



Reminders For The Warmer Weather

Spring and summer days blossom with warmth, unpredictable humidity, sudden storms and various opportunities for more vigorous activities. These seasonal changes bring us a whole set of health challenges including: allergies, sinus conditions, skin reactions to sun and toxic plants, and muscle stress and strain as we push our bodies to new limits after being inactive through the long winter.

We know that eating a balanced diet, drinking plenty of pure cool water, and getting enough rest will help you through, but did you know that many of these conditions can also be helped with the use of essential oils? Many of these oils (the immune system of plants) are known to bring more oxygen to cells, stimulate white blood cell formation and fight infections. These oils can help us cool off, calm down, relieve congestion, soothe the skin, ease aches and pains and keep the bugs away.

A few of the oils that help are Lavender, Eucalyptus, Chamomile, Peppermint, Melaleuca Alternifolia (Tea Tree), Citronella, Rosemary, Thyme and Lemongrass.

These suggestions apply ONLY to therapeutic grade, Young Living Essential Oils, which are measured by European standards and acknowledged by the FDA for their quality.

LAVENDER is antiseptic, anti-inflammatory, and anti-infectious. This “Universal Oil” is used extensively in France, is safe for children and found in many blends. It is very healing for burns such as sunburn or burns from the barbeque. It helps regenerate cells of the skin. Lavender is useful for respiratory congestion and headaches, relaxes the mind and balances the emotions to help us unwind. Useful for muscle aches and pains. Found in **Aroma Siez, Gentle Baby, R.C., M-Grain, Trauma Life, and LavaDerm Cooling Mist** (*Great for sunburn!!*).

PEPPERMINT is anti-inflammatory, anti-spasmodic, anti-bacterial and pain relieving. It’s a wonderful oil to soothe digestive upsets, headaches, itchy skin and dermatitis. Peppermint brings down body temperature in the hot weather and will help wake you up after a long flight or mid-afternoon nap. One drop in a pint of water makes a pleasant, cooling drink and helps with digestion. This oil is found in **Di-Gize, PanAway, R.C., Raven and Relieve It**.

EUCALYPTUS is known to be anti-bacterial, anti-fungal, anti-viral, anti-inflammatory. It is an expectorant and helps with respiratory congestion of sinus conditions, allergies and asthma. Eucalyptus helps with migraines, muscle aches and pains and is a powerful insect repellent. It is found in **R.C, Raven, and Thieves**.

MELALEUCA ALTERNIFOLIA (TEA TREE) is well known to be anti-bacterial, anti-fungal, anti-inflammatory, anti-parasitic, anti-viral and immune stimulating. It is safe for children, useful for gum disease, respiratory congestion & mucus, helps with Athlete's Foot fungus, acne, cold sores and helps reduce phlebitis. Found in **Melrose** and **Purification**.

Essential Oils are also available in **BLENDS** of multiple oils that are formulated to enhance their effectiveness. Some of the more useful blends for the summer are Purification, Peace & Calming, Thieves, R.C. and Melrose.

PURIFICATION is a blend of Citronella, Lemongrass, Rosemary and 3 other oils. This oil blend cleanses and disinfects cuts, scrapes, bites and insect stings. It neutralizes odors and is a good insect repellent.

PEACE & CALMING with Tangerine, Orange, Ylang Ylang, Patchouli and Blue Tansy will promote a sense of peace and emotional well-being. If massaged on the bottoms of the feet it will promote a good nights rest and calm over-active children. Possible photosensitivity.

R.C. contains 10 single oils including 3 different kinds of Eucalyptus, Pine, Lavender and Peppermint. It is one of the blends that helps relieve allergy symptoms, sinusitis and other respiratory issues.

THIEVES is a blend of Clove, Lemon, Cinnamon Bark, Eucalyptus and Rosemary. It is highly antiseptic, anti-viral, anti-bacterial and anti-infectious. **Thieves** has been documented to kill 99.96% of bacteria it comes into contact with. It is the flagship product in a line of products including a pocket size spray, and waterless hand cleaner. Other products include a foaming hand soap, bar soap, toothpaste, mouthwash and throat lozenges. **Thieves** is also available in a non-toxic, biodegradable, antiseptic hard surface cleaner proven to kill black mold.

References: Aromatherapy for Vibrant Health & Beauty by Roberta Wilson
Essential Oils Desk Reference by D. Gary Young, ND
Saving Face by Dr. Sabina DeVita



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