

# Essential Oil Therapies



## Breath of fresh air.

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.

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.

## Banish allergens from your home and office environment

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 water and paper filters.)

Next, destroy the dust mites in your bedroom with essential oils. Every time you change linens, vacuum your mattress, then wipe it down with a few essential oil drops on a tissue. Wash your sheets with liquid laundry detergent that you have added 25 drops of Eucalyptus oil to. Hypo-Allergenic mattress and pillow covers will greatly help. as well as keeping pets out of your bedroom.

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

This is one lifestyle change that is effortless and which 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 erases odor-causing molecules, your indoor air will truly be sparkling clean.



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## 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 Mercelle 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 our bodies can detoxify and process daily, we should consider an internal cleansing - even if we don't have allergies.

Dr. D. Gary Young's position on cleansing is clear, "Because we live in a polluted world, we must cleanse continuously to stay healthy." To that end he formulated Young Living's Five Day Nutritional Cleans and Cleansing Trio to make it so easy and pleasant that cleansing can become part of your healthy lifestyle.



**Eucalyptus:** A member of the Eucalyptus family, Eucalyptus Blue is another addition to the line of essential oils from Ecuador. Eucalyptus Blue is for topical or aromatic use.



**RC:** R.C.™ contains powerful therapeutic-grade essential oils that are invigorating when applied, especially to the chest and throat area.



**Raven:** Raven is a combination of deeply soothing therapeutic grade essential oils that will provide comfort when applied topically to the chest and throat or diffused.



**Roman Chamomile:** Roman chamomile (*Chamaemelum nobile*) has a warm, sweet, herbaceous scent that is relaxing and calming for both mind and body.



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