

Sweet Smell of Health



For back to school, improved memory function and to retard brain's aging processes.

Brain Power

Many of the oils in this blend contain high sesquiterpene compounds that have been shown to increase oxygen around receptor sites around the pineal glands, pituitary, and hypothalamus. They are responsible for the secretion of human growth hormone (hGH). Research indicates that they play a major role in dissolving petrochemicals known to plug the receptor sites and prevent receptivity. Brain Power may help clear the brain fog that people experience due to exposure to synthetic petrochemicals in food, skin and hair care products, and heavy chemical-laden air. Brain Power may increase mental potential, mental clarity, and long-term use may retard the aging process. It may also support and strengthen immune function.

Contains:

Frankincense (*Boswellia carteri*) is considered a holy anointing oil in the Middle East and has been used in religious ceremonies for thousands of years. High in sesquiterpenes, it helps stimulate the limbic part of the brain, which elevates the mind, helping to overcome stress and despair. Frankincense has a warming, elevating effect on the mind.

Sandalwood (*Santalum album*) is high in sesquiterpenes, which have been researched for their ability to stimulate the pineal gland and the limbic region of the brain, the center of our emotions. The pineal gland is responsible for releasing melatonin, a hormone that enhances deep sleep. Used traditionally for skin revitalization, yoga, and meditation, sandalwood is similar to frankincense oil in its support of nerves and circulation. **Melissa** (*Melissa officinalis*) is a powerful, antimicrobial oil, yet it is very gentle and delicate because of the nature of the plant, and helps to bring out those characteristics within the individual. It is calming and balancing to the emotions. Melissa is one of the oils highest in sesquiterpenes, much like cedarwood. It is very stimulating to the anterior pituitary and immune system.

Cedarwood (*Cedrus atlantica*) has calming and purifying properties. High in sesquiterpenes which can stimulate the limbic part of the brain (the center of our emotions), this conifer oil has been used by North American Indians to enhance spiritual awareness and communication. It also may help stimulate the pineal gland, which releases melatonin, a hormone that enhances deep sleep. Cedarwood has also been used to reduce nasal and/or lung congestion.

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Blue Cypress, Australian (*Callitris intratropica*) improves circulation and increases the flow of oxygen to the brain, stimulating the amygdala, pineal gland, pituitary gland, and hypothalamus.

Lavender (*Lavandula angustifolia*) has calming and relaxing properties that can improve concentration and mental acuity. High in sedating aldehydes and esters, its ability to help overcome insomnia, headaches, stress, and nervous tension can lead to a heightened ability to reason and remember.

Helichrysum (*Helichrysum italicum*) helps improve circulation and stimulate optimum nerve function, properties which can lead to enhanced awareness and cognition. On an emotional level, its ability to help release feelings of anger, can allow the mind to gain focus and concentration.

Usage Data: Diffuse, wear as a perfume or cologne, apply on neck, throat, and under nose as a perfume or cologne. Massage 1 or 2 drops with a finger on the insides of cheeks in the mouth. Doing this 1 or 2 times a day will immediately improve the smell sensory cortex. If pregnant or under a doctor's care, share with your physician. Avoid eye contact. In case of accidental contact, put a few drops of any pure vegetable oil in the eye and call your doctor if necessary. Never use water.

Companion Oils: Clarity, Envision, RC, and Raven.

Clarity

This blend has been used to promote a clear mind and mental alertness. Rosemary and peppermint, found in this blend, have been used for years to improve mental activity and vitality. Dr. William N. Dember of the University of Cincinnati discovered in his research that inhaling peppermint oil increased the mental accuracy of the students tested by 28 percent. Clarity may help keep one awake while driving and also keep one from going into shock during times of trauma.

Contains:

Cardamom (*Elettaria cardamomum*) is uplifting, refreshing, and invigorating. It may be beneficial for clearing confusion. Study done by William N. Dember, et. al, 1995, to enhance performance accuracy.

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Rosemary (*Rosmarinus officinalis*) is antiseptic and antimicrobial and may be beneficial for skin conditions and dandruff. It may help fight candida and is anti-infectious, antispasmodic, balances the endocrine system, and is an expectorant. It helps overcome mental fatigue stimulating memory and opening the conscious mind.

Peppermint (*Mentha piperita*) is one of the oldest and most highly regarded herbs for soothing digestion. Jean Valnet, M.D., studied the beneficial effects of peppermint on the liver and respiratory systems. Daniel Penöél, M.D., reports that it may help to reduce fevers, candida, nausea, vomiting, and strengthen the respiratory system. Adding peppermint to drinking water helps cool body temperature during hot weather. This effect is caused by the menthol in peppermint. This compound stimulates the nervous system and may be stimulating for the mind.

Basil (*Ocimum basilicum*) can be relaxing to smooth muscles as well as those involuntary muscles of the heart and digestive system. It may soothe insect bites such as, bees, wasps, and spiders, and may also help with snake bites. It has been found to alleviate mental fatigue, spasms, rhinitis, and help when there is a loss of smell due to nasal congestion.

Bergamot (*Citrus bergamia*) is one of the most uplifting fragrances, simultaneously energizing and calming, with a unique ability to relieve anxiety, stress, and tension.

Geranium (*Pelargonium graveolens*) assists in balancing hormones. It is antispasmodic, relax-ant, anti-inflammatory, anti-infectious, antibac-terial, antifungal, and stimulates the liver and pancreas. This oil is uplifting and has been used to treat anxiety.

