathe**, **OnGuard**, **Frankincense**, or **Eucalyptus**.

6. Use a glass spray bottle (www.aromatools.com) with water and a few drops of on guard to spray your throat or use **OnGuard** throat drops.

7. Drink lots of water. Add a drop of **Lemon** and **Peppermint** for every glass to help fight the infection.
8. For congestion:

STEAMER RECIPE

1 DROP PEPPERMINT
1 DROP LEMON
1 DROP MELALEUCA
1 DROP OREGANO

PUT ALL OILS IN A CUP OF BOILED STEAMY HOT WATER. BREATHE IN NOSE AND MOUTH.

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ESSENTIAL OIL PROTOCOL

CUTS AND SCRAPES

1. Apply 1 drop of Lavender, and 1 drop of Melaleuca, diluted with a few drop of Fractionated Coconut Oil.

2. For severe gashes, add Frankincense and Helichrysum to reduce scarring.

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ESSENTIAL OIL PROTOCOL

DIABETES

1. **Lifelong Vitality Pack**—2 capsules of each supplement twice a day.

2. **Slim&Sassy** daily (10-25 drops/day), drink in water or put 3-5 drops in veggie cap 4 or 5x/day.

3. 3 drops **Coriander** + 3 drops of **Cassia** (or **Cinnamon**) + 3 drops of **Grapefruit** taken w/breakfast. Repeat if needed in pm.

4. 2 drops of **Balance** on bottoms of feet in am.

5. 2 drops of **Lavender** on feet @ bedtime.

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ESSENTIAL OIL PROTOCOL

DIABETES
(Type II specifically)

1. **Lifelong Vitality Pack**—taken as directed, 2 of each supplement twice daily.

2. **Balance** applied topically to feet in am upon waking.

3. **Slim & Sassy** in water daily (10-30 drops) or in a capsule if you don't like the taste.

4. Try one of the following recipes to help regulate:

   **Recipe 1**
   3 drops **Cassia** (OR **Cinnamon**)
   3 drops **Coriander**
   3 drops **Grapefruit**
   Place in cappy and take w/breakfast in am. Repeat if needed but most find 1x/day works.

   **Recipe 2**
   8-10 drops **Coriander** (OR Basil)
   2 drops **OnGuard**
   Place in cappy and take w/breakfast in am.

   **Recipe 3**
   8 drops **Coriander**
   8 drops **Basil**
   2 drops **OnGuard**
   Place in cappy and take w/breakfast in am.

5. **Lavender** applied to bottoms of feet at bedtime.

6. **Aromatouch oil** applied to feet and legs for neuropathy pain. Use as needed 1-2x daily.

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DIARRHEA

1. Apply 1-2 drops of DigestZen (dilution recommended) Geranium, Ginger, or Peppermint to the stomach area. Massage lower stomach. Can apply a warm compress.

2. You can also place 1-2 drops of Peppermint, Ginger or DigestZen in an empty vegetable capsule and swallow.

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ESSENTIAL OIL PROTOCOL

EAR INFECTION

1. Put 2 drops each of Lavender, Melaleuca or Purify, and Basil (for pain) on a cotton ball. Rub around the ear, then down the neck along the eustachian tube. Rub a bit of basil on your finger, and rub inside the outer ear, but not in the opening of the canal. Put cotton ball in ear. Treat both ears even if there is only pain in one, as they are connected. Never put oil in the ear.

2. Z Pack

Recipe 1
OnGuard 6 drops
Oregano 3 drops
Frankincense 1 drops

Recipe 2
Melaleuca 5 drops
Lemongrass (can use basil or coriander) 5 drops
Thyme (can use rosemary or basil) 3 drops
Cinnamon 3 drops

Recipe 3
Cinnamon 5 drops
Oregano 5 drops
Lemon 5 drops
Frankincense 1 drop

Use recipe 1 for 3 days. Take one cap in the morning and one cap in the evening. Alternate to another one of the recipes every 3 days until symptoms are completely gone.

3. Momma's Magic Bullet--- An alternative “antibiotic” blend, especially good when sinuses are affected. 4 drops each: Basil, Thyme, Oregano, Rosemary or Melaleuca, 2 drops Frankincense, 2-4 drops OnGuard, and 1-2 drops of Myrrh (for congestion) into vegetable capsules. First day, take every 2 hours. Days 3 and on, take every 4 hours until all symptoms disappear, and then add at least 2 full days.
4. **Olive oil** and **garlic** ear drops can be purchased at Whole Foods or similar store. Use 3 drops in each ear 2-3 times daily.

5. Diffuse **Breathe** or **OnGuard**.

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ESSENTIAL OIL PROTOCOL

ECZEMA

1. 2 drops each of Lavender and Melaleuca, diluted, applied directly to rash area.

2. If this does not improve the rash, put 3 drops of both Lavender and Melaleuca in a capsule morning and night. Apply 2 drops each of Coriander and Frankincense, diluted, topically.

3. Can add Terrazyme (digestive enzyme supplement) one with each meal.

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ESSENTIAL OIL PROTOCOL

FEVER

1. Apply 2 drops of **Lavender** to each foot. Layer 2 drops of **Peppermint** on top of that on each foot—**Peppermint** is a driving oil and will magnify the impact of the **Lavender**. Apply every 10-15 minutes if needed until fever breaks. Then, as needed.

2. Cold and Flu Bomb—For fighting viruses/bacteria, take: 3 drops each of **Lemon**, **OnGuard**, **Oregano**, and **Melaleuca** if infection is suspected in a capsule. First day, take every 2 hours. Days 3 and on, take every 4 hours until symptoms disappear, and then add at least 2 full days.

3. Diffuse **OnGuard**.

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ESSENTIAL OIL PROTOCOL

FIBROMYALGIA

1. **LLV supplements + Zendocrine Cleanse** for 30 days (supplement and oil)

2. **Lemon Oil** and LOTS of water
   Recommended is 80% of body weight in ounces of water. Weight 200lbs = 160 oz water daily

3. **GXAssist** for 10 days followed by 5 days of **PBAssist**...repeat this monthly until 3/GX/day are tolerated w/out any discomfort. (Speak w/person sharing this for further instructions about this mild cleanse.)

4. Concentrate on using oils that target inflammation...**Frankincense, Roman Chamomile, Basil, Bergamot, Myrrh, Wintergreen, Lemongrass, Lavender, & Peppermint**...can be ingested in a capsule or layered on bottoms of feet...2-3 drops each oil 2-3x daily.

5. Make a soak w/EPSOM SALTS using 1-3 of these oils 3-4 drops each and soak in a tub in as hot a water as you can stand for 20 min or until the water cools.

6. Use **Aromatouch** oil and **DeepBlue** rub on most painful areas. (I like to use the oil first and the rub layered on top.)

7. For muscle stiffness or cramping use **Cypress** and/or **Lemongrass** mixed w/fco to massage and spread to area affected.

8. If insomnia is an issue mix 4 drops **Vetiver** + 4 drops **Serenity** and apply to backs of knees as well as over heart. (If this does not help talk to the person who shared this with you for other suggestions.)

