



Essential Oil Therapies

Natural Cold & Flu Remedies for the New Year

Now that you've committed to your New Year's resolutions, it's important that you hit the ground running in 2013. Whether you're looking to lose some of those extra holiday pounds, break a bad habit or create a more abundant future for yourself and your family, it's difficult to give the New Year your best effort if you're sick in bed.

Sore throats, runny noses, clogged sinuses; earaches, coughs and upset stomachs can put a damper on the whole family throughout the cold-weather months. In fact, the global cold and flu seasons are big business. There are more than 5 billion cases of the common cold and 1 billion cases of the flu every year. The cold and flu season regularly tops \$300 billion a year in healthcare costs.

As pharmaceuticals, over-the-counter remedies and immunizations possess no guaranteed protection and relief, finding lasting cold and flu defense is vital. Essential oils are a great way to avoid these post-holiday hindrances by diffusing your favorite essential oils into the air around your home or taking a simple-to-swallow essential oil softgel capsule.

Diffusers:

Home Diffuser: Young Living's newly designed Home Diffuser combines a humidifier, air purifier, atomizer, and aromatherapy diffuser into one product that safely releases essential oils into the air to eliminate odors and create a spa-like atmosphere.

Aria Ultrasonic Diffuser: This Aria diffuser combines the latest in ultrasonic technology with a variety of useful features. The included remote lets you choose from a selection of soothing, built-in sounds or enjoy the multicolored LED lights. With the built-in speakers, you can plug in your own personal music player and enjoy the music of your choice.

Preventive Use:

- Take one softgel a week during the cold and flu season.
- Take two softgels a week when interacting with children or performing healthcare services.
- Take one additional softgel after contacting people with cold symptoms.
- Share two softgels with someone experiencing cold symptoms.

Symptomatic Use:

- Take one softgel 2-3 times a day when experiencing signs of cold or flu symptoms.
- Periodic use is advised with a maximum continuous use of 30 consecutive days.
- Consume a recommended probiotic supplement to ensure consistent growth of friendly bacteria in the GI tract.



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Eucalyptus: Eucalyptus promotes oxygen absorption by relaxing the respiratory muscles and enhancing the breathing passages.

Juniper: Juniper essential oil has a clean, mildly penetrating, woody scent that has a cleansing effect on the mind, spirit, and body. It also stimulates metabolism and supports the immune system.

Thyme: This popular oil has a spicy, warm, herbaceous aroma that is both powerful and penetrating. Known since ancient times as a medicinal herb, thyme contains large amounts of thymol.

Lemon: With a strong, purifying, citrus scent that is revitalizing and uplifting, lemon consists of 68 percent dlimonene, a powerful antioxidant.

Clove: This is a strong, stimulating aromatic spice that enhances the overall effect of Olbas Oil.

Melaleuca: This powerful oil soothes bronchial and sinus passages and supports healthy breathing.

Peppermint: This popular essential oil has been valued for centuries as an aromatic stimulant, providing benefits to the nasal and bronchial passages.

Oregano: This is one of the most powerful and versatile essential oils. It contains strong immune-enhancing and antioxidant properties and supports the respiratory system.

Wintergreen: This effective essential oil contributes to the warm, soothing feeling when it is applied to the skin. It also has a pleasant aroma, and supports the breathing passages.

Rosemary: Provides a fresh, herbaceous, sweet, slightly medicinal aroma. As an energizing oil, rosemary may be beneficial for helping to restore mental alertness when experiencing fatigue.

Cinnamon: The warm, spicy aroma of cinnamon has been sought throughout the ages both as a valuable commodity and for its ability to improve wellness.



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