

15 Ways to Improve Your Health, Happiness, and Longevity with Young Living Essential Oil Products

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1. Need a better night's sleep?

- Peace and Calming or Lavender on the bottom of your feet and brushed on your pillowcase before going to bed. Can also diffuse both 30 minutes prior to retiring.
- ImmuPro - a natural melatonin supplement for those difficult times

2. Dealing with pain? - New pain formula!

- 10 drops Valor, 5 drops Lemon, 2 drops Peppermint topically – blocks inflammation process and to help you sleep after surgery or injury in lieu of pain meds – 20 drops Valerian, 20 drops Helichrysum, 5 drops clove, 5 drops peppermint (this is a very powerful formula – you may want to cut in half the first time you use – and be ready to fall asleep within 15-30 minutes.
- PanAway, Peppermint, Helichrysum, Idaho Balsam Fir, Regenolone cream, Neurogen Cream, Frankincense, Lavender, Lemon, Chamomile, Trauma Life, Relieve It – rub them where it hurts
- Raindrop Technique Kit – all 9 oils rubbed, one at a time, on the back and feet, or on the site of the discomfort
- Pain of Rheumatoid arthritis – better diet, use the oils Ginger, Patchouly, Peppermint and Sandalwood topically

3. Having a stressful day? Use all four, one after another:

- Valor – bottom of feet or a drop on one wrist and hold the other wrist to it for a few moments, smell, also place on temples
- Joy - single drop, over the heart
- White Angelica – single drop in one hand, rub hands together, and brush head, face, shoulders,

4. Catching a cold or flu?

- Thieves 2-3 drops and 2-3 drops of oregano in a capsule, swallow with glass of water. First time user? Start with no more than 1 drop of each in a capsule. Dilute if desired with olive oil. Longevity gel caps, Exodus (supplement) take as directed
- Thieves and oregano on the bottom of the feet, Thieves Lozenges

5. Sinus trouble?

- Put a drop of peppermint oil in one hand, rub hands together, and cup over nose, and breathe deeply. You can also use R.C. this way. Or you can diffuse.

6. Bronchial or respiratory trouble?

- RC and Raven – RC chest and back, Raven bottom of the feet, several times a day. Next day switch – Raven chest and back, RC bottom of the feet, several times a day. Next day, switch back – go back and forth, day by day until you get the results you want. Eat lots of garlic.

7. Need more stamina and energy:

- MultiGreen (supplement) and NingXia Red every day – this combination is AMAZING!
- Peppermint – on the body (back of neck, wrists and temples) or diffused in the room

8. Does your immune system need help?

- Get more sleep, drink plenty of water, and add: Longevity, ImmuneTune, ImmuPro, Exodus, Cleansing Trio, (these are all supplements), ImmuPower (oil blend), NingXia Red (whole fruit infusion drink)

9. Would you like enhanced clarity of thought?

- Frankincense, Peppermint, Clarity, Brain Power, Vetiver – inhale, or rub on back of neck, massage onto scalp
- Switch to toxic free shampoo and conditioners from YLEO, take Omega Blue – take 3 daily

10. Bug Bites

- Purification topically, can use Melrose in a pinch, Basil and Idaho Balsam Fir work well also

11. Other oils to enhance your life:

- Abundance, Highest Potential, Magnify Your Purpose, Joy, Tangerine, Forgiveness, Dream Catcher, Rose

12. BooBoos

- Melrose to fight any infection, Tsuja for bleeding, Rose ointment to promote healing before bandaging.

13. House cleaning

- Make your home squeaky clean and free of bacteria, mold, fungus and other germs with Thieves cleaner, wipes, foaming hand soap and spray. Lemon, Citrus Fresh also works very well. We put a drop of lemon in a freshly cleaned toilet and add a drop every other morning and clean them less often.

14. Hormonal Issues for women

- Lady Sclarol – wear as perfume
- Sclaressence – 4 drops in water or by capsules 2-3 times per day for relief from hot flashes, mood swings, hormonal related depression, infertility, lack of excitement and female dryness

15. Need to enhance your financial well-being?

- Share Young Living with others!