

Chapter Seven - Suggestions and Practical Uses

ABSCESSSES, DENTAL

LeDeliverance, LeMelaPlus, LeSpiceC, LePurify, Spearmint
apply to gum area; may want to dilute

ABUNDANCE

LeAcknowledge, LeBountiful, LeGrace, LeUnity, Cardamom, Myrrh, Patchouli
diffuse; wear as perfume; use in the bath; apply to wrists or temples

ABUSE PHYSICAL / SEXUAL

LeAngel, LeGrace, LeHeartSong, LeInsight, LeReconciliation, Rose
diffuse; wear as perfume; use in the bath; apply over heart area; on wrists; consider carrying an essential oil inhaler

ACCIDENTS

LeDeeper, LeFortitude, LePaine, LePatches, LeSynopsis, LeTurmoil
dilute and apply to the site of the injury; use Arnica Oil as the carrier oil, if available

ACNE / SKIN

LeAgeLess, LeBaby Me, LeSego Lily, Cajeput, Chaulmoogra, Geranium, Grapefruit, Laurel, Lemongrass, Litsea Cubeba, Niaouli, Rosewood, Rose
dilute in distilled or clear spring water and sponge on skin with clean cotton balls (do not use carrier oils as they will feed any bacteria that may be contributing factors)

ADDICTIONS

LeLivN, LeRevitalize, Grapefruit, Patchouli, Petitgrain
diffuse; carry an essential oil inhaler

ADRENAL GLANDS

LeEndoRelief, LeEnergy, LeHeartSong, LeInsideOut, LeLife Force, LeLiteN, LeTrust, LeVitality, Basil, Geranium, Nerolina, Sage, Spruce, Rosemary
dilute well and apply locally or to the feet; dilute particularly well with *LeEnergy*

ADHD

LeMillenia, LeTranquility, LeVictory
dilute and apply *LeMillenia* along the spine and/or feet; diffuse *LeTranquility*, especially during the early hours of the night; carry an essential oil diffuser of either one, or both

AFTERSHAVE

LeEverlasting, LeMillenia, Sandalwood
massage Coconut Oil (the more solid variety) onto the face and then add a little bit of essential oil

ALLERGIES

LeAcknowledge, LeAspire, LeBreezey, LeExhilaration (applied down the sternum), LeLife Force, LeSego Lily, LeUnity, Chamomile Roman, Elemi, Eucalyptus (for rashes), Lavender, Melissa, Niaouli, Patchouli
inhale; diffuse; wear

ALIGNMENT - PHYSICAL STRUCTURES AND ELECTRICAL ENERGIES

LeMillenia, Yarrow
dilute and apply locally, but especially along the spine; use in a bath; on feet (little boys like this because no one can smell it at school); Yarrow for spiritual alignment

ALOPECIA (SEE HAIR HEALTH/HAIR LOSS)

ALTITUDE SICKNESS

LeBreezey, LeExhale, Cypress, Eucalyptus, Lavender, Peppermint

ALZHEIMER'S

LeAcknowledge, LeAbout Face, LeIQ, LeMagi, LeMeditation, LeTrust, LeUnity, Frankincense, Galbanum, Lemon Verbena, Sandalwood, Spanish Sage
dilute and apply on the back of the neck and on the temples; use in the bath; diffuse throughout the day

ANALGESIC

LeAbout Face, LeBreezey, LeDeeper, LeFortitude, LeIntensity, LeMillenia, LeMyGraine, LePaine, LePatches, LeQuietEssence, LeTendaCare, Birch, Cassia, Chamomile, Clove, Eucalyptus, Fir, Frankincense, Ginger, Helichrysum, Howood, Laurel, all Mints, Pepper, Rosewood, Rue, Spanish Sage, Spikenard, Spruce, St. John's Wort, Tea Tree, Thyme, Valerian, Wintergreen, Zanthoxylum

Most oils are pain relieving to one degree or another; in fact, this is so pronounced a part of essential oils that the ones that do not relieve inflammation and relieve pain are quite rare.

ANEMIA

LeLife Force, LeRevitalize, Carrot Seed, Lavender, Lemon
dilute and apply to the chest and the bottom of the feet

ANOREXIA

LeEZ Traveler, LeHoliday Spirit, LeMelaPlus, LeMillenia, LePurify, LeSunburst, LeWeightless, Anise Myrtle, Coriander, Grapefruit

apply to stomach and to the bottom of the feet; might be advisable to also diffuse or wear any of the oils used for depression, etc.

ANGER

LeAngel, LeCherish, LeExpressions, LeGrace, LeInner Peace, LeInsight, LeLetting Go, LeLivN, LeReconciliation, LeRevitalize, LeTranquility, LeTrust, LeTurmoil, LeUnity, LeWisdom, Bergamot

most of these work well as a perfume; dilute and apply, particularly over the heart area; use 2 or 3 drops to relax in a bath; diffuse into the air

ANTIVIRAL

LeAutumn, LeDeliverance, LeDeliverance Plus, LeDiscernment, LeExhale, LeMariah, LeNoMore, LeSpiceC, Cinnamon, Clove, Lemon Myrtle, Oregano, Garlic (sparingly, less than 1 drop at a time!!)

as a gargle, on your toothbrush, dilute and apply to throat or the bottom of the feet; remember to use these as a preventative, not just when you are sick

ANTI-INFLAMMATORY / ANTISPASMODIC

LeCypernium, LeDeeper, LeFortitude, LeIntensity, LePaine, LePatches, LeSynopsis, LeTendaCare, LeVitality, LeWarmDown, LeWithIn, Anthopogon, Basil, Birch, Black Pepper, Chamomile German, Chamomile Roman, Chaulmoogra, Coriander, Cypress, Helichrysum, Lavender, Opoponax, Patchouli, Peppermint, Petitgrain, Ravensara, Saro, Spearmint, Spikenard, Spruce, Wintergreen, Violet Leaf

dilute and apply to affected muscles or joints

ANTISEPTIC

All essential oils are antiseptic to one degree or another; some of the most effective are:

LeDeliverance, LeDeliverance Plus, LeInsight, LeMelaPlus, LePurify, LeSunburst, Bergamot, Eucalyptus, Juniper Berry, cajuput, Citronella, Melissa, Oregano, Peppermint, Sage, Cedarwood, Hyssop, Lemongrass, Marjoram, Myrrh, Thyme, Tea Tree, Cinnamon, Clove, Garlic, Lavender, Ravensara, Sandalwood

as a gargle, on your toothbrush, dilute and apply to throat or the bottom of the feet; remember to use these as a preventative measure. All essential oils are antiseptic to some degree. This is a list of my favorites.

ANXIETY

LeAgeless, LeAngel, LeAssurance, LeCherish, LeDreams, LeFaith, LeInner Peace, LeLetting Go, LeQuietEssence, LeSynopsis, LeTranquility, LeVictory, LeWhispering Hope, LeVision, Bergamot, Chamomile Roman, Daffodil, Damiana, Frankincense, Geranium, Jasmine, Lavender, Lime, Melissa, Palo Santo, Patchouli, Rose, Sandalwood, Spruce, Tangerine, Ylang Ylang

a few drops on a cotton ball (in a small plastic bag) carried with you at all times is very good or carry an inhaler such as the ones from Butterfly Express^{LLC}; diffuse, wear on the wrists or as a perfume; in a bath

APHRODISIAC / LIBIDO

LeBeloved, LeExpressions, LeLetting Go, LeMoonlight, Daffodil, Damiana, Jasmine, Magnolia, Neroli, Rose, Sandalwood, Tonka Bean, Ylang Ylang

diffuse or wear as a perfume

ARTHRITIS

LeAutumn, LeDeeper, LeFortitude, LeIntensity, LeMelaPlus, LePaine (with LeMillenia), LePatches, LeReflections, LeTranquility, LeUnDone, LeUnity, LeVitality, LeWarmDown, Arborvitae, Birch, Cajeput, Capsicum, Celery Seed, Opoponax, Peppermint, Pine, Rosemary, Sage, Violet Leaf
apply (usually diluted) on location; diffuse; particularly effective when used in a bath

ASPERGER'S SYNDROME

LeMeditation, LeMillenia, LeVictory, Sandalwood
apply the oils to the back of the neck and the soles of the feet. Use both or all three, but make sure your regiment includes lots of *LeMillenia*.

ASTHMA

LeAspire, LeBreezey, LeEverlasting, LeExhale, LeMariah, LeStefanie, Cedarwood, Eucalyptus, Hyssop, Lavender (for babies), Myrtle, Peppermint, Thyme
apply over lungs (front and back) and throat; diffuse; put on cotton ball or cloth, inhale; (many other singles are listed as helpful) place on pad of foot (not inhaled during attack)

ATHLETE'S FOOT

LeDeliverance, LeDeliverance Plus (strong Garlic aroma), LeMelaPlus, LeNoMore, LeSpiceC, LeSunburst, Cypress, Manuka, Myrrh, Patchouli, Tea Tree, Thyme
apply to feet (may want to dilute with distilled water)

AUTISM (SEE ADHD AND ASPERGER'S)

essential oils and basic uses will be very similar

AUTO IMMUNE DISORDERS

LeAgeless, LeAutumn, LeCinnamonBear, LeGrateful Heart, LeHousewarming, LeLivN, LeLife Force, LeRevitalize, Cistus, Patchouli
dilute and apply to the chest area and to the bottom of the feet; diffuse

BABIES (IN GENERAL)

LeBaby Me, LeJulia (gentle digestive), Chamomile Roman (for sleep), Dill, Lavender (calming, too much is stimulating)
for babies, always dilute essential oils well

BACK PAIN & TROUBLE

LeDeeper, LeFortitude, LeIntensity, LeMillenia, LePaine, LePatches, LeQuietEssence, LeTendaCare, LeWarmDown, Helichrysum
dilute and massage along the spine