9. **Balance** in am & pm on bottoms of feet and/or over heart. **Elevation & Citrus Bliss** in am...layer as perfume over pulse points behind ears, over heart and on wrists. Re-apply as needed. For stress/calming use **Citrus Bliss** and/or **Serenity**. Sometimes just inhaling these oils from the bottle is sufficient and others they need to be applied to pulse points or on bottoms of feet.
10. **DDR Prime** (can use oil and make own capsule or just use pre-made capsules)...take 8 drops or 1 capsule 2x day (breakfast and dinner)...

11. Eat as “clean” as possible... ex: NO WHITE STUFF... FLOUR, RICE, POTATOES, SUGAR.

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ESSENTIAL OIL PROTOCOL

FLU

1. **Cold and Flu Bomb**—For adults: 3 drops each of Lemon, OnGuard, Oregano, and Melaleuca if infection is suspected in a capsule. First day, take every 2 hours. Days 2 and on, every 4 hours until 2 days after all symptoms disappear.

2. Diffuse Breathe and or OnGuard.

3. Use Breathe or Peppermint, 1-2 drops, diluted, applied on chest and throat for congestion. Can also use OnGuard throat drops.

4. Drink lots of water. Add a drop of Lemon or Peppermint for every glass to help fight the infection.

5. To prevent the flu: **FLU SHOT IN A BOTTLE**

   10 DROPS OREGANO
   15 DROPS ONGUARD
   20 DROPS LEMON

   DROP THESE IN A 1/6 SIZED ROLLER BOTTLE. FILL UP THE REST WITH FRACTIONATED COCONUT OIL.

   APPLY TO FEET MORNING AND NIGHT.

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ESSENTIAL OIL PROTOCOL

Full Body Cleanse
(For Adults)

**Step 1** Liver Cleanse
**Step 2** Zendocrine Cleanse
**Step 3** Candida Cleanse

**STEP 1:**
LIVER CLEANSE USING *doTERRA OILS*

1. The Basic Liver cleanse is:
   
   1 Drop of **Peppermint oil**
   1 Drop of **Lemon oil**
   1 TBSP fresh organic Lemon juice (for Addictions add 1 drop of **Coriander oil**)
   In 2-4oz’s of water. Drink FIRST THING every morning!

2. 14 day major cleanse for the liver that is really clogged and dirty:

   10 Drops **Peppermint oil**
   10 Drops **Lemon oil**
   2 Drops of **OnGuard**

   Juice from 1 Lemon (in 8oz’s. of water - this can be taken over an hours time). Or place oils in cappy and drink fresh lemon juice w/your water.

3. A few notes of importance about your liver....

   - Virtually ALL disease starts in and at the liver.
   - The liver keeps your body at its optimal function.
   - The liver is the filter for the body with 730 known functions and is storing toxins that we have ingested throughout our life.
   - You cannot live without your liver!
   - The liver will remake itself if injured and cut apart.
   - The liver is your waste removal system for the blood and the body.
   - Most people die because their liver gets so full of toxins that it can no longer function.

4. Did you know anger is held in the liver? Many people are aware that depression is
more common in winter, especially in December and January, but did you know that anger is more common in summer. It seems that when temperatures soar, so do tempers. More murders are committed in the hot summer months than any other time of the year.

5. Do you have a constricted liver? Here are some symptoms that tell you the liver is sluggish:

- Stiffness in right side of neck, shoulder, scapula and down to your elbow.
- Low energy or no energy
- Headaches
- Poor digestion
- Fibromyalgia
- Poor sleep patterns.
- Lung issues and congestion
- Sinus infections
- Mood swings & depression
- Irritated skin
- Poor memory
- Uncontrollable itching & rashes in different areas
- Pain in the right shoulder down to the elbow and in back over the scapula area

**STEP 2:**
**doTERRA ZENDOCRINE WITH ESSENTIAL OILS:**

1. Products Needed:
   Zendocrine Detoxification Complex supplement
   Zendocrine Oil
   LLV
   Lemon Oil

2. Zendocrine Detoxification Complex… a combination of whole food extracts to provide support for the body’s cleansing organs, the liver, kidneys, bowels, and skin. Coupled with essential oils for additional support for the liver.

3. 2 tablets daily of Zendocrine Detoxification Complex with 5 drops of Zendocrine blend in a capsule daily for 14-30 days.

4. Zendocrine blend can be replaced with 4 drops each Geranium, Rosemary, Grapefruit, and Clove in a capsule.

5. Time period: Blend can be taken indefinitely on a daily basis or as a periodic cleanse along w/the Detoxification Complex for 14-30 days every three months.

**STEP 3:**
**CANDIDA ALBICAN CLEANSE:**

1. GX Assist for 10 days (pkg directions say 1 capsule 3x day but if Candida is truly an issue that c/b too strong & too much @ once). I would suggest starting w/1 cap/day for 3 days then increase to 2x/day (if tolerable) continue for next 3 days then
increase to 3x/day for remainder of cleanse (IF TOLERABLE) ONLY do this cleanse for a total of 10 days followed by 5 days of PB+- 1 cap 3x/day w/meals. To continue to populate the good bacteria I take 1 PB+ daily.

2. **Terrazyme** 1-3 w/each meal.

3. A good Fiber Supplement...NOT Physillium Husk but instead get one from somewhere like www.renewlife.com.

4. Drink LOTS of citrus water w/all cleanses...can be lemon, lime, grapefruit... just whichever one you prefer. Should try to do 80% of your body weight in ounces. Ex: Weight-100lbs Daily Water intake-80 oz. Some of this needs to be just plain pure water.

5. Eliminate WHITE stuff from your diet including Flour, Rice, SUGAR, Potatoes, etc..even limit the amt of fresh fruits eaten...try to eat as much fresh produce as possible also limit dairy...focus on cutting out processed foods IF this is an issue for you....

6. **LLV** supplements should also be added if you are not already taking them. I also like to take DDR Prime along w/LLV as a daily regimen no matter what is going on in my body.

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ESSENTIAL OIL PROTOCOL

GOUT

For immediate pain relief:

1. A few drops each of Frankincense and Basil to the painful area. After application cover with a hot towel compress. Repeat 2-3 times daily.

2. Other oils combinations are also recommended with the same procedure. Lemongrass and Wintergreen or single oils Basil, Deep Blue, or Peppermint.

For long term prevention:

1. 2 - 4 drops of Lemon in a glass of water 2 - 3 times daily.

2. Consider cleanses especially those that focus on the kidneys and other cleansing organs. See the doTerra Zendocrine cleanse under the Nutritional Cleanses. Also consider the GX Assist cleanse followed with PB Assist.

3. Life Long Vitality supplements provide the balanced nutrition necessary.

Dietary considerations:

(Many stress the importance of dietary considerations. The following comes from MayoClinic.com:)

1. Limit animal protein. Avoid or severely limit high-purine foods, including organ meats, such as liver, and herring, anchovies and mackerel. Red meat (beef, pork and lamb), fatty fish and seafood (tuna, shrimp, lobster and scallops) are associated with increased risk of gout. Because all animal protein contains purines, limit your intake to 4 to 6 ounces (113 to 170 grams) daily.

2. Eat more plant-based proteins. You can increase your protein by including more plant-based sources, such as beans and legumes. This switch will also help you cut down on saturated fats, which may indirectly contribute to obesity and gout.

