



Ingredients: Pure Raw Essential Oils of Lavender, Vetiver, Frankincense, Cedarwood, Rosewood, and Patchouli.

Description: This is formulated to help calm the Neuro-chatter in the brain. It balances and regulates the Central Nervous System, assists in clearing the lymph system, is deeply relaxing, calming, and healing for emotional wounds. It increases oxygen and stimulates the cells' restorative power, clears mental cobwebs, and fortifies the mind. This synergy has the ability to soothe and ease the worries of your fast paced day, while it relaxes and unwinds the mind, body, and spirit. It has been known to assist in calming angry situations. It can specifically assist with ADD and ADHD. In research tests it was established that

these essential oils were definitely beneficial for those with ADD and ADHD. The Vetiver was the most effective, showing that it helped 100% of the test cases.

Application: Put a few drops on a tissue and have it close, where you can smell it, when you start to feel out of control.

- **Bath-** Mix 4-5 drops in ½ cup Epsom Salts. Added to bath water will calm and ease the body and mind.
- **Massage oil-** For a tranquil or sensual massage, mix 3-5 drops in 1-2 Tbl. Carrier Oil (olive oil, grapeseed oil, etc.)
- **Diffusion-** Diffuse in 10-15 minute intervals at the end of the day or when desired through out the day. Can also add to water, in a spray bottle, and mist a room.
- **Topical-** Apply around the toes both top and bottom of the feet, on the brain stem, temples, and across the forehead. Apply several times during the day and put a few drops on the pillow at night. Can also use as a facial oil and skin regenerating blend. Mix with carrier oil and apply to face and neck.

Responsible Cautions: Keep out of reach of children and avoid eye area. Do not ingest. Store at room temperature and avoid sunlight.

Individual Ingredient Description:

Lavender (*Lavandula angustifolia*)

Helps with the elimination of waste through lymphatic system, and lowers blood pressure. Assists with calming anger, irritability, and moodiness. Helps to alleviate the feeling of fears, change, insecurity, restlessness, depression, nerves and stress (by balancing extremes of emotions, it may contribute to emotional equilibrium).

Vetiver (*Vetivera zizanioides*)

Eases post-partum depression, insomnia, mental and physical exhaustion, balances Central Nervous System, grounds, eases off tranquilizers. Beneficial for acne, cuts, oily skin, dry mature aging skin, softens, hydrated, detoxifies connective tissue and epidermis through capillary stimulation, cell regenerator, eases masculine aging signs (or character).

Frankincense (*Boswellia seratta*)

Contains sesquiterpenes, which enable it to go beyond the blood brain barrier to assist in increasing oxygen around the pineal and pituitary glands. May heal emotional wounds, stabilize and centers the emotions and focuses energy. Slows breathing, producing calm, soothing, elevated mental state, bringing peace, strengthens beliefs, eternal divine connection, cleans aura and psychic planes. Helps with skin ulcers, blemishes, dry and mature complexions, scars, smoothes out wrinkles, antiseptic tonic to all skin, and balances oily skin.

Cedarwood (*Cedrus deodora*)

Considered an excellent sedative. It has a great soothing, sedating and calming effects on mind, cures inflammations, itching of skin and relieves tension and anxiety. This feature also helps in having a good sleep, particularly in those suffering from insomnia.

Patchouli (*Pogostemon cablin*)

It calms down inflammations and sedates convulsions, coughs and epileptic attacks resulting from hype sensitivity or hyper reactivity of nerves. Diminish depression and eases anxiety. Assist in stress-related conditions, sharpening intellect, and improving concentration. It is strengthening, grounding, and integrates energy (equalizing energy to all fields).

Rosewood (*Aniba roseodora*)

It helps to relieve anxiety, stress, and balances emotions. Assists in slowing aging, cell stimulant and tissue regenerator, creating skin elasticity, soothing for skin problems (balancing skin, clearing blemishes and improving acne). Assists frigidty, nervous tension, depression, and stress, stabilizes and balances the Central Nervous System, overall tonic relaxant, asthenia, low energy, overwork, and jet lag.

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per la **Digestion**™

Ingredients: Pure Raw Essential Oils of Coriander, Dill, Peppermint, Fennel, Ginger Root, and Lemon.

