# Happy Kiddo Kit

A must have kit for your kids! A great resource for all those little bugs that your kids pick up from school, church, and everywhere! In an easy to grab box it will help you keep your family feeling their best, and you will know that you've got something for everything. Pamper your babies with the wonderful, relaxing, and immune building essential oils found in this kit.

#### <sup>Le</sup>Baby Me

<sup>Le</sup>Baby Me contains ingredients which increase skin elasticity, retard wrinkles, enhance skin tone and remove scaly patches. The synergistic effect of this blend increases the ability of the skin to act as a protective barrier against germs. <sup>Le</sup>Baby Me is effective applied on the inner ankles. <sup>Le</sup>Baby Me makes an excellent diaper rash cream. Excellent when used for a full body massage. Best to dilute well, especially for use on babies, small children, and pregnant women.

#### <sup>Le</sup>Dreams

Diffused at night to promote restful and dreamless sleep. <sup>Le</sup>Dreams is a favorite of children who are nervous in the dark or when left alone. If nightmares persist while using <sup>Le</sup>Dreams, continue to use it in conjunction with energy work modalities. Finding the disturbing emotion, processing it, and letting it go is the only way to achieve lasting healing. This blend has been beneficial for bedwetting if the root cause is fear or anxiousness.

#### <sup>Le</sup>Mela Plus

<sup>Le</sup>MelaPlus should be applied topically on insect bites and stings. <sup>Le</sup>MelaPlus 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. <sup>Le</sup>MelaPlus 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.

#### Le Therma Care

Le ThermaCare was specifically designed to aid in gently reducing the very high fevers we often see with the high-powered and quick-onset flu "bugs" that are so prevalent in the world today. The use of this essential oil to reduce fevers is especially nice with children. The essential oils contained in Le ThermaCare are gentle. They stimulate the body's defense while calming the nerves and soothing the spirit. In addition to the fever reducing properties of the yarrow and the peppermint, the coriander is well renowned for giving strength both during an illness and during the convalescent stages.

#### 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.

## <sup>Le</sup>**Deliverance**

<sup>Le</sup>Deliverance 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 and toenail fungus, and infection from slivers. Apply faithfully, undiluted, for warts (this takes a little time). Frequent and consistent use strengthens the immune system.

## <sup>Le</sup>Julia

Careful dilution is recommended. <sup>Le</sup>Julia should be applied to the abdomen and/or to the feet. <sup>Le</sup>Julia is for the release of flatulence (gas), constipation, and other forms of intestinal distress in infants and small children. This blend is also useful for colic, upset tummy, and nausea caused by fear or over-excitement. Diffuse for emotional calming and improved sleep.

#### <sup>Le</sup>Millenia

Diffused, <sup>Le</sup>Millenia builds courage, confidence, and self-esteem while being calming and relaxing at the same time. Place anywhere on body. <sup>Le</sup>Millenia is described as a "Chiropractor in a bottle." <sup>Le</sup>Millenia aligns physical structures and 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. <sup>Le</sup>Millenia balances the moisture and fluid levels in the body. Use with <sup>Le</sup>Tranquility for ADHD and hyperactivity.

## <sup>Le</sup>Tranquility

<sup>Le</sup>Tranquility can help us develop inner strength, patience, understanding, and confidence. <sup>Le</sup>Tranquility promotes relaxation, relieves anxiety, stress, tension, and depression. Use for panic attacks. 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; helps develop inner strength and confidence; useful for osteoporosis; migraines and tension headaches.

### Miracle Salve

This salve is incredibly healing. Herbal salves are wonderful things! They are convenient to use and very powerful. Miracle Salve is useful for burns (everything from sunburns to very serious burns), cuts/wounds (it will help it heal as well as preventing/fighting infection and minimizing scar tissue), rashes, dry or cracked skin, and just about anything else you can think of. You can use it by itself, or use it as a carrier oil to apply your essential oils.

