Dr. Mom: Create your own Natural Medicine Chest Using the Every Day Oils Kit (plus a few extras)

Quick Reference Guide
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The following information was compiled out of the Essential Oils Desk Reference Legacy Edition by Life Science Publishing and Gentle Babies: Essential Oils and Natural Remedies for Pregnancy, Childbirth, Infants and Young Children by Debra Raybern, ND. To get a copy of these valuable resources, go to www.LifeSciencePublishers.com and www.GrowingHealthyHomes.com.

HOW TO USE YOUR YOUNG LIVING THERAPEUTIC-GRADE ESSENTIAL OILS:

🔹 **Dietary Supplements:** All single oils and some blends may be used as dietary supplements.

🔹 **Diffuse:** All of the oils may be diffused. The diffuser from Young Living (YL) is a special air pump that is custom designed to disperse the oils in a micro fiber vapor. This allows the oils to stay suspended in the air to reduce bacteria, fungi and mold. Diffusing also freshens the air with natural fragrances, eliminating the need for synthetic, harmful air fresheners. The diffuser disperses the oils without heat, which could render the essential oils less effective.

🔹 **Direct Application:** All of the oils can be applied to the Vita Flex points on the feet, added to bath water (except Thieves oil) mixed with YL’s Bath Gel Base, applied topically or used with body and foot massage.

CUTS & SCRAPES
- **Lavender**
- **Purification**
- Apply 1-2 drops directly to wound

INSECT BITES
- **Lavender**
- **Purification**
- Apply 1-2 drops directly to bite
- **Purification** can be put in a small spray bottle with distilled water to naturally repel mosquitoes

BURNS
- **Lavender**
- Apply 1-2 drops to affected area several times a day or as needed

ACHES & PAINS
- Headaches – **Peppermint** or **PanaWay** - Rub 1-2 drops on temples, forehead, and base of back of neck (if the vapors cause stinging in your eyes, just apply Young Living’s V-6 Vegetable oil or extra virgin olive oil on the areas around the eyes)
- For Migraines – Young Living’s Essential Oil Blend “**M-Grain**” was made specifically for migraines
- Backaches - **PanaWay**, **Valor**, or **Peppermint** - 2-4 drops or as needed on location
- Arthritis – **Panaway** – 1-2 drops on location
CONSTIPATION/TUMMY ACHES

- Peppermint
- Apply 1-2 drops over abdominal area. Can be diluted 50/50 with V-6 Oil or extra virgin olive oil to lessen the “cooling” effect
- Also, Young Living’s blend called “Di-Gize” is absolutely wonderful for tummy aches!

CALMING A CHILD/BETTER SLEEP

- Lavender
- Peace & Calming
- Rub a few drops on the bottom of the feet
- Add to bath water with some YL Bath Gel Base for a soothing bath
- Diffuse 15-20 minutes before going to bed - 12 -15 drops in a Young Living Diffuser (best) or a few drops on a cotton ball in a fan or vent

COUGHS

- To calm a cough - Lemon, Purification
- Apply 50/50 on chest and back
- Diffuse 15-20 minutes
- Thieves rubbed on bottom of feet
- To expectorate – Young Living’s Blends “R.C.” and “Raven” are great!!! Also, 1-2 drops of “Di-Gize” between the shoulder blades to rid excess mucus

RUNNY NOSE/EXCESS MUCUS

- Peppermint
- 1-2 drops cupped in hand to inhale
- 50/50 diluted and rubbed over sinuses (be careful of eyes) and back of neck
- Thieves rubbed on bottom of feet
- 1-2 drops of “Di-Gize” between the shoulder blades

COLDs, FLU, BRONCHITIS, VIRA L INFECTIONS

- Thieves
- Purification
- R.C. - best
- 1-2 drops rubbed on bottom of feet several times per day or as needed
- Diluted 50/50 rubbed on chest and back
- Diffused 15-20 minutes 3-4 times a day or as needed
- Thieves & Frankincense – 3-6 drops each ingested in vegetable capsules (from Young Living or health food store)