Description: This blend was formulated to support the digestive system. May be beneficial in digesting toxic materials and in alleviating indigestion, cramps, upset stomach, vomiting, belching, bloating, heartburn, gas, colic, nervous tension, anxiety, and stress. It is anti-spasmodic, anti-infectious, anti-viral, anti-bacterial, and anti-inflammatory, improves circulation, toning to liver, kidneys, spleen and improves overall body functions. Assists the liver in producing enzymes, balances intestinal activity, relieving discomfort, motion sickness, jet lag, morning sickness, urinary tract infections, diarrhea, hiccups, and may neutralize negative emotions. May help in alleviating parasites (also in animals) by massage and compress application across the stomach.

This blend is best known for helping to slow down rapid digestion, preventing or calming an upset stomach, alleviating indigestion, stopping stomach cramps, helping to remedy excessive belching, bloating, and heartburn, and aiding in the digestion of rich foods.

Application:

- **Topical-** Apply to abdomen by rubbing clockwise around the navel. Can also be applied to the bottoms of the feet, in the center. Can apply to back, as well, on the mid-back, where stomach would be positioned.
- **Compress-** A warm to hot moist towel can be applied following Topical use, over abdomen to help soothe discomfort and support effectiveness of the oils with in the blend.
- **Inhalation-** Create a "steam Tent" , by adding 3-5 drops to hot water in a bowl or sink, cover head and inhale for 2-5 minutes with eyes closed.
- **Orally-** Can take 4-5 drops in a capsule, filled with carrier oil. Also 2-3 drops under the tongue in times of distress. Use in soups, juices, or stews to improve digestion.
- **Tea-** Mix 2-4 drops with 1 Tbl. Honey, then mix with warm water for a soothing herbal tea. Or use 1-2 drops in a quart of drinking water on a regular basis for digestive cleansing and to help overcome gastric discomfort.

Responsible Cautions: Keep out of reach of children and avoid eye area. Store at room temperature and avoid sunlight. Avoid use during pregnancy.

Individual Ingredient Description:

Corinader (*Coriandrum sativum*)

Lowers glucose levels by normalizing insulin level and supporting pancreatic function. Calms digestive spasms, flatulence.

Lemon (*Citrus limon*)

Aids development of acid mantle; balances stomach acidity and PH; reduces blood sugar; detoxifying, relieves constipation, stimulates and cleanses liver and pancreas.

Dill Seed (*Anethum graveolens*)

Dill is primarily used for the benefit of the digestive system. It is carminative and antispasmodic, and will relieve uncomfortable and distressing flatulence and colic. It also acts as a general aid to digestion.

Sweet Fennel (*Foeniculum vulgare*)

Acts as a slight muscle analgesic. Antispasmodic, diuretic. Fennel has been used for colic, constipation, digestion, flatulence, and intestinal spasms.

Ginger Root (*Zingiber officinale*)

Assists with digestion, muscular aches and pains, fatigue, poor circulation, diarrhea, cramps, colic, loss of appetite, gas, nausea, motion sickness, and morning sickness.

Peppermint (*Mentha piperita*)

Versatile oil that relaxes and soothes; antispasmodic, calms colic, indigestion. Flatulence, diarrhea, cirrhosis of the liver; also a hepato-pancreatic stimulant.

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per la Immunity™

Ingredients: Pure Raw Essential Oils of Cinnamon Bark, Clove Bud, Lemon, Ginger Root, Lime, Oregano, Mandarin, Eucalyptus radiata, and Black Cumin.

Description: Formulated to strengthen the immune system and is a powerful all around maintenance oil. It is beneficial against infections, inflammation, viruses, bacteria, fungus, parasites, and microbes, a general tonic, supportive to the nerves, respiratory, urinary and circulatory systems. Because of the oils in this formula it helps protect the body from the onset of malaria, flu, colds and coughs. It assists in cooling a fever or warming chills, loosens and expels mucus, strengthens the digestive functions and liver, anti-spasmodic, supporting the adrenals, increasing energy and brings emotional balance. May assist with dental infections, strep, gum disease, throat infections, teething, cold sores, canker sores, pneumonia, sinusitis, bronchitis, headaches, nervous fatigue, infection, slivers and splinters (pulls to surface). calming, promotes healing and diffused may inhibit the spread of infections.

