

# Spring Resilience Kit

## LeDeliverance

**INGREDIENTS:** clove, eucalyptus, cinnamon, lemon, rosemary, thyme, oregano, wild oregano

**AFFINITY FOR:** immune system, lymphatic system, the skin

**RESONANCE:** physical, spiritual

**APPLICATION:** LeDeliverance can be used in so many ways, I am sure that I will not manage to list them all here. Some common methods of use are soak the family toothbrushes in LeDeliverance mixed with water, place a drop on your toothbrush at least one time per day, and place on a cotton ball or in an inhaler and carry with you, inhaling frequently, during the cold and flu season. A particularly effective way to fight a very virulent illness is to apply LeDeliverance alternately with LeLife Force. In the evening put one of these essential oils on the K1's (acupressure points on the feet) and the other on the thymus. First thing in the morning, put the oils on again, then put them in opposite positions. If LeDeliverance was on the thymus area the night before, it should go on the feet in the morning. This method is very effective against really nasty stuff.

**AROMATIC CONSIDERATIONS:** An excellent use for this blend is to diffuse it every day during the cold and flu season to eliminate air-borne bacteria and viruses.

**PHYSICAL ASPECTS:** LeDeliverance is one of the most potent antiviral, antibacterial, anti-fungal combinations available. Its many uses include respiratory infections, sore throats, strep throats, dental diseases and infections, cold sores, canker sores, cuts, any type of infections, athlete's foot fungus, toe nail fungus, and infection from slivers. Apply faithfully undiluted to get rid of a wart (this takes a little time so be patient). Frequent and consistent use also strengthens the immune system. LeDeliverance is an expectorant and helps the lymph system to drain. This is a very effective oil. Everyone should have it on hand.

**GENERAL INFORMATION:** LeDeliverance can be used, diluted, or diffused, in the home as a cleaner and air purifier to fight viruses, and air borne bacteria.

**CAUTIONS:** Care should also be taken to dilute well, especially if frequent use is anticipated. The clove, cinnamon, thyme and oregano in this blend make it a possible skin irritant.

## LeSeasons

**INGREDIENTS:** lavender, lemon, peppermint

**AFFINITY FOR:** respiratory system, digestive system, lymphatic system, solar plexus chakra, wood element

**RESONANCE:** physical

**APPLICATION:** LeSeasons should be diluted and applied to the sinus areas. It can be diluted and put on the chest or the feet.

**EMOTIONAL - SPIRITUAL - MENTAL ASPECTS:** LeSeasons is a stimulating blend and can bring a renewed sense of energy.

**PHYSICAL ASPECTS:** LeSeasons is amazing for clearing out the sinuses and for relieving a sinus headache. This blend should be used for colds, allergies, sinus congestion, and sinus headaches.

## LeWoodland Path

**INGREDIENTS:** chamomile german, cypress, galbanum, lemongrass, vetiver, violet

**AFFINITY FOR:** nervous system, lymphatic drainage, solar plexus, gallbladder meridan, spleen meridan

**RESONANCE:** physical, emotional, spiritual

**APPLICATION:** This blend is very nice diffused, applied to the back of the neck, wrists, or on your feet.

**AROMATIC CONSIDERATIONS:** This blend has herbal tones that remind you of walking in the woods which is very grounding to all systems of the body. This is a good oil to bring you back to happy summer days spent among nature's greenery.

**EMOTIONAL - SPIRITUAL - MENTAL ASPECTS:** LeWoodland Path is designed to allow us to take a journey down a woodland path, to get a touch of spring, to reconnect with our wonderful Mother Earth. Use to relieve stress, center yourself, and begin anew as each spring the woods do.

**PHYSICAL ASPECTS:** LeWoodland Path is blended with oils that help the lymphatic system function better which benefits the whole body.

## Lemon

**INGREDIENT IN:** <sup>Le</sup>Beloved, <sup>Le</sup>Benediction, <sup>Le</sup>Breezey, <sup>Le</sup>CinnamonBear, <sup>Le</sup>Deliverance, <sup>Le</sup>Everlasting, <sup>Le</sup>HeartSong, <sup>Le</sup>InsideOut, <sup>Le</sup>IQ, <sup>Le</sup>Letting Go, <sup>Le</sup>LifeForce, <sup>Le</sup>Revitalize, <sup>Le</sup>Simplicity, <sup>Le</sup>Sunburst, <sup>Le</sup>Synopsis, <sup>Le</sup>Trust, <sup>Le</sup>Turmoil, <sup>Le</sup>Vision, <sup>Le</sup>Weightless, <sup>Le</sup>Whispering Hope, <sup>Le</sup>Wisdom

