



3173 THIEVES KIT

145 Uses for Young Living's Thieves Product Line

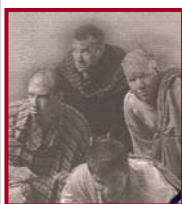
For A Healthier Home, Naturally!

Special thanks to the following for their contributions to this guide:

Richard and Shauna Dastrup/Shi-Faun Enterprises, Inc.
and
Debra Raybern, ND, MH, ICA, CNC
www.youngliving.com/311729a



CODE	THIEVES PRODUCT LINE
3423	THIEVES OIL BLEND 15 ML
3743	THIEVES HOUSEHOLD CLEANER 14.4 FL OZ (428 ML)
3265	THIEVES SPRAY 1 OZ
3266	THIEVES SPRAY 3 PK. 1 OZ
3756	THIEVES WIPES 30 CT
3683	THIEVES FRESH ESSENCE PLUS MOUTHWASH
3744	THIEVES DENTAROME ULTRA TOOTHPASTE
3738	THIEVES DENTAROME PLUS TOOTHPASTE
3737	THIEVES DENTAROME TOOTHPASTE
3282	THIEVES LOZENGES (HARD), 30 COUNT
3229	THIEVES LOZENGES - 30 EACH
3679	THIEVES CLEANSING SOAP - 3.45 OZ



WELCOME TO THE WONDERFUL WORLD OF "THIEVES"

Thieves® Oil Blend is formulated with highly antiviral, antiseptic, antibacterial and anti-infectious essential oils. Thieves Oil Blend was created based on research of a group of 15th century thieves in France who protected themselves by rubbing themselves with cloves, rosemary, and other aromatics while robbing plague victims. This Young Living proprietary blend was university tested and found to be highly effective in supporting the immune system and good health. This proprietary blend has also been documented to kill over 99.96% of bacteria it comes into contact with.

Thieves® Household Cleaner is a highly concentrated formula that can be used on any surface. It is nontoxic and biodegradable cleansing solution that used therapeutic-grade essential oils as emulsifiers and germ-killers.

Thieves® Spray is ideal for use on hands, door handles, toilet seats, and any surface that needs cleaning. It is an all-natural petrochemical-free antiseptic spray that uses therapeutic-grade essential oils. It contains the Thieves Essential Oil Blend.

Thieves® Wipes are ideal for use on hands, door handles, toilet seats and any surface that needs cleaning. This pack of 30 essential-oil-impregnated wipes contains the Thieves Essential Oil Blend.

Thieves® Fresh Essence Plus Mouthwash contains a special formulation of essential oils that gives you incredibly fresh breath. The unique liposome technology binds the essential oils to the mucous membrane inside the mouth for longer-lasting effects on teeth and gums. Free from dyes, alcohol, preservatives and other synthetic ingredients. The essential oils contain natural compounds clinically proven to kill the bacteria that can cause bad breath, plaque, and gum diseases, such as gingivitis. **By using the entire essential oil rather than isolated active ingredients, Fresh Essence gains significant advantages in safety and antiseptic power.** These whole oils are also safer because they contain a natural balance of elements that makes them non-damaging to human tissue.

Thieves® Dentarome Toothpastes are formulated with pure, natural edible ingredients. In addition, Dentarome uses an exclusive formula of uniquely antiseptic and antimicrobial therapeutic-grade essential oils to combat plaque-causing microorganisms. Dentarome leave the mouth fresh, fragrant, and clean. Dentarome was tested at Weber State University and found to have potent antimicrobial properties against a wide range of oral microbes, including *Streptococcus oralis*, *Streptococcus pneumoniae*, and *Candida Albicans*. The 3 Dentarome Toothpaste formulas also contain the powerful oil blend of Thieves, which was the subject of research published in the *Journal of Essential Oil Research*. The unique liposome technology binds the essential oils to the mucous membrane inside the mouth for longer-lasting effects on teeth and gums.