3. Limit or avoid alcohol. Alcohol interferes with the elimination of uric acid from your body. Drinking beer, in particular, has been linked to gout attacks. If you're having an attack, avoid alcohol. However, when you're not having an attack, drinking one or two 5-ounce (148 milliliter) servings a day of wine is not likely to increase your risk.
4. Drink plenty of fluids, particularly water. Fluids can help remove uric acid from your body. Aim for eight to 16 8-ounce (237 milliliter) glasses a day.

5. Choose low-fat or fat-free dairy products. Some studies have shown that drinking skim or low-fat milk and eating foods made with them, such as yogurt, help reduce the risk of gout. Aim for adequate dairy intake of 16 to 24 fluid ounces (473 to 710 milliliters) daily.

6. Choose complex carbohydrates. Eat more whole grains and fruits and vegetables and fewer refined carbohydrates, such as white bread, cakes and candy.

7. Limit or avoid sugar. Too many sweets can leave you with no room for plant-based proteins and low-fat or fat-free dairy products — the foods you need to avoid gout. Sugary foods also tend to be high in calories, so they make it easier to eat more than you're likely to burn off. Although there's debate about whether sugar has a direct effect on uric acid levels, sweets are definitely linked to overweight and obesity.

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HEAD LICE

1. Combine 5 drops of Melaleuca, 5 drops of Lemon, and 20 drops of Fractionated Coconut Oil. Apply to scalp and let stand for an hour. Shampoo with 5 drops of Melaleuca in 1 tsp. of shampoo. Continue with shampoo for a week.

2. Fill a glass spray bottle with water, and then add 5 drops of Lemon and 5 drops of Melaleuca. Use as a linen and brush spray.

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ESSENTIAL OIL PROTOCOL

HIGH CHOLESTEROL

1. **Lifelong Vitality Pack**—2 of each supplement twice daily.

2. Here are a few different recipes you can try:
   
   **Recipe 1**
   6 drops **Lemongrass** in cappy 1x/daily
   
   **Recipe 2**
   3 drops **Cypress**
   3 drops **Lavender**
   3 drops **Lemongrass**
   Place in cappy and take 1x/day.
   
   **Recipe 3**
   3 drops **Cassia**
   4 drops **Lemongrass**
   Place in cappy and take 1x/day.

3. **Clary Sage** or **Helichrysm** topically over liver can help.

4. Diffuse **Lavender**.

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1. Most people get success treating their high blood pressure simply with Lemon water. Start with 5 drops in your stainless steel or glass water bottle daily, and work up to 20 drops a day.

2. You can add this layering pattern as well. Apply in layers once daily, 1 drop on each forearm and 1 drop over heart: Vetiver, Ylang Ylang, Marjoram, Serenity, Wild Orange.

3. Another topical option is: 4 drops Marjoram + 2-3 drops YlangYlang 2x/day either applied topically over heart & on reflex points on left hand & foot OR put in capsule and taken twice a day, morning and night.

4. Lifelong Vitality Pack Multivitamins, EOmega and Cellular Repair—2 capsules of each supplement twice a day.

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ESSENTIAL OIL PROTOCOL

HYPOTHYROIDISM

1. 10 drops Myrrh, 10 drops Lemongrass, 2-3 drops Clove, and 2-3 drops Peppermint in a rollerball, neat. Roll directly on thyroid area several times a day at first until you get results. Depending on symptoms, results could be more energy, hair and nail improvement, etc., then you can use once or twice a day till you feel you are functioning normally, and then once in a while when you feel the need.

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ESSENTIAL OIL PROTOCOL

IMMUNE BUILDING

Immune Builder 1:

1. Apply 1 drop of Frankincense and 1 drop of OnGuard to feet at bedtime.

   NOTE: You can premix this in a bottle and use daily. See recipe below.

2. Add a couple of drops of Lemon oil to your glass or stainless steel water bottle daily for a gentle detox.


Immune Builder 2:

1. Use an empty 15ml glass bottle, such as an old DoTERRA® bottle. Drop in 5 drops of Frankincense, 10 drops of OnGuard, and fill the rest with Fractionated Coconut Oil. Apply a few drops on each foot at bedtime daily.

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ESSENTIAL OIL PROTOCOL

INSOMNIA

1. Apply 1 drop of Lavender to each foot at bedtime. Can also apply a drop to chest or pillow. Diffuse in the air as well.

2. Other oils that have been known to help with insomnia, either applying one drop to each foot or in the diffuser, include: In Tune, Serenity, Roman Chamomile, Wild Orange, Past Tense, Balance, Cedarwood and Vetiver (behind knees as well as feet.) See which smells you are attracted to, and try one at a time.

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ESSENTIAL OIL PROTOCOL

KIDNEY STONES

1. **Kidney Stone Drink 1:**

   5 drops *Rosemary*, 5 drops *Geranium*, 1 Tbs maple syrup, Juice from 1/2 lemon, in 8 oz warm distilled water. Mix together, shake well and drink on an empty stomach 2-3 times daily until stones pass.

2. **Kidney Stone Drink 2:**

   2 Tbs *virgin olive oil* 8 oz organic apple juice. Mix vigorously and drink; repeat 2-3 times daily until stone passes.

3. **Kidney Stone Drink 3:**

   20 drops *Frankincense*, 20 drops *Lemon*, in 8oz warm distilled water. Mix together and drink on 3x a day for 7 days to dissolve stones.

4. **Kidney Stone Drink 4:**

   2 Tbsp *virgin olive oil*, 5 drops *Geranium*, 5 drops *Rosemary*, 5 drops *Lemon*, 1 Tablespoon grade B maple syrup. 3x daily. Also drink 3-5 8oz glasses of organic apple juice daily.

5. In a capsule: 2 drops *Frankincense*, 2 drops *Lemon* oil, capped off with olive oil. Three a day until the stone passes.

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ESSENTIAL OIL PROTOCOL

LIVER CLEANSE

1. The Basic Liver cleanse is:

   1 Drop of Peppermint oil
   1 Drop of Lemon oil
   1 TBSP fresh organic Lemon juice (for Addictions add 1 drop of Coriander oil)
   In 2-4oz's of water. Drink FIRST THING every morning!

2. This cleanse below is a 14 day major cleanse for a liver that is really clogged and dirty:

   10 Drops Peppermint oil
   10 Drops Lemon oil
   2 Drops of OnGuard
   Juice from 1 Lemon  (in 8oz's. of water - this can be taken over an hours time)

3. Here are some symptoms that tell you the liver is sluggish:

   • Stiffness in right side of neck, shoulder, scapula and down to your elbow.
   • Low energy or no energy
   • Headaches
   • Poor digestion
   • Fibromyalgia
   • Poor sleep patterns.
   • Lung issues and congestion
   • Sinus infections
   • Mood swings & depression
   • Irritated skin
   • Poor memory
   • Uncontrollable itching & rashes in different areas
   • Pain in the right shoulder down to the elbow and in back over the scapula area

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ESSENTIAL OIL PROTOCOL

LUPUS

CLEANSE

1. FIRST do a candida albican cleanse using GXAssist for 10 days followed by PB+ for 5 days wait 10 days then do this same cleanse again. During this cleanse it would probably be a great idea to drink LOTS of water w/a citrus essential oil in it...my favorite is LEMON and/or GRAPEFRUIT.

