

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 Oil Reference Guide

Marlene Houghton



Young Living Essential Oil 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 **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: 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 **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

Finding Infinity, Vol. 1: an Easy Aromatherapy Guide to Blending Essential Oils (the Anti-aging Secrets) Maria Quezada,2010-09-09 Finding Infinity Vol 1 An easy aromatherapy guide to blending essential oils will take you through a journey of aromatherapy and self discovery You will love the practical natural and easy approaches to beauty health

rejuvenation and stress reduction In this first volume you will be introduced to nine essential oils Bergamot Eucalyptus Geranium Lavender Peppermint Rosemary Tangerine Tea Tree and Ylang Ylang You will be guided as you create functional and multi purpose aromatherapy products including massage oils and perfume roll ons Aromatherapy through the use of pure essential oils is a natural way to improve the quality of life Essential oils are a vital aspect of anti aging because they are cytophylactic which means that they promote cell rejuvenation Embedded in Finding Infinity are keys to rejuvenating the body mind emotions and spirit As you read about aromatherapy look for pairs of infinity symbols to unlock the power within

The Beginner's Guide to Essential Oils Christina Anthis, 2019-08-20 The essential beginner's guide to healing with essential oils The Beginner's Guide to Essential Oils puts the power of natural healing in your hands This straightforward essential oils book distills the knowledge you need to unlock the potential of commonly found essential oils Start making nourishing all natural and affordable remedies to treat a variety of conditions even make your own skin care and home cleaning products This essential oils book explores the many modern applications of essential oils from herbal medicine to aromatherapy to natural beauty Discover profiles detailing the aromas and therapeutic actions of 30 favorite essential oils Breathe easy with guidelines for safe use during pregnancy and instructions on diluting formulas for babies and children You can begin your journey right away with any of the 100 included recipes for health and home In The Beginner's Guide to Essential Oils you'll find 30 essential oil profiles Find practical applications blending and substitution suggestions and more for 30 common essential oils 10 complementary oils Learn the properties and best uses of 10 popular carrier oils you can use to dilute your essential oils 100 useful recipes Enjoy the benefits of essential oils with recipes for salves sprays roll on perfumes and more Blend the healing power of essential oils into your life with The Beginner's Guide to Essential Oils

Astrology Survival Guide: Practical Insights for Understanding Yourself & Life Cycles KG Stiles, 2025-04-15 Unlock the Secrets of the Stars with Astrology Survival Guide Practical Insights for Understanding Yourself Life Cycles by KG Stiles This book is designed for those who don't just want to understand astrology but want to engage with it Astrology Survival Guide offers hands on practical tools that integrate astrology with meditative practices essential oils and crystals empowering you to align with cosmic rhythms through conscious intention Whether you're a beginner or an experienced astrology enthusiast this guide provides a holistic approach to understanding your zodiac sign and navigating life's cycles If you're seeking a deeper connection with the stars and a more balanced empowered life this book is your roadmap for personal growth and transformative change What You'll Find Inside Detailed Zodiac Personality Profiles Gain a clear understanding of the unique traits that shape your personality life path and potential for growth Healing Crystals Gemstones Discover the best crystals to amplify your strengths and bring balance to your energy Essential Oils Blends Learn which oils best support your sign helping to balance and enhance your natural energy New Full Moon Guidance Navigate key cosmic events with expert tips to harness their energy for growth and transformation Angelic Assistance Meditation Tap into divine