Thieves® Hard and Soft Lozenges will refresh your mouth and breath. These lozenges deliver the power of Thieves, the university-tested essential oil blend along with the flavor of natural peppermint and lemon essential oil. For fresher breath and soothing throat relief, try these lozenges.

Thieves® Cleansing Bar Soap is fragrant with the rich aroma of naturally antiseptic Thieves essential oil blend. Moisturizing plant oils and botanical extracts help promote healthy, smooth skin.

THIEVES OIL BLEND with just a few of its uses:

Thieves Oil Blend – use directly from bottle, diffuse, or dilute with purified water to Spritz

Ingredients:

Clove (*Syzygium aromaticum*) has a sweet, spicy fragrance that is stimulating and revitalizing. An important ingredient in Thieves Blend due to its wonderful immune-enhancing features, its principal constituent is eugenol, an element that is used in the dental industry to numb gums. Clove is the highest-scoring single ingredient ever tested for its antioxidant capacity on the ORAC scale.

Lemon (*Citrus limon*) has antiseptic-like properties and contains compounds that amplify immunity. It promotes circulation, leukocyte formation and lymphatic function.

Cinnamon Bark (*Cinnamomum verum*) has the wonderful cinnamon scent loved around the world. Warming and stimulating, it is comforting during the cold season. Many people find it highly romantic. Historically, cinnamon was so popular it was the main reason behind the occupation of Ceylon by first the Portuguese, then the Dutch and then the British.

Eucalyptus (*Eucalyptus radiata*) is cooling, refreshing and energizing. Lighter in smell than Eucalyptus globulus, it nevertheless has many of the same health-supporting properties. Because it is relatively gentle and non-irritating, it is the preferred choice for children. This variety is one of the most versatile of the eucalyptus oils and is suitable for topical use, diffusing, and even direct inhalation. It has long been an ingredient in some of our most popular blends.

Rosemary (*Rosmarinus officinalis CT cineol*) has a fresh, herbaceous, sweet, slightly medicinal aroma. An energizing oil, it may be beneficial for helping to restore mental alertness when experiencing fatigue.

* Caution: Do not use on children under 4 years of age.) It is also a popular ingredient in skin and hair care products.

1. Placing a drop of Thieves Oil Blend on the tongue and pushing it against the roof of the mouth may be soothing for head pressures.
2. Rubbing Thieves Oil Blend neat on the temples may be soothing for a sugar indulgent head pressure.
3. Putting 4-8 drops of Thieves Oil Blend on a cotton ball and locate on heating/cooling vents may assist in purifying the air and may help in controlling odors.
4. Adding 2 drops of Thieves Oil Blend to a wet cloth and putting in the clothes dryer may help with keeping the dryer sanitized and control odors.
5. Applying Thieves Oil Blend (neat) daily to warts may help soothe the area.
6. Placing 1 drop of Thieves Oil Blend on a toenail may help in the relief of toe fungus. Also, soaking the foot in hot water (not too hot to burn skin) with Epsom salts combined with 2 drops of Lavender for 20 minutes then pat dry and clean the affected area; then dropping 1 drop of Thieves Blend on toe may soothe the area. Repeat 3-5 times per week until feeling better.
7. Rubbing Thieves Oil Blend on the big toe before retiring may help with proper vision.
8. Applying Thieves Oil Blend diluted 1 drop oil to 5 drops V6 Mixing Oil may be helpful in soothing pinkeye and other eye inflammations. (Do Not Get In The Eye)
9. Sanitize pierced earrings may be achieved by cleaning with Thieves Oil Blend.
10. Dusting may be enhanced by putting the Thieves Oil Blend on an oiled cloth – 1oz. olive oil or V6 Mixing Oil per 1 drop Thieves Oil.
11. Putting Thieves Oil Blend on a cotton ball and placing with stored items may help keep them fresh.
12. Putting drops of Thieves Oil Blend on a couple cotton balls and placing in closets may help to freshen it.
13. Putting 2 drops of Thieves Oil Blend on cotton balls in storage chests may help to keep freshened.
14. Putting 2 drops of Thieves Oil Blend on cotton balls with stored clothes may help keep freshened.
15. Putting 2 drops of Thieves Oil Blend on cotton balls and place in toes of shoes and boots may help to deodorize and sanitize and may help to keep bugs away.
16. Dropping Thieves Oil Blend straight on a cloth and rubbing may help remove permanent marker stains.
17. Dropping several drops of Thieves Oil Blend on cotton balls in glass bowls around the house while leaving on vacation may help to keep the house deodorized and freshened while gone.
18. Rubbing Thieves Oil Blend on hands may help to sanitize them after touching unclean items such as door handles, shopping carts, restroom handles, restaurant menu's and etc.
19. Putting 3-6 drops of Thieves Oil Blend in a glass of purified water and drinking may help soothe an irritated throat.
20. Rubbing a couple drops of Thieves Oil Blend on the bottom of each foot each day may help in building the immune system and may help to ward off winter 'bugs'.

