

# Essential Oil Therapies

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## Relieve Allergies Without Drugs

*I used to have all kinds of allergies and asthma and was on everything from Seldane™, steroid inhalers that caused heart palpitations, dry eyes and mouth and even on a breathing machine at one point. Now, with the help of Young Living™ essential oils, my allergies are almost non-existent.*

*April Travis*

If you, like April, are among the 60+ million Americans who suffer with allergies or sensitivities to food and environmental factors, read on. You'll find practical ideas for symptom relief plus encouragement to hope for a complete solution. First, let's start with a common understanding of allergies.

### What is an allergy?

An allergy is an over-reaction of the immune system to a normally harmless substance, such as dust, pollen, animal hair. In essence, our bodies respond as if attacked by the invading allergens. In defense, our bodies fight the allergens off with a barrage of antibodies, which then trigger inflammation.<sup>1,2</sup>

According to Marcelle Pick, OB/GYN NP, "The allergic response is closely related to the inflammatory cascade, and that's one reason it has such serious health effects.

**Allergic reactions are recognized as one of the most important causes of illness and disease in America."**<sup>2</sup>

"Progressive doctors will now discuss inflammation as a root cause when you present with diseases like asthma, allergies, irritable bowel syndrome or rheumatoid arthritis. However, the conventional approach is still to prescribe drugs at the first sign of an allergy, rarely mentioning that there are natural alternatives."<sup>3</sup>

### Lifestyle changes can relieve allergies

While allergic reactions are a complex medical problem, just a few simple lifestyle changes can make

an enormous difference for you, as it has for many others.<sup>2,3</sup> We'll address the first two in this issue and the rest in next month's issue.

1. Avoid the allergic substance(s)
2. Reduce your toxic overload

### Banish allergens from your home, office

While it seems too simple, frequent, very thorough vacuuming of your home, carpets, mattresses will remove a major contributor to your allergies.<sup>1,2</sup> But plan to spend more time at this task: *Allergy* magazine recommends 3+ minutes of vacuuming per square foot! Freshen the carpet and the air while vacuuming by adding several drops of **Lavender, Lemon** or **Purification** essential oil to your vacuum filter (paper or water).



Next, destroy the dust mites in your bedroom with essential oils. When changing linens, vacuum your mattress, then wipe it down with a few drops of essential oil on a tissue. Then wash your sheets with liquid laundry detergent to which you've added 25 drops of **Eucalyptus** essential oil (or 1/2 oz. per bottle of detergent).<sup>4</sup> Hypoallergenic mattress and pillow covers will also help, as will keeping pets out of your bedroom and using HEPA air filters.<sup>1</sup>

For all the hard surfaces in your home, try non-toxic **Thieves Household Cleaner**. It's remarkably economical, effective and leaves a very light scent.





**Diffuse essential oils to cleanse the air**

This is one lifestyle change that's

effortless - and will significantly improve your indoor air quality. Just place 15-20 drops of **Purification** essential oil blend in a diffuser, plug it in and enjoy. Diffuse 30 minutes once or twice a day, and your indoor air not only smells clean, it is clean. Formulated by Gary Young to protect our health at home.



Essential oil diffuser

**Reduce your toxic overload**

Now that you've removed many allergens from your home environment, consider the effect of your "inner environment" on your allergies.

*How allergic you are at any one time relates to how well you process your 'body burden.'*<sup>2</sup> *Marcelle Pick, OB/GYN NP*

'Body burden' is the residue of our exposure to the thousands of chemicals in our food supply and environment. When the body burden is more than we're able to detoxify and process daily, we need to consider internal cleansing - even if we don't have allergies.

Gary Young's position on cleansing is clear: Because we live a polluted world, we must cleanse continuously to stay healthy. He formulated the **Cleansing Trio** and the **Re-JUVA-nate Kit** for this exact purpose. See *Get Refreshed, Parts 1 and 2* (Vol. 4, No. 3, 4), for more detailed information on cleansing.

**Essential oils for allergy relief**

**Raven & R.C.** essential oil blends were especially formulated to fight respiratory conditions, relieve colds, sinusitis and congestion.<sup>4</sup> Diffuse, inhale deeply and apply topically on throat and lung areas (dilute first). Many people alternate between Raven and R.C. for maximum relief.

Single oils that are also very effective include **Lavender, German and Roman Chamomile.**

**Rhinitis** (runny nose)  
Inhale Lavender, R.C., Raven.

**Sinusitis**  
Inhale R.C. or Roman Chamomile. Also dilute with pure vegetable oil (50%) and swab nostrils.

**Sinus and nasal congestion**  
Inhale with steam. Add 10 drops R.C. to 3 cups steaming water, inhale deeply. Also apply topically to sinus points.

Be well! Look for next month's issue on Nutritional Strategies to Relieve Allergies.



**April Travis' Health Notes**

*First, this regimen has saved me thousands of \$\$ on allergy medications, allergy shots and missed time from work. Needless to say, no more side effects from those horrible drugs and over-the-counter meds!*

**For chronic coughs**  
*I diffused Purification into a closed room 20 minutes a day.*

**For congestion**  
*After inhaling deeply, R.C. stops me from wheezing and coughing and lets me breathe so much better.*

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Product Name	Code # Size	Wholesale Pref Cust Customer Prices	Product Name	Code # Size	Wholesale Pref Cust Customer Prices
Lavender essential oil	#3575 15 ml	\$19.50 \$22.58 \$25.66	Raven essential oil blend	#3402 15 ml	\$24.25 \$28.08 \$31.91
Eucalyptus globulus essential oil	#3539 15 ml	\$11.75 \$13.61 \$15.46	R.C. essential oil blend	#3405 15 ml	\$16.75 \$19.39 \$22.04
Roman chamomile essential oil	#3512 5 ml	\$24.25 \$28.08 \$31.91	Purification essential oil blend	#3399 15 ml	\$14.25 \$16.50 \$18.75
Thieves Household Cleaner	#3743	\$21.50 \$24.89 \$28.29	Diffuser green well pink well blue well bronze well	#3828 #3829 #3830 #3831	\$98.50 \$114.05 \$129.61

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