



(well color varies by code)

Diffuser



NingXia Red Starter Kit



Thieves II Kit

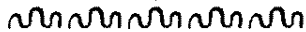
CRISIS MANAGEMENT KIT

BY RUBY GIBSON AND CARL JANICEK

Modern times require us to ever-live in preparedness. Whether we are confronted by personal health issues, community crises or environmental challenges, essential oils will be our best friend and greatest ally in the coming days. We here at Message Scent have put together our ideas about what we need in order to prepare ourselves for the best and the worst that life has to offer.



Crisis management can become creative re-negotiation when we have tools that afford us with empowerment, and align us with the balanced remedies of Mother Earth. Catastrophes and emergencies affect our physical bodies with trauma or injury, our mental state with worry and stress, our hearts with a wide variety of emotions, and our spirits with burdens and loss of hope. By keeping our personal selves uplifted and energetically supported, we will have the strength to meet the demands and calamities of today and tomorrow.



Here are the items that we always have on hand in our Essential Crisis Management Kit. Please remember that this information is in no way intended as medical advice and should not replace medical treatment. Please seek a medical professional when needed.

ESSENTIAL 7 - first and foremost we recommend keeping an unopened Essential 7 kit to be used for quick delivery to someone, or for your own use. This is the minimum oil backup we could ever imagine having.

THIEVES - number one on the list! This essential oil blend is not only valuable to have when a flu or cold strikes, but will assist to ward off diseases and incoming toxins. Use for sinusitis, bronchitis, pneumonia, sore throats, canker sores, etc. Just apply liberally to your chest, lymph glands, and throat for protection and unparalleled immune system support. (Dilute with a high-quality carrier oil for children and those with sensitive skin, or simply apply to their feet. It will take an essential oil 20 minutes to make its way throughout your body.) Or diffuse in your home or office for environmental purification. Be sure to use it as a protective shield when you must go into a hospital, group setting or ecologically damaged area. In addition to the essential oil itself, be sure to stock plenty of **THIEVES PRODUCTS**, i.e., Thieves lozenges (we love the new hard ones), Thieves household cleaner, Thieves wipes, Thieves mouthwash, Thieves spray, etc. Or just keep the new Thieves II kit around so you have it all in one place. The Thieves

household cleaner diluted 24 to 1 with water in a little spray bottle is great for a healthy germ killing hand wash.

OREGANO AND FRANKINCENSE - although these two essential oils have great merit on their own (Frankincense increases spiritual awareness, helps improve attitude and uplifts spirits which strengthens the immune system, and Oregano, in addition to strengthening the vital centers and creating a feeling of security, has a 99% kill rate for Streptococcus pneumonia), they truly shine when blended with Thieves. For an outstanding remedy that creates a hostile environment for bacteria, virus, fungus and pathogens in your body, Dr. Terry Freidmann has put together the following recipe for preventative measures, as well as emergency intervention. In a 00 gelatin capsule (veggie caps work fine but dissolve very quickly) place 9 drops of Thieves, 6 drops of Oregano and 3 drops of Frankincense. Replace the short end of the capsule firmly until it clicks in place. Take 2 capsules two times day with plenty of water on an empty stomach until symptoms subside. For children, half the dose. A nursing mother can take the oils for her baby and they will transmit through her milk. We keep an extra supply of these three essential oils on hand at all

times, always experiencing miraculous and fast-acting results. Use for all colds, flus, infections and toxic reactions. The only side effect, according to my daughter, other than reclaiming wellness, is that you will temporarily burp Frankincense! A small price to pay for such powerful relief . . .

TRAUMA LIFE - an essential oil blend that lives up to its name. Whether you encounter a physical trauma, such as a broken bone, bruising, cuts and contusions, or emotional devastation, Trauma Life acts as an agent of mercy to minimize shock, anaesthetize pain and settle emotions. Trauma Life also helps release buried emotional trauma as well as treating upsets, accidents, grief, assault, abuse, etc. and purges stress and restlessness. Apply directly to wounded area, or diffuse and inhale deeply.