guidance with powerful mantras meditations and rituals that support your spiritual journey Positive Affirmations Fuel your transformation with affirmations that inspire growth inner peace and confidence Understanding Basic Astrological Concepts The Sun Moon Ascendant and Midheaven Explore the most influential components of your chart Personal and Social Planets Learn how Mercury Venus Mars Saturn and Jupiter influence your relationships career and life ambitions Transpersonal Planets Uncover how Uranus Neptune and Pluto affect your soul s purpose and spiritual growth The Nodes of Destiny Gain insights into your soul s path Eclipses Retrogrades Learn how to navigate these powerful cosmic events with clarity and purpose The 12 Houses of the Zodiac Understand how the 12 houses influence various aspects of your life Astrology Survival Guide is more than just a book it s a transformative journey By integrating astrology with holistic wellness practices this guide will help you tap into your highest potential navigate life s challenges and find deeper alignment with your soul s purpose Don t Wait Start your personal journey of self discovery today Praise for Astrology Survival Guide A comprehensive astrology book an invaluable resource for expanding both knowledge and appreciation of this fascinating subject Andi Goldman Jonathan Goldman The Humming Effect About the Author KG Stiles BA CBT CBP LMT is an acclaimed metaphysician astrologer and certified clinical aromatherapist with over 40 years of experience She is the founder of PurePlant Essentials and a best selling author who has worked with celebrities athletes and hospitals worldwide She serves as the South Oregon Director for the National Association of Holistic Aromatherapy NAHA [Essential Oils & Aromatherapy](#) Marlene Houghton,2018-12-04 In Focus Essential Oils Aromatherapy is your quick guide to the qualities and healing effects of every major essential oil including recipes for beauty home and health applications Essential oils have been used for centuries and across many cultures in holistic remedies for all types of common ailments Extracted from flowers seeds plants and trees natural oils are applied either topically or aromatically to give healing effects This artfully designed guide gives you easy access to the information you need to use them effectively After a detailed summary of each major oil recipes of specific oil blends for numerous treatments are presented including helpful hints and tips With practice and with In Focus Essential Oils Aromatherapy in hand you will be able to understand and use essential oils for countless purposes including Headaches Runny nose Allergies Common colds Cooking Perfume Deodorizing Stain removalThe In Focus series applies a modern approach to teaching the classic body mind and spirit subjects Authored by experts in their respective fields these beginner s guides feature smartly designed visual material that clearly illustrates key topics within each subject As a bonus each book includes reference cards or a poster held in an envelope inside the back cover that give you a quick go to guide containing the most important information on the subject **Chinese Medicine Guidebook Balance the 5 Elements & Organ Meridians with Essential Oils (Summary Book Version)** KG Stiles,2023-12-21 Harness the Power of Traditional Chinese Medicine Aromatherapy to Restore Balance and Vitality Discover the ancient wisdom of Traditional Chinese Medicine TCM and how essential oils can help restore balance to the Five Elements and revitalize your energy flow In this comprehensive

guide bestselling author and aromatherapist KG Stiles reveals powerful natural remedies used for centuries to support holistic healing If you ve ever felt stuck unbalanced or drained this book will teach you how to align your energy promote well being and regain harmony through the Five Elements Wood Fire Earth Metal and Water and the corresponding organ meridians Inside This Guide You ll Discover The key powers properties and associations of the Five Elements How each element connects to body parts chakras and energy flow Signs of balance and imbalance in each element Physical and emotional symptoms of stagnation and blockage Essential oils for balancing the Five Elements and organ meridians Safe application methods for maximum healing benefits How to select the right essential oils for targeted therapeutic effects The power of Adaptogenic Oils natural super oils that regulate and restore energy flow Adaptogenic Essential Oils The Super Oils for Balance Certain adaptogenic oils have a unique ability to increase or decrease the energy of an element and regulate the flow of Chi in organ meridians as needed These powerful oils serve as natural healers helping you stay in balance mentally physically and emotionally Praise for KG Stiles Work I can think of no one better to teach aromatherapy than KG Stiles Her 30 years of experience and passion to facilitate personal growth and wellness is unsurpassed Eldon Taylor Ph D FAPA New York Times Bestselling Author of Choices and Illusions This book is a must read for anyone interested in holistic healing and the profound ways aromatherapy can be applied as an effective mind body technique John L Turner MD Neurosurgeon Author of Medicine Miracles Manifestations KG Stiles books go way beyond most other authorities on aromatherapy and holistic healing Highly recommended Steven Farmer Ph D Bestselling Author of Earth Magic Why This Guide is a Must Have Whether you re a holistic health practitioner acupuncturist energy healer or simply someone looking to enhance your well being this book will empower you with practical easy to follow techniques to bring balance harmony and vitality into your life Perfect for those interested in Traditional Chinese Medicine TCM and the Five Elements Aromatherapy for Healing and Energy Balance Natural Remedies for emotional and physical well being Acupuncture Meridians and holistic health practices Essential Oils for Health Wellness About KG Stiles With over four decades of experience KG Stiles has helped tens of thousands of people overcome health challenges and achieve holistic well being Known as the Aromatherapist to the Stars her clients have included world renowned celebrities top executives and hospitals She is a bestselling author clinical aromatherapist and NAHA approved Continuing Education Provider Get Your Copy Today Start your journey to balance and energy healing with this powerful Chinese Medicine Summary Guidebook a must have resource for anyone seeking to harness the power of essential oils and Traditional Chinese Medicine for holistic healing Essential Oils for the Whole Body Heather Dawn Godfrey, 2019-11-19 A practical guide to the topical application of essential oils for physical and emotional health and healing Provides in depth profiles of 15 essential oils that form a safe and effective tool kit for treating a broad range of ailments and conditions Examines the body s many absorption pathways and how applying essential oils in different ways has specific influences on the body s systems Offers guidelines for safe application including recommendations

