

# Essential Oil Therapies

## The Natural Way To Combat Allergies

### TOP 10 TIPS FOR SURVIVING ALLERGY SEASON:

1. Keep your windows closed, especially in the mornings, to make sure outdoor allergens stay outside.
2. Shower every night to avoid sleeping with irritants.
3. Clean your vents and replace air filters often.
4. Change into clean clothes immediately after coming inside.
5. Be sure to vacuum your entire house often – daily if possible.
6. Stay inside whenever possible to avoid coming into contact with allergens.
7. Check allergen reports often.
8. Keep an inhaler on hand if you suffer from asthma.
9. Don't open your windows—even on the longest of car rides.
10. Avoid gardening or other yard work.

If you're ready to breathe a sigh of relief that cold and flu season is finally coming to a close, you may want to think about holding your breath a little longer. Spring is in full swing, and anybody with outdoor sensitivities knows what that means – allergies. This allergy season is predicted to be one of the worst on record, which means that even people who normally make it to summer unscathed may find themselves dealing with the itchy throat, sneezing and watery eyes that long-time allergy sufferers struggle with every year.

**YOUNG LIVING™**

INDEPENDENT DISTRIBUTOR

DISCLAIMER: These statements have not been evaluated by the Food and Drug Administration. The information contained in this newsletter is intended for educational purposes only. It is not meant to substitute for medical care or to diagnose, treat, cure or prevent any specific health condition or disease. The author, publisher and subscriber assume no responsibility for any loss, damage or injury resulting from the use or misuse of any information in this newsletter.

**Radiant Health News** © Radiant Health News  
Publisher Sound Concepts

Email

[yjwellness@soundconcepts.com](mailto:yjwellness@soundconcepts.com)

Phone

800.524.4195

Online

<http://yjwellness.com>

Allergic reactions can be triggered by anything from ragweed to mold, and traditional allergy medicines can often leave you feeling sluggish and sleepy. If you're already feeling the ill-effects of the season and don't want to choose between snoozing or sneezing, have no fear—*Young Living can help.*

Try diffusing **Purification Essential Oil** to purify the air in your home, or **Peace & Calming Essential Oil** to help you relax if your allergy symptoms leave you feeling stressed and tense.



*Or, if you're a fan of simplicity, check out the many ways single oils can be used to combat your allergies:*

**Lavender Essential Oil:** Lavender is a natural antihistamine, so it can help slow your body's negative response to an allergen.

**Eucalyptus Globulus Essential Oil:** Perhaps best known as a food staple for koalas, eucalyptus is great for easing respiratory discomfort and even repelling insects, which can often trigger their own allergic reactions.

**Lemon Essential Oil:** The strong, uplifting scent of lemon is great for purifying the air and offering respiratory comfort.

**Peppermint Essential Oil:** Not only useful as a way to enhance the flavor of your food, peppermint has also been known to open airways.

**Frankincense Essential Oil:** Frankincense has long been used as a natural way to relieve headache pain, which is often a symptom of seasonal allergies.

**Roman Chamomile Essential II:** Calming and relaxing, roman chamomile can offer soothing comfort to your skin.

**James Niederland, LCSW**  
**Psychotherapist/Wellness Consultant**

Phone **201.906.2994**

Email [oilman@essentialoiltherapies.com](mailto:oilman@essentialoiltherapies.com)

[www.essentialoiltherapies.com](http://www.essentialoiltherapies.com)

Young Living Member #: 290271