PEPPERMINT - is one of our favorites. Although this fabulous essential oil is purifying and stimulating to the conscious mind, improving concentration and mental accuracy, it is one of the oldest and most highly regarded herbs for soothing digestion. Peppermint taken internally helps with indigestion, stomachaches, heartburn, constipation, diarrhea, hiccups, food poisoning, morning sickness, and nausea. Applied topically it remedies arthritis, headaches, mental fatigue, toothaches, nerve regeneration, respiratory and throat infections. You can also safely take this essential oil internally by putting a few drops in water or milk and drink. Also rub on stomach or areas of pain/tension. In addition, it is a great breath freshener! For children under 2 years of age, dilute Peppermint before applying topically as it has a strong icy/hot sensation.

LAVENDER - is calming, relaxing and balancing, both physically and emotionally. It is universal oil with many different applications. Lavender is a sedative and has been clinically evaluated for its relaxing effects. A must for your essential oil first aid kit, it is an antiseptic and is beneficial for cleansing cuts and wounds. This oil shines when used for skin care, especially burns of all kinds, because it assists with skin regeneration and reduces scarring. It may help for insect bites, chicken pox, hives, colds and flu, laryngitis, high blood pressure, asthma, ADHD, autism, insomnia and convulsions. Apply directly to skin or put a couple of drops on your pillowcase to aid in sleep.

PEACE & CALMING - is a soothing balm for emotional traumas and overall stress. This blend is very refreshing and promotes relaxation and a deep sense of peace, helping to dampen tensions and uplift spirits. It may calm overactive and hard-to-manage children, assisting them to fall asleep easier. Use for restful sleep, depression and anxiety. Peace & Calming is the oil of choice when quitting addictions, and it is recommended to apply topically to top of shoulders. Or simply rub into your feet or diffuse. Note: The citrus oils in this blend are photosensitive. Do not apply to skin and then sit in the sun, as your skin will be apt to burn more easily.

VALOR - helps to balance electrical energies within the body, giving courage, confidence and self-esteem. Greatly helps to overcome fear and opposition when facing adversity. It has

been touted as a "chiropractor in a bottle". Use for bed-wetting, motion sickness, emotional support, shock, upper back pain and for the inability to cope. Rub on your feet before bed or between shoulder blades on your back.

PAIN-AWAY - acts as a topical analgesic to ease the discomfort of joint pain, arthritis, sports injuries and broken bones. A blend consisting of plenty of wintergreen and helichrysum, this oil has an affinity for bones and connective tissue. Apply undiluted directly to area of pain or stiffness.

DI-GIZE - is a must for any digestive concern. Formerly known as Di-Tone, this essential oil blend contains cooking oils such as Tarragon, Ginger, Fennel and, of course, Peppermint to soothe your stomach.

YOUR FAVORITE OIL - of choice. Ruby's is Gathering. It supports both grounding and spiritual alignment simultaneously. After applying it topically to your navel and the crown of your head, breathe it in very deeply, imagining that you are breathing in from above and below at the same time, gathering your breath in your belly, and then exhaling through the front of your abdomen. Repeat this at least three times to help you center and find your balance so that you can deal with whatever crisis or dilemma awaits you. Carl's favorite oil is a blend he concocts from 2 drops Rose, 20 drops Sandalwood and 5 drops of Believe. Apply it on your third eye and over your heart, and two inches below your navel, and breathe in deeply while giving praise and gratitude to all creation.

RAINDROP OILS - either as a kit or as singles. Oregano, Thyme, Basil, Wintergreen, Cypress, Marjoram, Valor, Aroma Seiz, Peppermint and the V-6 carrier oil are a necessity because they are so powerful in healing for many types of infections and injuries. Those of us who know about the power of these oils never go without them!

NINGXIA RED - this most powerful antioxidant nutritional beverage is an absolute necessity in our book. A combination of essential oils, high quality fruit juice and the acclaimed ningxia wolfberry, it is a healing tonic that offers stamina, immune support, stable energy and detoxification. Good for keeping your system oxygenated and up and running in times of stress, but also extremely useful as a preventative measure for the upcoming cold and flu season. It tastes great!

WOLFBERRY POWER BARS - a non-perishable staple full of wolfberries, nuts, grains, natural sweeteners and goodness, be sure to have a few packages on hand for emergency road trips, or for a nutritious treat when the power is out for extended periods of time.

NUTRITIONALS - we keep on hand are Emergen C, Mineral Essence, Master His or Hers vitamins, Power Meal, Juva Tone and Vitagreen. These very powerful nutritional supplements are beneficial for stamina, stress management and immune fortitude.