

ESSENTIAL FAMILIES

Quick Reference Guide for your Everyday Oils



LEMON

- May help support the immune system
- May help energize/stimulate the mind and body
- Can be used in your skin care recipes
- Helps clean, degrease and disinfect surfaces
- May act as an appetite suppressant



FRANKINCENSE

- Can be used in your skin care recipes
- May help reduce the appearance of aging
- Helps alleviate occasional nervous irritability
- May help support the immune system
- Diffuse to enjoy a comforting aroma



RC

- Apply to the chest, back &/or throat area to support a healthy respiratory system during times of irritation
- Add to a hot compress and place on chest for added support
- Diffuse overnight to combat snoring and promote a restful sleep



PANAWAY

- May help with muscle pain after exercise
- May help alleviate minor aches and pains
- May soothe sore joints
- May soothe tension related neck and head pain



LAVENDER

- May give you a more peaceful night's sleep
- Use in your favorite skin care recipes
- May soothe minor skin irritations
- Enhances relaxation
- May minimize seasonal discomforts
- Deodorize closets and drawers
- May help in minimizing scar tissue or wrinkles



PURIFICATION

- May be used to cleanse and soothe skin
- Helps purify the air from odors
- May help relieve bug bites
- May be used as insect repellent
- May help minimize seasonal discomforts
- Deodorize closets and drawers
- May minimize ear pain



THIEVES

- Best choice for fighting germs
- Helps clean and disinfect surfaces
- May support healthy immune function
- Diffuse to help purify the air
- May help minimize teeth or gum pain



COPAIBA

- Promotes wellness
- Apply topically as part of a daily health regimen
- Mix with honey and warm water to create a post workout tea
- Helps support the muscular and nervous systems



PEPPERMINT

- May help with alertness
- May help soothe tummy troubles
- May help open up a stuffy nose
- May help relieve tension related aches and pains
- May help support healthy lung function
- Also used to flavor teas and recipes



DIGIZE

- Take this one with you when traveling, especially abroad, to support a healthy digestive system
- Soothe tummy troubles of all kinds by diluting with a carrier oil and massaging on your stomach or vitalflex points of the feet

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Florida. Home Economics Education Section

Young Living Reference Guide:

The Chemistry of Essential Oils Made Simple David Stewart,2005-04 This solidly scientific book is anchored in scripture and easy to understand It will give you an appreciation of both the scientific and spiritual bases of healing by prayer and anointing with oils Publisher description

Dying The Right Way Janice L. Long,2010-07-02 Dying the Right Way is written for seniors families and caregivers Dying the Right Way prepares seniors and families for the time when caregiving is needed and offers a system for caregiving in the home for either family caregivers or for monitoring professional caregivers Dying the Right Way extends the caregiving experience to assist seniors in planning for the time when they might need care through the document preparation phase the search for a residential facility life support the dying experience funeral planning and settling of the estate

The Holistic Dog Book Denise Flaim,2008-04-21 This book is an important contribution to improving the health well being and care of our closest animal companion the dog No one with a dog should be without this book From the Foreword by Dr Michael W Fox The Holistic Dog Book addresses your whole dog and all the ways you can bring a more natural approach to your dog s care Whether you re interested in essential oils homeopathy natural diets herbal remedies acupuncture massage or emotionally satisfying training you ll find what you need to make well informed decisions about what s right for the both of you

Essential Oils the At-A-Glance Quick Reference,2021-06 A quick reference guide to using the top essential oils of Young Living This is a smaller perfect bound book

Medicine Horse Woman Mary Marshall,2007-05-09 Mary Marshall a nationally renowned animal communicator takes readers on a fun filled trip through the strange and fascinating world of animals With clarity humor and candor she coaches readers in the art of interspecies communication providing plenty of practical advice and how to s for living a more fulfilling life with pets She shares wisdom learned from ten years of healing animals and people both physically and emotionally The author introduces readers to Natalie the Medicine Horse an unusual creature who propelled Mary into the realm of spirit and intuition Natalie s gifts as a healer and intuitive counselor to humans on subjects such as health nutrition spiritual and personal matters are all revealed Detailed healing exercises and medicinal uses for crystals as prescribed by the four legged shaman are included for the reader s reference

Guide to Literature of Home and Family Life Annie Robertson Dyer,1924

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Guide to Literature of Home and Family Life Annie Isabel Robertson,1924

A K-12 Resource Guide for Food and Nutrition Florida. Home Economics Education Section,1976

Hill's Reference Guide for Land Seekers, Travelers, Schools, Tourists, Emigrants and General Readers Thomas Edie Hill,1912

Medical Guide for Anglo-Indians R. S. Mair,1874

Indiana Farmer's Guide ,1921

The Country Life Book List American Country Life Association,1927

The Prayer Book Dictionary George Harford,Morley Stevenson,John Walton Tyrer,1925

Reference Guide to Short Fiction Thomas

Riggs,1999 Reference Guide to Short Fiction provides study and commentary on the most instrumental writers of short fiction through the 20th century International in scope this single scholarly volume includes 779 entries on 377 authors and 402 short stories Commerce and Finance ,1928 *Country Life* ,1911 Book Bulletin of the Chicago Public Library Chicago Public Library,1911 **Country Life in America** ,1914 **Christian Register and Boston Observer** ,1925

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