BAD BREATH

LeDeliverance, LeRefreshment, LeSpiceC, LeTendaCare, Peppermint, Spearmint
place 1-2 drops in water and swish around in the mouth

BELCHING, BLOATING

LeEmerge, LeEZ Traveler, LeInsideOut, LeJulia, LeRevitalize
dilute and massage over stomach and abdomen

BLADDER / BED-WETTING / INFECTION

LeAcknowledge, LeBeloved LeDreams, LeEndoRelief, LeMeditation, LeReflections, Cedarwood, Celery Seed, Cypress, Goldenrod
apply over kidneys; best as a hot compress, rub on abdomen at bedtime

BLEEDING (STOPS)

LeKadence, LeVitality, cayenne pepper, Cistus, Helichrysum, Myrrh, Rose, Yarrow
apply, undiluted, to the area

BLISTERS

Lavender or Lavender with Chamomile
apply 1 drop, blot gently with a clean cloth

BLOOD CLOTS

^{Le}AboutFace, ^{Le}Bountiful, ^{Le}Deliverance, ^{Le}Eternity, ^{Le}LivN, ^{Le}MelaPlus, ^{Le}Simplicity, ^{Le}SpiceC, ^{Le}Turmoil, Basil, Cinnamon, Cistus, Clove, Cypress, Frankincense, Grapefruit, Helichrysum, Lemon, Lemon Myrtle, Melissa, Manuka, Mountain Savory, Nutmeg, Orange, Tangerine, Yarrow
apply over the heart; diffuse; in a relaxing bath

BLOOD PRESSURE

^{Le}Angel, ^{Le}Benediction, ^{Le}EZ Traveler, ^{Le}Faith, ^{Le}Grace, ^{Le}Kadence, ^{Le}Key to My Heart, ^{Le}UnDone, ^{Le}Vitality, Capsicum, Geranium Zdravetz, Hyssop, Lavender, Lemon Verbena, Lime, Litsea Cubeba, Marjoram, Peppermint (low pressure), Rosemary, Ylang Ylang
apply over the heart; diffuse; cotton ball in vents; in a relaxing bath

BONE SPURS

^{Le}Aspire, ^{Le}Deeper, ^{Le}Fortitude, ^{Le}Intensity, ^{Le}Paine, Birch with Wintergreen
If possible, use Arnica Oil as a carrier and apply these oils topically. Arnica deals with the bruising, which is often the source of most of the pain. It takes a little time, but this has been known to dissolve spurs.

BRAIN INJURY (TRAUMA)

BRONCHITIS

^{Le}Aspire, ^{Le}Bountiful, ^{Le}Breezey, ^{Le}Deeper, ^{Le}Deliverance, ^{Le}Deliverance Plus, ^{Le}Exhale, ^{Le}Life Force, ^{Le}Mariah, ^{Le}SpiceC, ^{Le}Stefanie, Eucalyptus, Melissa, Myrtle, Niaouli, Oregano, Peppermint, Rosemary, Thyme
dilute the oils mentioned in a carrier and apply to the chest; diffuse; place on the pillow

BRUISES

^{Le}Deliverance, ^{Le}Fortitude, ^{Le}Intensity, ^{Le}MelaPlus, ^{Le}Millenia, ^{Le}Paine, ^{Le}Patches, ^{Le}SpiceC, ^{Le}TendaCare, Chaulmoogra, Helichrysum, Marjoram, Violet Leaf
best if applied in a base such as Arnica Oil

BURNS

^{Le}Vallee, Carrot Seed, Geranium, Lavender, Helichrysum, Niaouli, Rose
nothing beats Lavender applied to a burn, except the healing salve sold by Butterfly Express LLC. with extra Helichrysum and Lavender added; ^{Le}Vallee is for rebuilding of skin and muscle tissue after the wounds have closed

BURSITIS

^{Le}Deeper, ^{Le}Fortitude, ^{Le}Intensity, ^{Le}Millenia, ^{Le}Paine, ^{Le}Patches, ^{Le}TendaCare, ^{Le}WarmDown
dilute and apply to the shoulder area

CALCIUM ABSORPTION

^{Le}Emerge, ^{Le}Eternity, ^{Le}EZ Traveler, ^{Le}Kadence, ^{Le}WarmDown, Calamus, Damiana
inhale; diffuse; dilute for full body massage; use in bath; wear on body as perfume or cologne

CALLUSES

^{Le}MelaPlus, ^{Le}Vallee, Carrot Seed, Chamomile Roman, Oregano
dilute with carrier oil and apply frequently to the calloused area

CANDIDA

^{Le}Candila, ^{Le}EndoRelief, ^{Le}InsideOut, ^{Le}MelaPlus, Anise Myrtle, Anthopogon, Bergamot, Kunzea, Manuka, Patchouli
dilute with massage oil; apply on stomach area, feet or over abdomen; can also be diluted (well) and used as a douche

CANKER / COLD SORES

^{Le}Deliverance, ^{Le}Deliverance Plus (strong Garlic aroma), ^{Le}Discernment, ^{Le}RefreshMint, ^{Le}Simplicity, ^{Le}SpiceC, Chamomile—all types, Hyssop, Laurel, Manuka, Myrrh, Opoponax, Oregano, Tea Tree
rinse mouth with water in which a drop of oil has been added

CAPILLARIES

^{Le}Cypernium, ^{Le}Intensity, ^{Le}Millenia, ^{Le}Soliltude, ^{Le}Visibility, ^{Le}Vitality, ^{Le}WarmDown, Capsicum, Chamomile German, Lavender, Lemongrass
dilute with carrier oil and apply topically to the area; use as a compress or in a bath

CARDIOVASCULAR HEALTH

*^{Le}AboutFace, ^{Le}Autumn, ^{Le}CinnamonBear, ^{Le}Eternity, ^{Le}Grace, ^{Le}Kadence, ^{Le}Key to My Heart, ^{Le}Vitality, ^{Le}QuietEssence, Goldenrod, Violet Leaf
dilute and apply to chest; inhale; diffuse*

CARTILAGE

*Fir Sibirica (relieves pain), Sandalwood (regenerates)
dilute and apply to the area*

CAVITIES / TEETH

*^{Le}Deliverance, ^{Le}Millenia, ^{Le}SpiceC, Eucalyptus, Hinoki, Peppermint, Spearmint
use to brush teeth or add a drop to toothpaste on your toothbrush*

CELLULITE

*^{Le}LiteN, ^{Le}Sego Lily, ^{Le}Weightless, Coffee, Grapefruit, Juniper Berry, Lemon, Lemongrass, Orange Bitter, Rosemary, Spearmint
dilute and apply topically; 2 or 3 drops added to the tub*

CHARLEY HORSE

*^{Le}Patches, ^{Le}TendaCare, ^{Le}WarmDown
dilute and apply to the area*

CHOLESTEROL

*^{Le}TendaCare, ^{Le}Revitalize, Ginger, Helichrysum
dilute and apply to the bottom of the feet*

CHRONIC FATIGUE

*^{Le}CinnamonBear, ^{Le}Deliverance, ^{Le}Deliverance Plus (to kill Epstein Barr virus), ^{Le}Eternity, ^{Le}Everlasting, ^{Le}Kindred Spirit, ^{Le}Inner Peace, ^{Le}IQ, ^{Le}Revitalize
these oils should be diluted and applied to the chest and the feet. ^{Le}Eternity and ^{Le}Everlasting are for the absorption of nutrients ^{Le}Revitalize and ^{Le}IQ will help with energy; ^{Le}Inner Peace for emotional strength and balance; all of the oils will be of benefit if diffused*

CIRCULATION

*^{Le}AboutFace, ^{Le}AgeLess, ^{Le}Autumn, ^{Le}Deeper, ^{Le}Energy, ^{Le}Exhale, ^{Le}HeartSong, ^{Le}Intensity, ^{Le}Key to My Heart, ^{Le}Paine, ^{Le}Patches, ^{Le}Sunburst, ^{Le}Tranquility, ^{Le}Visibility, ^{Le}Vitality, Bay, Capsicum, Copaiba Balsam, Geranium, Lemongrass, Pine, Violet Leaf
diffuse; use in a bath; massage; compress over specific area*

CLEANERS, HOUSEHOLD

*^{Le}Sunburst, Orange Sweet
diluted makes a great disinfectant; can be applied undiluted to most surfaces (check on a small area first); works amazingly well on grease*

COLDS

*^{Le}Aspire, ^{Le}Breezey, ^{Le}Deliverance, ^{Le}Deliverance Plus, ^{Le}EndoRelief, ^{Le}Exhale, ^{Le}Journey, ^{Le}Mariah, ^{Le}Seasons, ^{Le}Simplicity, ^{Le}SpiceC, ^{Le}Stefanie, Basil, Melissa, Oregano
diffuse; place on a tissue and sniff; use in a tub; place on forehead, temples, back of neck, and chest; one recommendation would be to use ^{Le}Aspire on the back, ^{Le}Breezey on the chest, with ^{Le}Deliverance on the feet, all diluted well, of course*

COLIC

*^{Le}Emerge, ^{Le}InsideOut, ^{Le}Julia, Anethi, Bergamot, Black Pepper, Cardamom, Carrot Seed, Chamomile German, Chamomile Roman, Coriander, Dill, Fennel, Ginger, Marjoram, Melissa, Orange Sweet, Peppermint, Spearmint
dilute and apply to abdominal area*

COLON

*^{Le}Emerge, ^{Le}InsideOut, ^{Le}Julia, ^{Le}Letting Go, ^{Le}Synopsis, Peppermint
dilute ^{Le}InsideOut or Peppermint and apply to abdomen or use them as a compress; ^{Le}Letting Go can also be diffused or sniffed*

