

CARDIOVASCULAR CONDITIONS

(See also [BLOOD CLOTS](#), [BLOOD DISORDERS](#), [HEART](#), [DIABETES](#), [ORAL CARE](#))

Hardening of the Arteries

Single Oils:

Helichrysum, lavender, cypress, cistus

Blends:

Aroma Life, Longevity.

EO Applications:

TOPICAL:

BODY MASSAGE, 2 times weekly

INGESTION:

CAPSULE, 00 size, 3 times daily

Dietary Supplementation:

Essential Omegas, Longevity Caps, Wolfberry Crisp, mega Cal, AD&E

Blood Pressure, High (Hypertension)

Single Oils:

Lavender, marjoram, rosemary, ylang ylang, cypress, rosemary, jasmine absolute

Blends:

Aroma Life, Aroma Siez, Peace & Calming, Citrus Fresh, Joy

EO Applications:

TOPICAL:

DILUTE 20-80, full body massage daily

INHALATION:

DIFFUSION, 20 minutes, 3 times daily

INGESTION:

CAPSULE, 00 size, 1-2 times daily

Additional essential oil regimens:

1. For 3 minutes, massage 1-2 drops each of Aroma Life and ylang ylang on the heart Vita Flex point and over the heart and carotid arteries along the neck. Blood pressure will begin to drop within 5 to 20 minutes. Monitor the pressure and reapply as required. Lemon and helichrysum can also be used.
2. Inhalation of jasmine reduces anxiety and therefore, lowers blood pressure.

Dietary Supplementation:

HRT, CardiaCare, Essential Manna, ImmuPro, ImmuneTune, Super B, Mineral Essence, Super Cal, Coral Sea, Stevia

Supplementation regimen:

1. Increase intake of magnesium which acts as a smooth-muscle relaxant and acts as a natural calcium channel blocker for the heart, lowering blood pressure and dilating the heart blood vessels. Mineral Essence, Essential Manna, and Super Cal are good sources of magnesium.
2. Take 20 mg daily of vitamin B3 (niacin) an excellent vasodilator (found in Super B).
3. Use therapeutic-grade Hawthorne berry extracts. Hawthorne berry (contained in HRT tincture provides powerful cardiovascular support.
4. Do a colon and liver cleanse.

Blood Pressure, Low (Hypotension)

Single Oils:

Sage, pine, rosemary

Blends:

Aroma Life, EndoFlex, Joy

EO Applications:

TOPICAL:

DILUTE 20-80, full body massage daily

INHALATION:

DIFFUSION, 20 minutes, 3 times daily

INGESTION:

CAPSULE, 00 size, 1-2 times daily

Additional essential oil regimens:

1. Use 1-2 drops each of Aroma Life and rosemary on heart Vita Flex points; for massage, dilute with few drops of V6 Oil Complex.
2. Place 3 drops each of Aroma Life and rosemary in a capsule and take 2 times daily

High Cholesterol

Helichrysum lowers and regulates cholesterol and reduces blood clotting. Aroma Life regulates and lowers blood pressure and breaks down plaque on the blood vessel walls.

Single Oils:

Rosemary, clove, German and Roman chamomile, spikenard, helichrysum, geranium, fennel

Blends:

Aroma Life, Longevity, JuvaFlex, JuvaCleanse, Di-Tone, EndoFlex, ImmuPower

Cholesterol reducing blend:

- 2 to 5 drops rosemary
- 5 drops Roman chamomile
- 3 drops helichrysum
- 5 drops allium cepa

EO Applications:**TOPICAL:**

NEAT or DILUTE 50-50 if needed, 2-4 drops at pulse points where arteries are close to the surface (wrists, inside elbows, base of throat), 2-3 times daily. Also rub 6-10 drops along spine 3 times daily

BODY MASSAGE, 2 times weekly

INGESTION:

CAPSULE, 00 size, 3 times daily

RICE MILK, 1-2 times daily

Dietary Supplementation:

CardiaCare, JuvaPower/Spice, Vita-Green, Super C Chewable, Super Cal, Coral Sea, Longevity Caps, Mineral Essence, Essential Omegas, ICP, Polyzyme, Essentialzyme

Supplementation regimens:

1. Do a colon and liver cleanse using the Cleansing Trio, JuvaTone, JuvaPower/Spice, and JuvaFlex and JuvaCleanse. JuvaTone is particularly useful for high cholesterol. ICP helps break down plaque.
2. Mix 25 drops of HRT in 6 ounces of distilled water, and drink 3 times daily. Supports blood system and circulation deficiency.
3. Magnesium acts as a smooth muscle relaxant and supports the cardiovascular system. It acts as a natural calcium channel blocker for the heart, lowering blood pressure and dilating the heart blood vessels (Dr. T. Friedmann). Mineral Essence, Super Cal and Mega Cal are good sources of magnesium.

Phlebitis (Inflammation of Veins)

Single Oils:

Helichrysum, German chamo-mile, nutmeg, Roman chamomile, geranium, lavender, cistus

Blends:

Longevity, Aroma Life

EO Applications:

TOPICAL:

NEAT, 2-4 drops on location 2-4 times daily

COMPRESS, cold on location 2-4 times daily

Dietary Supplementation:

Essential Omegas, Longevity Caps

©2005 Essential Science Publishing. All rights reserved. No part of this CD may be reproduced or transmitted in any form or by any means, electronic or mechanical, without permission in writing from the publisher.