

LIVER SPOTS (Senile Lentigines)

Recommendations

Singles: Sandalwood, blue cypress, lavender, nutmeg

Blends: Di-Gize, GLF

Liver Spot Recipe:

- 20 drops avocado oil
- 6 drops sandalwood
- 4 drops blue cypress
- 4 drops lavender
- 4 drops nutmeg

Application and Usage

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 2-4 drops neat of the liver spot blend over affected area 3 times daily for 2 weeks.

LUPUS

Lupus is an autoimmune disease that has several different varieties:

- *Lupus vulgaris* is characterized by brownish lesions that may form on skin and/or face and become ulcerous and form scars.
- Discoid *Lupus erythematosus* is characterized by scaly, red patches on the skin or butterfly-shaped lesions on the face. It is milder than the systemic type.
- Systemic *Lupus erythematosus* is more serious—and more common—than discoid lupus. It inflames the connective tissue in any part of the body, including the joints, muscles, skin, blood vessels, membranes surrounding the lungs and heart, and occasionally the kidneys and brain.

Because lupus is an autoimmune disease, it has been successfully treated using MSM, a form of organic sulfur, which can be found in Sulfurzyme.

Recommendations

Singles: Eucalyptus (*E. globulus*), thyme, nutmeg, myrrh, wintergreen, basil

Blends: Valor, Valor Roll-On, PanAway, R.C., Breathe Again Roll-On, EndoFlex

Lupus Recipe:

- 3 drops myrrh
- 4 drops eucalyptus (*E. globulus*)
- 10 drops lavender
- 3 drops nutmeg

Supplements: Sulfurzyme, Essentialzyme, Polyzyme, MultiGreens, Thyromin, Master HIS or HERS

Application and Usage

Inhalation:

- Diffuse your choice of oils for ½ hour every 4-6 hours or as desired. If diffusing at night while sleeping, set your timer for desired length for automatic shut-off.
- 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.

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 1-2 drops neat on temples and back of neck as desired.
- Have Raindrop Technique 1-2 times weekly.
- Have body massage using desired essential oils once every other day.

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 5 drops of desired blend 2 times daily.

Lupus Daily Regimen:

1. Bath Salts: Using lupus blend above, add 30 drops to ½ cup Epsom salt or baking soda and add to hot bath. Soak for 20 -30 minutes or until water cools.
2. Vita Flex: Massage PanAway on bottoms of the feet and follow 2 hours later with a foot massage using Thieves.
3. Topical: Massage 10-15 drops basil over liver and on feet 2-3 times daily.
4. Sulfurzyme: Take 1-2 Tbsp. powder or 5 capsules 1-2 times daily.
5. Essentialzyme: Take 2-6 tablets 2 times daily.
6. MultiGreens: Take 2-4 capsules 2 times daily.

LYME DISEASE AND ROCKY MOUNTAIN SPOTTED FEVER

Lyme disease is a viral infection caused by the bite of an infected tick. It is caused by the microorganism *Borrelia burgdorferi*.

Recommendations

Singles: Thyme, clove, melissa, oregano, myrrh, eucalyptus blue, ocotea

Blends: PanAway, Melrose, Thieves, Exodus II

Supplements: Inner Defense, Power Meal, Polyzyme, Detoxzyme

Application and Usage**Inhalation:**

- Diffuse your choice of oils for ½ hour every 4-6 hours or as desired. 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 1-2 drops neat on temples and back of neck, as desired.

- Massage 2-4 drops of oil neat on the soles of the feet just before bedtime.

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, 3 times daily.
- Put 2-3 drops of oil in a spoonful of agave, yacon, maple syrup, honey, yogurt, etc.

LYMPHATIC SYSTEM

Essential oils have long been known to aid in stimulating and detoxifying the lymphatic system.

Recommendations

Singles: Myrtle, grapefruit, lemongrass, tangerine, orange, rosemary, cypress, hyssop, myrrh

Blends: Di-Gize, Aroma Life, En-R-Gee, Citrus Fresh

Lymphatic System Recipe:

- 3 drops cypress
- 1 drop orange
- 2 drops grapefruit

Supplements: ImmuPro, Super C, Super C Chewable, Longevity Softgels, MultiGreens, Digest + Cleanse, Life 5

Body Care Massage Oils and Creams: Cel-Lite Magic Massage Oil, Regenolone Moisturizing Cream

Application and Usage**Inhalation:**

- Diffuse your choice of oils for ½ hour every 4-6 hours or as desired. 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