COMPLEXION

^{Le}AboutFace, ^{Le}AgeLess, ^{Le}Baby Me, Bergamot, Jasmine, Magnolia, Myrrh, Opoponax, Tangerine for dull complexion, Orange Sweet for oily skin and general use dilute with a very light carrier oil or with distilled water and apply to the face, neck, and abdominal area

CONCENTRATION

^{Le}Crystal Clear, ^{Le}Focus, ^{Le}IQ, ^{Le}Kadence, ^{Le}WakeUp, Cardamom, Coffee, Frankincense, Lemon Myrtle, Lemon Verbena, Niaouli, Rosemary inhale, or diffuse; apply to wrists or forehead

CONCUSSION

^{Le}AboutFace, ^{Le}Turmoil, Cypress apply to the back of the neck and to the feet on the underside of the big toe (the narrow, bony part, not the fleshy pad)

CONFUSION

^{Le}Crystal Clear, ^{Le}Everlasting, ^{Le}Inner Peace, ^{Le}Insight, ^{Le}IQ, ^{Le}LivN, ^{Le}Millenia, ^{Le}Revitalize, ^{Le}Unity, ^{Le}Wisdom, Cypress, Frankincense, Marjoram, Peppermint, Rose, Rosewood, Ylang Ylang often the aroma, diffused or inhaled, is all that is needed; can also be applied to the bottom of the feet

CONSTIPATION

^{Le}Emerge, ^{Le}InsideOut, Carrot Seed, Turmeric, Mandarin, Patchouli dilute and massage over the abdomen

COUGHS

^{Le}Aspire, ^{Le}Breezey, ^{Le}Emerge, Exhale, ^{Le}Holiday Spirit, ^{Le}Mariah, Cedarwood, Manuka, Opoponax dilute and apply over the lungs (both front and back) and on the throat; diffuse; inhale

CRADLE CAP

^{Le}Delicate dilute and massage into the baby's scalp with a very soft brush, leaving it on for a few minutes, then gently shampoo—repeat as often as necessary

CROHN'S DISEASE

^{Le}Emerge, ^{Le}InsideOut, ^{Le}Life Force, Basil dilute and apply to the abdominal area

CUTS, BLEEDING

^{Le}MelaPlus, Helichrysum, Neroli, Yarrow dilute ^{Le}MelaPlus in water, it is very strong; apply Yarrow undiluted then bind the wound, brings edges of cut together; Helichrysum promotes tissue regeneration

CUTS, INFECTED

^{Le}Deliverance, ^{Le}Deliverance Plus, ^{Le}MelaPlus, Lavender, Niaouli apply diluted, usually with water

CYSTITIS / BLADDER INFECTION

^{Le}Acknowledge, ^{Le}Reflections, ^{Le}Synopsis, ^{Le}Whispering Hope, Basil, Cajeput, Cedarwood, Chamomile German, Eucalyptus, Fennel, Frankincense, Goldenrod, Hyssop, Juniper Berry, Pine, Rosewood, Sage, Sandalwood, Thyme dilute and use for an abdominal massage or add a drop or two of the oil of your choice to a bath

CYSTS

^{Le}Balance, ^{Le}Beloved, ^{Le}Woman Wise dilute and apply frequently to the abdominal area and to the insides of the ankles

DANDRUFF

^{Le}Delicate, Laurel, Lavender, Sage add a few drops to your normal shampoo

DEBILITY

^{Le}Ambition, ^{Le}Energy, ^{Le}Kadence, ^{Le}Revitalize, ^{Le}Safeguard, ^{Le}Transition, ^{Le}Turmoil, ^{Le}Vitality, Cardamom, Cumin (nerves), Lavender, Lemon Verbena, Nutmeg, Patchouli, Sage dilute and apply to the chest or to the bottom of the feet

DEHYDRATION

*^{Le}Ambition, ^{Le}Autumn, ^{Le}Benediction, ^{Le}EndoRelief, ^{Le}Intensity, ^{Le}Life Force, ^{Le}Vitality
diffuse, use in the bath, dilute and apply to the chest or to the bottom of the feet*

DENTAL INFECTION

*^{Le}Deliverance, ^{Le}RefreshMint, ^{Le}SpiceC, ^{Le}TendaCare, Myrrh, Sage, Spearmint
apply to jaw and gums, diluted; place 2 drops in water and swish around the mouth*

DEODORANT

*^{Le}Benediction, ^{Le}Dreams, ^{Le}EndoRelief, ^{Le}HeartSong, ^{Le}Letting Go, ^{Le}Tranquility, ^{Le}Unity, ^{Le}WarmDown
dilute with carrier oil and apply to the underarms*

DEPRESSION

*^{Le}Acknowledge, ^{Le}Autumn, ^{Le}Baby Me, ^{Le}Beloved, ^{Le}Believe, ^{Le}Cherish, ^{Le}Grateful Heart, ^{Le}HeartSong, ^{Le}Letting
Go, ^{Le}Meditation, ^{Le}MyGraine, ^{Le}Sego Lily, ^{Le}Tranquility, ^{Le}Turmoil, ^{Le}Unity, Allspice, Basil, Benzoin, Bergamot,
Chamomile Roman, Geranium, Howood, Lavender, Lemon, Jasmine, Neroli, Orange Bitter, Rose Geranium,
Rose, Ylang Ylang
diffuse, wear as perfume; apply to heart chakra; use in the bath; carry an essential oil inhaler wherever you go*

DETOXIFICATION

*^{Le}Angel, ^{Le}Emerge, ^{Le}EndoRelief, ^{Le}Letting Go, ^{Le}LivN, ^{Le}Revitalize, ^{Le}Synopsis, ^{Le}Transition, Ledum
diffuse; apply to the body—the bottom of the feet would be particularly effective; add to a foot soak or to a bath (clay
added to the soak or the bath along with the oils would aid the detox)*

DIABETES

*^{Le}Deliverance, ^{Le}Deliverance Plus, ^{Le}Emerge, ^{Le}EndoRelief, Anethi, Coriander, Dill, Eucalyptus
Coriander is said to lower glucose/insulin levels; Dill supports the pancreas and controls glucose levels in the blood;
^{Le}Deliverance and ^{Le}EndoRelief support immune and endocrine system function and eliminates bacteria; the oils may
be diffused, applied to the back, chest, feet, or over the pancreas; consider carrying an essential oil inhaler with you*

DIAPER RASH

*^{Le}Baby Me, Lavender with Yarrow
dilute with carrier oil and massage on the rash with each diaper change (Calendula Oil or Miracle Salve make
excellent carrier oils for any type of rash)*

DIARRHEA

*^{Le}Emerge, ^{Le}InsideOut, Cardamom, Carrot Seed, Ginger, Mandarin, Orange Bitter
dilute and apply to the abdomen; there are homeopathic remedies that are effective*

DIGESTION

*^{Le}Ambition, ^{Le}Balance, ^{Le}Emerge, ^{Le}EZ Traveler, ^{Le}Grace, ^{Le}InsideOut, ^{Le}Julia, ^{Le}LiteN, ^{Le}QuietEssence, ^{Le}Revitalize,
^{Le}Safeguard, ^{Le}Synopsis, Basil, Caraway, Carrot Seed, Celery Seed, Litsea Cubeba, Peppermint, Saro
dilute and apply to stomach and colon area; apply along spine or on the bottom of the feet*

DISH WASHING

*^{Le}Sunburst, ^{Le}Purify
add a few drops to dishwasher or dish water*

DISINFECT / DEODORIZE

*^{Le}Autumn, ^{Le}Purify, ^{Le}Sunburst, ^{Le}Synopsis, Cedarwood, Copaiba Balsam
in vacuum cleaner; diffuse; add to water and mist; use diluted or as a cleaning solution*

DIURETIC

*^{Le}Balance, ^{Le}Millenia, ^{Le}Reflections, Daffodil, Fir Douglas, Goldenrod
dilute with carrier oil and apply to the abdomen*

DIZZINESS

*^{Le}EZ Traveler, ^{Le}Kadence, ^{Le}Quiet Essence, Melissa, Melissa Blend
massage diluted oil behind the ear on the hard, bony area (temporal bone)*

DYSLEXIA

^{Le}Millenia, ^{Le}Victory, Frankincense Carterii

apply oils to the soles of the feet at least night and morning; can also be applied on the back of the neck

EARACHE

^{Le}EndoRelief, ^{Le}Life Force, ^{Le}MelaPlus, ^{Le}Millenia, Basil, Garlic, Tonka Bean

Dilute 1 drop in carrier oil and put in ear and then massage behind the ear. ^{Le}MelaPlus, ^{Le}EndoRelief, or ^{Le}Life Force for infection and ^{Le}Millenia for inflammation or any disturbance of structure in the ear canal or inner ear. BBL, a tincture sold at Butterfly Express ^{llc}, will help with pain and inflammation—a must have!

Garlic must be diluted very well!!! 1 drop of Garlic oil is enough for at least 5 ml of carrier oil. You can dip a toothpick in 1 drop of oil and then stir the toothpick into a few drops of carrier. This mixture can then be put in the ear. Garlic essential oil is much different than the garlic capsules you can purchase in health food stores. It is strong enough to cause serious burns undiluted.

