

ESSENTIAL FAMILIES

Quick Reference Guide for your Everyday Oils



LEMON

- May help support the immune system
- May help energize/stimulate the mind and body
- Can be used in your skin care recipes
- Helps clean, degrease and disinfect surfaces
- May act as an appetite suppressant



FRANKINCENSE

- Can be used in your skin care recipes
- May help reduce the appearance of aging
- Helps alleviate occasional nervous irritability
- May help support the immune system
- Diffuse to enjoy a comforting aroma



RC

- Apply to the chest, back &/or throat area to support a healthy respiratory system during times of irritation
- Add to a hot compress and place on chest for added support
- Diffuse overnight to combat snoring and promote a restful sleep



PANAWAY

- May help with muscle pain after exercise
- May help alleviate minor aches and pains
- May soothe sore joints
- May soothe tension related neck and head pain



LAVENDER

- May give you a more peaceful night's sleep
- Use in your favorite skin care recipes
- May soothe minor skin irritations
- Enhances relaxation
- May minimize seasonal discomforts
- Deodorize closets and drawers
- May help in minimizing scar tissue or wrinkles



PURIFICATION

- May be used to cleanse and soothe skin
- Helps purify the air from odors
- May help relieve bug bites
- May be used as insect repellent
- May help minimize seasonal discomforts
- Deodorize closets and drawers
- May minimize ear pain



THIEVES

- Best choice for fighting germs
- Helps clean and disinfect surfaces
- May support healthy immune function
- Diffuse to help purify the air
- May help minimize teeth or gum pain



COPAIBA

- Promotes wellness
- Apply topically as part of a daily health regimen
- Mix with honey and warm water to create a post workout tea
- Helps support the muscular and nervous systems



PEPPERMINT

- May help with alertness
- May help soothe tummy troubles
- May help open up a stuffy nose
- May help relieve tension related aches and pains
- May help support healthy lung function
- Also used to flavor teas and recipes



DIGIZE

- Take this one with you when traveling, especially abroad, to support a healthy digestive system
- Soothe tummy troubles of all kinds by diluting with a carrier oil and massaging on your stomach or vital points of the feet

Young Living Essential Oils Reference Guide

Eric Zielinski, Sabrina Ann Zielinski



Young Living Essential Oils Reference Guide:

Quick Reference Guide for Using Essential Oils ,2005 *Reference Guide for Essential Oils* Connie Higley,1998

Reference Guide to Using Essential Oils in the Animal Kingdom-Black and White Version Rev. Leigh

Foster,2008-07-26 This book contains the techniques developed and used by Rev Dr Leigh Foster using Young Living Essential Oils It also contains her recipes as well as testimonials from others whom have used her methods and knowledge to help their animals Her specialty is cats and wildlife The contents of this book are not intended to diagnose prescribe or replace the care of a veterinarian This is the black and white version Bulk discounts are available for this item **Essential**

Oils the At-A-Glance Quick Reference ,2021-06 A quick reference guide to using the top essential oils of Young Living This is a smaller perfect bound book Dying The Right Way Janice L. Long,2010-07-02 Dying the Right Way is written for

seniors families and caregivers Dying the Right Way prepares seniors and families for the time when caregiving is needed and offers a system for caregiving in the home for either family caregivers or for monitoring professional caregivers Dying the Right Way extends the caregiving experience to assist seniors in planning for the time when they might need care through the document preparation phase the search for a residential facility life support the dying experience funeral planning and settling of the estate *The Chemistry of Essential Oils Made Simple* David Stewart,2005-04 This solidly

scientific book is anchored in scripture and easy to understand It will give you an appreciation of both the scientific and spiritual bases of healing by prayer and anointing with oils Publisher description Essential Oils: A Guide on How to Make Essential Oils Melissa Johnson,2014-03-03 This book explores the properties benefits and uses of Essential Oils The author discusses the sources of Essential Oils and gives insight into the reasons why these oils are fast acting and the best natural method of quickly alleviating the discomfort associated with certain medical disorders The Book also gives a list of everyday oils and outlines the various health benefits to be derived from the use of these oils and the ways in which these oils can be used as an alternative other methods of treating minor illnesses Based on extensive research and experience the author makes recommendations on matters such as the best types and brands of Essential Oils and how these oils can be purchased

The Essential Oils Complete Reference Guide KG Stiles,2017-01-31 KG Stiles shows you how to create essential oil recipes to shift your mindset and connect your body and mind featuring more than 1000 cures for every ailment from sleeping problems to healing sinuses An aromatherapist to stars like Yo Yo Ma Sela War Charles Barkley and Tommy Lee KG provides prescriptions with personalized formulas for your ailment You ll learn which oils work best for certain problems and will be introduced to new oils you may not have heard of before The balanced blended recipes include a broad spectrum of solutions for various conditions You ll build connections with plants and experience nature with your ability to heal yourself as the aromatic oils stimulate your powerful olfactory nerves Essential Oils Guide Book Olivia Banks,2018-09-12 Looking for books on essential oils and aromatherapy You ve come to the right place Essential Oils Guide Book contains everything a

new or seasoned oils enthusiast would want to know You ll explore the MANY benefits of aromatherapy and essential oils from home remedies to picking your first starter kit of oils it s all here Here s a quick preview of what s inside What Exactly are Essential Oils History of Essential Oils Health Benefits of Aromatherapy Oils and Essential Oils How Do Essential Oils Work Are Essential Oils Safe How to Use Essential Oils How to Treat Certain Ailments and Conditions Such as Stress Anxiety Allergies Headache Sleep and even Weight Loss with Essential Oils Household Uses A Buying Guide to Learn How to Choose the Best Essential Oils And Much More What are you waiting for Scroll up and click the Buy Now button to enter the exciting world of aromatherapy and essential oils