2. Using Zendocrine supplement for 30 days and the essential oil topically over the liver and adrenals would also be helpful to clean up the “chimneys” of our bodies (kidneys. liver, lungs, colon,&skin).

3. Second, start taking doTERRA’s Life Long Vitality supplements as soon as the above cleanse is completed. Can begin these after the first round of GXAssist and PBAssist but with ½ the recommended dosage until the 2nd round of this cleanse is complete.

ADDRESS INFLAMMATION

1. Third make ingesting citrus oils a daily priority. Use your favorite (at least 10 drops) in water or a veggie capsule. In addition (for both liver support and anti-inflammatory properties): 4 DROPS LEMONGRASS (IF Lemongrass not helpful try 4 DROPS HELICHRYSUM), 4 DROPS ROSEMARY, AND 4 DROPS GERANIUM (OR ZENDOCRINE OIL) IN A CAPSULE DAILY. Other oils to consider adding to this capsule are 2 DROPS FRANKINCENSE AND/OR 4 DROPS OREGANO.

2. As needed for localized pain, consider using DEEP BLUE or WINTERGREEN topically. For systemic pain consider taking the following in a veggie cap as needed: 2-4 DROPS LAVENDER, 2-4 DROPS WINTERGREEN, AND 2-4 DROPS CLOVE every four hours or as needed.

CONSIDER A BATH

1. Using the previous oils mentioned above try making an EPSOM SALTS bath soak by doing the following: Per 1 CUP EPSOM SALTS add 4 DROPS of each you prefer. Consider LAVENDER, LEMONGRASS, CLOVE, ROMAN CHAMOMILE, FRANKINCENSE, MYRRH, WINTERGREEN or CINNAMON. Mix the oils with the EPSOM SALTS prior to placing in water. Run the water as HOT as you can stand it and dissolve EPSOM SALTS mixture in the water and soak for 20 minutes. You may
change the oils to suit to your own liking or needs this is just the mixture that has worked for others.

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ESSENTIAL OIL PROTOCOL

LYME DISEASE
(KRISSY’S ESSENTIAL OIL PROTOCOL)

Listen to the podcast episode to get the full research behind how the protocol came to be.

1. **AT BREAKFAST** – Quorum Sensing Communication (For Disruption)
   
   Rotate each of these 4 combinations on different days:
   5 drops of each in a Veggie Capsule
   Oil Blend #1. **Frankincense + Lavender**
   Oil Blend #2. **Frankincense + Geranium**
   Oil Blend #3. **Frankincense + Rosemary**
   Oil Blend #4. **Frankincense + Clove**
   
   Steamer – for brain fog, headache, and reaching lyme bacteria in brain.

   **Steamer Recipe:**
   1 drop each: **Peppermint, Lemon, Melaleuca, Oregano**
   In a cup of boiled steamy hot water. Breathe in nose and mouth.

2. **AT LUNCH** – Triple Punch to Break BioFilms, antibiotic, and oils the ticks hate
   
   Rotate each of the 4 combinations on different days:
   4-6 drops of each in a Veggie Capsule
   Oil Blend #1. **Clove, Lemon, Ylang Ylang, Cinnamon**
   Oil Blend #2. **Basil, Fir, Ginger, Black Pepper**
   Oil Blend #3. **Melaleuca, Grapefruit, Myrrh, Sandalwood**
   Oil Blend #4. **Cinnamon, Orange, Frankincense, Melissa**

3. **AT DINNER** – Address Candida
   
   Rotate each of the 4 combinations on different days (see below SCHEDULE)
   5 drops of each in Veggie Capsule
   Oil Blend #1. **Peppermint + Eucalyptus**
   Oil Blend #2. **Melaleuca + Rosemary**
   Oil Blend #3. **Clove + OnGuard**
   Oil Blend #4. **Oregano + Lemongrass**
4. **AT BEDTIME** – Probiotics and Heavy Metal Detox

- 10 drops of each in a roller bottle: **Frankincense, Cilantro, Cypress, Helichrysm, Lavender, Fennel**

  Roll on eustachian tubes down neck.

- **Activated charcoal** to help remove toxins and dead bacteria.

5. **OIL ROTATION SCHEDULE**

   - **DAY 1 – 3** Use oil blend #1 morning, at lunch and at dinner.
   - **DAY 4 – 6** Use oil blend #2 morning, at lunch and at dinner.
   - **DAY 7 – 9** Use oil blend #3 morning, at lunch and at dinner.
   - **DAY 10 – 13** Use oil blend #4 morning, at lunch and at dinner.

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ESSENTIAL OIL PROTOCOL

LYME DISEASE PROTOCOL #1

1. **ANTI-BIOTIC ESSENTIAL OIL PROTOCOL**

   - 12 drops **OnGuard**
   - 6 drops **Oregano**
   - 2 drops **Frankincense**
   - 3 drops **Cassia**
   - 3 drops **Melissa**

   Take one capsule per day for 14 days. Rest 14 days, and repeat. During the 14 days rest, apply 2 drops of **Lemongrass** and 1 drop of **Oregano** on bottom of each foot before bedtime.

   **doTERRA® SUPPLEMENTS to be taken with protocol:**
   
   - **Lifelong Vitality Pack** - Wholefood Multi, EOmegas, and Cellular Complex
   - **GX Assist** - one with each meal (can lessen dosage if experiencing a herx) for 10 days, then switch to **PB Assist**, one at lunch and one or two at bedtime as to not interfere with antibiotic oil protocol.
   - **Terrazyme** - digestive enzymes, one with every meal.
   - **DDR Prime** - DNA damage and repair
   - **Mito 2 Max** - supports energy increase

2. **DRINK** 80% of body weight in water daily. Not only lemon water.

3. Also drink filtered water. Warm water is good also – teas, etc. (no coffee).

4. **EAT** a clean diet with no sugar, dairy or gluten. It is preferred to eat no grains at all.

5. **DAILY SCHEDULE:**

   **DAYS 1-10 Pre-Antibiotic Detox:**

   **LEMON WATER:** Drop **Lemon oil** in a GLASS with water. Start drinking 5 drops a day, work up to 20 a day.

   **GX ASSIST:** One with each meal. Can back down to 1 a day if herxing.

   **LIFELONG VITALITY PACK:** 2 caps of each supplement
DAYS 11-25:

AM
Lifelong Vitality Pack—2 caps of each supplement
PB Assist-1 cap
Terrazyme-1 cap
DDR Prime-8 drops in a capsule (optional)
Mito 2 Max-2 caps (optional)
Lemon water

LUNCH
“Antibiotic” capsule
Lifelong Vitality Pack—2 caps of each supplement
Terrazyme-1
Lemon water

PM
PB Assist-1 cap
Terrazyme-1 cap
DDR Prime-8 drops in a capsule
Mito 2 Max-2 caps (optional)
Lemon water

BEDTIME
PB Assist-1 cap
Lemongrass-2 drops on bottom of each foot before bedtime during rest period.
Oregano-1 drop on bottom of each foot before bedtime during rest period.

DAYS 25-39

Follow all supplements above, omitting the “Antibiotic” capsule for these 14 days. Add applying the oils on feet at bedtime. Repeat this 14-day cycle as needed.