This blend contains oils considered anti-plague by the spice merchants living in England in the 16th century who used them to protect themselves from the plague as they looted the bodies of the sick and dying.

Application:

- **Diffusion-** Diffuse for 5-10 minutes daily during cold and flu season or when fighting off an infection.
- **Topical-** Put 1-2 drops on the bottom of the feet. Rub in.
- **Colds / Flus-** Apply 4-5 drops, and fill with Carrier oil into a capsule 2x daily. Can also rub 2 drops of the following mixture: 4-5 drops and 1 ounce Carrier oil, onto bottoms of the feet 2x daily to use as a preventative.
- **Spray-** Mix 7-10 drops with 2 ounces distilled water or Colloidal Silver. At first sign of a "tickle" in the throat, begin shaking and spraying mixture on the back of throat as often as possible or every 30 minutes, until "tickle" is gone.
- **For Children-** Can mix a trace (toothpick dipped into oil) into applesauce or poke into apple wedges for children.
- **Tea-** Blend 3-4 drops of oil with 1 Tbl. Raw Honey, pour hot water over to make an immune boosting Spice Tea.
- **NOTE-** Very "Hot" oil. If this gets on any sensitive areas, apply a carrier oil.

Responsible Cautions: Keep out of reach of children and avoid eye area. Store at room temperature and avoid sunlight. Avoid use during pregnancy.

Individual Ingredient Description:

Black Cumin (Nigella sativa)

Scientific research shows that it stimulates the bone marrow to produce immune cells, increases interferon production, protects the body against viruses, and inhibits infection. It also aids upper respiratory conditions; positive effect on dysentery; helps kill and expel parasites; diuretic.

Cinnamon Bark (Cinnamomun cassia)

Regarded as one of the most antiseptic essential oils. Useful for areas of inflammation such as athletes foot, fungal infections, herpes, sores, and scabies. Aids recuperation from long illness; chicken pox; colds; fevers; and exhaustion. Helps boost the body's natural defense system.

Clove Bud (Syzygium aromaticum)

Traditionally used as a remedy for toothaches and disinfectant on wounds. Hypotension-circulatory stimulant; immune stimulant; viral infections, colds, flu, minor infections, dental infections, viral hepatitis, intestinal virus and aids intestinal intoxication.

Eucalyptus (Eucalyptus radiata)

The radiata is best for viral or bacterial infections such as throat and mouth infections, influenza, cold and fever.

Lemon (Citrus limon)

Powerful anti-bacterial qualities. Enhances immune system by stimulating white blood cells; colds, flu, fever, respiratory infections, asthma, bronchitis, sore throat, and sinusitis; antibacterial properties cleanse and neutralize to help prevent spread of contagious infections; clears airborne bacteria.

Lime (Citrus aurantifolia)

Antiseptic and bactericidal, antiviral aid cough, cold, congestion, sore throat, flu, febrifuge; antiscorbutic. Aids cardiovascular disease (MDR).

Mandarin (Citrus reticulata)

Very soothing oil, used in treating indigestion, skin disorders, insomnia, restlessness, and nervous tension. Aids cardio-vascular erethism, increases lymphatic circulation (aids detoxification)

Ginger Root (Zingiber officinale)

Regulates moisture, catarrh, chronic bronchitis, congestion, cough, sinusitis, sore throat, tonsillitis, swollen glands and dries excess mucus. It also may reduce the drainage of a runny nose and ease respiratory infection. Assists in chills, colds, flu, fever, infectious and contagious disease.

Oregano (Origanum vulgare)

Astringent for infected cuts and wounds; bacterial properties and expectorant; cold, flu, febrifuge, infection; antimicrobial, fungicidal; ward off parasites. Antispasmodic; anti-inflammatory, and anti-viral.

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per la **Insects**™

Ingredients: Pure Raw Essential Oils of Cedarwood, Citronella, Peppermint, Eucalyptus, Lavender, Geranium, and Lemongrass.