21. Spraying Thieves Oil Blend mixed with purified water onto mold of various descriptions on floors, walls, wallboard, boards, tile, cement, outside house walls, bathrooms, and bath tubs and or showers and etc. has been tested effective through research to possibly control and stop the mold.
22. Diffusing Thieves Oil Blend may help to protect against mold and germs. Do this by using a Young Living diffuser.
23. Diffusing with Thieves Oil Blend may help to deodorize your home environment and dispel unwanted odors.
24. Putting 1 drop of Thieves Oil Blend on toothbrush before brushing the teeth may improve gum health.
25. Dropping Thieves Oil Blend may help to remove glue from stickers on surfaces (natural goo-b-gone).
26. Applying Thieves Oil Blend on a splinter may help in its removal.
27. Applying Thieves Oil Blend to spiny cactus splinters may help with the removal of them as well as may help to disinfect the area and cause soothing.
28. Applying Thieves Oil Blend to a hurting or irritated finger, toe, or other hurts may help with the irritation and soothe it and may reduce the tenderness.
29. Applying Thieves Oil Blend to poison ivy may help soothe and relieve the irritation.
30. Applying Thieves Oil blend to the teeth or gums may be soothing if sore or inflamed.

Thieves Household Cleaner Proportion Guide

Note: One capful of Thieves Cleaner = 1 tsp.

Note: Best if used with purified water (do not use water that contains chlorine).

The GOAL is a Chemically Free Environment ~~ Living Healthy Naturally~~

Note: (A,B,C & etc. will be used in the Thieves Cleaner uses where required for easy reference to this guide)

- A. All purpose Thieves Cleaner in a spray bottle:** 1 capful Thieves Cleaner to 1 quart water
- B. Light Degreasing:** 1 capful Thieves Cleaner to 3 ¾ cups of water
- C. Medium Degreasing:** 1 capful Thieves Cleaner to 2 cups water
- D. Heavy Degreasing:** 1 capful Thieves Cleaner to 1 cup water
- E. Window and glass cleaner:** 1 capful Thieves Cleaner to 5 quarts water or ¼ teaspoon to a quart of water for spray bottles
- F. Hand cleaner:** ½ cup Thieves Cleaner to 1/2 cup water
- G. Dishwasher:** 1 capful Thieves Cleaner
- H. Pot and Pans:** ½ capful of Thieves Cleaner to 3 cups water
- I. Floors:** 1 capful Thieves Cleaner to 6 ¼ cups water
- J. Walls:** 1 capful Thieves Cleaner to a little less than 2 cups water
- K. Fabrics:** 1 capful Thieves Cleaner to 2 cups water
- L. Laundry:** Depending on size of washer, use 1 to 2 capfuls of Thieves Cleaner
- M. Carpet:** 1 capful Thieves Cleaner to 6 ¼+ cups water

