

# Missionary Kit

Missionary kit is designed to keep your missionary healthy. This kit can help fight infections, keep teeth healthy, and lift their spirits while they're serving others. It's an all around great kit for any person leaving home for the first time because it is a quick first aid kit for almost anything that may cause trouble, from earaches to stomach aches, dealing with colds, flu, diarrhea, indigestion and sore muscles. This kit even contains oils to help them get along with others around them!

## **LeDeliverance**

Dilute <sup>Le</sup>Deliverance for many uses including; 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. Frequent and consistent use strengthens the immune system. Place a drop on your toothbrush as a preventative to cold or flu. Use <sup>Le</sup>Deliverance diffused, in the home as a cleaner and air purifier to fight viruses and airborne bacteria.

## **LePaine**

Use <sup>Le</sup>Paine diluted and apply to area of pain. It promotes quicker healing by bringing oxygen to the injured area and increasing circulation. <sup>Le</sup>Paine is used for sciatica, bone pain, arthritis, sports injuries, muscle spasms, torn ligaments, headaches, bone spurs, bursitis, back pain, and bruising. <sup>Le</sup>Paine is a muscle relaxant and a respiratory oil. Use 2 or 3 drops in tub or shower. <sup>Le</sup>Paine aids us in moving forward, leaving behind negativity and helping us find stability if we are prone to great emotional highs followed by deep depression. It brings instant clarity.

## **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 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.

## **Bioplasma**

Bioplasma coagulates the blood in a serious, deep cut where bleeding is profuse. Bioplasma stimulates the body to uptake and utilize trace minerals. It stabilizes nerves and nerve tissue and promotes healing in any type of wound or injury. Great for fatigue, colds, nervous tension, bleeding, and headaches. Place a few drops under the tongue. Do not eat before or after for a few minutes. You can add to a water bottle and sip all day. Add drops to a bath or simply rub on the skin.

## **Diarrhea #1**

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.

## **LeMillenia**

<sup>Le</sup>Millenia is described as a "Chiropractor in a bottle." It aligns physical structures and electrical energies of the body. Brushing your teeth with <sup>Le</sup>Millenia may keep your teeth aligned and prevent cavities. Used for earaches, some types of headaches, some types of arthritis, sciatica, improving capillary circulation, and hernias. Place anywhere on body. <sup>Le</sup>Millenia is used to aid us with self-expression, fear of conflict and disagreement, and the ability to make decisions. It can foster tenacity and independence of spirit. <sup>Le</sup>Millenia helps one find the courage to move forward with confidence and faith. Diffused, <sup>Le</sup>Millenia builds courage, confidence, and self-esteem while helping to calm and relax at the same time.

## **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, and 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, insect bites and stings. Consistent use of lavender with burns and injuries minimizes scarring. Lavender is also effective for muscle strains and sprains, cramps, and wound healing.

## **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 such as IF. Taking some Rosehip tea or tincture will provide extra vitamin C, which will speed up the healing process.

## **Carbo Vegetabilis**

Carbo Vegetabilis (Vegetable Charcoal) is used for food poisoning, indigestion, acid stomach, and when vitality is low and exhausted by little activity after a chronic or serious illness. Use also for asphyxia from carbon monoxide poisoning or lack of oxygen. Conditions may be the result of bad food, overindulgence, or the lingering effects of an old illness. Stop taking after symptoms are gone.

## **Flu Symptoms #1**

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 performance anxiety. Take at the first sign of nausea or after vomiting. Take ONLY when nauseated. May take frequently as long as nausea and/or vomiting continue.

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## Rescue Remedy

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. 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.

## IF

Formerly Infection Fighter. IF 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 flu, 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.

**ATHLETES FOOT** Put 4-5 drops of <sup>Le</sup>Deliverance in water and soak feet for 20 minutes twice a day.

**BLEEDING** 6-10 drops of Bioplasma directly under the tongue every 10 minutes until 7 doses have been taken. Can be repeated again later in the day and done for several days. Can also be dropped directly onto the cut or other bleeding area.

**BURNS** Put a few drops of Lavender on area. If it is a very large area you can use the coconut oil. Put coconut oil in palm of hand - about 1 tablespoon - add 2-3 drops of lavender.

**CRAMPS** Apply BBL straight on stomach, Take 1 dropper every 20 minutes, in a little bit of water, until cramps subside. Do not exceed 5 or 6 doses and stop if you get nauseous.

**CUTS** Apply <sup>Le</sup>Deliverance to disinfect. If it is big and deep, dilute in water so it won't sting as much and will cover a larger area more easily.

**DISINFECTANT** <sup>Le</sup>Deliverance is a great disinfectant - especially for foot fungus that you keep getting from your shower or from continually wearing your shoes in hot weather. You can clean and disinfect anything with a couple of drops of <sup>Le</sup>Deliverance.

**EARACHE** Warm the whole bottle of Ear Oil and BBL by placing them in a cup of warm water. When warmed, put between 2-5 drops of each in your ear and then put a cotton ball in your ear. (*See EO on other page.*)

**FLU** Take 5-6 drops of Flu Symptoms #1 under the tongue. Repeat every 10 minutes up to 7 doses. As soon as the stomach will handle it, take a dropperful of IF added to water or juice.

**FOOD POISONING** Take 5-6 drops of Carbo Veg directly under the tongue. Repeat at 10 minute intervals as needed. This can occasionally cause vomiting. This is OK - it is the body's way of ridding itself of the toxicity. If there are chills and any symptoms of shock, take Rescue Remedy several times in addition.

**INFECTION** IF tincture should be taken 5 times a day for the first 2 days and then 3 times a day at least a week after the infection is gone. Take a full dropper - about 20 drops each time.

**INSECT BITES** Apply lavender directly on the insect bite.

**RASH** Take one Tablespoon of water and put 2-3 drops on Lavender and sponge it on the rash with cotton ball. If the rash dose not go away in 24 hours repeat.

**SHOCK** Take Rescue Remedy directly on the tongue every couple on minutes on your way to the hospital - unless all signs of shock have disappeared on the first dose or two.

**TOOTHACHE** Take BBL in juice or water every 15 -30 minutes until the pain goes away and then take as needed until you can get to a dentist.

## BBL

BBL is used for coughs, bronchitis, asthma conditions, uterine and pelvic problems, insomnia, headaches (back of head at base), high blood pressure, heart palpitations, muscle cramps or spasms, charley horses, and the onset of colds. BBL for rebuilding or healing nerves, as well as for relieving pain. For internal use, 10-20 drops is generally used. Externally, use with EO to relieve the pain of ear infections (see EO for use). A few drops of BBL at bedtime can help you relax into sleep. Use 20-40 drops in the tub for relaxation and pain relief. For convulsions brought on by fever, put at least 2 dropperfuls of BBL in a tub of tepid (lukewarm) water and soak in it.