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## Diarrhea #1 (BDCIARRH1X9)

Useful for intestinal distress such as diarrhea or cramping pains in the bowel brought on by the flu, food poisoning, or when you have eaten something that disagrees with your digestive system. Take a few drops of Diarrhea #1 at the first sign of bowel cramping or a loose stool. Take a few more drops after the next loose stool or if cramping persists, up to 5-6 times per day.

## Rescue Remedy (BRCESCUEREMX4)

Great for shock and trauma. Rescue Remedy is most effective when used on the occasion of any particular stress, trauma, or emergency. It is formulated to help a person cope with extreme circumstances and can be helpful when dealing with physical and emotional aspects of shock. Brings immediate calm and helps deal with pain. Often used in energy work. Rescue Remedy is a wonderful resource for anyone who is upset or frightened.Rescue Remedy is most often taken internally. Simply place a few drops under the tongue. Do not eat anything for a few minutes before and after. You can add to a water bottle and sip all day. Add drops to a bath, spritz around the home for a calmer environment, or simply rub on the skin.

### CC

CC is an excellent first response remedy for flu symptoms, colds, and fevers. In this simple formula are herbs to promote a healing sweat, hold fever to just a hot enough degree to kill bacteria, effectively fight infectious agents, and calm and soothe the nerves. CC is perfectly balanced to be effective against bacterial, fungal, and strep infections. It rids the body of the excess mucous that is being produced. This is one of the great ones-even for adults. Often CC is the only remedy needed.

#### NVC

NVC is a nervine formula especially for children. NVC is especially helpful when a baby is fretful with colic, or for a baby who frequently startles awake during naps or during the night. NVC stimulates the body's defenses when colds, flus, fevers, and other acute illnesses are just setting in. NVC can be used as an alternate for, or in conjunction with, CC (formerly Children's Composition). The ingredients in this blend are more restful and calming than CC. NVC is mild enough to use, in moderation, each evening with a fretful child to promote restful sleep.

### EO

EO is used for ear infections by placing 3-5 drops in the ear along with 2-3 drops of BBL tincture. (The BBL should be the alcohol tincture, not the glycerite.) Then place a small piece of cotton in the ear. EO should always be used with an infection fighting formula. Taking some Rosehip tea or tincture will provide extra vitamin C, which will speed up the healing process.

## Flu Symptoms #1 (BFCLUSYMPT1X9)

Flu Symptoms #1 is excellent for flu-like nausea or vomiting, and also for nausea brought on by nervousness or anxiousness, making it really helpful for dealing with stage fright and perfomance anxiety. Take at the first sign of nausea or after vomiting. Take ONLY when nauseated. May take frequently as long as nausea andor vomiting continue.

BBL

A few drops of BBL at bedtime can help you relax into sleep. BBL is especially calming for children. Use 20-40 drops in the tub for relaxation and pain relief. For convulsions brought on by fever, put at least 2 dropperfuls in a tub of tepid (lukewarm) water and place the child into it. BBL is useful for coughs, bronchitis, asthma conditions, insomnia, headaches (back of head at base), and the onset of colds. BBL is good for healing nerves.

## ΙF.

This is a very effective all-purpose infection fighting formula. It may be used for any type of infection– infected injuries, sore throats, ear infections, colds and flus, and anything else that you can think of. Add Yarrow/Usnea or the SS formula if strep or staph is suspected. FN should be added if there is any chance the problem is fungal.

WC

Formerly Wild Cherry Cough Syrup. WC is an excellent cough and expectorant formula. It is more effective when given in frequent small doses—1/2 to 1 teaspoon, depending on the age of the patient, than in 2 or 3 larger doses. WC will liquefy mucous in the throat, lungs, and sinuses. This allows the body to either internalize it or expectorate it according to need. WC is very effective at quieting a dry, hacking cough where the throat is irritated but there is no mucous needing to be expelled.

### Almond Oil

Sweet almond oil is easily the most popular carrier oil for many reasons. Almond oil is inexpensive and absorbs into the skin quite quickly, Almond oil is rich in vitamins A, B, and E, all of which are beneficial nutrients for healthy skin. Almond oil contains, along with the vitamins mentioned above, heart healthy fats, potassium and folic acid. Almond oil works well as a carrier, and you can also cook with it.