THIEVES HOUSEHOLD CLEANER with just a few of its uses:

Ingredients:

Thieves Oil Blend

31. **Oven cleaner** -- spray Thieves Cleaner full strength and let sit for an hour, rinse and wipe clean.
32. **Laundry** -- 1 capful Thieves Cleaner in 1 cup water, add to water for the wash cycle or add 1 capful of Thieves Cleaner to the soap bin at beginning of the wash.
33. **Paint stains** – washing the affected area, clothes or surface with Thieves Cleaner full strength may help to take out the stain.

34. **Vegetable stains from juicing** – soak for 30 minutes the plastic and or metal cutting blades in a solution of full strength Thieves Cleaner with 3 Detoxzyme capsules (From Young Living) then clean with a nylon scrub brush.
35. **Automatic Dishwasher** -- add 1 capful Thieves Cleaner to the bottom of the dishwasher.
36. **Hand Dish washing** -- add 1 capful Thieves Cleaner to a sink of hot water (does not suds, but will get them clean and sanitized).
37. **Hand Washing extra dirty pots and pans** -- use Thieves Cleaner guide “**H**”.
38. **Cleaning counter tops** -- spray with Thieves Cleaner guide “**A**” and let sit for 1-2 minutes, wipe dry.
39. **Refrigerator** -- wipe down with Thieves Cleaner guide “**A**”.
40. **Stove and oven fronts** -- wipe with Thieves Cleaner guide “**A**”.
41. **Stove top** -- clean with Thieves Cleaner guide “**A**” to “**D**” depending on tough cleaning need.
42. **Shower tile** -- spray with Thieves Cleaner guide “**C**” let sit for a minute, rinse and wipe clean.
43. **Mop floor** -- Thieves Cleaner guide “**A**” to “**D**” depending on tough cleaning need.
44. **Toilet** -- Thieves Cleaner guide “**A**” to “**D**” depending on tough cleaning need.
45. **Shower mold** -- spray using Thieves Cleaner guide “**A**” to “**D**” let sit 5 minutes and rinse, repeat if necessary.
46. **Shower glass** -- spray Thieves Cleaner guide “**E**” on glass and wipe dry. *Newspaper leaves a streak free shine.
47. **Window cleaner** -- spray Thieves Cleaner guide “**E**” on glass and wipe dry. *Newspaper leaves a streak free shine.
48. **Window Sills** -- clean with Thieves Cleaner guide “**A**”.
49. **Base boards** -- clean with Thieves Cleaner guide “**A**”.
50. **Bathroom counters** – clean with Thieves Cleaner guide “**A**”.
51. **Bathroom sinks** -- clean with Thieves Cleaner guide “**A**”.
52. **Shower curtain** -- wash with Thieves Cleaner guide “**A**”.
53. **Bath tub** -- clean with Thieves Cleaner guide “**A**” to “**D**”, depending on toughness of cleaning need.
54. **Liquid hand soap** -- use Thieves Cleaner guide “**F**” and add in a hand soap pump dispenser. (The equal amounts used will depend on size of dispenser)
55. **Use as dryer softener** -- spread ½ capful Thieves Cleaner on wash towel and place in the dryer.
56. **Spots on fabric** -- spray on Thieves Cleaner guide “**K**” and wipe with clean cloth (color test first).
57. **Stains on carpet** -- spray on Thieves Cleaner guide “**M**” and wipe with clean cloth (color test first).
58. **Degreaser** -- clean with Thieves Cleaner guide “**B**” to “**D**” according to cleaning need.
59. **Walls** -- wash with Thieves Cleaner guide “**J**” and rinse clean and dry.
60. **Floors** -- mop with Thieves Cleaner guide “**I**” and then rinse, even works for wood floors.
61. **Carpet cleaning for machines** -- add Thieves Cleaner guide “**M**” to machine and clean floors.
62. **Cleaning silk plants** -- spray on Thieves Cleaner guide “**A**” to silk plants then wipe clean.
63. **Controlling Mold** -- spray the concrete, patios, sidewalks, driveways, home siding or brick on home with the Thieves Cleaner guide “**D**” let sit and then wash down. If mold is bad may need to spray full strength Thieves Cleaner.
64. **Wallpaper removal** – spray wallpaper area with Thieves Cleaner guide “**A**” or “**B**” as needed, let sit and then pull off the paper. This will also help clean the woodwork on the way down and the flooring.
65. **Phone** -- wipe down with Thieves Cleaner guide “**A**”.
66. **Door knobs** -- wipe down with Thieves Cleaner guide “**A**” to “**D**”.
67. **Toilet seats**-- clean with Thieves Cleaner guide “**A**” to “**D**” and wipe dry.
68. **Insect problem** – spray Thieves Cleaner guide “**A**” around your vegetable, flowers or house to see pesky insects scatter.
69. **Pet odors** -- spray Thieves Cleaner guide “**A**” in air and on furniture (test fabric colorfastness first).
70. **Dog & cat beds** – spray with Thieves Cleaner guide “**A**” weekly.
71. **Live plants** – spray Thieves Cleaner guide “**A**” or “**E**” to mist plants.
72. **Grout cleaner** -- spray Thieves Household Cleaner full strength and scrub with old toothbrush.
73. **Car interior cleaner** – wash with Thieves Cleaner guide “**A**”, “**B**” or “**E**”.
74. **Patio furniture cleaner** – wash with Thieves Cleaner guide “**A**” to “**D**” as needed.