EATING DISORDERS

^{Le}LiteN, ^{Le}Purify, ^{Le}Weightless, Grapefruit, Juniper Berry

the aroma seems to be the key, so diffuse or wear on wrists to be accessible to the olfactory bulb

ECOLI

^{Le}Deliverance, ^{Le}Deliverance Plus, ^{Le}Emerge, ^{Le}InsideOut, ^{Le}Julia, Cinnamon, Kunzea, Lavender

ECZEMA

^{Le}AgeLess, ^{Le}Baby Me, ^{Le}Sego Lily, ^{Le}Solitude, Carrot Seed, Chaulmoogra, Juniper Berry, Lavender, Myrrh, Patchouli

dilute with distilled or spring water and apply to the affected areas

EMOTIONAL IMBALANCES/BLOCKAGES

^{Le}Acknowledge, ^{Le}Angel, ^{Le}Believe, ^{Le}Beloved, ^{Le}Cherish, ^{Le}Faith, ^{Le}Grace, ^{Le}Grateful Heart, ^{Le}HeartSong, ^{Le}Insight, ^{Le}Magi, ^{Le}Meditation, ^{Le}Reconciliation, ^{Le}Sanctuary, ^{Le}Tomorrow, ^{Le}Tranquility, ^{Le}Trust, ^{Le}Turmoil, ^{Le}Unity, ^{Le}Wisdom, Cedarwood, Kunzea, Lavender, Lemon, Magnolia, Mandarin, Nerolina, Orange Sweet, Rose, Sandalwood

diffuse; dilute and apply over heart, on the crown of the head, on the wrists, behind the ears; wear as a perfume; use in the tub; carry an essential oil inhaler

ENDOCRINE BALANCE

^{Le}Balance, ^{Le}Emerge, ^{Le}EndoRelief, ^{Le}Woman Wise

diffuse; use as aromatherapy; apply to lymph areas of the body (essential oils can act as hormones or stimulate the body to produce the needed hormones)

ENDOMETRIOSIS

^{Le}HeartSong, ^{Le}EndoRelief, ^{Le}Whispering Hope, Clary Sage, Cypress, Geranium, Rose, Yarrow

dilute and apply over affected area, use in bath

ENERGY, IMPROVEMENT OF

^{Le}Ambition, ^{Le}Autumn, ^{Le}Bountiful, ^{Le}Energy, ^{Le}LivN, ^{Le}Revitalize, ^{Le}WakeUp

dilute and apply to bottom of feet

ENERGY, PROTECTION

^{Le}Angel, ^{Le}Benediction, ^{Le}HeartSong, ^{Le}Patches

apply to shoulders and wrists

ENVIRONMENTAL TOXINS

^{Le}Emerge, ^{Le}Life Force, ^{Le}LivN

dilute and apply to the feet or along the spine

EXPECTORANT

^{Le}Deliverance, ^{Le}Deliverance Plus, ^{Le}SpiceC, Angelica, Benzoin, Ravensara

dilute and apply to throat and chest areas

EYES

^{Le}Millenia, Carrot Seed, Cypress, Frankincense, Lemongrass

dilute and apply along the back of the neck and sides of the temples; may also be helpful inhaled

FAINTING (SEE SHOCK)

^{Le}Crystal Clear, ^{Le}IQ, ^{Le}Kadence, ^{Le}Turmoil, Black Pepper, Lavender, Peppermint, Rosemary

hold one of the listed oils under the nose; dilute and apply to the bottom of the feet

FATIGUE

^{Le}Ambition, ^{Le}Autumn, ^{Le}Kadence, ^{Le}LivN, ^{Le}Revitalize, ^{Le}Vitality, ^{Le}WakeUp, ^{Le}WarmDown, ^{Le}Wisdom, Coffee, Peppermint, Rose

Diffuse ^{Le}Vitality or smell frequently. ^{Le}Vitality and Rose are high frequency oils which help with “energy” fatigue.

Use 1 or 2 drops of ^{Le}WarmDown in the bath; dilute for massage, especially for tired muscles. Peppermint’s aroma is very stimulating; dilute for massage.

FATTY LIVER

^{Le}Emerge, ^{Le}LivN, Ledum

dilute and apply over the upper right side of the abdomen and on the right foot; ^{Le}LivN is most often a better choice than Ledum alone but please see “Ledum” in the single section for an explanation of this serious and quite common condition.

FEVER

^{Le}Life Force, ^{Le}ThermaCare, ^{Le}Transition, Eucalyptus, Lavender (babies), Lemon Verbena, Yarrow Yellow

dilute ^{Le}Life Force and apply to spine; Lavender and ^{Le}ThermaCare dilute, apply to back of neck and the feet

FIBROIDS

^{Le}Balance, ^{Le}EndoRelief, ^{Le}Journey, ^{Le}Woman Wise, Clary Sage, Yarrow

dilute and apply over affected area

FIBROMYALGIA

^{Le}Deeper, ^{Le}Fortitude, ^{Le}Intensity, ^{Le}Life Force, ^{Le}Paine, ^{Le}Patches, ^{Le}QuietEssence, Birch, Wintergreen

should be diluted and applied to the body; add 1 or 2 drops in a tub and soak

FLATULENCE

^{Le}Emerge, ^{Le}Grace, ^{Le}InsideOut, ^{Le}Julia, ^{Le}Synopsis, Anethi, Angelica, Anise, Benzoin, Bergamot, Cardamom, Carrot Seed, Chamomile Roman, Coriander, Cumin, Fennel, Ginger, Hyssop, Lavender, Nutmeg, Orange Bitter, Peppermint, Rosemary, Tarragon

dilute and apply to the abdomen

FLU

^{Le}Aspire, ^{Le}Breezey, ^{Le}Deliverance, ^{Le}Deliverance Plus, ^{Le}EndoRelief, ^{Le}Exhale, ^{Le}EZ Traveler, ^{Le}InsideOut, ^{Le}Journey,

^{Le}Life Force, ^{Le}Mariah, ^{Le}Seasons, ^{Le}Stefanie, ^{Le}Synopsis, ^{Le}Revitalize, ^{Le}ThermaCare, Eucalyptus, Melissa

apply to thymus area, chest, back, feet, and wherever the flu has settled creating aches and pains; you should also apply ^{Le}InsideOut, diluted, to the abdomen

FOOD POISONING

^{Le}InsideOut (homeopathic - Arsenicum album)

dilute and apply to the abdominal area; it would be very helpful to use the homeopathic, Arsenicum album, in addition to the essential oil

GALLBLADDER / GALLSTONES

^{Le}Emerge, ^{Le}Letting Go, ^{Le}Revitalize, ^{Le}Synopsis, ^{Le}Trust, ^{Le}Vision, Grapefruit, Lemon, Lime, Rose Geranium

apply the listed oils as a compress over the gallbladder area; apply on the feet

GANGRENE

^{Le}Patches, Melissa, Patchouli

Nearly all essential oils are antiseptic but gangrene is very nasty. It must be hit hard with the best available. I would also add RC tincture by mouth to keep the infection out of the blood. Putting the essential oils into a strong herbal tea and soaking the body part often is required.

GAS

LeEmerge, LeGrace, LeInsideOut, LeJulia, LeSynopsis, Anethi, Angelica, Anise, Benzoin, Bergamot, Cardamom, Carrot Seed, Chamomile Roman, Coriander, Cumin, Fennel, Ginger, Hyssop, Lavender, Nutmeg, Peppermint, Rosemary, Tarragon
dilute and apply to the abdomen

GERD - ACID REFLUX DISEASE (SEE HEARTBURN)

LeInsideOut, LeJulia, LeRevitalize, LeSynopsis, Peppermint, Fenugreek, Cardamom
apply oils, diluted over stomach and colon, being sure to go high up over the tip of the sternum

GINGIVITIS / GUMS

LeDeliverance, LeMelaPlus, LeRefreshMint, LeSpiceC, LeTendaCare, LeTrust, LeUnity, Spearmint
apply on throat and gums; dilute in water and swish around the mouth

GOUT

LeEmerge, LeDeeper, LeMeditation, LePaine, LeReflections, LeRevitalize, LeVitality, Lemon, Anthopogon, Birch, Celery Seed, Goldenrod, Hyssop
dilute and apply to the back; use a drop or two in water to soak the feet; add a drop or two to the tub

GRATITUDE

LeBountiful, LeCherish, LeGrace, LeGrateful Heart, LeReconciliation
diffuse, wear as perfume; enjoy in the tub; dilute as a massage oil

GROWING PAINS

LeEternity, LeEverlasting, LeIntention, LeKadence, Hyssop, Nutmeg, Tarragon
for uptake of nutrition; dilute and apply to sternum and feet
LeBreezey, LeDeeper, LeFortitude, LeIntensity, LePaine, LeTendaCare, LeWarmDown, Birch, Peppermint
for pain relief; dilute and apply topically

GRIEF

LeCherish, LeFaith, LeGrace, LeHeartSong, LeSego Lily, LeWhispering Hope, Orange Sweet
diffuse, especially at bedtime; wear as a perfume; enjoy in the tub; diluted as a massage oil; apply to wrists

GUT-BRAIN CONNECTION

LeAboutFace, LeEZ Traveler, LeGrace, LeIntention, LeInsideOut, LeJulia, LeLetting Go, LeLiteN, LeQuietEssence, LeRevitalize, LeSynopsis, Orange Sweet
diffuse, apply to abdomen, back of neck, temples

HAIR, COLOR

Chamomile Roman for blonde hair, Rosemary for brunettes
2 or 3 drops added to shampoo, conditioner, or nonchlorinated water, and then massaged into hair 1 or 2 times a week

HAIR HEALTH / HAIR LOSS

LeDelicate, LeEternity, Chamomile Roman, Lavender, Rosemary
2 or 3 drops added to shampoo, conditioner, or nonchlorinated water, and massaged into the scalp 1 or 2 times a week. Can be added to an Almond Oil/Jojoba Oil carrier, massaged into the scalp and then a warm towel placed around the head, just like a salon hot oil treatment, only much better.