Description: Formulated to naturally assist in repelling insects. The essential oils, used in this blend have been scientifically shown to repel insects more effectively than other synthetic insect repellents. The earliest insect repellents included smoke, mud, and various plant substances. Today, the formula, DEET is found in over 400 repellents. DEET can peel paint, damage rayon and spandex, and melt plastic. Up to 56 percent of DEET applied to the skin enters the bloodstream, and reactions to it include skin rashes, lethargy, muscle spasms, nausea, and irritability. An extreme reaction can cause seizures and even death. Per la Insects is a more natural alternative to DEET, and is just as effective.

Application: Natural insect repellents tend to provide coverage for a shorter time, but their coverage is safer so you may find it worth the extra effort applying a bit more often. Because of the volatile nature of essential oils, plan on reapplying every 30 minutes or so.

- **Sprays-** In a glass spray bottle, combine rubbing alcohol (or witch hazel, vodka, or olive oil) with per la Insects blend (about 10-to-1, alcohol-to-oil ratio). Shake well before each use. Spray clothing, bed, and body to use as a protector.
- **Massage oil-** Blend 1 ounce distilled water to 1 ounces carrier oil well, then add about 60 drops essential oil blend.
- **Other-** Add a 4-5 drops of this essential oil blend to your shampoo or liquid soap to help counteract the perfumes in these products. Can also pour several drops of the essential oil blend onto the melted wax area of a burning candle, or use as the "fragrance" for homemade candle.
- **NOTE-** The following can reduce the effectiveness of all insect repellents: Clothing rubbing on your skin, a windy environment, natural evaporation, your skin's natural ability to absorb anything applied to it, and sweat or rain washing off the repellent.

Responsible Cautions: Keep out of reach of children and avoid eye area. Do NOT ingest. Store at room temperature and avoid sunlight. Avoid use during pregnancy.

Individual Ingredient Description:

Cedarwood (Cedrus Deodara)

Cedarwood oil has been shown to possess insecticidal and anti-fungal properties and to have some potential for control of fungal deterioration of spices during storage. In India it is used effectively to cure ulcers, skin diseases, and repel mosquitoes. Aids oily skin (scalp and hair), acne, fungus, and dandruff.

Citronella (Cymbopogon winterianus)

This oil has been used for its medicinal value in many cultures for fever, intestinal parasites, digestive and menstrual problems, stimulant, insect repellent and room deodorizer. Beneficial for excessive perspiration, oily skin and hair.

Geranium (Pelargonium graveolens)

The geranium is reputed to help heal bruises, cuts and scrapes, eczema, hemorrhoids, nail fungus and sunburns as well as help with insomnia and varicose veins. The oil and shrub alike are also used as a natural insect repellent and is well known in the ancient world as a tick repellent for both dogs and humans.

Eucalyptus (Eucalyptus globulus)

Eucalyptus contains cineole, which is the active therapeutic ingredient that has been proven to ward off insects.

Lavender (Lavandula angustifolia)

Lavender is excellent for allergies, asthma, cuts, headaches, insect bites, and stings. It is beneficial for dermatitis, eczema, diaper rash, thrush, lice, ringworm, and dermatitis.

Peppermint (Mentha Piperita)

Works as a "primer" for the other oils. Overall Peppermint has the ability to repel most insects. It is not the smell of peppermint that insects find unattractive, it is the effect of cineol, an active ingredient in peppermint. Anti-inflammatory properties can help soothe bites and stings also.

Lemongrass (Cymbopogon flexuosus)

Anti-inflammatory, arthritis, digestive tonic, and stimulates liver. Has the ability to repel ticks, fleas, and lice. The oil smell within lemongrass can deter the senses of mosquitoes.

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Ingredients: Pure Raw Essential Oils of Basil, Helichrysum, Birch Bark, Clove Bud, Cypress, Peppermint, Lemongrass, Marjoram, and Myrrh.

Description: Formulated to revive, stabilize, and ease the pain of overworked muscles and bones. Relieves the tension of spastic muscles resulting from sports injury, fatigue or stress. It is anti-inflammatory and assists in broken or bruised bones, sprains, swelling, muscles and joint discomfort. It increases circulation, strengthens the vital centers of the body, assists in supplying energy during stress, emotional fatigue and physical weakness.

Application: When applied before a workout it will decrease your warm-up time. Excellent after the workout also. Rub over all stressed muscles. Dilute with massage oil

for a body massage. Rub on the back of the neck to relieve stress headaches.

