

Place a warm compress with 1-2 drops of chosen oil on the chest, throat, and upper back 2 times daily.

#### **Ingestion and Oral:**

The amount of oil ingestion varies with different oils. Whether putting the oils in a capsule or drinking them in a liquid, please refer to the information at the beginning of this chapter for more direction.

- Gargle with Thieves Fresh Essence Plus Mouthwash throughout the day as desired.
- Use Thieves Spray as desired.

## **CROHN'S DISEASE**

### **(See COLITIS)**

Crohn's disease creates inflammation, sores, and ulcers on the intestinal wall. These sores occur deeper than ulcerative colitis. Unlike other forms of colitis, Crohn's disease can also occur in other areas of the body, including the large intestine, appendix, stomach, and mouth.

#### **Symptoms include:**

- Abdominal cramping
- Lower-right abdominal pain
- Diarrhea
- A general sense of feeling ill

Attacks may occur once or twice a day for life. If the disease continues for years, it can cause deterioration of bowel function, leaky gut syndrome, poor absorption of nutrients, loss of appetite and weight, intestinal obstruction, severe bleeding, and increased susceptibility to intestinal cancer.

Most researchers believe that Crohn's disease is caused by an overreacting immune system and is actually an autoimmune disease where the immune system mistakenly attacks the body's own tissues. MSM has been extensively researched for its ability to treat many autoimmune diseases and is the subject of research by University of Oregon researcher Stanley Jacobs. MSM is a key ingredient in Sulfurzyme.

#### **Recommendations**

**Singles:** Ginger, nutmeg, wintergreen, German chamomile, peppermint, copaiba, fennel, patchouli

**Blends:** Di-Gize, PanAway

**Supplements:** Omega Blue, Life 5, Detoxzyme, Sulfurzyme, Polyzyme, AlkaLime, ICP, ComforTone, Essentialzyme, MultiGreens, Digest + Cleanse, NingXia Red, Balance Complete

### **Application and Usage**

#### **Inhalation:**

- Diffuse your choice of oils for ½ hour every 4-6 hours or as desired.
- Put 2-3 drops of your chosen oil in your hands and rub them together, cup your hands over your nose, and inhale throughout the day as needed.
- Put 2-3 drops of oil on a cotton ball or tissue and put it in an air vent in your house, vehicle, hotel room, etc.
- If diffusing at night while sleeping, set your timer for desired length for automatic shut-off.

#### **Topical:**

You may apply single oils or blends neat or diluted, depending on the oil or oils being used. Please see the instructions at the beginning of this chapter for more information on applying oils to the skin.

- Have a Raindrop Technique 1-2 times weekly incorporating ImmuPower.
- Place a warm compress with 1-2 drops of chosen oil on the back.

#### **Ingestion and Oral:**

The amount of oil ingestion varies with different oils. Whether putting the oils in a capsule or drinking them in a liquid, please refer to the information at the beginning of this chapter for more direction.

- Take 1 capsule with recommended oils 2 times daily.
- Put 2-3 drops of oil in rice milk and drink 2-4 times daily.
- Put desired amount of oils in a glass of NingXia Red, rice milk, almond milk, goat milk, carrot juice, or even water and then drink.

**Regimen for Crohn's disease:**

Each phase lasts 3 days and should be added to the previous phases.

**Phase I:** Polyzyme: 1-2 capsules 3 times daily.

**Phase II:** Take the Polyzyme in yogurt or liquid acidophilus and charcoal tablets. Do not use ICP, ComforTone, or Essentialzyme yet.

**Phase III:** Drink 6 oz. raw juice (cherry, prune, celery, carrot, or NingXia Red) 2 times daily.

**Phase IV:** Take 2 scoops Balance Complete in water or juice 2 times daily.

**Phase V:** (Start only if there is no sign of bleeding.)

- ComforTone: 1 capsule morning and night until stools loosen.
- ICP: Start with 1 level tsp. 2 times daily and gradually increase.
- Essentialzyme: Start with 1 tablet 3 times daily. If irritation occurs, discontinue for a few days and start again.

## CUSHING'S DISEASE (Adrenal Gland Imbalance)

Cushing's disease is characterized by the overproduction of adrenal cortex hormones, such as cortisol. While these hormones are crucial to sound health in normal amounts, their unchecked overproduction can cause as much harm as their underproduction. This results in the following symptoms:

- Slow wound healing
- Obesity
- Low resistance
- Acne
- Infection
- Moon-shaped face
- Easily bruised skin
- Osteoporosis
- Weak or wasted muscles

Although Cushing's disease can be caused by a malfunction in the pituitary, it is usually triggered by excessive use of immune-suppressing corticosteroid medications, such as those used for asthma and arthritis. Once these are stopped, the disease often abates.

The key to reducing excess cortisol is often reducing stress.

**Recommendations**

**Singles:** Spearmint, dorado azul, lemon

**Blends:** Harmony, EndoFlex, Di-Gize, Peace & Calming, Acceptance, Grounding

**Supplements:** ImmuPro, PD 80/20, Mineral Essence, CortiStop Women's, Digest + Cleanse

**Application and Usage****Inhalation:**

- Diffuse your choice of oils for ½ hour every 4-6 hours or as desired.
- Put 2-3 drops of your chosen oil in your hands and rub them together, cup your hands over your nose, and inhale throughout the day as needed.
- Put 2-3 drops of oil on a cotton ball or tissue and put it in an air vent in your house, vehicle, hotel room, etc.
- If diffusing at night while sleeping, set your timer for desired length for automatic shut-off.

**Topical:**

You may apply single oils or blends neat or diluted, depending on the oil or oils that are used. Please see the instructions at the beginning of this chapter for more information on applying oils to the skin.

- Apply warm compress over adrenal area (on back, over kidneys) with 1-2 drops of recommended oil.

**Ingestion and Oral:**

The amount of oil ingestion varies with different oils. Whether putting the oils in a capsule or drinking them in a liquid, please refer to the information at the beginning of this chapter for more direction.

- Take 2 Exodus II capsules daily.