HAND, FOOT AND MOUTH DISEASE

LeBabyMe, LeCinnamonBear, LeDeliverance, LeLife Force, LeSimplicity, LeSpiceC, LeThermaCare, Lavender, Lemon, Niaouli, Tea Tree
dilute and apply to affected areas, some work very well in the bath

HEADACHES

LeAngel, LeBaby Me, LeBalance, LeBeloved, LeBenediction, LeCrystal Clear, LeDeeper, LeEZ Traveler, LeMillenia, LeMyGraine, LePatches, LeVitality, LeWarmDown, LeWoman Wise, Bay, Calamus, Marjoram, Peppermint, Rosemary, Rosewood
There are as many different kinds of headaches as there are people (most people even have more than one kind of headache). Possible causes and contributors might include circulation issues, structural misalignment, hormone imbalances, and allergies. Massage an oil from the list onto the arteries in the neck until you find what works for you; using diffused is also effective; consider carrying an essential oil inhaler.

HEART MUSCLE

*^{Le}Grace, ^{Le}Kadence, ^{Le}Key to My Heart, ^{Le}Mariah, ^{Le}Vitality
dilute and apply to the chest*

HEART, PALPITATIONS

*^{Le}Believe, ^{Le}Beloved, ^{Le}Benediction, ^{Le}Grace, ^{Le}Kadence, ^{Le}Key to My Heart, ^{Le}Vitality, Lemon Verbena, Marjoram, Neroli, Orange Sweet, Petitgrain, Violet Leaf
apply, diluted, to chest; aroma; place on temples*

HEARTBURN

*^{Le}Baby Me, ^{Le}Emerge, Emerge, ^{Le}InsideOut, ^{Le}Julia, ^{Le}Revitalize, Peppermint
^{Le}InsideOut and Peppermint—apply diluted over stomach and colon, being sure to go high up over the tip of the sternum; ^{Le}Baby Me should be diluted and applied on chest over the thymus*

HEMATOMA

*^{Le}Deeper, ^{Le}Fortitude, ^{Le}Intensity, ^{Le}Millenia, Cypress, Helichrysum, Lemongrass
dilute and apply to the affected areas*

HEMORRHOIDS

*^{Le}Cypernium, ^{Le}Visibility, ^{Le}Vitality, Geranium
dilute well in carrier oil or KY Jelly, apply (with a Q-tip, if necessary) to affected areas*

HERNIA

*^{Le}Millenia, ^{Le}WithIn
dilute and apply to the area*

HERPES VIRUS

*^{Le}Deliverance, ^{Le}Simplicity, Arborvitae, Melissa, Rosalina
dilute and apply along the jaw line, along the spine and on the feet*

HIVES / ALLERGIC RASHES

*^{Le}Baby Me, ^{Le}MelaPlus, ^{Le}Sego Lily, Chamomile German, Peppermint, Yarrow
dilute in carrier oil, massage over area; 4 drops in 1/4 cup of baking soda in the bath*

HORMONE BALANCE

*^{Le}Acknowledge, ^{Le}Balance, ^{Le}Cherish, ^{Le}Crystal Clear, ^{Le}Deeper, ^{Le}EndoRelief, ^{Le}Expressions, ^{Le}Intention, ^{Le}Synopsis, ^{Le}Unity (uptake of nutrients), ^{Le}Vitality, ^{Le}Woman Wise, Anise Myrtle, Damiana, Jasmine, Melissa (sterility in women), Patchouli, Petitgrain
apply to thymus area; inside of ankles (around the bone); lower back; thyroid area; along the spine; the clavicle area; diffuse*

HOT FLASHES

*^{Le}Balance, ^{Le}EndoRelief, Anise Myrtle, Yarrow Green
apply these oils, diluted, around the bone on the inside of the ankles*

HYPERACTIVITY

*^{Le}Millenia, ^{Le}Sunburst, ^{Le}Tranquility, ^{Le}Turmoil, ^{Le}Victory
apply to the feet; diffuse; wear anywhere on the body*

HYPOGLYCEMIA

*^{Le}Baby Me, ^{Le}Deliverance, ^{Le}Emerge, ^{Le}EndoRelief, ^{Le}Grateful Heart, ^{Le}WakeUp, Anethi, Coriander, Dill, Eucalyptus, Geranium Zdravetz
apply over pancreas area on body or feet; diffuse*

INFLUENZA (SEE FLU)

IMMUNE STIMULANT

*^{Le}AgeLess, ^{Le}Ambition, ^{Le}Autumn, ^{Le}Bountiful, ^{Le}Breezey, ^{Le}Cherish, ^{Le}CinnamonBear, ^{Le}Deliverance, ^{Le}Deliverance Plus, ^{Le}Emerge, ^{Le}Exhale, ^{Le}Housewarming, ^{Le}Journey, ^{Le}Life Force, ^{Le}LiteN, ^{Le}QuietEssence, ^{Le}Revitalize, ^{Le}Seasons, ^{Le}SpiceC, ^{Le}Transition, Hinoki, Ledum, Mountain Savory, Orange Sweet, Oregano, Saro
massage any one of the listed oils on feet and body; diffuse; use in the bath*

IMPETIGO

^{Le}Baby Me, ^{Le}Sego Lily, ^{Le}MelaPlus, ^{Le}UnDone, Lemon Scented Tea Tree, Tea Tree

Consider diluting the essential oils in water, rather than a carrier oil. Apply with a cotton ball, using a fresh ball frequently. Sometimes the carrier oil “feeds” the organisms responsible—using water prevents that. Fresh cotton balls prevent spreading

IMPOTENCE

^{Le}Vitality, Cedarwood, Clove, Cinnamon, Ginger, Nerolina, Nutmeg, Sandalwood, Ylang Ylang diffuse, apply to feet

INSECT BITES / STINGS

^{Le}MelaPlus, ^{Le}Purify, Basil, Coffee, Lavender, Manuka, Mountain Savory, Niaouli, Tea Tree apply 1 drop, undiluted, to the area

INSECT REPELLANT

^{Le}BeGone, ^{Le}Purify, Arborvitae, Citronella, Lemon Eucalyptus, Lemon Scented Tea Tree, Opoponax, Peppermint dilute in water or Miracle II Neutralizer and apply, either by misting or rubbing on—do not apply using a carrier oil; avoid contact with the eyes

INSOMNIA

^{Le}Believe, ^{Le}Dreams, ^{Le}GoodNite, ^{Le}Julia, ^{Le}QuietEssence, ^{Le}Sanctuary, ^{Le}Solitude, ^{Le}Sunburst, ^{Le}Tranquility, ^{Le}Vision, Basil, Myrtle, Rosalina

^{Le}Tranquility is for the “chattering mind” type of insomnia and is excellent diffused or worn; apply any of these oils to big toes, bottom of feet, around navel and on the back of the neck; diffusing or placing on the pillow is easier and often just as effective.

IRRITABLE BOWEL SYNDROME

^{Le}Emerge, ^{Le}InsideOut, ^{Le}Julia, ^{Le}Revitalize, Anise, Peppermint dilute and apply to the abdominal area

JAUNDICE

^{Le}Emerge, ^{Le}Revitalize, ^{Le}Synopsis, ^{Le}LivN, Geranium, Rose Geranium dilute and apply, or use in a compress, over the liver

JET LAG

^{Le}Crystal Clear, ^{Le}Energy, ^{Le}IQ, ^{Le}Millenia, ^{Le}Wisdom, Grapefruit

apply to temples, thymus area of the chest and to the feet, always eat lightly when traveling and drink plenty of water

KIDNEYS

^{Le}Acknowledge, ^{Le}Cherish, ^{Le}Emerge, ^{Le}EndoRelief, ^{Le}Letting Go, ^{Le}Meditation, ^{Le}Reflections, ^{Le}Synopsis, ^{Le}Vitality (congestion), ^{Le}Revitalize, Bergamot, Birch (stones), Daffodil (prevents formation of stones), Goldenrod, Grapefruit, Ledum, Ravensara

apply as a compress over the kidneys; be sure to drink plenty of distilled water

LAUNDRY

^{Le}Sunburst, anything citrus or the evergreens, any smell you especially like

add a few drops to the water in the washer or place a few drops on the dryer sheet that you ordinarily use; essential oils destroy bacteria and provide a fresh clean smell

LAXATIVE

Cardamom, Hyssop, Jasmine, Tangerine apply to the abdomen; inhale

LEAD POISONING

^{Le}LivN, ^{Le}Revitalize

LEG CRAMPS (SEE RESTLESS LEG)

LICE

^{Le}Deliverance, ^{Le}MelaPlus, Tea Tree

apply often to scalp and hair, diluted with distilled water making the mixture as strong as can be tolerated; wash combs and bedding

LIGAMENTS, TORN

LeFortitude, LeIntensity, LePaine, LePatches, LeTendaCare, LeWarmDown, Birch, Fir Sibirica, Lemongrass, Peppermint, Wintergreen

dilute and apply to the affected areas; consider layering one oil on top of another

LIVER CLEANSE & SUPPORT

LeAcknowledge, LeAmbition, LeAngel, LeEmerge, LeEZ Traveler, LeLetting Go, LeLivN, LeRevitalize, LeSafeguard, LeSynopsis, Angelica, Carrot Seed, Celery Seed, Dragonhead, Goldenrod, Grapefruit, Helichrysum, Ledum, Lemon, Lemon Verbena, Lime, Rosemary

dilute and apply to liver area and along the spine; add to redmond clay and water, soak the feet

LUNG (SEE RESPIRATORY)

LUPUS (AN AUTO-IMMUNE DISORDER)

LeAgeless, LeDeliverance, LeDeliverance Plus, LeInsideOut, LeLife Force, LeMillenia, LeWisdom, lupus is an auto-immune disorder—please see that section

LYME DISEASE

LeDeliverance, LeDeliverance Plus, LeMelaPlus, Manuka, Oregano, Rosemary, Tea Tree

