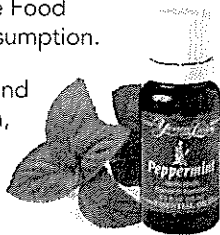


PEPPERMINT

Generally regarded as safe (GRAS) by the Food and Drug Administration for internal consumption.

- **Brain Fog:** place 1 drop on tongue and hold tongue to the roof of the mouth, breathe deeply.
- **Congestion:** place 2 drops in palm, rub together and place over nose, breathe in deeply. May also place one drop on the tongue for relief.
- **Diarrhea:** rub 6-10 drops of in the palm and rub over the stomach and around the naval for relief.
- **Fever:** 2-3 drops on the bottom of the feet to reduce fever. Dilute 50/50 and apply to forehead, temples, and back of neck.
- **Flatulence (gas):** apply 2-3 drops over stomach area with a hot compress.
- **Halitosis (bad breath):** place 1 drop on the tongue.
- **Headache:** rub 1 drop on the temples, forehead, back of the neck, and inhale deeply (keep out of eyes).
- **Hot Flashes:** apply 2 drops on the outside of each ankle at Vita Flex points for ovary and uterus.
- **Indigestion:** dilute 50/50 and apply over stomach with a warm compress.
- **Itching:** apply 1 drop on effected area (unbroken skin).
- **Nausea:** 2-3 drops in palm and rub over abdomen to relieve nausea.
- **Poison Ivy/Poison Oak:** depending upon size of rash apply appropriate amount of oil neat or dilute with V-6 mixing oil.
- **Travel Sickness:** rub 3-4 drops on the stomach and chest for relief.



THIEVES

A strong blend of oils: clove, lemon, cinnamon bark, eucalyptus radiate, and rosemary cineol that provides a hostile environment for viruses, bacteria, parasites, infections, inflammation, microbes, and fungi.

- **Bronchitis:** 2-6 drops diluted with V6 and rub on the chest, upper back, and tops of feet (Vita Flex bronchial tubes).
- **Cold and flu:** diffuse, apply 1 drop to the bottom of each foot. Consume one drop in an 8 ounce glass of water or juice.
- **Cold sores/fever blisters:** 1 drop three times per day until blister/sore is gone.
- **Fungal/Infections:** 1-2 drops on affected area 2-3 times per day until fungus/infection is gone.
- **Strep throat:** 2-4 drops in water and gargle as needed. 2-4 drops diluted with V6 oil, rub on the back of the neck and apply a warm compress.



PURIFICATION

A sanitizing blend of oils: citronella, lemongrass, rosemary, melaleuca, lavandin, and myrtle to provide a hostile environment for bacteria, mold, and fungus.

- **Air purifier home:** diffuse to neutralize air of odors.
- **Air purifier car/office:** place 3-4 drops on a cotton ball and put in air vents to allow central air/heat to circulate the oil.
- **Insect bites:** 1-2 drops directly on bite/sting.
- **Blisters:** 1-2 drops directly on blister.
- **Flu:** 1-2 drops diluted with V6 oil and swab nasal cavity.
- **Insect repellent:** 6-8 drops in a spray bottle (more depending upon size) in distilled water and spritz as needed.



VALOR

An energy balancing blend of oils: rosewood, blue tansy, frankincense, and spruce. It helps the body to bring balance to the nervous system, muscles and bones, and skin. Enhances emotional balance.

- **Back pain/injury:** apply 4-6 drops on the bottom of feet and spine.
- **Joint pain/injury:** apply 2-3 drops on joints as needed. For a larger area mix with V6 vegetable oil.
- **Stiff neck:** apply 2 drops on neck and massage into neck and shoulders.



PANAWAY

A pain reducing blend of oils: wintergreen, helichrysum, clove, and peppermint. Aspirin-like properties that may stimulate quicker healing by facilitating oxygen into the tissue.

- **Inflammation:** apply 1-2 drops on area of discomfort.
- **Bruising:** apply 1-2 drops on bruised area.
- **Sore muscles:** apply 1-2 drops on sore muscles.
- **Headache:** apply 1 drop of oil on the temples, back of neck, and forehead (don't get in the eyes).
- **Pain:** apply 2-4 drops neat or dilute 50/50 on location. Massage 1-2 drops on Vita Flex points of the feet.



PEACE AND CALMING

A deeply relaxing blend of oils: tangerine, orange, ylang ylang, patchouli, and blue tansy for a feeling of peacefulness and emotional well-being.

- **Emergency:** in an event of an emergency apply to bottoms of feet, back of neck, and breathe deeply to calm self or injured/stressed person.