**THERAPEUTIC PROPERTIES:** antibiotic, sedative, carminative, diuretic, hemostatic, astringent, digestive, immunostimulant, antidepressant, stimulant, antiseptic, febrifuge, calmative, antispasmodic, anti-sclerotic, depurative, vermifuge, cicatrizing

**AFFINITY FOR:** respiratory system, lymphatic system, cardiovascular system, nervous system, digestive system, skin, muscles, solar plexus chakra, bladder meridian, wood element

**RESONANCE:** physical, emotional

**PLANT FAMILY:** Rutaceae

**PART UTILIZED:** peel of fruit

**EXTRACTION METHOD:** cold pressed

**AROMATIC CONSIDERATIONS:** Lemon essential oil fills the air with a light, refreshing scent of lemons while it nourishes the nervous systems of everyone close by.

**APPLICATION:** Lemon oil should be diluted and applied to any area of the body. Since it helps dissolve cellulite, applying lemon to areas where cellulite has accumulated would be a good idea. Be sure to dilute to avoid irritation.

**EMOTIONAL - SPIRITUAL - MENTAL ASPECTS:** Lemon brings clarity of thought, aids in logical thinking, and helps us connect cause and effect in our lives. Lemon is a good oil for study sessions, improving attention span, and problem solving. Lemon can help us analyze our resentments, decide if they are based on reality or not, and then help us let go of them - real or not! Lemon makes it easier to handle the stresses of life with a sense of humor.

**PHYSICAL ASPECTS:** Lemon essential oil supports the respiratory system and is useful for asthma, bronchitis, sore throat, sinusitis, and most other respiratory complaints. Lemon oil tightens smooth muscles and strengthens connective tissue throughout the body. Lemon oil can be used for a liver or lymphatic cleanse. After cleansing is complete, lemon oil can stimulate the pancreas and the entire endocrine system. Lemon is very helpful in passing gallstones and is said to induce labor when the baby is over due. Lemon oil can be used to purify water and leaves no unpleasant taste behind.

**CAUTIONS:** Lemon essential oil is said by some to be photo-toxic.

## Hand Sanitizer

A natural alternative to commercial chemical hand sanitizers.

**INGREDIENTS:** Aloe Vera Gel, Witch Hazel, Vegetable Glycerin, <sup>Le</sup>Deliverance Essential Oil, Lemon Essential Oil, Optiphen

**<sup>Le</sup>Deliverance Essential Oil:** One of the most potent antiviral, antibacterial, antifungal combinations available. Frequent and consistent use of <sup>Le</sup>Deliverance also strengthens the immune system.

**Vitamin E Oil:** Known for its high level of antioxidant properties, making it great for damaged skin and preventing the skin from showing signs of aging.

**Lemon Essential Oil:** Used as a disinfectant. It has antimicrobial, antibacterial, antifungal, antiseptic, and antibiotic properties. It is also an immune stimulant.

**Witch Hazel:** Works as an antiseptic, cleansing the skin of germs and bacteria.

**Aloe Vera Gel:** Has its own antibacterial and antifungal properties, and is also a good moisturizer, keeping your hands soft and safe from getting dried out.

**Vegetable Glycerin:** Hydrates the skin and boosts absorption.

**Optiphen:** A formaldehyde and paraben free preservative.

Germs are a part of life - they are everywhere. No matter how careful you are, you cannot escape them. Stopping the spread of germs requires killing them before they can spread to someone else. There is absolutely no substitute for washing your hands with soap and warm water. But we can't always do that.

Many people think that hand sanitizer is the answer to "germ warfare" when they are away from home. However, purchasing name-brand sanitizers can be costly and most of them contain alcohol and anti-bacterial products that also kill the "good" germs on the skin. Continued use of these alcohol-based hand sanitizers has been shown to produce bacteria resistant to the alcohol and chemicals they contain. This makes you more susceptible to disease in the long run. Another issue with these alcohol-based hand sanitizers is how they dry the skin. Natural products do not have this effect on the skin. In fact, these products are actually nourishing to the skin.

A great solution to this problem is the natural hand sanitizer sold by Butterfly Express. The essential oils and witch hazel will kill both bacteria and viruses, and the essential oils will actually boost your immune system while leaving your body's natural balance of good bacteria alone. You can use this kind of hand sanitizer guilt free!