for children and the elderly along with easy to use charts to select the appropriate oil for each situation Well known for their aromatherapy applications essential oils also have outstanding healing abilities when absorbed through the skin Applied topically they work well for wound healing arthritis inflammation and skin conditions Because all of the cells in the body are interconnected they also affect underlying organs systems and soft tissues influencing hormone release gently relieving pain and stress and offering antimicrobial protection against pathogens viruses and bacteria Focusing on 15 essential oils that form a safe and effective tool kit for treating a broad range of ailments and conditions from acne anxiety and asthma to psoriasis shingles and painful periods Heather Dawn Godfrey explores how these essential oils complement and support each other s healing properties and can be blended together to offer dynamic customizable treatments for each unique individual She examines the body s many absorption pathways explaining how even the internal organs have odor receptors and how applying essential oils in different ways has specific influences on the body s systems Offering guidelines for safe application including recommendations for children and the elderly the author provides easy to reference charts and tables to select the appropriate oil or oils for each situation and she explains which essential oils should be avoided during pregnancy and by those with specific conditions such as cancer Presenting scientific profiles for the 15 main essential oils discussed Godfrey also explores complementary therapies that increase the effectiveness of essential oils including Ayurveda and Chinese medicine and she details the colors chakras gemstones and crystals that correspond with each oil She provides recipes for proper dilution and the best carrier mediums including creams compresses lotions and ointments Written for both healthcare professionals and for self care this hands on guide will allow you to effectively treat acute and chronic conditions as well as incorporate essential oils into daily life for physical emotional and spiritual well being

Authentic Aromatherapy Sharon Falsetto, 2014-01-07 Essential oils are becoming increasingly popular but how do you identify quality oils from the myriad of inferior ones to choose from And what can you actually do with these little vials of oils In fact there are countless things you can use them for things that will improve your life and home and it s so easy Sharon Falsetto features forty essential oils and recommends which ones you can use to improve specific ailments ways they can benefit women babies and children how to utilize them in the home and seasonally and how to use them when you are traveling She also provides information on bases for different essential oil uses and lists cautions and tips This complete handbook is a great tool for anyone just starting to use essential oils as a holistic approach or those who have been using them for a long time and includes chapters on The history of scents Essential oils vs fragrance oils Organic and non organic essential oils Hydrosols resins absolutes and carrier oils Extraction of essential oils and home distillation Basic chemistry of essential oils Species and chemotypes Endangered essential oils And much more You ll learn how to use common essential oils like grapefruit eucalyptus cedarwood lavender rosemary tea tree and thyme but also more rare ones like benzoin helichrysum petigrain vetiver and yarrow Essential oils can improve your life and well being if you know how to use them correctly The Aromatherapy Handbook will show you how

Angel Prayers & Affirmations: A Sacred Guide to Divine Connection, Healing Energies & Essential Oils KG Stiles, 2025-04-15 Step into the sacred presence of angels and begin your journey of divine transformation. *Angel Prayers & Affirmations* is your comprehensive guide to connecting with the celestial realm. Blending the divine wisdom of 17 Archangels with powerful affirmations, guided meditations, and the healing influence of essential oils, this book offers a practical and inspiring path to spiritual awakening, inner peace, and personal empowerment. Whether you're seeking protection, clarity, emotional healing, or a deeper intuitive connection, this sacred guide provides clear tools and timeless wisdom to help you connect with divine support. Inside this book, you'll discover:

- The Angelic Realm: Understand the divine roles of angels, archangels, and celestial messengers.
- How to Connect with Archangels: Learn how to invoke angelic support for healing, protection, guidance, and empowerment.
- Transformative Angelic Meditations: Guided meditations to align with your higher self and the love and wisdom of the angels.
- Powerful Affirmations: Activate your spiritual energy and elevate your frequency through the power of intention.
- Essential Oils: Angelic Energy: Discover essential oils and custom blends to deepen your connection with each archangel.
- Angelic Help for Life's Challenges: Receive support for relationships, emotional balance, creativity, and spiritual growth.
- A-Z Angelic Support Guide: A practical reference matching angels and essential oils to everyday needs and concerns.
- Spiritual Science: Quantum Healing: Explore the union of ancient metaphysics with modern energy medicine.

Let the radiant presence of the Archangels uplift, heal, and guide you in all areas of your life. This transformative guide offers keys to divine connection, energetic balance, and living in harmony with your highest purpose.

KG Stiles, BA, CBT, CBP, LMT, is a best-selling author, metaphysician, and certified clinical aromatherapist with over four decades of experience in the holistic healing arts. She has worked with internationally renowned celebrities, athletes, and hospital wellness programs. A pioneer in energy medicine and spiritual healing, KG has authored over 100 books on essential oils, spirituality, and natural wellness. She is the founding director of PurePlant Essentials, offering 100% pure, GC/MS tested essential oils and custom wellness formulas. She serves as the Oregon South Director for NAHA (National Association for Holistic Aromatherapy) and is a NAHA-approved Continuing Education Provider. Her mission is to empower and inspire others on their path to wholeness.

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.

The Essential Oils Apothecary Eric Zielinski, DC, Sabrina Ann Zielinski, 2021-09-07: Soothing practices, healing rituals, and 150 practical recipes for applying essential oils to the treatment and symptom management of 25 chronic illnesses, including insomnia, libido, fibromyalgia, COPD, anxiety, depression, diabetes, dementia, and more, by the bestselling author of *The Healing Power of Essential Oils*. The most comprehensive essential oils resource I know. I highly recommend it.

Amy Myers, MD, New York Times bestselling author of *The Autoimmune Solution* and *The Thyroid Connection*: Extracted directly from the bark, flowers, leaves, resins, and roots of plants, essential oils are highly concentrated plant-based chemical compounds that have been the basis for natural medicine.

for thousands of years Whether you apply them topically ingest them or diffuse them in the air they are scientifically proven to work on the body s physiology gently and quickly which is why more and more people living with chronic conditions from insomnia hypertension and fibromyalgia to Parkinson s epilepsy insulin resistance cancer and even Alzheimer s disease are reaching for them as a complementary therapy Drawing on their authoritative understanding of these powerful concentrations and their mastery of DIY usage Dr Eric and Sabrina Ann Zielinski share more than 150 research backed and easy to prepare topical recipes capsule remedies and diffusions that work to combat the root causes of all disease stress anxiety and systemic inflammation Using oils from more than 70 aromatic plants from copaiba and lemongrass to turmeric and ylang ylang their healing formulations include Earthy Wood Inhaler the perfect way to bring nature inside forest bathing on demand Immune Boosting Diffuser Blend to help protect your body against airborne pathogens IBD Synergy Capsules a gentle mixture of coriander Melissa and peppermint to soothe and promote gut health Extra Strength Bone and Joint Salve powerful pain relief that uses CBD frankincense lavender and wintergreen Sensual Body Spray an alluring scent to help spice up your love life Easy to prepare and apply these time tested recipes and protocols will help you take control of your health and start to enjoy the abundant life again