Continue protocol for 3-6 months. When all symptoms are gone, cut dosages of daily antibiotic oils in half for at least one more month. Then continue a half dose every other day for a couple more weeks. If you see symptoms recur, continue as needed, and alternate in new substitutes for antibiotic oils: 4 drops Melaleuca, 4 drops Cinnamon, 4 drops Basil, 4 drops Lemongrass
Also, instead of Melissa at lunch, switch to 2 drops Frankincense under tongue.

6. OTHER TIPS:
   • Other oils can be used without compromising treatment.
   • Sleep is very important to success. Use Lavender on bottoms of feet if needed.
   • DigestZen is very helpful if symptoms appear (drop some in small glass of water and drink).
   • The Aroma Touch oil application technique is very helpful for pain, detox, and inflammation. (Contact: www.faithfulwellness.org) to find certified therapists in your area.
   • For joint pain, use Deep Blue rub or essential oil.
• **Balance** and **Wild Orange** can help ease stress. Avoid stress as much as possible. It causes symptoms to flare and can lengthen treatment.

• Intake of 1-2 T of virgin raw **coconut** oil daily (www.tropicaltraditions.com) will also help.

• Be aware of the herxheimer reaction and if rashes or other symptoms occur, cut the daily dosage of “antibiotics” while continuing the procedure. Return to full dosage as herxheimer reactions subside.

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ESSENTIAL OIL PROTOCOL

LYME DISEASE PROTOCOL #2

1. **DAILY ANTI-BIOTIC ESSENTIAL OILS PROTOCOL**

   **AM**
   Capsule with breakfast:
   4 drops Cassia
   4 drops Oregano
   4 drops Clove bud
   4 drops DigestZen

   **LUNCH** (2 weeks on 2 weeks off for this only)
   2 drops Melissa under the tongue

   **PM**
   Capsule with dinner:
   4 drops Cassia
   4 drops Oregano
   4 drops Clove bud
   4 drops DigestZen

   **BEDTIME:**
   OnGuard and Frankincense on bottoms of feet

2. **Supplements to be taken with protocol:**

   - **Lifelong Vitality Pack** – Whole Food Multi, EOmegas, and Cellular Complex
   - **GX Assist** - one with each meal (can lessen dosage if experiencing a herx) for 10 days, then switch to **PB Assist**, one at lunch and one or two at bedtime as to not interfere with antibiotic oil protocol.
   - **Terrazyme** - digestive enzymes, one with every meal.
   - **DDR Prime** - DNA damage and repair
   - **Mito 2 Max** - supports energy increase

3. **DRINK 80% of body weight in water daily. Not only lemon water.**

4. **Also do some plain water. Warm water is good too – teas, etc. (no coffee)**

5. **EAT a clean diet with no sugar, dairy and gluten. Grain-free is preferred.**
6. **DAILY SCHEDULE:**

**Days 1-10 Pre-Antibiotic detox:**

LEMON WATER: Drop *lemon oil* in a GLASS with water. Start with 5 drops a day, work up to 20 a day.

**GX ASSIST**—One with each meal. Can back down to 1 a day if herxing.

**LIFELONG VITALITY PACK**—2 capsules of each supplement

**Days 11 and on:**

**AM**

“Antibiotic” capsule  
**Lifelong Vitality Pack**—2 caps of each supplement  
**Terrazyme**-1 cap  
**DDR Prime**-8 drops in a capsule (optional)  
**Mito 2 max**-2 caps (optional)  
Lemon water

**LUNCH**

**Melissa**-2 drops under tongue (2 weeks on 2 weeks off)  
**Lifelong Vitality Pack**—2 caps of each supplement  
**PB Assist**-1 cap  
**Terrazyme**-1 cap  
Lemon water

**PM**

“Antibiotic” capsule  
**PB Assist**-1 cap  
**Terrazyme**-1 cap  
**DDR Prime**-8 drops in a capsule  
**Mito 2 Max**-2 caps (optional)  
Lemon water

**BEDTIME**

**PB Assist**-1 or 2 caps  
**Frankincense**-1 drop on each foot  
**OnGuard**-1 drop on each foot

Continue protocol for 3-6 months. When all symptoms are gone, cut dosages of daily antibiotic oils in half for at least one more month. Then continue a half dose every other day for a couple more weeks. If you see symptoms recur, continue as needed, and alternate in new substitutes for antibiotic oils: 4 drops *Melaleuca*, 4 drops *Cinnamon*, 4 drops *Basil*, 4 drops *Lemongrass*

Also, instead of *Melissa* at lunch, switch to 2 drops *Frankincense* under tongue.

7. **OTHER TIPS:**

- Other oils can be used without compromising treatment.
- Sleep is very important to success. Use *Lavender* on bottoms of feet if needed.
• **DigestZen** is very helpful if symptoms appear (drop some in small glass of water and drink).

• The **Aroma Touch** oil application technique is very helpful for pain, detox, and inflammation. (Contact: www.faithfulwellness.org) to find certified therapists in your area.

• For joint pain, use **Deep Blue** rub or essential oil.

• **Balance** and **Wild Orange** can help ease stress. Avoid stress as much as possible. It causes symptoms to flare and can lengthen treatment.

• Intake of 1-2 T of **virgin raw coconut oil** daily (www.tropicaltraditions.com) will also help.

• Be aware of the herxheimer reaction and if rashes or other symptoms occur, cut the daily dosage of “antibiotics” while continuing the procedure. Return to full dosage as herxheimer reactions subside.

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ESSENTIAL OIL PROTOCOL

MONO/EPSTEIN-BARR

1. Place 6-8 drops of the following oils: 3 drops OnGuard blend, 3 drops Thyme, 3 drops Lemon and 3 drops Frankincense in veggie capsules and take w/food 3X day for 2 weeks or until symptoms are gone. I would also suggest that you make a topical application of these same oils mixed with equal parts of FCO (fractionated coconut oil) and apply this to your spine daily as viruses like to hide in our spinal column. Continue this treatment for another week after completion as a precaution.

2. Apply Balance & Elevation topically to your neck, chest and pulse points when you awake. Repeat as often as needed throughout the day...if you do not care for the scent of either of these you can apply to the bottoms of your feet instead.

3. Also during the day you need to use both Breathe & Purify aromatically. You can do this by either just removing the lid and inhaling “the aroma” OR by putting a small amount in the palm of your hand, rubbing your hands together vigorously for few seconds and then cupping your hands over your face and inhaling a few times. Do this 2 or 3 times per oil throughout the day. Make sure you do them individually.

4. Before bed apply Serenity & Balance topically to the bottoms of your feet. If you like the scent of either or both, also apply them to your neck and chest area or place a small amount on your pillow.