LYMPHATIC CONGESTION

LeAgeLess, LeAutumn, LeCherish, LeCinnamonBear, LeDeeper, LeDeliverance, LeEmerge, LeEndoRelief, LeExhale, LeFortitude, LeHousewarming, LeIntensity, LeKey to My Heart, LeLiteN, LeReflections, LeRevitalize, LeSeasons, LeSunburst, LeSynopsis, LeUnDone, LeVitality, Birch, Lemon, Orange Sweet, Ravensara

diffuse; dilute for massage or apply to lymph drainage areas of the body; excellent in the bath

MASSAGE

LeBaby Me, LeExpressions, LeFortitude, LeGrace, LeHeartSong, LeIntention, LeIntensity, LePatches, LeSego Lily, LeTendaCare, LeWarmDown, LeWeightless, LeWhispering Hope, Eucalyptus, Peppermint

dilute with your favorite carrier oil; massage is good for tired muscles and circulation but since essential oils absorb readily and rapidly into the skin on contact, there is really no need to work them in

MASTITIS

LeDeliverance, LeEndoRelief, LeSpiceC

dilute and apply to chest and feet

MEMORIZATION

LeCrystal Clear, LeFocus, LeIQ, LeWakeUp, Saro

inhale; apply to wrists and forehead

MEMORY LOSS

LeCrystal Clear, LeFocus, LeIQ, LeWakeUp, Basil, Bay, Clove, Coriander, Ginger, Lemon, Lime, Rosemary, Saro, Spanish Sage, Peppermint

inhale or diffuse; be sure that the diet includes a wide variety of vitamins and minerals from whole food sources

MENIERE'S DISEASE

LeMillenia, LeEndoRelief, Orange Sweet, Grapefruit

place essential oil, diluted with carrier oil, on the feet and on the mastoid bone behind the ear

MENOPAUSE

LeBalance, LeEndoRelief

dilute and apply to chest, abdomen, and feet

MENSTRUAL SYMPTOMS

LeBaby Me, LeBeloved, LeFaith, LeQuietEssence, LeTrust, LeUnity, LeWoman Wise, Anise Myrtle, Magnolia, Marjoram
apply on abdomen and back; in a bath; effective used with a BBL (B&B) tincture, an old Dr. Christopher formula

MENTAL CONFUSION

LeAbout Face, LeAcknowledge, LeFocus, LeInsight, LeIQ, LeLivN, LeRevitalize, LeSunburst, LeWakeUp, LeWeightless, Basil, Violet Leaf

inhale; diffuse; apply to wrists, forehead and back of the neck

MENTAL ALERTNESS

LeEnergy, LeFocus, LeIQ, LeLivN, LeMagi, LeMeditation, LeRevitalize, LeTrust, LeUnity, LeWakeUp, LeWeightless, LeZest For Life, Basil, Cardamom, Howood, Peppermint, Violet Leaf
inhale; diffuse; apply to wrists, forehead and back of the neck

MERIDIAN BALANCING (SEE THE CHAPTER ON EASTERN HEALING PHILOSOPHY)

METABOLISM

LeEmerge, LeEndoRelief, LeEZ Traveler, LeLiteN, LeWeightless, Oregano, Pine
dilute and apply to throat and thymus area; diffuse; inhale; add to bath

MIGRAINE

LeAngel, LeBalance, LeBelieve, LeBeloved, LeDeeper, LeDeliverance, LeEZ Traveler, LeFortitude, LeIntensity, LeLetting Go, LeMillenia, LeMyGraine, LePaine, LeTranquility, LeWarmDown, Birch, Grapefruit, Peppermint, Rosemary
apply to the back of neck (a few drops in a bowl of water, then soak a washcloth, wring out and place at back of neck); apply to underside of big toe just below the fleshy part; diffuse; smell, carry a cotton ball, soaked with *LeMyGraine*, in purse or pocket; try *LeDeliverance* for headaches

MISCARRIAGE (SEE THE CHAPTER ON WOMEN AND CHILDREN)

MOLD / MILDEW

LeDeliverance, LeDeliverance Plus, LeNoMore, LePurify, LeSunburst, Manuka
place a few drops in a squirt bottle, spray into the air or directly onto walls, windowsills, any place mold grows in your house

MONONUCLEOSIS

LeDeliverance, LeDeliverance Plus, LeEndoRelief, LeMillenia, LePurify, LeRevitalize, LeTransition, LeZest For Life, Clary Sage
use in tub; dilute and apply to bottom of feet; soak feet; carry an essential oil inhaler

MORNING SICKNESS

LeEZ Traveler, LeInsideOut, LeIntention, Grapefruit, Orange Sweet
place a drop or two of oil behind ears; inhale

MOTION SICKNESS

LeEZ Traveler, LeInsideOut, LeMyGraine, LeZest For Life, Peppermint
apply to feet, temples, and wrists; place on palms of hands, hold to nose and breathe deeply

MOUTHWASH

LeDeliverance, LeRefreshMint, LeSpiceC, LeTendaCare, LeTrust, Wintergreen, Spearmint
dilute and rinse the mouth for a few seconds

MUSCLE RELAXANT

LeBreezey, LeDeeper, LeFortitude, LeIntensity, LePaine, LePatches, LeQuietEssence, LeTendaCare, LeWarmDown, Cajeput, Capsicum, Peppermint, Opoponax
dilute with carrier oil and massage the affected areas

MUSCLE SPASMS

LeBreezey, LeDeeper, LeFortitude, LeIntensity, LePaine, LePatches, LeTendaCare, LeUnDone, LeWarmDown, Manuka, Marjoram, Myrrh, Niaouli, Peppermint
dilute with carrier oil and massage the affected areas

MULTIPLE SCLEROSIS

LeCrystal Clear, LeInner Peace, LeMagi, LeMeditation, LeWarmDown, Frankincense, Peppermint, Sandalwood
dilute and apply to the bottom of the feet, the spine, and/or the chest; add 1 or 2 drops to the bath; diffuse; inhale

NAUSEA AND VOMITING

LeEmerge, LeEZ Traveler, LeJulia, LeMyGraine, LeInsideOut, LeZest For Life, Basil, Cardamom, Lavender, Ginger, Orange Sweet, Peppermint
apply over stomach and colon; apply behind ears; place on cotton ball (in purse, etc.) and sniff frequently

NERVE PAIN

*^{Le}Deeper, ^{Le}Fortitude, ^{Le}Intensity, ^{Le}Paine, ^{Le}UnDone, Birch, Capsicum
dilute and apply to the affected areas*

NERVES / NERVOUS SYSTEM

*^{Le}AboutFace, ^{Le}AgeLess, ^{Le}Assurance, ^{Le}Believe, ^{Le}Cherish, ^{Le}Dreams, ^{Le}Expressions, ^{Le}Faith, ^{Le}HeartSong, ^{Le}Housewarming, ^{Le}Inner Peace, ^{Le}InsideOut, ^{Le}IQ, ^{Le}Letting Go, ^{Le}QuietEssence, ^{Le}Sanctuary, ^{Le}Synopsis, ^{Le}Tranquility, ^{Le}Trust, ^{Le}Turmoil, ^{Le}Unity, Cedarwood, Chamomile Roman, Fir Balsam, Frankincense, Geranium, Howood, Jasmine, Lavender, Marjoram, Orange Sweet, Palmarosa, Petitgrain, Sage, Sandalwood, Spanish Sage, Spruce, Valerian, Vetiver, Violet Leaf
dilute and apply to the chest, the back of the neck, or on the feet; diffuse*

NERVES/PROTECT

*Black Pepper, Eucalyptus, Lavender, Lemon Verbena, Peppermint, Rosemary
dilute and apply to the affected areas*

NEUROPATHY

*^{Le}Deeper, ^{Le}Fortitude, ^{Le}Intensity, ^{Le}Paine, ^{Le}UnDone, Birch, Capsicum
dilute and apply to the affected areas*

NIGHTMARES

*^{Le}Believe, ^{Le}Dreams, ^{Le}GoodNite, ^{Le}Sanctuary
diffuse; place a drop or two on the pillow*

NOSEBLEEDS

*^{Le}AboutFace, Cistus, Cypress, Helichrysum, Opoponax
diffuse; inhale, dilute and apply to nose*

NURSING

*Caraway, Fennel
dilute and apply to the breasts and the feet*

OCD - OBSESSIVE COMPULSIVE DISORDER

*^{Le}Acknowledge, ^{Le}Crystal Clear, ^{Le}Everlasting, ^{Le}Faith, ^{Le}Millenia, ^{Le}Sanctuary, ^{Le}Trust, ^{Le}Turmoil, ^{Le}Victory, Violet Leaf
diffuse; inhale; place a drop on the pillow at night; carry at all times in an inhaler; dilute and apply to the chest and the bottom of the feet*

ODORS, PURIFYING

*^{Le}Insight, ^{Le}Purify, ^{Le}Sunburst, Lemon Myrtle, Lemon Scented Tea Tree, Lime, Nerolina, Pine
diffuse; dilute in water and spritz into the air using a plant mister*

OSTEOPOROSIS

*^{Le}Believe, ^{Le}Deeper, ^{Le}Eternity, ^{Le}Fortitude, ^{Le}Intensity, ^{Le}Kadence, ^{Le}Paine, ^{Le}Tranquility, ^{Le}WarmDown
dilute for massage; use in a bath; supplement a quality calcium; use wild yam cream or other natural progesterone*

OVERWHELMED

*^{Le}AboutFace, ^{Le}Acknowledge, ^{Le}Beloved, ^{Le}Connection, ^{Le}Grace, ^{Le}Millenia, ^{Le}Whispering Hope
diffuse; wear as perfume; use in a bath; use on accupressure points on the ears*

PAIN (SEE ANALGESIC)

PANCREAS

*^{Le}Emerge, ^{Le}EndoRelief, Coriander, Dill
dilute, apply to the chest, abdomen, and feet*