75. **Mini-blinds** -- wipe down with Thieves Cleaner guide “**A**” or “**B**” as needed.
76. **Tire cleaner** -- wash down with Thieves Cleaner guide “**D**” with wet brush then rinse.
77. **BBQ grill grates** -- clean with Thieves Cleaner guide “**B**” to “**D**”, may require a brush.
78. **Office cleaning** -- use Thieves Cleaner guide for office cleaning as you would your home.
79. **Ceiling fan blades** -- use Thieves Cleaner guide “**A**” or “**B**” to wipe down.
80. **Sneakers** -- spray with Thieves Cleaner guide “**A**” to deodorize and sanitize.
81. **Shoe cleaner** -- use Thieves Cleaner guide “**A**” to “**D**” as needed for cleaning.
82. **Luggage cleaner** -- use Thieves Cleaner guide “**A**” to “**D**” as needed.
83. **Purse or handbag cleaner**, use Thieves Cleaner guide “**A**” to “**D**” as needed.
84. **Luggage cleaner** -- use Thieves Cleaner guide “**A**” to “**D**” as needed.
85. **Exercise equipment** -- wipe down with Thieves Cleaner guide “**A**” to “**D**”, great home gym cleaner.
86. **Clean sink overnight** – pour ½ capful Thieves Cleaner full strength to deodorize drains and let sit.
87. **Diaper pail** -- pour ½ capful Thieves Cleaner full strength in bottom of pail, let sit, then clean and dry.
88. **Wipe down crib** -- use Thieves Cleaner guide “**A**” or “**B**” to clean and sanitize the crib.
89. **Wipe down high chair** –use Thieves Cleaner guide “**A**” or “**B**” to clean and sanitize the high chair.
90. **Disinfect toys** -- use Thieves Cleaner guide “**A**” through “**D**” as needed to keep clean and sanitized.
91. **During times of sickness** – use Thieves Cleaner guide to clean dishes, silverware, spray into the air, floors, hands, clothes, bedding, door handles, bathroom sinks, facets, toilets and etc. Use as a general cleaning to keep your environment clean and sanitized.
92. **Quick cleaning** – use Thieves Cleaner guide “**A**” to “**D**” most anywhere.

