

Any injury that results in the sudden loss of substantial amounts of fluids can trigger shock.

Shock can also be caused by allergic reactions (anaphylactic shock), infections in the blood (septic shock), or emotional trauma (neurogenic shock).

To help someone in shock, first cover the victim with a blanket and elevate the feet, unless there is a head or upper torso injury. Inhaling any one of many different essential oils can also help—especially in cases of emotional shock.

### Recommendations

**Singles:** Peppermint, Idaho balsam fir, basil, frankincense, eucalyptus blue, dorado azul, cardamom, rosemary

**Blends:** Trauma Life, Clarity, 3 Wise Men, Valor, Valor Roll-On, R.C., Harmony, Present Time

### 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.
- 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 oils being used. When applying essential oil to the temples, **be careful not to get the oil too close to the eyes.**

- Apply 1-2 drops diluted 50/50 on temples, back of the neck, and under the nose neat as desired.
- You may also apply 2-3 drops on the Vita Flex points of the feet.
- A single drop under the nose is helpful and refreshing.

## SINUS CONGESTION

### Recommendations

**Singles:** Peppermint, eucalyptus blue, palo santo, eucalyptus (*E. radiata*), ravintsara, Idaho balsam fir, thyme, fennel, rosemary

**Blends:** Di-Gize, Raven, Thieves, Exodus II, Breathe Again Roll-On, Melrose, R.C.

**Supplements:** Super C, Super C Chewable, ImmuPro

**Oral Care:** Thieves Dentarome Ultra Toothpaste, Thieves Lozenges, Thieves Fresh Essence Plus Mouthwash, Thieves Spray

### 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.
- If diffusing at night while sleeping, set your timer for desired length for automatic shut-off.

#### Topical:

Apply 1-2 drops neat on the temples and back of the neck, as desired.

A single drop of chosen oil or a swipe of Breathe Again Roll-On under the nose is helpful and refreshing.

- Dilute 50/50 and apply on location 3-6 times daily.
- Massage 2-4 drops of oil neat on the soles of the feet just before bedtime. Children love it.
- Nasal Irrigation Regimen (*see box on next page*)
- 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. You can place the oils in a capsule or drink them in a liquid. For more information see the beginning of this chapter.

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

**SINUS INFECTIONS**

Nasopharyngitis is an inflammatory condition of the mucous membranes of the back of the nasal cavity, where it connects to the throat and the Eustachian tubes.

**Recommendations**

**Singles:** Peppermint, ravintsara, eucalyptus blue, thyme, rosemary, blue cypress, dorado azul, eucalyptus (*E. radiata*)

**Blends:** Raven, R.C., Exodus II, Thieves, Inner Defense, Breathe Again Roll-On

**Supplements:** Super C, Super C Chewable, ImmuPro, Digest + Cleanse, Inner Defense

**Oral:** Thieves Fresh Essence Plus Mouthwash

**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.

**Nasal Irrigation Regimen:**

Rosemary and melaleuca (*M. alternifolia*) oils can be used in a saline solution for very effective nasal irrigation that clears and decongests sinuses. As recommended by Daniel Péroël, MD, the saline solution is prepared as follows:

**Nasal Irrigation Recipe:**

- 10 drops rosemary
- 6 drops melaleuca (*M. alternifolia*)
- 8 Tbsp. very fine salt (salt flower)

The essential oils are mixed thoroughly in the fine salt and kept in a sealed container.

For each nasal irrigation session, 1 tsp. of this salt recipe is dissolved into 1½ cups distilled water. The solution is then placed in the tank of an oral irrigator to irrigate the nasal cavities, which is done while bending over a sink.

This application has brought surprisingly positive results in treating latent sinusitis and other nasal congestion problems.<sup>26</sup>

**Topical:**

- You may apply single oils or blends neat or diluted, depending on the oils that are used.
- Apply 1-2 drops diluted 50/50 just under jawbone on right and left sides 4-8 times daily.
- You may also apply 2-3 drops on the Vita Flex points of the feet

**Oral:**

Gargle 2-5 times daily with Thieves Fresh Essence Plus Mouthwash or 1-2 drops in water with another oil

Put 1 drop of Thieves or melaleuca (*M. alternifolia*) at the very back of the tongue and hold it in the mouth, mixing it with saliva for several minutes, and then swallowing. This can be very effective if started at the very first indication of infection and repeated 3-4 times for the first hour, then once an hour until symptoms subside.

Spray with Thieves Spray as often as desired.

Put 1 drop of Exodus II on tongue and swish it around in your mouth before swallowing.

Special note: In most sinus infections, including nasopharyngitis, rhinitis, sinus congestion, and sinusitis, the nasal irrigation regimen can be extremely effective.

## SINUSITIS/RHINITIS

Essential oils such as eucalyptus (*E. radiata*) and ravintsara strengthen the respiratory system, open the pulmonary tract, and fight respiratory infection.

### Recommendations

**Singles:** Eucalyptus blue, melaleuca (*M. alternifolia*), Idaho balsam fir, peppermint, eucalyptus (*E. radiata*), ravintsara, thyme, fennel, rosemary

**Blends:** Melrose, Raven, R.C., Thieves, Exodus II, Breathe Again Roll-On

**Supplements:** Super C, Super C Chewable, ImmuPro, Inner Defense

**Oral Care:** Thieves Dentarome Ultra Toothpaste, Thieves Lozenges, Thieves Fresh Essence Plus Mouthwash, Thieves Spray

### 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 3-8 times 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:

- Massage 1-3 drops neat on forehead, nose, cheeks, lower throat, chest, and upper back 3-5

times daily. Be careful not to get oils in or near eyes or eyelids.

- Apply 1-2 drops neat on temples and back of neck as desired.
- Apply 1-3 drops on the Vita Flex points of feet 2-4 times daily.
- Use the Raindrop Technique 1-2 times weekly.
- Bath salts: Mix 4-5 drops of oil with 1 cup of salt in hot water to dissolve salts. Pour into bathtub and then soak for 15-20 minutes or until water cools.
- Place a warm compress with 1-2 drops of chosen oil on the back.
- Nasal Irrigation Regimen (*see box on previous page*)

#### Ingestion:

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

#### Ingestion and Oral:

- Gargle 2-6 times daily with Thieves Fresh Essence Plus Mouthwash.

## SKIN DISORDERS

Essential oils can have powerful antioxidant and antibacterial benefits for the skin. Essential oils used on the skin are often combined with a vegetable carrier oil to:

- Slow evaporation, allowing more time for the oils to penetrate the skin.
- Maintain the lipid barrier of the skin because most essential oils will tend to dry the skin.
- Enhance the effect of the essential oils because many oils work well synergistically in a vegetable oil. Many skin conditions are related to dysfunctions of the liver. It may be necessary to cleanse, stimulate, and condition the liver and colon for 30-90 days before the skin begins to improve.