- **Bath-** Mix 25 drops in ½ cup Epsom Salts. Added to bath water is excellent for sore muscles and joints, and over all pain.
- **Massage oil-** Mix 2-3 drops in 1-2 Tbl. Carrier Oil (olive oil, grapeseed oil, etc.)
- **Acute Pain Relief-**For fast relief, apply 2-3 drops directly on the targeted area and alternate between cold and warm compresses for 60 minutes. Can also be applied after hot shower or bath.
- **NOTE-** May cause skin to heat like a sports cream will do. If area gets too “hot” apply a carrier oil.

Responsible Cautions: Keep out of reach of children and avoid eye area. Do NOT ingest. Store at room temperature and avoid sunlight. Avoid use during pregnancy.

Individual Ingredient Description:

Basil (*Ocimum basilicum*)

Particularly effective with striated muscles, muscle spasms, sports-related injuries, menstrual cramps.

Helichrysum (*Helichrysum gymnocephalum*)

Nerve regenerator; best for traumas, bruises (internal and external); Aids muscular aches and pains, arthritis, rheumatism, sprains, and strained muscles. Relieves headache from liver congestion, depression, debility, nervous exhaustion, migraine, neuralgia, shock, phobias, and stress related disorders.

Birch Bark (*Betula lenta*)

Analgesic and anti-inflammatory; effectively used with rheumatism, arthritis, and gout. Known to have cortisone-like effects on overall pain.

Clove Bud (*Syzygium aromaticum*)

Beneficial for acne, cuts; wards off skin parasites, scabies, fungal infections, warts, and athlete's foot. Aids bruises, toothaches, prickly heat, and mosquito repellent. Soothes arthritis, rheumatoid arthritis, rheumatism and sprains.

Cypress (*Cupressus sempervirens*)

Particularly useful for supporting circulation and the healing benefits of all the other oils in this blend.

Peppermint (*Mentha Piperita*)

Works as a “primer” for the other oils. It relaxes and soothes. Anti-inflammatory properties provide warming and cooling action; eases menstrual cramps, muscular aches and pains, sciatica, rheumatism, arthritis, toothache, laryngitis, sinusitis, rhinitis, mastitis, and cystitis.

Lemongrass (*Cymbopogon flexuosus*)

Anti-inflammatory, arthritis, tightens muscles, cartilage, tendons, ligaments; cellulite; immune stimulant, vasodilator, hydro lipid retention, digestive tonic, stimulates liver.

Marjoram (*Organum majorana*)

Antispasmodic eases arthritis, muscular aches and pains, rheumatism, lumbago, sprains, strains; neuromuscular contractions, respiratory distress. Eases chilblains, assists in healing wounds, clears bruises.

Myrrh (*Commiphora myrrha*)

Soothing, drying, and fortifying; wounds, cuts, dry and cracked skin, arthritis, sinusitis, hemorrhoids. Antifungal quality wards off ringworm; powerful preservative can be effective in spreading gangrene; useful in many skin, gum and bronchial disorders.



per la Respiratory™

Ingredients: Pure Raw Essential Oils of Cypress, Eucalyptus radiata and globulus, Lavender, Marjoram, Peppermint, Pine Needle, Spearmint, Spruce, and Fennel.

Description: Formulated to assist the respiratory system and be beneficial for bronchitis, pneumonia, asthma, laryngitis, flu, fevers, colds, coughs, sore throats, cold sores, sinusitis, lung infections, loosens and expels mucus and reduces inflammation. It is beneficial for anything viral, bacterial, fungal, and infections, supporting the nerves, calms the emotions and comforting for young children. It stimulates the regeneration of lung tissue, beneficial for infections and skin diseases such as chicken pox. Wonderful anti-spasmodic, beneficial for cramps, swelling, muscle aches and stiffness, nervous mental exhaustion, and stress related conditions. Benefits digestion, boosts energy, stimulant to the thymus and an immune booster. It has been known to assist in getting rid of bone spurs.

Application: Beneficial for respiratory conditions by putting a few drops on the pillowcase or used in a suppository application with massage oil.