5. (Other things I would highly suggest/recommend are: GX Assist (blend of oils in a pill/capsule form) cleanse that rids our bodies of Candida albicans (yeast overgrowth usually present in “chronic” Epstein-Barr/auto-immune diseases). This cleanse is mild and most people do not even know they are taking it...the worst I have experienced is a mild-moderate abdominal cramping. I would then follow with our PB+ ( a pro-biotic pill ) that replaces and helps kill the “bad” yeast in our gut. I would also recommend our LLV= Life Long Vitality supplements which consist of the following 3 supplements:

 **Alpha CRS+ Primary Benefits**

- Supports healthy cell proliferation and lifespan by reducing oxidative stress to DNA and other critical cell structures.
- Supports healthy inflammatory response to oxidative stress in cells.
- Supports cellular energy by supporting healthy mitochondria and by supplying metabolic factors of energy production.
- Supports healthy cellular immune function.
- Supports mental clarity and healthy brain function.
Xeomega Primary Benefits
- Promotes cardiovascular health by reducing oxidative stress and mediating healthy cellular response to inflammatory markers
- Supports healthy joint function and comfort
- Provides important modulating nutrients for healthy immune function
- Protects against lipid oxidation and supports healthy function of the brain
- Promotes healthy skin

Microplex VMz Primary Benefits
- Provides 22 essential vitamins and minerals to support normal growth, functioning and maintenance of cells
- Fights free radicals with the antioxidants vitamins A, C, and E
- Supports healthy metabolism and cellular energy
- Supports bone health with calcium, magnesium, zinc, and vitamin D
- Supports healthy immune function
- Supports healthy digestion
- Provides systemic benefits of vitality and wellness associated with optimal intake of essential nutrients

6. I would also recommend that you try our Zendocrine oil blend which is another “gentle” cleanser but it’s primary focus is our liver, lungs, kidneys, colon, and skin. Since mono/epstein-barr is a factor for you it can affect your liver & this oil will provide great support for your liver (dosage is 3-5 drops in capsule daily).

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ESSENTIAL OIL PROTOCOL

MOOD MANAGEMENT

Recommended Daily Protocol for Mood Management
Use at least one oil in each category, twice per day:

1. **Calming Oil** (Serenity, Whisper, Solace, Melissa, Immortelle, Rom. Chamomille)
   
   Massage into: heart, base of neck, across forehead, temples stomach...wherever emotional pain is felt; “put it where it hurts”

2. **Cleansing Oil** (Slim & Sassy, Citrus Bliss, Zendocrine, Purify)
   
   Put in water and massage into: bottom of feet or spine, stomach and/or liver and/or kidney area

3. **Grounding Oil** (Balance, Patchouli)
   
   Massage into: bottom of feet and base of neck or temples

4. **Lifting Oil** (Elevation, PastTense, Peppermint)
   
   Massage into: heart, temples or base of neck

5. **Protecting Oil** (OnGuard, TerraShield, Helichrysum)
   
   Massage into: shoulders (with carrier oil) and/or spine or bottom of feet

6. **Frankincense** (magnifies effects of all oils + calms, protects, lifts and grounds)
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ESSENTIAL OIL PROTOCOL

MRSA

WEEK 1:
• 4 DROPS OREGANO
• 4 DROPS ROSEMARY
• 4 DROPS THYME
Drop essential oils into a 00 vegetable capsule and take 4 times a day for a week

WEEK 2:
• 4 DROPS OREGANO
• 4 DROPS MELALEUCA
• 2 DROPS FRANKINCENSE
Drop essential oils into a 00 vegetable capsule and take 3 times a day for a week

WEEK 3:
• 4 DROPS OREGANO
• 4 DROPS ROSEMARY
• 4 DROPS MELALEUCA
• 4 DROPS ONGUARD BLEND
• 2 DROPS FRANKINCENSE
Drop essential oils into a vegetable capsule and take 2 times a day for a week

These rotations should be done until ALL signs of MRSA have disappeared. Also recommended is 1 drop Cinnamon in each capsule to boost effectiveness of other oils. Recommend taking a daily maintenance dose of Week 3 after infection has disappeared.

TOPICAL BLEND:

IN A GLASS BOTTLE (CAN BE FOUND AT AROMATOOLS.COM.) MIX EQUAL PARTS OF ALL OILS LISTED BELOW AND EQUAL PARTS OF DOTERRA FRACTIONATED COCONUT OIL

• OREGANO
• MELALEUCA
• LEMONGRASS
• FRANKINCENSE
• LAVENDER
Apply mixture directly on and around infected site 2-3 times per day and after bath. (extra virgin olive oil or grapeseed oil can be substituted for FCO but it will be greasy and may stain fabrics – doTerra FCO is non-greasy and will not stain)
ESSENTIAL OIL PROTOCOL

NEUROPATHY

1. Use AromaTouch Essential Oil Blend

2. It's helpful to apply warm rice packs to legs prior to massage as this will pull blood to surface of skin. If rice bags are not available, use moist warm towels or heating pads.

3. Apply 3-4 drops of AromaTouch from ankle up to knee (massage toward heart).

4. Use FCO (Fractioned Coconut Oil) if legs are dry or for men due to hair; the FCO will not dilute the oil, just make it easier to spread around.

5. Start at ankle – feel for joint between ankle and the shin bone (talus bone and tibia); its soft between those 2 points. Move to the inside of the leg and feel for the soft channel that runs between the tibia and fibula. Don't worry if you can't feel this as some people have larger legs than others.

6. Work up the channel using the thumb walk technique. As you work up calve feel for crystals or rubbery bumps and push these toward knee. Check with client to ensure you're not causing pain. Massage for 2-2.5 minutes. Switch to outside of calve and find channel. Repeat technique for 2-2.5 minutes.

7. Foot: flex toes forward on the foot and you will see channel appear going from the heel of the foot across arch up to bottom of big toe. Thumb walk up the channel then massage the whole pad of the foot. Massage 2-2.5 minutes.

8. Technique should be performed every day until client feels relief. Begin every day for 5 days then 2-4 times per week.

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ESSENTIAL OIL PROTOCOL

PAIN MANAGEMENT

Topical application protocols:

1. SPINAL THERAPY—LAYER A COUPLE DROPS EACH AND RUB IN: Balance, Oregano (DILUTED), Thyme, Basil, Wintergreen, Marjoram, Cypress, Peppermint. (Often this therapy is all that is needed to remove pain, otherwise use formula(s) below)

2. **White Fir** and **Frankincense** applied topically over pain.

3. **PastTense** Roll On Blend/DeepBlue Rub applied to site of pain.

Internally:

1. 12 drops Wintergreen, 8 drops Vetiver, 8 drops Helichrysum in a capsule as needed.

2. For nerve-type pain: In a capsule-- 4 drops Vetiver, 4 drops Peppermint, 4 drops Lavender; DeepBlue topically and internally.

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PINK EYE

1. 1 drop of **Melaleuca** or **Purify** and 1 drop of **Lavender**, diluted in several drops of **Fractionated Coconut Oil**, very carefully applied around the eye. Repeat 4 times a day until symptoms are gone for 2 days.

2. Apply 2 drops of **Oregano** to each foot and cover with socks. Repeat 4 times a day until symptoms are gone for 2 days.

