

# 72 Hour Kit

In the event of an emergency where you may need to survive on your own for a few days, this 72 Hour kit will help you and your family be more comfortable both physically and emotionally. It helps with minor wounds, insect bites, respiratory issues, viral bacterial exposure, anxiety and feelings of weakness or despair. Along with your practical knowledge of first aid and safety this is a valuable kit to have readily available.

## **LeBreezey**

LeBreezey opens bronchial and sinus passages very effectively and has been successful in alleviating snoring. It's an excellent respiratory tonic and immune stimulant. It lifts the spirits and brings a sense of confidence and self-worth. LeBreezey has viral fighting and tissue rebuilding properties for the lungs and bronchial tissues. LeBreezey should also be tried for colds, asthma, allergies, sinus congestion, and flu. It makes an excellent muscle relaxant and pain reliever when you do not have LeWarmDown or LeDeeper handy.

## **LeLife Force**

LeLifeForce immediately raises the over-all frequency of the body, improving outlook and response to stress and trauma. Use LeLifeForce following any illness or traumatic experience that has left one feeling weak, shaky, or on edge. It builds, strengthens, and protects the body because it is an immune and adrenal gland stimulant and toner. Use it with LeEndoRelief during the cold and flu season. You may avoid getting sick altogether, and if you do catch something, the illness will have a shorter duration and recovery period. Diffuse to strengthen the immune system, increase energy levels, disinfect, and purify the air. Apply along the spine.

## **LeMelaPlus**

LeMelaPlus should be applied topically on insect bites and stings. LeMelaPlus can also be diluted and massaged over the liver. Add a few drops to Miracle Salve to make an antibacterial ointment for cuts and abrasions. It can be diffused to dispel odors. LeMelaPlus is strongly antiseptic. It prevents the growth of bacteria, fungus, and other infectious agents. It can be used for athlete's foot and toenail fungal infections.

## **LeTranquility**

LeTranquility can help us develop inner strength, patience, understanding, and confidence. LeTranquility promotes relaxation, relieves anxiety, stress, tension, and depression. Use for panic attacks. LeTranquility helps alleviate anxiety based disorders; helps reduce insomnia; quiets the mind and helps with feelings of rebellion; aids in understanding all aspects of a situation; helps with ADHD; develops inner strength and confidence; osteoporosis; migraines and tension headaches. LeTranquility can also be useful for circulatory problems to the extremities.

## **Yarrow Blue**

Yarrow Blue will pull the edges of a cut together and help it heal almost miraculously. Use without a carrier oil. Dilute for other applications. Its antiseptic properties are strong enough to prevent infection. It has anti-inflammatory properties, too. Use Yarrow Blue for dandruff, hair loss, setting the teeth firmly into the gums, or firming up areas of sagging skin. Use as a face wash for oily skin and acne. With illness, Yarrow Blue holds the fever from getting dangerously high and stimulates perspiration. It improves digestion. Caution should be taken during pregnancy for Yarrow Blue.

## **LeDeliverance**

LeDeliverance can be used, diluted, or diffused, in the home as a cleaner and air purifier to fight viruses and airborne bacteria. Its many uses include respiratory infections, sore throats, strep throats, dental diseases and infections, cold sores, canker sores, cuts, general infections, athlete's foot, toenail fungus, and infection from slivers. Apply faithfully, undiluted, for warts (this takes a little time). Frequent and consistent use of LeDeliverance strengthens the immune system and helps the lymph system to drain.

## **LeEndoRelief**

Apply LeEndoRelief to the lymph glands of the neck, chest, and armpits whenever a cold, sore throat, or flu is suspected. Using LeEndoRelief early, before the illness is fully developed, will lessen its severity. LeEndoRelief is useful for diabetes, hypoglycemia, candida, bladder and kidney infections. It can also help prevent gallstones, kidney stones, arthritis, and osteoporosis.

## **LeMillenia**

Diffused, LeMillenia builds courage, confidence, and self-esteem while being calming and relaxing at the same time. Place anywhere on body. LeMillenia is described as "Chiropractor in a bottle". It aligns physical structures, electrical energies of the body, balances every meridian, and energizes every chakra. It maintains the integrity of the connective tissues that wrap, connect, and protect every organ and balances the emotions connected to each organ. LeMillenia balances the moisture and fluid levels in the body. Use with LeTranquility for ADHD and hyperactivity.

## **Lavender**

Lavender gives us the feeling of total and unchanging support around us. Lavender promotes faith, even in the hard times. It can help us move from judgement to kindness and generosity. Lavender can bring relief from anxiety, panic, hysteria, emotional and mental fatigue, headaches and migraines, and insomnia. Lavender can be used for nearly all skin conditions. It can be applied to cuts, sunburns, burns, rashes, dermatitis, eczema, and insect bites. Consistent use of lavender with burns and injuries minimizes scarring. Lavender is effective for muscle strains and sprains, cramps, and wound healing.

## **Coconut Oil**

Coconut oil is odorless and colorless. It absorbs readily into the skin, leaving no residue. Doesn't stain clothing and easily washes out of clothing and bedding. Coconut oil is an excellent skin moisturizer; rarely aggravates existing skin problems such as fungal or bacterial infections and does not clog pores. It leaves the skin feeling smooth but not greasy. Coconut oil has almost no aroma at all and has the added advantage of a long shelf life at room temperature without rancidity. Coconut oil is considered one of the best carrier oils.