PANIC ATTACKS

*^{Le}Beloved, ^{Le}HeartSong, ^{Le}Tranquility, Daffodil, Neroli
inhale; diffuse; wear as perfume; place over thymus or heart chakra*

PARASITES

*^{Le}InsideOut, ^{Le}Revitalize, ^{Le}Safeguard, Bergamot, Turmeric
dilute and apply over abdominal area*

POLYCYSTIC OVARIAN SYNDROME (PCOS)

*^{Le}Balance, ^{Le}Believe, ^{Le}Beloved, ^{Le}EndoRelief, ^{Le}Woman Wise, Helichrysum, Rosewood, St. John's Wort
dilute and apply over abdominal area*

PINEAL AND PITUITARY

*^{Le}AboutFace, ^{Le}EZ Traveler, ^{Le}EndoRelief, ^{Le}Grace, ^{Le}Inner Peace
dilute and apply to back of neck*

PLEURISY

*^{Le}Aspire, ^{Le}Breezey, ^{Le}Exhale, ^{Le}HeartSong, ^{Le}Mariah, ^{Le}Trust, ^{Le}Vitality, Cypress, Thyme
apply diluted over the lungs—front & back; diffuse or sniff deeply*

PMS

*^{Le}Balance, ^{Le}Deeper, ^{Le}Fortitude, ^{Le}Intensity, ^{Le}QuietEssence, ^{Le}Synopsis, ^{Le}Woman Wise
dilute and apply to the abdomen and the small of the back*

PNEUMONIA

*^{Le}Aspire, ^{Le}Breezey, ^{Le}Exhale, ^{Le}Mariah, ^{Le}Stefanie, Cajeput, Cedarwood, Hyssop, Manuka, Oregano
inhale; place on back and chest*

PTSD POST TRAUMATIC STRESS DISORDER

*^{Le}Angel, ^{Le}Letting Go, ^{Le}QuietEssence, ^{Le}Revitalize, ^{Le}Wisdom, Sandalwood, Vanilla
dilute and apply to the chest and the feet;*

PROSTATE

*^{Le}Balance, ^{Le}EndoRelief, ^{Le}Woman Wise, Basil, Myrtle, Peppermint
diffuse; place anywhere on the body*

PROTECTION, ENERGY & PSYCHIC

*^{Le}Benediction, ^{Le}HeartSong, ^{Le}Inner Peace, ^{Le}Millenia, ^{Le}Sanctuary, ^{Le}Unity, Clove, Cypress, Fennel, Fir,
Frankincense
wear on the body, particularly over the heart chakra, but also on wrists, etc., if massaging or body working; diffuse;
inhale*

PURIFY AIR

*^{Le}Autumn, ^{Le}CinnamonBear, ^{Le}Deliverance, ^{Le}Housewarming, ^{Le}Purify, ^{Le}Sunburst, Cedarwood, Eucalyptus
diffuse; add to water and mist into the air*

PURIFY WATER

*^{Le}Sunburst, Grapefruit, Lime
add 1 drop per gallon*

RASHES

*^{Le}Baby Me, Carrot Seed, Howood, Lavender, Myrrh, Patchouli, Rosalina, Rosewood
depending on the type of rash, dilute with either distilled water or a carrier oil*

REFLUX (SEE GERD, AND HEARTBURN)

RELATIONSHIPS

*^{Le}Beloved, ^{Le}Expressions, ^{Le}Cherish, ^{Le}Grace, ^{Le}Moonlight, ^{Le}Reconciliation, Anthopogon, Jasmine
diffuse; wear as perfume; use in the bath; apply to wrists or temples*

RESPIRATORY AILMENTS

*^{Le}Aspire, ^{Le}Bountiful, ^{Le}Breezey, ^{Le}Cherish, ^{Le}Exhale, ^{Le}Holiday Spirit, ^{Le}Housewarming, ^{Le}Mariah, ^{Le}Transition,
^{Le}Sanctuary, ^{Le}Seasons, ^{Le}Stefanie, Anethi, Marjoram, Eucalyptus, Orange Sweet, Oregano, Ravensara
inhale; diffuse; dilute and apply to lung area on both the back and the chest*

RESTLESS LEG SYNDROME

^{Le}Fortitude, ^{Le}Intensity, ^{Le}QuietEssence, ^{Le}Solitude, ^{Le}Visibility

support the thyroid and adrenal glands using ^{Le}EndoRelief and herbal supplements to increase the body's ability to absorb calcium; increase your intake of good quality calcium

RINGWORM

^{Le}Deliverance, ^{Le}Deliverance Plus, ^{Le}NoMore, ^{Le}Purify, ^{Le}SpiceC, Geranium, Manuka, Myrrh, Patchouli, Tea Tree, Thyme

ringworm is a fungal infection; dilute the oils with distilled or purified water and apply with a cotton ball or soft sponge—a vegetable protein based carrier oil may feed the fungus, making the situation worse.

SANITIZE

^{Le}Deliverance, ^{Le}Deliverance Plus, ^{Le}Sunburst

dilute with water and use everywhere

SARS (SEE "RESPIRATORY AILMENTS" FOR OTHER SUGGESTED ESSENTIAL OILS)

^{Le}Aspire, ^{Le}Breezey, ^{Le}Exhale, ^{Le}Magi, ^{Le}Meditation, Melissa

SCARRING

^{Le}About Face, ^{Le}Baby Me, ^{Le}UnDone, ^{Le}Vallee, Geranium, Helichrysum, Hyssop, Jasmine, Lavender, Palmarosa, Patchouli, Rosewood, Rose

dilute and apply often and generously

SCABIES

^{Le}MelaPlus, ^{Le}Purify, Tea Tree

to help kill scabies mites

^{Le}BabyMe, ^{Le}Reconciliation, ^{Le}Sego Lily, ^{Le}Vallee, Geranium, Chaulmoogra, Helichrysum, Lavender, Myrrh, Patchouli

dilute and apply for skin irritation

SCIATICA

^{Le}Baby Me, ^{Le}Deeper, ^{Le}Fortitude, ^{Le}Intensity, ^{Le}MyGraine, ^{Le}Millenia, ^{Le}Paine, ^{Le}TendaCare, ^{Le}Vitality, Capsicum, Celery Seed

dilute one of the listed oils and massage onto the lower back, across the hips and down the side and back of the leg; can be used in the bath or as a compress

SELF-EXPRESSION

^{Le}Acknowledge, ^{Le}HeartSong, ^{Le}Millenia

diffuse; use in the bath; wear as perfume

SHINGLES

^{Le}Deeper, ^{Le}Deliverance, ^{Le}Deliverance Plus, ^{Le}Fortitude, ^{Le}Intensity, ^{Le}QuietEssence, Capsicum (to heal nerve damage), Geranium, Kunzea, Ravensara

^{Le}Deeper and Ravensara dilute and use for pain relief and tissue regeneration; use ^{Le}Deliverance to fight the virus

SHOCK, TRAUMA

^{Le}Believe, ^{Le}Crystal Clear, ^{Le}IQ, ^{Le}QuietEssence, ^{Le}Revitalize, ^{Le}Transition, ^{Le}Turmoil, ^{Le}Vitality, Basil, Black Pepper, Calamus, Lavender, Melissa (heart), Neroli, Peppermint, Rosemary—homeopathic Rescue Remedy

hold one of the listed oils under the nose like smelling salts; dilute and apply to the bottom of the feet

SINUS

^{Le}Aspire, ^{Le}Breezey, ^{Le}Deliverance, ^{Le}Deliverance Plus, ^{Le}Exhale, ^{Le}Seasons, Bay, Cajeput, Eucalyptus, Kunzea, Myrrh, Niaouli, Peppermint, Yarrow

inhale; diffuse; dilute and apply to sinus areas on the face or on the feet

SKIN HEALTH

^{Le}AboutFace, ^{Le}AgeLess, ^{Le}Baby Me, ^{Le}Reconciliation, ^{Le}Sego Lily, ^{Le}Vallee, Anethi, Arborvitae, Caraway, Carrot Seed, Coffee, Grapefruit, Jasmine, Laurel, Lemon Verbena, Lemongrass, Lime, Litsea Cubeba, Manuka, Neroli, Orange Sweet, Palmarosa (oily and dry), Rosewood, Rose, Sage, Violet Leaf

dilute in distilled or clear spring water and sponge on skin with clean cotton balls (do not use carrier oils as they will feed any bacteria that may be contributing factors)

SKIN AND TISSUE REGENERATION

^{Le}Reconciliation, ^{Le}Vallee, ^{Le}Chaulmoogra, ^{Le}Geranium, ^{Le}Helichrysum, ^{Le}Lavender, ^{Le}Patchouli, ^{Le}Rosemary dilute and apply to the area

SKUNK SPRAY ODOR (ON ANIMALS)

^{Le}Purify

Dump one or two packages of liquid douche directly on the animal where it was sprayed. Add a few drops of ^{Le}Purify and massage in thoroughly. When dry, shampoo. ^{Le}Purify (quite a lot of it) added to water to soak fabric that has been sprayed) removes much of the odor.

