

## GE'SUND'HEIT!

### Fortify Against COLDS and FLU with Pure Essential Oils Be Prepared You Can Prevent or Lessen the Symptoms of FLU

**Abstract:** This paper documents how our family has used Young Living products to address Flu and Colds indications. The paper records some of our personal experiences with Young Living therapeutic-grade essential oils and supplements and is not intended to negate advice from your health professional.

The FLU hits when we are most vulnerable...when our immune system is already weakened. The very young and the elderly are particularly susceptible, and FLU can be dangerous. Our family has been fortunate to STOP Flu and Colds in their tracks at the first signs of infection by using Young Living essential oils and supplements fortified with essential oils as we follow conventional health precautions. Recovery time may be cut to days instead of weeks.

We found these products to be most **beneficial for Flu:**

**IDAHO TANSY**...produced by Young Living Essential Oils. At the first signs of *Flu* we rub several drops of the **Idaho Tansy** on our abdomens and lower back being sure to apply some to the spinal area (*viruses incubate along the spine*). We soak in a warm tub and then apply more **Tansy** before going to bed. The warm bath water will facilitate absorption.

**EUCALYPTUS RADIATA**...Dr. Penoel teaches to add a drop to 1 Tbs of honey.

**THIEVES, EXODUS II, or IMMUPOWER**...All of these blends are excellent in their action to boost the *immune response*. Rub on spine and bottoms of the feet. One may put drops in a little water and use as a gargle.

**BREATHE AGAIN**...comes as an easy to carry with, easy to use roll-on...most effective!

**THIEVES** is especially effective as a *gargle*, and/or **THIEVES SPRAY**.

**INNER DEFENSE**...we take this Young Living *immune strengthening virus fighter* supplement as soon as we can. We take one before we go to bed. Often there will be little or no trace of the symptoms in the morning. However, we have learned to continue with the **Inner Defense capsules** for a week to be sure to give our *immune system* the help it needs to fully recover.

**DI-GIZE**...amazing results when gently applied to abdominal area (skin test first & dilute w/carrier oil). Especially welcomed when *nausea* and/or *sore throat* is present. One drop on a bit of dry bread held under the tongue may soothe *digestive cramping*.

**DIFFUSER**...see list of essential oils singles and blends we use for respiratory support on the following page.

### **A COLD? - CATCH IT QUICKLY**

**R-C**...is an essential oil blend very useful for *respiratory congestion, sinuses and bronchial/lungs*. We apply **R-C** around our eyes in a "raccoon mask" pattern being careful to not get it in our eyes. It is also applied on the chest. If we put some on our little ones, we add a few drops to our **V-6 Massage Oil** so it spreads easily over both chest and back areas. We also can use it on our very little babies by putting it on their little toes and the ball of the foot and then put socks over it so they don't get the **R-C** on their hands. We also use an aromatic **diffuser** to disperse this blend into the air to help us *breathe easier* and to *purify our home*.

**RAVEN**...This blend is especially wonderful for children and can be used to enhance the actions of **R-C**. It is mild and can be used full strength on children. We've used it to alleviate *wheezing*.

**PEPPERMINT**...Wonderful for clearing *sinus passages*. We just sniff it. For a cooling action, we drip **Peppermint** on the spine and rub it into the feet. It has been very effective in *cooling the body*. It opens the head and helps with *headache* and *digestive discomfort*.

**INNER DEFENSE and EXODUS II**...You'll be so glad you decided to have these on hand for the first sign of a cold (or flu)! These Biblical blends of essential oils are designed to *support the immune system* and ward off degenerative changes in the body.

**THIEVES PRODUCTS**...powerful blend found to have a 99.96% effective rate against *airborne bacteria*. **THIEVES** oil blend is an integral ingredient in a family of health-related products: **FOAMING HAND SOAP, WATERLESS HAND PURIFIER, HOUSEHOLD CLEANSER, THIEVES SPRAY, THIEVES WIPES, LOZENGES, FRESH ESSENCE PLUS MOUTHWASH and DENTAROME PLUS & DENTAROME ULTRA toothpastes**.

**NINGXIA RED JUICE**...powerful combination of *antioxidants and enzymes*. Just what the doctor ordered! We drink 1 to 2 ounces at least 3 times a day at the first sign of symptoms. **NINGXIA RED** is now the first thing we reach for to fortify our bodies and help the *pH balancing* needed when we tend to become too acidic as happens when we begin to feel we are heading toward nature's cleanse...a cold. Often, this seems to be all we needed!

**COMFORTONE**...our first line of defense is to make sure our *colon* is eliminating smoothly. Offensively appropriate too!

**NOTE: The above information is for educational purposes only, and to share our actual personal experience in each instance. We urge anyone who is experiencing the unfortunate circumstance of ill health to please seek the advice of her/his health professionals. GESUNHEIT (May you be lifted higher.)**

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