

YOUNG LIVING INDEPENDENT DISTRIBUTOR #23048

<http://www.awaken4u.com>

Fortify Against COLDS and FLU with Pure Essential Oils Be Prepared...You Can Prevent or Lessen the Symptoms of FLU

The FLU hits when we are most vulnerable...when our immune system is already weakened. The very young and the elderly are particularly susceptible, and FLU can be dangerous. Our family has been fortunate to STOP Flu and Colds in their tracks at the first signs of infection by using Young Living essential oils and supplements fortified with essential oils as we follow conventional health precautions. Recovery time may be cut to days instead of weeks. We have found these products to be most beneficial for Flu:

IDAHO TANSY...produced by Young Living Essential Oils. At the first signs of Flu we rub several drops of the Idaho Tansy on our abdomens and lower back being sure to apply some to the spinal area (viruses incubate along the spine). We soak in a warm tub and then apply more Tansy before going to bed. The warm bath water will facilitate absorption. **EUCALYPTUS RADIATA**...Dr. Penoel teaches to add a drop to 1 Tbs of honey. Take every hour for 5 hours then each hour 5 times a day thereafter until symptoms abate.

THIEVES, EXODUS II, or IMMUPOWER...All of these blends are excellent in their action to boost the immune response. Rub on spine and bottoms of the feet. One may put drops in a little water and use as a gargle. Thieves is especially effective as a gargle.

EXODUS...we take 3 or 4 capsules of this Young Living immune strengthening supplement as soon as we can. We take some more before we go to bed. By morning there will be little or no trace of the symptoms. However, we have learned to continue with the Exodus capsules for a week to be sure to give our immune system the help it needs to fully recover.

D-TONE...amazing results when gently applied to abdominal area (skin test first & dilute w/carrier oil). Especially welcomed when nausea and/or sore throat is present. One drop on a bit of dry bread held under the tongue may soothe digestive cramping.

R-C...is an essential oil blend very useful for respiratory congestion, sinuses and bronchial/lungs. We apply R-C around our eyes in a "raccoon mask" pattern being careful to not get it in our eyes. It is also applied on the chest. If we put some on our little ones, we add a few drops to our V-6 Massage Oil so it spreads easily over both chest and back areas. We also can use it on our very little babies by putting it on their little toes and the ball of the foot and then put socks over it so they don't get the R-C on their hands. We also use an aromatic diffuser to disperse this blend into the air to help us breathe easier and to purify our home.

RAVEN...This blend is especially wonderful for children and can be used to enhance the actions of R-C. It is mild and can be used full strength on children. We've used it to alleviate wheezing.

PEPPERMINT...Wonderful for clearing sinus passages. We just sniff it. For a cooling action, we drip Peppermint on the spine and rub it into the feet. It has been very effective in cooling the body. It opens the head and helps with headache and digestive discomfort.

EXODUS I & EXODUS II...You'll be so glad you decided to have these on hand for the first sign of a cold (or flu)! These Biblical blends of essential oils and other herbs are designed to support the immune system and ward off degenerative changes in the body.

THIEVES PRODUCTS...powerful blend found to have a 99.96% effective rate against airborne bacteria. **THIEVES** oil blend is an integral ingredient in **THIEVES HOUSEHOLD CLEANSER, THIEVES SPRAY, THIEVES WIPES, LOZENGES, DENTAROME PLUS & DENTAROME ULTRA** toothpastes, and **FRESH ESSENCE PLUS MOUTHWASH**.

NINGXIA RED JUICE...powerful combination of antioxidants and enzymes. Just what we need every day! We drink 1 to 2 ounces at least 3 times a day at the first sign of symptoms. **NINGXIA RED JUICE** is now the first thing we reach for to fortify our bodies and help the pH balancing needed when we tend to become too acidic as happens when we begin to feel we are heading toward nature's cleanse...a cold. Often, this power-packed nutrition and concentration of antioxidants seems to be all we needed!

COMFORTONE...our first line of defense is to make sure our colon is eliminating smoothly. Offensively appropriate too!