THIEVES SPRAY AND THIEVES WIPES with just a few of its uses:

Thieves Wipes – use as is (if they dry out, just add 2 tbs. Purified water and let soak in

Thieves spray – use directly out of the spray bottle it comes in

Ingredients:

Thieves Oil Blend

93. **Cleaning counter tops** -- spray with Thieves Spray and let sit for 1-2 minutes, wipe dry.
94. **Stove and oven fronts** -- wipe with Thieves Wipes or spray with Thieves Spray and wipe dry.
95. **Refrigerator** -- wipe down with Thieves Wipes or spray with Thieves Spray and wipe dry.
96. **Cutting Boards** -- rinse cutting board, dry, spray with Thieves Spray and wipe dry.
97. **Mattress and pillows** -- spray with Thieves Spray.
98. **Toothbrush sanitize** -- spray with Thieves Spray.
99. **Irritated throat** -- spray with Thieves Spray (will be a bit hot).
100. **Hotel room** -- spray with Thieves Spray for musty smell and to deodorize and wipe down with Thieves Wipes.
101. **Hand sanitizer** -- spray Thieves Spray on hands and rub together to sanitize or wipe down with Thieves Wipes.
102. **Buggy handles** – spray Thieves Spray or wipe down with Thieves Wipes to clean and sanitize.
103. **Grocery card handles** – spray with Thieves Spray or wipe with Thieves Wipes to clean and sanitize.
104. **Phone** -- wipe down with Thieves Spray or with Thieves Wipes to clean and sanitize.
105. **Door knobs** -- wipe down with Thieves Spray or Thieves Wipes to clean and sanitize.
106. **Hand cleaning** -- general cleaning after touching unclean things and after shaking hands spray hands with Thieves Spray or wipe hands with Thieves Wipes to clean and sanitize.
107. **Sanitize pierced earrings** – clean with Thieves Spray or Thieves Wipes.
108. **Sanitize shoes** -- spray with Thieves Spray to deodorize and sanitize.
109. **Door knobs** -- spray with Thieves Spray or wipe clean with Thieves Wipes.
110. **Wipe off steering wheel** -- wipe with Thieves Wipes or Spray with Thieves Spray and wipe dry.
111. **Car rentals** -- wipe seats, steering wheel, handles and etc. with Thieves Spray and or Thieves Wipes.
112. **Public beach, lake or mountain benches, toys, water fountains etc,** -- clean with Thieves Spray or Thieves Wipes to clean and sanitize.

113. **Piano Keys** -- wipe with Thieves Wipes.
114. **Cleaning crib** -- wipe down with Thieves Wipes or Thieves Spray to clean and sanitize.
115. **Cleaning high chair** -- wipe down with Thieves Wipes or Thieves Spray to clean and sanitize.
116. **Disinfect toys** – wipe down with Thieves Wipes or Thieves Spray to clean and sanitize.
117. **Toilet seats** – clean with Thieves Wipes or Thieves Spray to clean and sanitize. Good to carry with you to use in public restrooms and etc.
118. **Quick cleaning** – use for quick cleaning most anywhere Thieves Spray or Thieves Wipes.
119. **Car interior cleaner** -- use Thieves Wipes and Thieves Spray.
120. **Luggage cleaner** -- use Thieves Wipes or Thieves Spray.
121. **Purse or handbag cleaner** -- use Thieves Wipes or Thieves Spray.
122. **Exercise equipment** -- wipe down between people Thieves Wipes or Thieves Spray.

THIEVES FRESH ESSENCE PLUS MOUTHWASH with just a few of its uses:

Ingredients:

Thieves Oil Blend

Peppermint (*Mentha piperita*) has a strong, clean, fresh, minty aroma. One of the oldest and most highly-regarded herbs for soothing digestion, it may also improve gastric motility and digestive efficiency. Peppermint has been studied as to its effect on the liver and respiratory systems. It has also been researched as to its role in improving taste and smell when inhaled. University studies have shown peppermint's ability to improve concentration and mental activity. M.D.'s have studied peppermint's ability to directly affect the brain's satiety center, which triggers a sensation of fullness after meals.