New and Full Moon Healing Meditations KG STILES, 2025-05-05 Awaken your inner wisdom and spiritual attunement with this beautifully crafted lunar companion *New and Full Moon Healing Meditations* is your indispensable moon phase guide offering practical tools for emotional clarity soul growth and spiritual alignment throughout the zodiac year Perfect for astrology lovers spiritual seekers energy healers and anyone called to live in rhythm with the moon s cycles Inside you ll discover Guided meditations for every New and Full Moon across all 12 zodiac signs Healing rituals reflections and lunar ceremonies to support release and manifestation Essential oil blends and crystal allies for enhanced energy alignment Angelic affirmations and spiritual invocations for inner peace and intuitive clarity Practical moon phase timing tips to sync with celestial energies year round Each section serves as a cosmic initiation into the zodiac s energies guiding you to align with lunar rhythms and co create the most magical healing and fulfilling outcomes in your life Blending astrology energy medicine and aromatherapy this guide supports you in creating sacred rituals for personal transformation and deep connection Ideal for Moon phase rituals lunar journaling Meditation energy healing and spiritual practice Astrology beginners and seasoned mystics Holistic wellness and natural living KG Stiles BA CBT CBP LMT is a Certified Clinical Aromatherapist Intuitive Astrologer and holistic health educator with over four decades of experience in natural healing and spiritual wellness She is the founding director of PurePlant Essentials and currently serves as the Oregon South Director for the National Association for Holistic Aromatherapy NAHA and a NAHA approved Continuing Education Provider KG has created wellness blends for the global marketplace and has taught and worked with hospitals celebrity clients and integrative health professionals worldwide She is the author of over 100 books and her teachings integrate astrology essential oils and angelic guidance to support deep spiritual growth She lives in Ashland Oregon and shares her

wisdom globally through her online store and recently relaunched YouTube channel *The Healing Intelligence of Essential Oils* Kurt Schnaubelt, 2011-11-08 Explores science's new biological understanding of essential oils for improved immunity and treatment of degenerative diseases Explains how essential oils convey the complex natural healing powers of plants offering scientifically proven advantages over synthetic drugs Offers revolutionary essential oil treatments to ameliorate the side effects of chemotherapy and other cancer treatments as well as for hepatitis osteoporosis liver detoxification and the prevention of UV damage and melanoma Presents simple recipes and protocols for strengthening the immune system for treatment of common ailments such as colds flu herpes and candida and for pain management Exploring science's new biological understanding of essential oils and their advantages over synthetic drugs renowned aromatherapist Kurt Schnaubelt reveals how the effectiveness of essential oil treatments stems from our common biochemical and cellular heritage with plants He explains how essential oils preserve a plant's complex natural life supporting and immune building qualities developed through millions of years of interaction with animals and humans Reviewing recent research in molecular cellular and evolutionary biology he shows how the multilayered activity of plant essences helps maintain the integrity of our genetic code the reason why pathogens cannot develop resistance toward essential oils as they do with antibiotics and antivirals making essential oils a more effective and sustainable form of treatment for a variety of health problems Laying to rest old arguments over essential oils alleged toxicity and whether they can be ingested or used undiluted Schnaubelt presents simple recipes and protocols for treating and preventing common ailments such as colds flu herpes and candida as well as for pain management Offering new essential oil treatment opportunities for hepatitis osteoporosis liver detoxification and the prevention of UV damage and melanoma he shows how essential oils can also ameliorate the debilitating side effects of chemotherapy and other cancer treatments as well as how even home use of essential oils for relaxation or skin care can help build one's immunity and overall well being

Essential Oils RAVI RATAN, 2020-09-04 What if you could practice and access happiness at any time When were you last truly happy How did happy feel Some people find that being happy is a natural state of being but for others it's a constant struggle to find contentment with all of life's stresses and upheavals Bestselling author and psychologist Noa Belling has designed a variety of happiness workouts to help you do just that Based on scientific studies of biochemistry and neuroscience this book teaches you how to cultivate happiness by honing certain physical skills such as strength flexibility fluidity grounding and warm heartedness Deeply rooted within your body these skills foster resilience confidence and creativity to help you meet life's challenges skillfully A happiness workout is made up of everyday quick practices complemented by physical exercise programs that are designed to be accessible no matter your age or level of fitness Try it out and feel how it optimises your brain function and reliably turns things around

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Young Living Essential Oil Reference Guide Introduction

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