The Holistic Dog Book Denise Flaim,2008-04-21 This book is an important contribution to improving the health well being and care of our closest animal companion the dog No one with a dog should be without this book From the Foreword by Dr Michael W Fox The Holistic Dog Book addresses your whole dog and all the ways you can bring a more natural approach to your dog s care Whether you re interested in essential oils homeopathy natural diets herbal remedies acupuncture massage or emotionally satisfying training you ll find what you need to make well informed decisions about what s right for the both of you

Essential Oils Desk Reference 3rd Edition Young,2015-01-01
Essential Oils the On-The-Go Field Reference ,2021-06 The condensed essential oils usage guide for Young Living

Essential Oils This is a smaller paperback spiral bound book **Essential Oils and Aromatherapy Guide (Boxed Set):**

Weight Loss and Stress Relief Speedy Publishing,2019-11-22 There are many uses to essential oils Peppermint can help with stomach issues and PMS Clove oil is used to cure headaches Inhaling citrus oils has been said to cure cabin fever Other oils like mint and citrus help people relax during summer Essential oils are organic and all natural so they can be used as replacements for certain harmful medicines and perfumes Integrating essential oils into a person s routine can significantly improve mental and physical health

The Essential Oils Diet Eric Zielinski,Sabrina Ann Zielinski,2019 The Zielinskis teach readers how bioactive plant compounds those found in essential oils and foods can aid in weight loss boost energy levels and trigger the body s natural immune defenses to fight chronic diseases like type 2 diabetes and autoimmunity Their two phase program features recipes meal plans and strategies to keep you on track as you learn how reach the homeostasis necessary to help you achieve and maintain a healthy weight and abundant health

Anxiety Breakthrough Peg Haust-Arliss
LCSW-R,2016-03-09 Anxiety Breakthrough breaks you out from the walls of Anxiety State Prison First the author inspires you with her own compelling story of imprisoning anxiety and panic She helps you understand how and why you both became incarcerated and then gives you her plan for escape tools and strategies that will nourish your mind body and spirit Now a psychotherapist specializing in anxiety the authors down to earth personable and empowering style jumps out of the pages making you feel she is working directly with you Anxiety Breakthrough promotes a shift from a reactive symptom driven disease approach to a proactive practical empowering all natural approach and ensures that you wont return to your tiny cell anytime soon Anxiety is part of the human fabric and a capacity that insured that our distant ancestors survived and is useful

in modern life protecting us from danger and guiding our decisions However in modern times so much anxiety is without purpose and interferes with functioning and enjoyment of life The author has written a book that describes anxiety in language that is easily understandable and presents a holistic approach to managing anxiety This book could be of great benefit to the millions of people suffering from unneeded anxiety Daniel Beck LICSW Clinical Supervisor Beck Institute for Cognitive Behavior Therapy Unbreak Your Health Alan E. Smith,2007-01-01 Smiths complete guide presents proven healing techniques from 5 000 years ago to the most modern innovations With more than 300 listings in 135 categories it is one of the most complete books ever published on complementary and alternative therapies **Travel Balance** John Ayo,2014-10-10 How can I thrive while I travel What can I bring to help me maintain my health How can I best manage sleep while crossing time zones Whether you are traveling for business or pleasure Travel Balance offers a simple guide on how to stay healthy and balanced while on your trip World traveler and Naturopath John Ayo shares a wide variety of health tips on some of the best foods to eat natural supplements to take some easy ways to exercise how to reduce stress get better sleep and for those long international flights how to alleviate jet lag He also offers some natural remedies for some of the most common illness symptoms that can happen while traveling From preparing for your trip to traveling to your destination enjoying your trip to returning home Travel Balance is a step by step health and wellness guide that shows you some unique ways to stay balanced and healthy while you travel Essential Oils the Complete Home Reference ,2021-06 The complete guide to using the Essential Oils of Young Living The book is a large hardcover book with spiral binding **101 Ways to Improve Your Health with Body Work** Alan E. Smith,2017-05-01 **Healing Power Beyond Medicine** Carol A. Wilson,2011-03-16 Successful healing has been wished and hoped for until now Dr Carol A Wilson offers a new biopsychosocial spiritual perspective on disease illness health and healing In an approach to healing that includes the removal of eight common barriers to healing and Complementary and Alternative Medicine CAM Healing Power Beyond Medicine inspires and provides tools that produce efficacious and positive outcomes

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