SLEEP APNEA

^{Le}Aspire, ^{Le}Breezey, ^{Le}Exhale, ^{Le}Crystal Clear, ^{Le}GoodNite, ^{Le}IQ, ^{Le}Millenia dilute and apply to the sinus areas or to the feet

SLIMMING AND TONING

^{Le}Emerge, ^{Le}LiteN, ^{Le}LivN, ^{Le}Patches, ^{Le}Sego Lily, ^{Le}Basil, ^{Le}Grapefruit, ^{Le}Lavender, ^{Le}Lemongrass, ^{Le}Orange, ^{Le}Rosemary, ^{Le}Sage, ^{Le}Thyme dilute and apply; I like to apply ^{Le}Patches to the places that I am concentrating on losing fat or cellulite, not miraculous, but helpful

SMOKING (SEE ADDICTIONS)

SNORING

^{Le}Aspire, ^{Le}Breezey, ^{Le}GoodNite, ^{Le}Millenia (use in conjunction with one of the other listed oils) place a drop or two under the nose at bedtime or diffuse in the bedroom; best results occur when these oils are used alternately, changing every few nights

SORE THROAT

^{Le}Aspire, ^{Le}Breezey, ^{Le}Deliverance, ^{Le}EndoRelief, ^{Le}SpiceC dilute and apply to the throat and the sides of the neck, including the area behind and under the ear

SPINAL ALIGNMENT (SEE BACK)

^{Le}Millenia dilute with carrier and massage along the spine

SPRAINS / SPORTS INJURIES

^{Le}Deeper, ^{Le}Fortitude, ^{Le}Intensity, ^{Le}Millenia (if any structure is out of place), ^{Le}Paine, ^{Le}Patches, ^{Le}TendaCare, ^{Le}WarmDown, ^{Le}Black Pepper, ^{Le}Chaulmoogra, ^{Le}Marjoram, ^{Le}Sage, ^{Le}Violet Leaf dilute in carrier oil and apply to the affected area; the carrier oil should contain Arnica if there is any swelling

SPIDER BITES

^{Le}MelaPlus, ^{Le}Millenia, ^{Le}Purify, ^{Le}Tea Tree apply a drop, undiluted, to the area

STAINS

Lemon (pure; uncut with carrier) place a little on the stain, rub it in and then launder

STAMINA

^{Le}Ambition, ^{Le}Autumn, ^{Le}EZ Traveler, ^{Le}Kadence, ^{Le}LivN, ^{Le}Revitalize, ^{Le}Vitality, ^{Le}Zest For Life, ^{Le}Nerolina inhale; diffuse; dilute and apply to thymus area; use 1 - 2 drops in the bath (no more)

STREP THROAT

^{Le}Deliverance, ^{Le}Deliverance Plus, ^{Le}SpiceC, ^{Le}Melissa dilute and apply to the throat

STRESS

^{Le}AboutFace, ^{Le}Ambition, ^{Le}Believe, ^{Le}Benediction, ^{Le}Faith, ^{Le}Grace, ^{Le}HeartSong, ^{Le}Inner Peace, ^{Le}Key to My Heart, ^{Le}Letting Go, ^{Le}Meditation, ^{Le}QuietEssence, ^{Le}Sanctuary, ^{Le}Sego Lily, ^{Le}Tomorrow, ^{Le}Tranquility, ^{Le}Transition, ^{Le}Unity, ^{Le}Weightless, ^{Le}Wisdom, ^{Le}Whispering Hope, ^{Le}Allspice, ^{Le}Benzoin, ^{Le}Sandalwood inhale; diffuse; wear as perfume; place over the thymus or heart chakra areas; use in a bath or shower

STRETCH MARKS

^{Le}Baby Me, ^{Le}Sego Lily, Jasmine, Myrrh, Rosewood

add to carrier oil (or open a vitamin E capsule, also very effective) and apply all over abdomen and hip area

STROKE

^{Le}Kadence, ^{Le}Key to My Heart, ^{Le}Vitality, Lemon Verbena (increase brain function)

breathe deeply; apply to neck and forehead

STRUCTURAL ALIGNMENT

^{Le}Millenia, ^{Le}WarmDown

apply to the area or to the feet (to save time and effort—and also the alignment seems to remain in place longer)

SUICIDAL DEPRESSION

^{Le}AboutFace, ^{Le}Acknowledge, ^{Le}Angel, ^{Le}HeartSong, ^{Le}Letting Go, ^{Le}Whispering Hope

diffuse; inhale; wear as a perfume or cologne

SUNBURN (SEE BURNS)

SUNSCREEN

Helichrysum, Opoponax

dilute with carrier (Coconut Oil is especially nice) and apply to the skin

TEETH GRINDING

^{Le}Dreams, ^{Le}GoodNite, ^{Le}Tranquility

diffuse during the night or place a drop on the pillow

TENDONS, DAMAGED

^{Le}Deeper, ^{Le}Intensity, ^{Le}Paine, ^{Le}Patches, ^{Le}TendaCare, ^{Le}WarmDown, Birch, Fir

dilute and apply regularly to the area until it is completely healed

TENDONITIS

^{Le}Deeper, ^{Le}Intensity, ^{Le}Paine, ^{Le}Patches, ^{Le}TendaCare, ^{Le}WarmDown, Birch, Fir, Chamomile Roman, Lemongrass, Gingergrass, Peppermint

dilute and apply regularly to the area until it is completely healed

THRUSH (SEE CANDIDA)

THYROID

^{Le}EndoRelief (hyper- or hypo- types), Ledum, Myrtle, Palmarosa

hyper—apply under big toes

hypo—apply on top of big toes

TICKS

^{Le}BeGone, ^{Le}Purify or Thyme and Lavender

1 or 2 drops of ^{Le}Purify or Thyme backs the tick out, then 1 drop of Lavender every 5 minutes to prevent infection and swelling

TICKS, REPEL

^{Le}BeGone, Kunzea, Rose Geranium and Palmarosa

mix 2 tablespoons of vegetable oil with 15 drops of Rose Geranium and 10 drops Palmarosa; add 1 teaspoon of above mixture to 1 cup of water and mist to repel ticks

TMJ

^{Le}Deeper, ^{Le}Fortitude, ^{Le}Intensity, ^{Le}Magi, ^{Le}Meditation, ^{Le}Millenia, ^{Le}TendaCare, ^{Le}WarmDown

^{Le}Millenia diluted and applied along the jaw line will help the jaw to realign; ^{Le}WarmDown, ^{Le}TendaCare, ^{Le}Deeper will reduce the pain and inflammation; ^{Le}Magi, ^{Le}Meditation are for the emotional aspects of the tension that is being held in the jaw

TOE NAIL FUNGUS

^{Le}Deliverance, ^{Le}Deliverance Plus, ^{Le}MelaPlus, ^{Le}NoMore, ^{Le}SpiceC, Lemon Eucalyptus

add a few drops to water and soak feet; apply locally to the area (diluting with water rather than a carrier oil)

TOOTHACHE

^{Le}Purify, Chamomile Roman, Clove, Spearmint

apply on the gums at the location of pain/problem and along the jawbone

TOXEMIA

^{Le}Key to My Heart, ^{Le}Vitality, Cypress

dilute for massage; diffuse; inhale deeply

TRAUMA

^{Le}Ambition, ^{Le}Life Force, ^{Le}Transition, ^{Le}Turmoil, Angelica, Dong Quai, Peppermint

dilute and apply to the chest and the feet; diffuse; place anywhere on the body

TUMORS, CANCER

^{Le}AboutFace, ^{Le}Revitalize, Anthopogon, Arborvitae, Frankincense, Geranium Zdravetz, Mountain Savory

VARICOSE VEINS

^{Le}Key to My Heart, ^{Le}Sunburst, ^{Le}Visibility, ^{Le}Vitality, Capsicum, Copaiba Balsam, Cypress, Lemongrass

dilute for massage or application to area of concern; use in a bath

VERTIGO

^{Le}EZ Traveler, ^{Le}InsideOut, ^{Le}Kadence, ^{Le}Millenia, Calamus, Melissa, Melissa Blend, Tangerine

diffused; inhaled, carry with you in an inhaler; place on the wrists or temples

VIRAL INFECTION

^{Le}Deliverance, ^{Le}Deliverance Plus, ^{Le}Discernment, ^{Le}EndoRelief, ^{Le}Journey, ^{Le}Life Force, ^{Le}SpiceC, Kunzea, Melissa, Oregano, Thyme

dilute and apply to bottom of feet and to the chest; carry an essential oil inhaler

VITALITY

^{Le}Ambition, ^{Le}EndoRelief, ^{Le}Energy, ^{Le}Everlasting, ^{Le}Kadence, ^{Le}LivN, ^{Le}Revitalize, ^{Le}Transition, ^{Le}Vitality, Peppermint

dilute and apply to the chest or the feet; diffuse

VITAMIN ABSORPTION

^{Le}Emerge, ^{Le}Eternity, ^{Le}EZ Traveler, Calamus, Pine

inhale; diffuse; dilute for full body massage; use in bath; wear on body as perfume or cologne

YEAST INFECTION (SEE CANDIDA)

WARTS

^{Le}Deliverance, ^{Le}MelaPlus, ^{Le}Purify with Clove, Manuka

Apply 1-2 drops to wart several times a day, rubbing in well. Each of these has proven successful.

WEIGHT LOSS

^{Le}Emerge, ^{Le}LiteN, ^{Le}LivN, ^{Le}Weightless, Anise, Anise Myrtle, Capsicum, Celery Seed, Ledum, Lemongrass, Neroli
dilute, apply to the body or to the bottom of the feet; the aroma of ^{Le}Weightless is often effective to curb food cravings

WHOOPING COUGH

^{Le}Aspire, ^{Le}Breezey, ^{Le}Deliverance, ^{Le}Exhale, ^{Le}Mariah, ^{Le}Purify, ^{Le}SpiceC, ^{Le}Stefanie, ^{Le}Sunburst

dilute and apply to chest

WORMS (SEE PARASITES)

WRINKLES

^{Le}AgeLess, ^{Le}AboutFace, ^{Le}Sego Lily, Carrot Seed, Frankincense, Geranium, Myrrh, Orange Sweet, Rosewood, Rose, Sandalwood

dilute with Almond Oil or carrier oil and apply to areas of concern

ZEST (FOR LIVING)

^{Le}Ambition, ^{Le}Autumn, ^{Le}Assurance, ^{Le}Energy, ^{Le}Exhilaration, ^{Le}Transition, ^{Le}Zest For Life

diffuse; inhale; wear as perfume