- **Topical-** Apply to the chest daily as needed. Use with warm compress on the chest and back area. Apply to bridge of nose and across sinus areas and nasal passages.
- **Massage oil-** Massage topically to the lungs and throat areas and apply a hot wet towel compress keeping on for about 15 minutes.
- **Diffuse-** Diffuse as needed, particularly to support restful sleep while healing from respiratory challenges.
- **Inhalation-** Apply 2-3 drops on a cloth or palms of hands; cup hands and inhale for relief of coughing fits or to open the lungs.
- **Rinse-** Can also be used with salt water; rinse to irrigate sinuses.

Responsible Cautions: Keep out of reach of children and avoid eye area. Do NOT ingest. Some asthmatics may react to Eucalyptus globulus; use this blend with caution. Store at room temperature and avoid sunlight. Avoid use during pregnancy.

Individual Ingredient Description:

Spruce (Tsuga canadensis)

Anti-infectious, anti-spasmodic, anti-inflammatory, diuretic, diaphoretic, expectorant, and, nervine. Supports the respiratory, nervous, and glandular systems. Beneficial for colds, flu, and lung infections.

Eucalyptus (Eucalyptus radiata)

Beneficial for sinus problems, asthma, bronchitis, catarrh, coughs, sore throat and mouth infections. It is anti-infectious, anti-inflammatory, antibacterial, antiviral, anti-catarrh, and expectorant. This chemotype better suited for long term use for chronic respiratory conditions and best suited for viral or bacteria infections. Radiata works the upper part of the lungs.

Spearmint (Mentha spicata)

Benefits all respiratory problems (especially mucopurulent), refreshing to muscles, nervous, and glandular systems. Assists balancing the metabolism, antiseptic, anti-fungal, anti-spasmodic, anti-infectious, anti-parasitic, anti-inflammatory, bronchitis, catarrh, bad breath, sore gums, hiccups, hypertension, candida, flatulence, indigestion, intestinal cramps, flu, fever, colic, and headaches.

Pine Needle (Pinus sylvestris)

Beneficial as an analgesic, antibacterial, antibiotic, anti fungal, antiseptic, and as an antiviral. Uses are for arthritis, asthma, bladder infections, bronchitis, catarrh, cholagogue, as a circulatory agent, for colds, convalescence, coughs, cuts, cystitis, and as a decongestant.

Eucalyptus (Eucalyptus globulus)

An analgesic, antifungal (candida), antibacterial, antimicrobial (staph, strep, pneuma, coli, Klebs, typhus), antispasmodic, antiviral, anti-infectious, deodorant, immune stimulant. Increases respiratory metabolism of skin cells, (oxygen discharge, carbon dioxide intake) oxygenates skin. Regenerative effect on pulmonary tissue, aids chronic bronchitis, tuberculosis, pulmonary gangrene, diphtheria, catarrh, coughs, sinusitis, flu, throat infections, pneumonia, and deep lung infections. Works the lower part of lungs.

Fennel Seed (Foeniculum vulgare)

Anti-inflammatory, anti-infectious, clear excess mucus, eye problems, improve overall body functions. Beneficial for urinary infections, diuretic, rheumatism, asthma, bronchitis, constipation, hiccups, and digestive aid.

Cypress (Cupressus sempervirens)

Shown to help with asthma, reduces spasms, and spasmodic coughs. Particularly useful for supporting circulation and the healing benefits of all the other oils in this blend.

Peppermint (Mentha Piperita)

Anti-spasmodic; calms bronchitis, dry cough, and asthma. Benefits the respiratory system, opens the sensory system, for stimulation, strengthening, shock, fever, headache, migraine, antiseptic, throat infection, colds and flu. Beneficial for chronic fatigue syndrome, colic, cramp, fatigue, nervous stress, and vertigo. General aid to all respiratory functions.

Lavender (Lavandula angustifolia)

Anti-spasmodic properties calm asthma, colic, whooping cough, flatulence, and dysmenorrhea.

Marjoram (Organum majorana)

Antispasmodic; Relieves muscle spasms, particularly with the lung spasms of asthma, respiratory distress, and infections such as bronchitis. Assists with circulatory disorders, asthma, bronchitis, coughs, colic, colds, PMS, constipation, headache, may dilate blood vessels (reducing the strain on heart) and hypertension.

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