PNEUMONIA, BACTERIAL INFECTIONS

- Thieves
- Purification
- Frankincense
- 1-2 drops rubbed on bottom of feet several times per day or as needed
- Diluted 50/50 rubbed on chest and back
- Thieves & Frankincense – 3-6 drops each ingested in vegetable capsules (from Young Living or health food store)
EARACHES
- Lavender
- Thieves
- 1-2 drops rubbed on ear lobes and around outer ear
- Young Living’s “Melrose” blend is excellent and can be diluted 1:10 with YL V-6 oil or extra virgin olive oil and 1-2 drops of that mixture can be placed directly in the ear (Young Living’s official guidelines is NOT to place ANY essential oils in the ear so that people won’t put just any oils in the ears. However, upon counsel from a naturopathic doctor very experienced in Young Living therapeutic-grade essential oils, I have found the Melrose blend VERY effective against ear infections for my children.)

ALLERGIES
- Lavender
- Valor
- 1-2 drops rubbed behind ears, on wrists, chest, and bottom of feet
- Diffused 15 minutes every 2 hours as needed
- Lavender ingested in vegetable capsules, a few drops under the tongue as needed or a few drops in a spoonful of raw, local honey for those unable to ingest capsules.

ASTHMA
- Lemon
- Lavender
- Frankincense
- 2-4 drops to bottom of feet 2-3 times per day
- Ingested 2 times daily
- Young Living’s R.C. blend is wonderful for asthma

OTHER USES FOR TEENS & WOMEN
- Thieves - acne
- Lavender - Menstrual Cramps
- Peppermint - Morning Sickness

Essential Oils and Blends included in the Every Day Oils Kit
- Lavender
- Peppermint
- Lemon
- Frankincense
- Thieves
- Panaway
- Peace & Calming
- Valor
- Purification

Additional Young Living Oil Blends Mentioned
- Melrose – great for earaches and as a gentle antimicrobial for infants
- R.C. – great for upper respiratory infections, bronchitis, asthma
- Raven – great for upper respiratory infections
- Di-Gize – great for tummy aches, stomach viruses, excess mucus
GUIDELINES FOR THE SAFE USE OF YOUNG LIVING ESSENTIAL OILS.

1. Always keep a bottle of V-6 Vegetable Mixing Oil (from Young Living), Massage Oil Base or any pure vegetable oil handy when using essential oils. Vegetable oils dilute essential oils if they cause discomfort or skin irritation.

2. Keep bottles of essential oils tightly closed and store them in a cool location away from light. If stored properly, essential oils will maintain their potency for many years.

3. Keep essential oils out of reach of children. Treat them as you would any product for therapeutic use.

4. Do not use essential oils rich in menthol (such as peppermint) on the throat or neck area of children under 30 months of age.

5. Direct sunlight and essential oils... Lemon, bergamot, orange, grapefruit, tangerine, White Angelica and other citrus oils may cause a rash or darker pigmentation if applied to skin exposed to direct sunlight or UV rays within 3 to 4 days of use.

6. Keep essential oils away from eye area. Do not handle contact lenses or rub eyes with essential oils on fingers. If essential oils get in the eyes, do not flush eyes with water. Drop a few drops of olive oil or a pure vegetable oil in the corner of the eyes and wipe the oils away.

7. Pregnant women should consult their health care professional before using essential oils and refer to the book “Gentle Babies: Essential Oils and Natural Remedies for Pregnancy, Childbirth, Infants and Young Children” by Debra Raybern, ND which can be purchased at www.GrowingHealthyHomes.com.

8. Epileptics and those with high blood pressure should consult their health care professional before using essential oils. Avoid using hyssop, fennel and Idaho tansy oils.

9. Before taking essential oils internally, dilute with an oil-soluble liquid like honey or olive oil.

10. Do not add undiluted essential oils directly to bath water. Use Young Living’s Bath Gel Base or Epsom salts as dispersing agents for oils in the bath.

Obligatory Disclaimer: The information in this handout is intended for educational purposes only. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Anyone suffering from any disease, illness or injury should consult with a health care practitioner of their choice. THESE SUGGESTED USES APPLY ONLY TO THE USE OF THERAPEUTIC GRADE, YOUNG LIVING ESSENTIAL OILS.

References:

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“I call heaven and earth as witnesses today against you, that I have set before you life and death, blessing and cursing; therefore choose life, that both you and your descendants may live.” Deuteronomy 30:19

“Beloved, I wish above all things that you may prosper and be in good health, even as your soul prospers.” III John 2