

# Essential Oil Therapies

Vol. 6 No. 4



## Chronic respiratory allergies now "almost non-existent"

"I used to have all kinds of allergies and asthma and was on everything from Seldane™ to steroid inhalers (that caused heart palpitations, dry eyes and mouth) and to a breathing machine at one point. With the help of Young Living™ essential oils, my allergies are almost non-existent. Here are just two of the ways I use them:

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

**For congestion.** I inhale R.C. deeply. It stops me from wheezing and coughing and lets me breathe so much better.

Now, I have no more side-effects from those horrible drugs and over-the-counter meds! Plus, this regimen has saved me **thousands of dollars** on allergy medications, allergy shots and missed time from work."

*April Travis*

## Relieve allergies without drugs

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 permanent 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 off the allergens with a barrage of antibodies, which then trigger inflammation.

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.**"

"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."

### Lifestyle changes can provide significant relief for 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.

Let's start with the top two:

1. Avoid the allergic substances.
2. Reduce your toxic overload.



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# Relieve allergies without drugs

## Banish allergens from your home and office environments

While it seems too simple, frequent, very thorough vacuuming of your home, carpets and mattresses will remove a major contributor to your allergies. But plan to spend more time at this task: *Allergy* magazine recommends 3+ minutes of vacuuming per square yard! Double the effectiveness of your vacuuming by adding several drops of **Lavender, Lemon or Purification** essential oils to the vacuum's filter (works for paper and water filters).

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). Hypoallergenic mattress and pillow covers will also help, as will keeping pets out of your bedroom and using HEPA air filters.

## Purify your inside air daily with an essential oil diffuser

This is one lifestyle change that is 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 for 30 minutes once or twice a day. Because Purification literally destroys odor-causing molecules, your indoor air is truly sparkling clean.



The perfect pair for cleaning your air!  
Young Living diffuser and citrusy Purification essential oil blend.

## How to use Young Living essential oils to relieve allergies

**Raven & R.C.** essential oil blends were especially formulated to fight respiratory conditions, relieve colds, sinusitis and congestion. Diffuse, inhale deeply and apply topically on throat and lung areas (dilute first). Many people alternate between Raven and R.C. for maximum relief. Especially effective single oils are **Eucalyptus globulus, Lavender** and **Roman Chamomile**.

### Rhinitis (runny nose)

Inhale Eucalyptus, R.C. or Raven.

### Sinusitis

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

### Sinus and nasal congestion

Add 10 drops R.C. to a basin of steaming water, cover head and bowl with towel to keep steam in and inhale deeply. Apply topically to sinus points to relieve pressure. This works!

### Reduce your toxic overload

Now that you've removed a substantial number of allergens from your home and office, consider the effect of your "inner environment" on your allergies. According to Marcelle Pick, NP, "How allergic you are at any one time relates to how well you process your body burden."

'Body burden' is the residue that remains in the body after exposure to thousands of chemicals in the air, water and food supply. When the amount of residue is more than we can detoxify and process daily, we should consider internal cleansing - even if we don't have allergies.

Dr. Gary Young's position on cleansing is clear: "Because we live a polluted world, we must cleanse continuously to stay healthy." Young Living's **Five Day Nutritional Cleanse** and **Re-JUVA-nate Kit** were formulated to cleanse with good-tasting and easy-to-use programs. Call me or go online to learn more.

Next month, you'll read **Nutritional Strategies to Relieve Allergies.**



Young Living's "first aid kit" for respiratory allergy symptoms - Raven, R.C., Roman chamomile and Eucalyptus essential oils.

Product Name	Code # Size	Prices Wholesale Pref Cust Customer
Eucalyptus globulus essential oil	#3539 15 ml	\$11.75
		\$13.61
		\$15.46
Lavender essential oil	#3575 15 ml	\$20.75
		\$24.03
		\$27.30
Purification essential oil blend	#3399 15 ml	\$16.25
		\$18.82
		\$21.38
Raven essential oil blend	#3402 15 ml	\$29.75
		\$34.45
		\$39.14
R.C. essential oil blend	#3405 15 ml	\$17.75
		\$20.55
		\$23.36
Roman chamomile essential oil	#3512 5 ml	\$33.75
		\$39.08
		\$44.41
Essential oil diffuser complete set	#3660 bronze #3661 silver #3662 green	\$99.75
		\$115.50
		\$131.25

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