



Essential Oils:

Lemon Oil (Rutaceae) has a history of being used to fight food poisoning, malaria, typhoid epidemics, & scurvy. It has also been used to lower blood pressure, help liver problems, arthritis and muscular aches and pains. The French used Lemon Oil for Air disinfectant, anemia, asthma, colds, fever reducer, gout, varicose veins, and water purifier. Every day uses for this oil could be things like removing gum, grease spots, and wood stains. My own personal daily use of Lemon Oil is one drop in my bottle water (1 drop equals 30 lemons). It is a great alkalizer.

Lemongrass Oil (*Cymbopogon flexuosus*) has been used for infectious illnesses and fever, as an insecticide, and as a sedative to the central nervous system. The French uses of Lemongrass are bladder infection, connective tissue (regenerates) digestive system, edema, fluid retention, kidney disorders and strengthening vascular walls. My own personal uses of Lemongrass oil is on damaged tendons and ligaments. (topically).

There are 3 ways to use Essential Oils: Topical, Aromatic, & Ingested. Aromatherapy means to treat with aroma through inhalation. The response to aroma has been proven to be as quick as one second.

Topically is to apply directly to the skin, and since the skin is the largest organ of the body it is a great way to use many E.O's

Ingesting oils such as lemon or peppermint is very beneficial. But not all oils can be ingested so be sure to do your research as to which one can or cannot be taken internally.

Essential Oils are the volatile liquids that are distilled from plants, flowers, shrubs, trees, seeds, bushes & roots. When properly distilled, they contain oxygenating molecules which transport the nutrients to the cells of the body. Without oxygen, nutrients cannot be assimilated by the body, creating nutritional deficiencies.

Essential oils have the ability in their chemical structure to penetrate cell walls in 1 to 3 seconds, transporting oxygen and nutrients inside the cell, thus increasing cellular oxygenation and giving greater support to the immune system. Studies have shown that those who contract cold or flu recover 70% faster when using E.O's

Warmest Regards,
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