

Essential Oil Therapies

Ways to Use Essential Oils – Part 3 Consuming Essential Oils for Better Health

Because essential oils stem from plants, shrubs and herbs, people have been using these amazing gifts from Mother Nature for centuries. Widely regarded for their vast health benefits and versatility, essential oils are customarily inhaled or used topically. However, using essential oils internally is another way people around the globe are maximizing these amazing health benefits. Internal consumption of essential oils may provide powerful antioxidant properties and support a healthy inflammatory response, among other healthy benefits.

Today, we are rediscovering these healthy benefits by using essential oils in our everyday lives. For instance, Young Living essential oils make excellent food flavorings or dietary supplements, and fit nicely into our healthy lifestyles.



In order to use essential oils for internal consumption, Young Living suggests these methods:

1. Place several drops of oil into an empty capsule and swallow the capsule with water.
2. Add 1-2 drops to a glass of water or rice milk.
3. Put 1-2 drops onto a piece of bread or add to your meals for cooking.
4. Add 1-2 drops onto a teaspoon of Young Living Blue Agave and swallow.
5. Drop directly onto the tongue and swallow. Exercise extreme caution when using this method. Many essential oils are potent and should be tested by pouring a single drop onto a spoon and tasting a small portion to determine the amount of oil to be used.



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By sticking to these preferred methods of use, and by always reading the labels before using, essential oils will infuse your life with greater physical, emotional and spiritual health. The following products and oils have been recommended for internal use:



Longevity

Enriched with the pure essential oils thyme, orange, and now frankincense, Longevity soft gels are a potent, proprietary blend of fat-soluble antioxidants.



Longevity Essential Oil

Longevity contains oils that rank among the most powerful antioxidants known. Simply put one drop in a capsule or in 4 fl. oz. of goats or rice milk.



Digest & Cleanse

Digest + Cleanse is formulated with clinically proven and time-tested essential oils that work synergistically to help prevent occasional indigestion and abdominal pain.



Lemon Essential Oil

Lemon has a strong, purifying, citrus scent that is revitalizing and uplifting. Lemon consists of 68 percent dlimonene, a powerful antioxidant and is delightfully refreshing in water.



Peppermint Essential Oil

One of the oldest and most highly regarded herbs for soothing digestion, it may also restore digestive efficiency. Peppermint may also be used to enhance the flavor of food and water.



Frankincense

Useful for visualizing, improving one's spiritual connection, and centering, it has comforting properties that help focus the mind and overcome stress and despair. When using as a supplement, dilute one drop in 4 fl. oz. of liquid such as soy or rice milk.

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