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ESSENTIAL OIL PROTOCOL

POTS SYNDROME

Phase 1:
- 5 drops of lemon oil in water daily (increase slowly to 20 drops)
- Lifelong Vitality Pack—at least one of each daily
- Solace Women’s Blend—roll onto Achilles and outside of ankles daily after showering.
- Oregano and onguard on feet at night or in caps
- DDR (DNA damage and repair)—8 drops in a cap at night
- ONE coconut water daily

Phase 2:
- Mito 2 Max—one cap in AM
- Terrazyme—one cap with each meal
- GX Assist—1 per meal for 10 days, then:
- PB Assist—1 per meal

Other things to use as needed:
- Cypress for circulation in legs (can add to coconut oil and apply)
- Frankincense/balance behind ears for dizziness
- Digestzen for nausea

Resources and Research:

1. Facebook group—POTS. This would be a great resource if you’re not already using it.

2. For General wellbeing and energy----
   LLV
   Mito 2 Max
   DDR Prime
   ONE coconut water daily

3. For Circulation---
   Cypress on legs for circulation
   http://osdir.com/ml/health-discussion-help/2012-09/msg01983.html
4. For dizziness----
   Franki/balance behind ears

5. For nausea---
   Digestzen under tongue or on stomach for nausea
   http://osdir.com/ml/health-discussion-help/2012-09/msg01222.html

6. Leaky Gut—
   Terrazyme/PB Assist/ Lemon oil in water
   http://osdir.com/ml/health-discussion-help/2012-04/msg02610.html

7. For yeast---
   PB Assist
   GX Assist
   Lemon water
   http://www.everythingessential.me/HealthConcerns/Candida.html#page=page-2

8. For strep:
   Oregano and onguard (in caps). Also melaleuca breaks the biofilm of the strep.
   http://www.everythingessential.me/HealthConcerns/SoreThroat.html#page=page-2

9. Low estrogen/progesterone---
   Solace Women’s blend
   Phytoestrogen
   http://www.everythingessential.me/HealthConcerns/Hormone%20Balance.html#page=page-1

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ESSENTIAL OIL PROTOCOL

PREGNANCY AND BEYOND

Oils to use to support pregnancy:
Geranium (topically or inhalation)
Ylang Ylang (topically or inhalation)
Lavender (topically or inhalation)
Grapefruit (topically or inhalation)
Roman Chamomile (topically or inhalation)

1. Breasts (to soothe sore breasts and nipples):
Lavender - soothes (topically)
Geranium - soothes (topically)
Roman Chamomile - sore nipples (topically): Add 3-5 drops to 1 Tbs. carrier oil and massage on location.

2. Delivery:
Lavender (topically or inhalation) - stimulates circulation, calming, antiseptic
Clary Sage (Topically) - Dilute as recommended, and apply 1-2 drops on hips, bottom of feet, or abdomen. Add 3-5 drops to 1 Tbs. carrier oil, and massage on hips, of feet, or abdomen. Inhalation – Diffuse into the air

3. Avoid episiotomy:
Geranium (topically) – Add 5-10 drops to ½ tsp of olive oil, and massage into perineum. Diffusion: Serenity or Elevation

4. Early Labor:
Lavender (topically) - Rub 1-3 drops on stomach to help stop pre-term labor.

5. Energy: Blend:
2 drops Roman Chamomile, 2 drops Geranium, and 2 drops Lavender in 2 tsp. carrier oil and massage into skin.

6. Hemorrhaging:
Helichrysum (topically) – Apply 1-3 drops on lower back to help prevent hemorrhaging.

7. High Blood Pressure: Ylang ylang, Eucalyptus, Lavender
Bath 1: 3 drops ylang ylang in bath water, and bathe in the evening twice a week.
Bath 2: 5 drops geranium, 8 drops lemongrass, and 3 drops Lavender in 1 oz. fractioned coconut oil. Rub over heart and reflex points on left foot and hand.
8. **Labor (during):**
   Clary Sage (topically) – apply 3 drops around ankles or abdomen.

9. **Labor (post):**
   Lavender, Geranium

10. **Lactation:**
    Clary Sage (starts production), Fennel or Basil (increase production), Peppermint (decrease production). Dilute as recommended, and apply 1-2 drops on breasts. Apply Peppermint with a cold compress to help reduce production.
    **Caution:** Fennel should not be used for more than 10 days, as it will excessively increase flow through the urinary tract.

11. **Mastitis:**
    Lavender, Citrus Bliss (combine with Lavender) Dilute and apply to breasts.

12. **Morning sickness:**
    Ginger (topically, inhalation, or internal), Peppermint (topically or inhalation): Dilute as recommended, and apply 1-3 drops on ears, down jaw bone, and on reflex points of feet. (Internal): Place 1-3 drops in empty capsule, and swallow. (Inhalation): Diffuse into the air. Inhale directly or applied to hands. Apply 1 drop on pillow to inhale at night.

13. **PPD:**
    Elevation, Lemon, Lavender, Frankincense, Clary Sage, Geranium. (Inhalation): Diffuse into air. Inhale directly or apply to hands, tissue or cotton wick. (Topically): Dilute recommended. Apply 1-2 drops to temple or forehead. Add 5-10 drops to 1 Tbs. coconut oil, and use as a massage oil. Add 1-3 drops to warm bath water.

14. **Stretch Marks:**
    Lavender, Myrrh (Topically): Add 5-10 drops to 1 Tbs coconut oil or hazelnut oil, and apply on location.

15. **Baby (newborn):**
    Frankincense (1 drop on crown), Myrrh (1 drop on umbilical cord and navel), Balance (1 drop on feet and spine)

16. **Care should be used** with essential oils...they are extremely potent. This especially applies to Clary sage and Fennel during pregnancy. These oils contain active constituents with hormone-like activity and could possibly stimulate adverse reactions in the mother, although there are no recorded human cases.

A submission directly to EverythingEssential.me. Our thanks to: Tanya.

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ESSENTIAL OIL PROTOCOL

RHEUMATOID ARTHRITIS

Since arthritis is more often a chronic condition some people will benefit most by rotating between a variety of oils. Others have lived with the pain for so long or have used prescription medications they may not respond immediately to the oils. Periodic (weekly) AromaTouch Technique relieves the stress from the constant pain of chronic conditions as well as rebuilds homeostasis in the body.

Temporary pain relief - Birch (if not available use Wintergreen), DeepBlue, Peppermint, Wintergreen and other anti-inflammatory oils applied topically to the affected area. Be sure to use a carrier oil for those with sensitive skin. Follow topical oils with DeepBlue Rub or heating pad for deeper penetration. Wintergreen and Birch should be diluted with a carrier oil (FCO) before topical application.

1. Dr. David Hill in his book Nature’s Living Energy comments, “In treating patients with rheumatoid arthritis, I have found that a combination of Lemon and Myrrh, or Oregano applied topically can be quite soothing to inflamed joints.”

2. Consider the pain relief oil blend DeepBlue this is available in a 10ml roller bottle, or in a tube as a rub.

3. Equal drops of Wintergreen, Lemongrass, Frankincense, and Eucalyptus blended with a 50% carrier of fractionated coconut oil (FCO) has been found to be an effective formula for arthritic pain.

4. An oil or blend should be applied directly to the affected areas using light massage. Use a hot compress after massage application for deeper penetration and relief. For further relief use a local bath for the hands or feet. Fill a bath bowl with hot water. Add 3-4 drops of the oil or blend to ½-1 cup Epsom Salt mix well w/salts & then soak your hands or feet till the water begins to cool. These same oils can also be added to 1-2 cups Epsom Salts and used as a total body soak in the tub.

Long term relief - Improve diet with LLV (Life Long Vitality) supplements and/or using the GX Assist/PB+Assist cleansing protocol.