Spearmint (*Mentha spicata*) has a minty, slightly fruity scent, softer than peppermint. A rich antioxidant, spearmint helps support the respiratory and nervous systems and may help open and release emotional blocks leading to a sense of balance and well-being.

Vetiver (*Vetiveria zizanoides*) has a heavy, earthy fragrance similar to patchouli with a touch of lemon. Vetiver oil is psychologically grounding, calming and stabilizing. One of the oils that is highest in sesquiterpenes, vetiver was studied by Dr. Terry Friedmann for improving children's behavior. Vetiver may help us cope with stress and recover from emotional trauma and shock.

123. **Irritated throat** -- gargle with Thieves Mouthwash to help soothe irritation.
124. **Fresh Mouth** -- gargle with Thieves Mouthwash to give incredibly fresh breath.
125. **Teeth and gums** -- swishing Thieves Mouthwash in mouth gives a longer-lasting effect on teeth and gums for cleaning and sanitizing.
126. **Fresh Essence Mouthwash** – using daily the Mouthwash may help in reducing plaque and may help fight tooth decay. Remember this can be swallowed to freshen the throat as well. Safe–No Chemicals!

THIEVES DENTAROME TOOTHPASTES with just a few of its uses:

Ingredients: Dentarome: Thieves Oil Blend, Peppermint EO Wintergreen EO.

Dentarome Plus: Thieves Oil Blend, Peppermint EO, Wintergreen EO.

Dentarome Ultra: Thieves Oil Blend, Clove, Peppermint, Thyme, Eucalyptus globulus, Wintergreen EOs

127. Using Dentarome Toothpastes leaves your mouth fresh, fragrant, and clean – with no chemical aftertaste. The regular Dentarome is preferred by children and those with sensitive gums.
128. Using Dentarome Plus is usually preferred by adults. It is found that the clove and thyme essential oils, along with gentle, odor-absorbing baking soda create a refreshing mouth and teeth.
129. Use Dentarome Plus as a deodorant, it is chemical free and easy to use, just a dab will do you.
130. Dentarome Ultra is an advance formula of all-natural ingredients that gently cleans and whitens your teeth while harnessing the power of pure, therapeutic-grade Thieves essential oil blend for fresh breath.
131. Dentarome Ultra has a low abrasion formula that contains the smallest particle-size commercially available calcium carbonate and zinc oxide. It also contains tartar-control agents and has an all food-grade edible ingredients.
132. Dentarome Ultra is an anti-stain whitening enzymes formula.
133. Dentarome Ultra has a time-released essential oil mouthwash.
134. Thieves Dentarome Toothpaste (Regular and Plus) with baking soda works great as a Grout cleaner.

THIEVES HARD AND SOFT LOZENGES with just a few of its uses:

Ingredients: Hard Lozenges: Thieves Oil Blend, Lemon Oil, Peppermint Oil.

Soft Lozenges: Thieves Oil Blend, Peppermint Oil, Orange Oil.

135. Thieves Hard Lozenges may help refresh your mouth and breath.
136. Thieves Hard Lozenges may help relieve an irritated throat.
137. Thieves Hard Lozenges may help relieve irritated sinuses.
138. Thieves Soft Lozenges are easy to chew and are great for children to use.
139. Both Hard and Soft Lozenges, with the Thieves Oil Blend in them, have been university tested for its ability to elevate 99.6% of all bacteria tested. Therefore, having the ability to keep the mouth, teeth, gums, and throat refreshed and cleansed and soothed.

