

Essential Oil Therapies

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Facts About Headaches

Every 10 seconds, someone in the United States goes to the emergency room with a headache or migraine.

The lost work due to Migraine Disease costs more than \$13 billion every year in the U.S.

Headache relief could be just a drop away

Migraines headaches are a serious, recurring medical condition that affects 28 million Americans. Add that number to the 210+ million affected by tension headaches and you'll understand why over \$1 billion is spent annually on over-the-counter medications to treat headaches and migraines.

According to the American Headache Society, there are well over 100 medications now being used successfully to help prevent headaches and migraine attacks. However, there is risk with chronic overuse of pain medications, as it can lead to rebound headaches and the development of chronic daily headaches.

Natural Alternatives for Migraine Relief

For those who don't want to take those health risks, Young Living offers several essential oils and blends to relieve pain from migraines and tension headaches.

Migraines Under Control at a Fraction of the Cost

"I used to use a prescription that cost \$400 a month, and it didn't work for my migraines. I switched to a bottle of M-Grain™ [essential oil blend] and was amazed at how much better it handled the pain and once it was gone, it was gone. With the prescriptions, it would reoccur for the next couple of days. M-Grain worked wonderfully. I applied two drops to the temples and three drops on the brain stem. It is such a relief to get these horrible headaches under control and I no longer am damaging my liver with the prescriptions."

Jan Doerr



28 million Americans suffer migraine headaches, three times as many women as men.

Relief is just a deep breath away.



M-Grain™ essential oil blend combines oils that were traditionally used to relieve headaches, nausea, depression and problems related to severe migraine headaches including Marjoram, Lavender, Peppermint, Helichrysum.

Most effective when inhaled, use M-Grain alone or with a companion oil. Rub 2 drops in palms, cup over nose and inhale. Massage along the brain stem. Apply on forehead, temples, crown, shoulders, back of neck and VitaFlex points on the feet.

Companion oils for migraines and tension headaches:

Aroma Siez™

This special blend may help relax, and relieve tight, sore muscles which result from sports injuries, fatigue or stress. Also good for tension headaches. Contains Basil, Cypress, Marjoram, Lavender, Peppermint.

PanAway™

Formulated to help heal severe ligament damage, PanAway increases circulation, Contains Helichrysum, Wintergreen, Clove and Peppermint essential oils.



Both Physical and Emotional Stress Cause Tension Headaches

Ninety percent of all headaches are classified as tension/muscle contraction headaches. These are a severe but temporary contraction of neck, face and scalp muscles brought on by stressful events. Physical postures that tense head and neck muscles - such as holding the phone between your shoulder and ear - can help create tension headaches.

Conflict Can Trigger Tension Headaches

Research has shown that for many people, chronic muscle-contraction headaches are caused by depression and anxiety. These people tend to get their headaches in the early morning or evening when conflicts in the office or home are anticipated.

Peace & Calming™ can help reduce tension and uplift the spirits with a gentle blend of Blue Tansy, Patchouly, citrus oils and Ylang Ylang. These oils, traditionally used to reduce depression, anxiety, stress and insomnia, are very soothing when diffused and worn as perfume or cologne.



**10 gm peppermint oil =
1000 mg acetaminophen**

Equal pain relief,
none of the side effects

Fast Fix for Tension Headaches

My personal, never-fail solution for tension headaches is a combination of **Peppermint** and **Lavender** essential oils. Combine a couple drops of each in the palm of your hand, apply to forehead, temples. Apply to back of neck and shoulders if they're tense. You'll feel a cool/hot sensation where you've spread the oils and soon, rapid relief. Every time I've used it, my headache is completely gone in less than five minutes.



Essential 7, the Headache Kit?

If you're new to essential oils and or never tried them for headaches, consider the Young Living™ **Essential 7 Kit**. This very popular collection contains four of the "headache" oils discussed in this issue, as noted with an asterisk, below.

Oils in the Essential 7 Kit

Lavender*	PanAway*
Lemon	Peace & Calming*
Peppermint*	Purification
Joy	

Beyond headache oils, the Essential 7 Kit will relieve hundreds of every day "headaches" from burns to indoor air pollution. You'll find it to be a perfect essential oil starter or travel kit. For more information, talk with your Young Living distributor.

How To Apply Essential Oils for Headaches

Inhalation

Diffuse oil 15 minutes, 3-5 times daily.
Direct inhalation from bottle 3-8 times daily.

Topical

Dilute 50/50 with V6™ Oil, apply 1-3 drops on back of neck, behind ears, on temples, on forehead and under nose. Be careful to keep oil away from eyes and eyelids.

Oral

Place one drop on tongue, then push tongue against the roof of mouth.

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Member ID # **290271**

Product Name	Code # Size	Prices Wholesale Pref Cust Customer
M-Grain oil blend	#3387 15 ml	\$36.75 \$42.55 \$48.36
Aroma Siez oil blend	#3309 15 ml	\$26.50 \$30.68 \$34.87
PanAway oil blend	#3390 15 ml	\$54.75 \$63.39 \$72.04
Peppermint essential oil	#3614 15 ml	\$19.75 \$22.87 \$25.99
Essential 7 Kit	#3120 7-5 ml bottles	\$60.00 \$69.47 \$78.95

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