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ESSENTIAL OIL PROTOCOL

SORE/STREP THROAT

1. 1 drop oregano, 1 drop melaleuca, and 1 drop Onguard, diluted. Apply topically on throat, around ears, and on feet 4 times a day, or every hour if symptoms are severe.

2. For adults, you can also put warm water in a small glass. Add 2 drops oregano and 2 drops lemon. Gargle, and then swallow.

3. Fill a glass spray bottle (www.aromatools.com) with water, and add a few drops of Onguard. Spray repeatedly on back of throat.

4. For a severe sore throat, take one of your empty lemon bottles since you will be putting lemon in it, or any of the oils mentioned-empty bottles, and fill it with distilled water. Leave about an 8th of an inch from the top. If you don't have a spray top for the 15ml bottle just do it in the smallest bottle you have & only add 15ml of water)

   Then add:
   8 drops OnGuard
   8 drops Lemon
   4 drops Peppermint
   1 drop Oregano or Thyme
   2 drops Myrrh
   1 drop Clove
   1 drop Sandalwood
   1 drop Cinnamon
   2 drops Frankincense

   Shake and spray to back of throat. Can add 1 drop of liquid stevia. It will numb the back of the throat and you can feel it for about 15 minutes. Use every 15-20 min or as needed...

5. For congestion:

   STEAMER RECIPE

   1 DROP PEPPERMINT
   1 DROP LEMON
1 DROP MELALEUCA
1 DROP OREGANO

PUT ALL OILS IN A CUP OF BOILED STEAMY HOT WATER. BREATHE IN NOSE AND MOUTH.

6. **Z Pack**

   - **Recipe 1**
     - OnGuard 6 drops
     - Oregano 3 drops
     - Frankincense 1 drop

   - **Recipe 2**
     - Melaleuca 5 drops
     - Lemongrass (can use basil or coriander) 5 drops
     - Thyme (can use rosemary or basil) 3 drops
     - Cinnamon 3 drops

   - **Recipe 3**
     - Cinnamon 5 drops
     - Oregano 5 drops
     - Lemon 5 drops
     - Frankincense 1 drop

Use recipe 1 for 3 days. Take one cap in the morning and one cap in the evening. Alternate to another one of the recipes every 3 days until symptoms are completely gone.

7. **Momma’s Magic Bullet**--- An alternative “antibiotic” blend, especially good when sinuses are affected. 4 drops each Basil, Thyme, Oregano, Rosemary or Melaleuca, 2 drops Frankincense, 2-4 drops OnGuard, and 1-2 drops of Myrrh (for congestion) into vegetable capsules. First day, take every 2 hours. Days 3 and on, take every 4 hours until all symptoms disappear, and then add at least 2 full days.

8. **Olive oil and garlic ear** drops can be purchased at Whole Foods or similar store. Use 3 drops in each ear 2-3 times daily.

9. Diffuse Breathe or OnGuard.

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ESSENTIAL OIL PROTOCOL

STOMACH ISSUES
(NAUSEA/VIRUSES/FOOD POISONING)

1. At first sign of indigestion or upset stomach, apply 3-4 drops of diluted digestzen directly on stomach. If this doesn’t help...

2. You can also try drinking a drop of digestzen mixed with 2oz water as an alternative to applying it topically.

3. Other oils to consider include peppermint, ginger, fennel, and geranium.

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ESSENTIAL OIL PROTOCOL

SUN BURN

1. **Recipe 1:**
   - 2 oz. bottle spray bottle
   - 20 drops Peppermint
   - 20 drops Lavender
   - Fill rest of way w/purified water.
   - *Optional can add 1 oz natural Aloe vera gel then fill w/purified water.
   - Use as needed for sunburn relief.

2. **Recipe 2:**
   - In an empty 15ml:
   - 10 drops Peppermint
   - 10 drops Lavender
   - 10 drops Melaleuca
   - Fill with FCO and use spray top....mist on sunburn as needed for relief.

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TICK BITES

1. **TICK BITES:** Apply Purify or Melaleuca topically twice daily for a week. Put 3 drops of each Melaleuca, OnGuard, and Oregano in a vegetable capsule and swallow. Take capsules 3-4 times a day for 3 weeks.

2. **PREVENTING TICK BITES:** Purify. Simply put a spray top on the oil bottle and use like you would any other bug spray.

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ESSENTIAL OIL PROTOCOL

UTI/CYSTITIS
(kidney, bladder, urethra)

Parts of this were taken with permission from *Essential Oils Overview and Reference Guide*, published by: The Family Tree, 2008

**Oils, blends & products recommended:**

**Primary:** Frankincense, Lemon, OnGuard, Oregano

**Secondary:**
Also consider: Cassia, Cinnamon, Melaleuca

**Suggested protocols:**

**For adults:**

1. Fill a veggie capsule with 2 drops Frankincense, 6 drops OnGuard, 6 drops oregano. If severe infection is present also add 5-6 drops Cassia.

2. Take one capsule, 3 or 4 times per day.

3. Drink 1/2 cup of unsweetened, natural cranberry juice (not the grocery store type but that purchased in a health food store) 3 times per day. This is bitter but worth the distasteful experience.

4. Continue 2 or 3 days after the discomfort stops.

5. Drink lots of water and add 1 to 2 drops of lemon essential oil to each glass of water.

6. Most frequently a UTI is a bacterial infection and experience suggests that starting oils as soon as the UTI is suspected and being very aggressive with the frequency of application can reduce the time of discomfort significantly. Also, to be safe from reoccurrence, continue the oils for a week after the symptoms have subsided.

**For Interstitial Cystitis:**

IC can be very dependent upon the person here are several recommendations.

1. **Frankincense, Sandalwood & OnGuard** applied topically to abdomen.
2. **DigestZen** applied topically to abdomen & taken internally. 2-3 drops per application.

3. 2-4 drops each **Lemon, Oregano & Melaleuca** 2-3x/day. Balance on bottoms of feet 2x/day.

4. **DDR + Franki+ FCO** on tampon inserted vaginally each night for 2 weeks.

5. **Lemongrass** and/or **Bergamot** applied topically to abdomen 2-3x/day for pain control.

6. **GX Assist & PB+ candida cleanse**.

7. **Zendocrine** applied topically over abdomen 3-4 drops 2-3x daily.

8. **Cypress, Sandalwood & Onguard** topically on abdomen.


10. 6 drops **Frankincense** +5 drops each **Marjoram & Basil** in capsule w/breakfast. At night on tampon 4 drops each **Frankincense, Marjoram & Sandalwood**.

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ESSENTIAL OIL PROTOCOL

VOMITING

1. Apply 3-4 drops of diluted digestzen directly on stomach.

2. If there is no improvement, put a drop of digestzen in a Tablespoon of water and drink it.

3. Other oils to consider include: ginger and peppermint.

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ESSENTIAL OIL PROTOCOL

WARTS/ SKIN TAG REMOVAL

1. Dip a toothpick in oregano, and touch the end of the toothpick on the wart directly. Do this twice a day for three weeks.

2. Another blend to try internally is:
   10 drops lemon
   10 drops peppermint
   10 drops onguard
   Put in a vegetable capsule and take with breakfast every day for 2 weeks.

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