THIEVES CLEANSING BAR SOAP with just a few of its uses:

Ingredients: Clove, Cinnamon Bark, Rosemary, Lemon, Eucalyptus radiata

140. The Young Living Bar soaps, including the Thieves Cleansing Soap are hand-poured and cured for almost a month. These bar soaps are unlike any other soap on the earth. Mild and long-lasting, the soaps are made with therapeutic-grade essential oils that are redefining natural skin therapy.
141. Thieves Cleansing Soap contains less than 1% free alkali. The proprietary soap-making process minimizes the presence of irritating skin drying alkali salts.
142. Thieves Cleansing Soap is fragrant with the rich aroma of naturally antiseptic Thieves essential oil blend. Moisturizing plant oils and botanical extracts help promote healthy, smooth skin.
143. Thieves Cleansing Soap is a disinfecting soap that contains a powerful blend of highly antibacterial and antiseptic essential oils.
144. Thieves Cleansing Soap is ideal at each sink in the house to keep everyone's' hands clean and sanitized.
145. Thieves Cleansing Soap is great in the bath or shower. Use it with a natural sea sponge for great suds and for a cleansing effect for the body.

RULE OF THUMB TO LIVE BY: Wash your hands often during the day with the Thieves products and always after touching an object someone else has touched. Use the Thieves Spray and Thieves Wipes or just put couple of drops of Thieves Oil Blend in your hand and rub together. Never leave home without your Thieves products to protect you!

GUIDELINES FOR THE SAFE USE OF YOUNG LIVING ESSENTIAL OILS.

1. Always keep a bottle of V-6 Vegetable Mixing Oil, Massage Oil Base or any pure vegetable oil handy when using essential oils. Vegetable oils dilute essential oils if they cause discomfort or skin irritation.
2. Keep bottles of essential oils tightly closed and store them in a cool location away from light. If stored properly, essential oils will maintain their potency for many years.
3. Keep essential oils out of reach of children. Treat them as you would any product for therapeutic use.
4. Do not use essential oils rich in menthol (such as peppermint) on the throat or neck area of children under 30 months of age.
5. Direct sunlight and essential oils. Lemon, bergamot, orange, grapefruit, tangerine, White Angelica and other citrus oils may cause a rash or darker pigmentation if applied to skin exposed to direct sunlight or UV rays with 3 to 4 days of use.
6. Keep essential oils away from eye area and do not put into ears. Do not handle contact lenses or rub eyes with essential oils on fingers. Oils with high phenol content – oregano, helichrysum, cinnamon, thyme, clove, Lemongrass, bergamot, Thieves and ImmuPower – may damage contacts and irritate eyes.
7. Pregnant women should consult their health care professional before using essential oils containing constituents with hormone-like activity, such as clary sage, sage, Idaho tansy, juniper and fennel.
8. Epileptics and those with high blood pressure should consult their health care professional before using essential oils. Avoid using hyssop, fennel and Idaho tansy oils.
9. People with allergies should test a small amount of oil on a small area of sensitive skin, such as the inside of the arm, before applying the oil on other areas. The bottom of the feet is one of the safest, most effective places to use essential oils.
10. Before taking GRAS (Generally Regarded as Safe) essential oils internally, always dilute with an oil-soluble liquid like honey, olive oil or soy milk.
11. Do not add undiluted essential oils directly to bath water. Use Bath Gel Base as a dispersing agent for oils in the bath.

Obligatory Disclaimer: The information in this handout is intended for educational purposes only. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Anyone suffering from any disease, illness or injury should consult with a physician. THESE SUGGESTED USES APPLY ONLY TO THE USE OF THERAPEUTIC GRADE, YOUNG LIVING ESSENTIAL OILS.

References: Young, N.D., Gary D. An Introduction to Young Living Essential Oils. Eleventh Edition, 2001. Young Living Product 2005 Guide, Essential Oils Desk Reference. Compiled by Essential Science Publishing, Second Edition, July 2001.

For more information please contact:

NutriTech Debra Raybern, ND, MH, ICA, CNC 936-438-8829

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