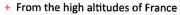


## + FAMILY PHYSICIAN® KIT

## for proactive family health!

#### Lavender For Calming and Stress Reduction



- + Relieves stress, anxiety, and insomnia-Diffuse (mist or disperse) into air and inhale; massage on skin
- + Takes the pain out of a bee sting— Apply on location
- Soothing to skin irritations and burns— Apply on location

#### Frankincense For Inflammation and More

- From Oman
- Helps reduce inflammation—Apply on location; take in a capsule
- + Helps relieve headaches—Apply with peppermint and lavender
- Supports immune function—Massage on feet; take in a capsule
- Use frankincense when in doubt



#### **Lemon** For Cleansing and Mood Elevation

- From Italy
- Natural antioxidant and detoxifier— Take with water or in capsules
- Natural cleansing agent—Apply on location
- Elevates your mood—Diffuse and inhale



#### Deep Blue® For Muscle and Joint Health

- + Helps relieve muscle and joint pain— Apply on location
- Contains blue tansy and helichrysum, which can help support long-term muscle, joint, and bone healing
- Use before and after working out— Apply on muscles and joints



#### **Peppermint** For Indigestion and Cooling

- From Washington, USA
- Relieves headaches—Apply on temples, forehead, or back of neck
- Calming to upset stomach—Take in capsules, or apply on stomach
- Helps increase energy—Diffuse and inhale
- Cooling—Mist on body, or apply on forehead; diffuse and inhale

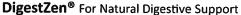


- Relaxes the body and mind—Diffuse at bedtime for a more restful sleep
- + Use during allergy season—Apply to the chest area to help clear the lungs and sinuses of congestion
- Ideal for those with asthma—Diffuse and inhale; apply to the chest and sinuses

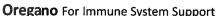




- Can be used as a first aid ointment— Apply on location
- Use for skin irritations like athlete's foot—Apply on location
- Beneficial for hair and scalp—Add to shampoo or conditioner



- Relieves digestive discomforts such as food poisoning, acid reflux, nausea, constipation, or diarrhea-Apply on the stomach area, take in a capsule
- Helps support digestive function-Apply on stomach area (or on bottoms of feet for children); take in a capsule



- From Turkey
- Naturally supports the immune system— Take several drops in capsules for periodic immune system boosts
- Works as a natural defense—Apply to bottoms of feet



#### On Guard™ For Natural Immune Defense

- + Stops the growth of viruses and bacteria—Diffuse: apply on location
- + Contains oils shown to inhibit MRSA (antibiotic-resistant staph bacteria)
- + Helps kill airborne pathogens—Diffuse
- Helps knock out colds and sore throats-Swallow one drop (alone or with water), or take in a capsule









# Look Good, Feel Great, Get Slim & Sassy

Just add a few drops of this essential oil blend to your water every day!

- Speeds up your metabolism
- Powerfully suppresses your appetite
- Helps your body cleanse out harmful toxins
- Lifts and elevates your mood

This simple blend contains only the following five natural essential oils—

No calories, No sweeteners, & No preservatives



#### Cinnamon:

- Improves liver function
- Inhibits new fat cells from forming (adipogenesis)
- Reduces diabetic risk
- Helps with serum lipid balance



#### **Grapefruit:**

- Helps reduce appetite
- Induces lipolysis (fat burning)
- Helps dissolve petrochemicals in the body



#### Ginger:

- Stimulates weight loss through lipolysis (fat burning)
- Calms the stomach



#### Lemon:

- Helps reduce appetite
- Induces lipolysis (fat burning)
- Helps dissolve petrochemicals in the body



#### **Peppermint:**

- Enhances a sense of fullness
- Reduces cravings and appetite
- Energizes the body

### Suggested Uses:

- 3-5 drops in water, 3-5 x per day
- 3-5 drops on the tongue, 3-5 x per day
- 6-10 drops in a capsule, 3 x per day

