# **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 initability
-May help support the immune system
-Dittuse to enjoy a comforting aroma



# RC

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



# 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

promote a restful sleep

-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 fissue or wrinkles



# PURIFICATION

-May be used to cleanse and soothe skin
-Helps puritly the air from odors
-May help relieve bug bites
-May be used as insect repellant
-May help minimize seasonal discomforts
-beodorize 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 vitaflex points of the feet



# Young Living Essential Oils Desk Reference Guide

Joacim Rocklöv

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emotional patterns and repetitive circumstances Somatically excavating your personal legend unearths memories of the past that can be reconciled and healed in order to create a new myth for your body and for your Earth My Body My Earth provides a detailed and eloquent rationale and description for how this remarkable technique works both as a therapeutic model and a self help manual It is a major contribution to the burgeoning literature in the field of somatic psychology Robert Scaer M D author The Body Bears the Burden Trauma Dissociation and Disease and The Trauma Spectrum Hidden Wounds and Human Resiliency A remarkable incursion into one of the deepest of all mysteries the hidden memories that are locked into the fibers of our bodies This book is an impressive and extremely helpful guide to reuniting the conscious and unconscious aspects of the mind Richard Smoley author of Conscious Love and Inner Christianity Essential Oils Desk Reference 6th Edition German Translation ,2015-10-01 How to Relieve Bunion Pain, For Pet's Sake, Do Something! Book Three Dr. Monica Diedrich, 2008-10-01 What can I do to make my pet more comfortable when he or she has to cope with pain illness or a chronic condition How can I improve my pet s overall health I can t begin to tell you how many people have asked me these two questions during individual consultations and workshops At times their requests for information have compelled me to search for more effective answers than I was able to provide at the moment For that reason I m very grateful to my clients and students since they we often piqued my curiosity to learn much more about topics I might never have researched any further on my own Because of their gueries while I was writing my second book Pets Have Feelings Too ideas were already swirling around in my mind for a third book a how to book that would help as many pet parents as possible by answering those two questions and more My dream was to compile information all in a single book about as wide a variety of healing modalities as I possibly could However the single book quickly grew so large it soon developed into a series of three books They re all published under the umbrella title For Pet's Sake Do Something and they re each about how you can help your pets heal and enjoy optimum health every day I first discovered the importance of doing something myself when one of my own dogs seemed to be giving up on life At the tender age of two my Shih Tzu Chop Chop was in severe pain because of hip dysplasia and a pinched nerve He spent hours lying with his eyes fixed on the horizon as if his life had no more meaning for him I felt I d most likely have to make a decision soon to give him the final respite he was looking for Meanwhile I was both desperate and discouraged because there didn t seem to be anything more I could do to help him He d already been seen by two different veterinarians and each one had given him only a bleak prognosis Not only that but medications were no longer able to provide the hoped for relief It seemed he was very close to death and the next day I would probably have to make a final decision for him That night all I could do was to lie beside him on the floor crying buckets of tears but at least I was keeping him company and comforting him as best I could I d known ever since I was eight years old about the special intuitive gift I had but at that moment my gift for being able to talk with animals was the farthest thing from my mind I was unable to think creatively or sense anything intuitively at all What happened next though as I lay on the floor beside my

precious pet feeling utterly miserable and totally helpless would be one of the greatest lessons I would ever learn As clear as day I heard Chop Chop say to me You call yourself a healer so do something At first I had no idea what I could do to bring him any other relief In fact his words played over and over in my mind for awhile before their meaning even became clear to me Finally with a flash of insight I realized there was something more I could do I d been using the technique of Cosmic Healing Energy to help people for some time but I d never before thought about using it to help pets However now that Chop Chop was prompting me to be an active participant instead of a helpless bystander I set aside my sense of desperation and immediately began sending him healing light energy I not only sent him healing light myself but I also asked the angels saints sages and healers of all space times and dimensions to join me as well as guide and help me be an effective transmitter of Spirit's ever present healing light and love Even when I consciously thought I was finished with the treatment my hands intuitively kept moving as if they knew exactly where to touch press and pull When the flow of healing energy stopped I thanked everyone for their help and was filled with gratitude and reverence When I went to bed that night it was with the confidence of knowing I d now been able to Do something positive for Chop Chop s highest good regardless of what the outcome might be What happened the next morning was nothing short of miraculous He stood up on all four legs and shook his mane He hadn t been able to do either of those things for quite some time because his hind quarters had been paralyzed Within a week of receiving regular healing treatments he was completely back to being his normal self Most of you won t ever be faced with quite such an extraordinary situation and it s important to realize that not every spiritual healing treatment brings about a physical cure as this one did but you will have many opportunities in everyday life when your pets need healing help in a variety of other ways too That s why it s been so important to me to write this series of books to empower you to be an active participant instead of a helpless bystander By implementing some of the healing techniques I ve shared with you you may be able to help your pet maintain optimum health manage more comfortably through chronic illness or pain or even recover from a serious illness or injury This third book of the series is designed to provide you with guidelines for using alternative and complementary methods of healing Many of them have a long and successful history of use and many that at first may seem to be unconventional are actually scientifically supported Some you ll be able to use right away after reading about them while others will require study or further research on your part in order to use them correctly You ll also learn about various healing modalities a professional can provide for your pet The topics well cover in this third book of the series include Flower Essences for restoring spiritual balance to help relieve both physical and emotional symptoms Essential Oils that quickly and effectively transport oxygen and nutrients into every cell of the body for physical and emotional healing Homeopathy a healing system based on the principle that like heals like Magnetic Therapy Reflexology and Massage for pain relief relaxation reducing anxiety and promoting overall wellbeing Sound in its many different healing forms which serves as a bridge between body mind and spirit Color that can influence how a pet feels and behaves Crystals

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