## **Grab N' Go Essential Oil Kit**

The Grab N' Go Essential Oil kit is part of the 'Complete Grab N Go Kit' and is just what it says; you grab n' go for whatever needs may arise. Examples are colds, deep pain, cuts, snoring, kidney infection, depression, headache, insect bites, needing a chiropractor, toothache, shock, lowering cholesterol, moodiness, insomnia, problems breathing, onset of a stroke, diaper rash, and low blood sugar, just to name a few. This is the go to kit for just about anything. These oils are definitely essential to ever day life.

Le Baby Me

LeBaby Me enables us to give and receive love. It brings a sense of calmness and competence. A connection with the Eternal Father of us all. LeBaby Me increases skin elasticity, retard wrinkles, enhance skin tone and remove scaly patches. It increases the ability of the skin to act as a protective barrier against germs. Reduces cramping during menstruation. Reduces or prevents stretch marks, acts as a diaper rash cream, full body massage, excellent aftershave for sensitive skin especially when mixed with a little Miracle Salve. LeBaby Me also stabilizes low blood sugar.

Le Deeper

LeDeeper aids in relieving pain that is deep in the tissues and nerves. It is useful for sciatica, arthritis, osteoarthritis, the pain of osteoporosis, sprains, and injuries where there is bruising and/or nerve damage. LeDeeper increases blood and lymph circulation to the extremities, making it effective for neuropathy and fibromyalgia. It brings instant relief for pre-menstrual cramps. Useful for pain relief with shingles and bursitis.

### **Le Endo Relief**

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.

#### Le Inside Out

LelnsideOut improves the function of the digestive system. It helps with upset stomach, belching, bloating, stomach cramps, heartburn, constipation, and diarrhea. Apply to the abdominal area and bottom of the feet. LelnsideOut is for nausea, motion sickness, or morning sickness, apply one drop behind the ears. It is useful for treatment of parasites in animals and humans. For humans, place LelnsideOut on the feet and massage across abdomen. For animals, dilute a few drops in water and massage into soft tissues.

#### **Le**Millenia

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.

**LeBreezey** 

LeBreezey opens bronchial, sinus passages, and helps alleviating snoring. It's an excellent respiratory tonic and immune stimulant. It lifts the spirits, brings a sense of confidence, and self-worth. LeBreezey has viral fighting and tissue rebuilding properties for the lungs and bronchial tissues. Try it 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.

## **Le Deliverance**

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.

Le Heart Song

LeHeartSong helps you get through a tough time or a difficult day. Use for a protection against negative energy from others. LeHeartSong is an anti-depressant for grief and mild depression. It's a high frequency blend reminding us that we are loved and cherished by many people, and certainly by Heaven. It stabilizes mood swings, relieving stress and tension, and helping one to relax. Diffuse, wear as perfume, cologne, or deodorant. If the smell is offensive apply LeUnity to the palms of the hands and place the hands over the navel and thymus. Hold for 20 seconds and then reverse the hand positions and hold for another 20 seconds or more, bringing a great feeling of peace.

#### Le Mela Plus

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 toe nail fungal infections.

**LeMyGraine** 

LeMyGraine is used for migraine and stress related headaches with or without accompanying nausea. It is useful following neck injuries and to open the blood supplies to and from the head. LeMyGraine does its best work with headaches related to stress and circulation problems. It may be useful for some types of depression. Very effective for headaches when inhaled or diffused. Can place on the temples, forehead, and back of the neck.

# **Grab N' Go Essential Oil Kit**

LePurify LeSunburst

LePurify kills odors, bacteria, molds, and fungus. Spray onto window sills and into corners during the winter months to prevent the growth of molds. Apply to spider bites, insect stings and can be used for repelling bugs, insects, and mice. LePurify brings relief from toothaches and dental abscesses; at the very least, it may relieve the problem somewhat until a dentist can be reached. LePurify is useful for anorexia and eating disorders because it moderate feelings of insecurity, self-doubt, and self-loathing.

LeVitality's aroma is useful for shock, increases vitality, energy, and stamina. It gives us more enthusiasm for life, and reduces stress levels. LeVitality is used to improve circulation, preventing spider veins or varicose veins. LeVitality reduces the size and painfulness of hemorrhoids; be sure to dilute well. LeVitality can be used for toxemia or high blood pressure if related to heart and circulation. LeVitality can be used to stop or slow the progress of an oncoming stroke, apply to the neck and forehead, breathing deeply and calmly.

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, 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.

Orange Sweet
Orange Sweet promotes feelings of well-being, happiness to the mind and body. It promotes restful sleep and helps with moodiness, irritability, headaches, insomnia, and expecting more of ourselves and others than is reasonable. It provides emotional support to overcome sadness and courage to escape emotional and physical abuse. Orange Sweet reestablishes optimism and a sense of humor when they have become lost. Dilute and apply anywhere on the body or diffuse. It works very well as a cleaner. It removes sticky adhesive residue from most surfaces.

**Yarrow Blue** 

Yarrow Blue will pull the edges of a cut together and help it to heal almost miraculously. Its antiseptic properties are strong enough to prevent infection, no matter how dirty or contaminated conditions were at the time of the injury. The anti-inflammatory properties of Yarrow Blue are effective wherever the inflammation is. It is applied without a carrier oil to close a wound. It should be diluted for other applications. Use Yarrow Blue for dandruff, hair loss, setting the teeth firmly into the gums, or firming up a teas of sagging skin. Use as a face wash for oily skin and acne. When you are ill, the use of Yarrow Blue holds the fever from getting dangerously high and stimulates perspiration. It improves digestion by stimulating the secretion of bile and restoring the liver and other organs. Reasonable caution should be taken during pregnancy for Yarrow Blue.

LeSunburst is a favorite among the citrus blends because it is relaxing and calming, especially for children. LeSunburst promotes a sense of well-being and is an excellent remedy for insomnia. LeSunburst has been used in treatments for anorexia and bulimia. It is excellent added to the dishwater, dishwasher, or laundry. LeSunburst makes an excellent oil for cleaning surfaces throughout the house. LeSunburst is useful for circulatory problems, varicose veins, and lymphatic congestion. It is a powerful immune stimulant.

**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; developes inner strength and confidence; osteoporosis; migraines and tension headaches. LeTranquility can also be useful for circulatory problems to the extremities.

Helichrysum

Helichrysum rejuvenates skin, muscle, and damaged tissue. It helps prevent scarring. Helichrysum drains congestion and reestablishes blood flow to traumatized areas, helping bruises and hematomas to disperse more quickly. Helichrysum is recommended for lowering cholesterol. Helichrysum is anti-inflammatory and analgesic, making it excellent for sciatica and arthritis, respiratory conditions and for lymph drainage. Helichrysum helps us make our choices from a more balanced perspective. It is used in emotional healing. Caution should be used if pregnant or for small children.

**Peppermint** 

Peppermint stimulates the mind, increasing the ability to focus and concentrate. When inhaled, it restores the sense of taste by stimulating the trigeminal nerve. Inhaling peppermint can curb the appetite. Peppermint is useful for muscle pain, inflamed joints, and arthritis. It can be used for headaches and nerve regeneration. Used for the digestive system and in bowel disorders. It is one of the best for nausea, vomiting, morning sickness (small amounts only), mouth or gum infections, fainting, and motion sickness. It's supportive of prostate function. Dilute well. Not used in the bath.