Jasmine (*Jasminum officinale*) is beneficial for dry, greasy, irritated, or sensitive skin. It is used for muscle spasms, sprains, coughs, laryngitis, frigidity, depression, and nervous exhaustion.

Lemon (*Citrus limon*) has antiseptic-like properties and contains compounds that have been studied for their effects on immune function. It increases microcirculation, which may improve vision. It may serve as an insect repellent and may be beneficial for the skin. It has been found to promote leukocyte formation, dissolve cellulite, increase lymphatic function, and promote a sense of well-being. Its fragrance is stimulating and invigorating.

Palmarosa (*Cymbopogon martinii*) is helpful for all types of skin problems, such as candida, rashes, and scaly and flaky skin. It stimulates new cell growth, moisturizes and speeds the healing process. It is antimicrobial, antibacterial, antifungal, and antiviral. It is supportive to the nervous and cardiovascular system.

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Roman Chamomile (*Chamaemelum nobile*) may calm and relieve restlessness, tension, insomnia, muscle tension, cuts, scrapes, bruises and is anti-infectious. It may relieve allergies and expel toxins from the liver. It is used extensively in Europe for the skin. Rosewood (*Aniba rosaeodora*) is soothing and nourishing to the skin. It has been researched at Weber State University in Ogden, Utah in Ogden, Utah for its inhibition rate against gram positive and gram negative bacterial growth. This oil is soothing, creates elasticity, and helps the skin rid itself of irritations and problems, such as candida. It is anti-infectious, antibacterial, antifungal, antiviral, and antiparasitic.

Ylang Ylang (*Cananga odorata*) helps bring about a sense of relaxation.

Usage Data: Diffuse, put in bath water, put two to five drops on a cotton ball and put in home and car air vents. Apply on temples, wrists, back of neck, and feet. Vita Flex on feet (brain = large toe). If pregnant or under a doctor's care, share with your physician prior to use. Avoid eye contact. In case of accidental contact, put a few drops of any pure vegetable oil in the eye and call your doctor if necessary. Never use water.

Companion Oils: En-R-Gee (when overly tired), Brain Power, lemon, and peppermint.
Fragrant Influence: The oils in this blend are known for their ability to help increase mental alertness.

Peace and Calming

This gentle fragrance is specifically designed for diffusing. It promotes relaxation and a deep sense of peace, helping to dampen tensions and uplift spirits. When massaged on the bottom of the feet, it can be a wonderful prelude to a peaceful night's rest. It may calm overactive and hard-to-manage children. The oils in this blend have historically been used to help reduce depression, anxiety, stress, and insomnia. This blend along with Mineral Essence may be a healthy alternative to Ritalin.

Contains:

Blue Tansy (*Tanacetum annuum*) may help cleanse the liver and calm the lymphatic system, helping one to overcome anger and negative emotions promoting a feeling of self-control. It contains sesquiterpenes that can stimulate the pineal gland, which secretes the hormone melatonin, a hormone that enhances deep sleep.

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Patchouly (*Pogostemon cablin*) was used in India in ancient times as a trade commodity because of its earthy, musty fragrance and its ability to mask many different odors. Its fragrance reestablishes equilibrium while simultaneously quieting emotion and energizing the mind.

Tangerine (*Citrus nobilis*) contains esters and aldehydes that are sedating and calming, helping with anxiety and nervousness.

Orange (*Citrus aurantium*) was believed to bring joy, peace, and happiness to those who possessed it. It is elevating to the mind and body.

Ylang Ylang (*Cananga odorata*) helps bring about a sense of relaxation and may help balance male and female energies. It balances equilibrium and inspires confidence and self-love.

Usage Data: Diffuse, wear as a perfume, apply on bottom of the feet, on wrists, and outside of ears. Put in bath water. Dilute with V-6 Mixing Oil or Massage Oil Base for a full-body massage. If pregnant or under a doctor's care, share your physician. Avoid eye contact. In case of accidental contact, put a few drops of any pure vegetable oil in the eye and call your doctor if necessary. Never use water.

Companion Oils: Lavender (for insomnia) and chamomile (for calming).
Fragrant Influence: A feeling of calming and emotional well-being.

Thieves

This blend was created from research about a group of 15th-century thieves who rubbed oils on themselves to avoid contracting the plague while they robbed the bodies of the dead and dying. When apprehended, these thieves disclosed the formula of herbs, spices, and oils they used to protect themselves in exchange for more lenient punishment. This blend of therapeutic-grade essential oils was tested at Weber State University in Ogden, Utah for its potent antimicrobial properties. Thieves was found to have a 99.96 percent kill rate against airborne bacteria. The oils are highly antiviral, antiseptic, antibacterial, anti-infectious and help to protect the body against such illnesses as flu, colds, sinusitis, bronchitis, pneumonia, sore throats, cuts, etc.

Usage Data Diffuse for 15 to 30 minutes every 3 to 4 hours in work or home environment. Apply to bottom of feet, or rub over feet, throat, stomach, and abdomen. Dilute one drop of Thieves in 15 drops of V-6 Mixing Oil or Massage Oil Base and

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massage over thymus. It is best to dilute for people with sensitive skin with V-6 Mixing Oil. For headaches put one drop on tongue and push tongue against the roof of the mouth. For sore throat put one drop in warm water and drink.

Companion Oils: Immupower and Exodus II (to be alternated).

Note: Studies conducted at Weber State University in Ogden, Utah (Ogden, UT) during 1997 showed the anti-bacterial effectiveness of the Thieves blend against airborne microorganisms. One analysis showed a 90 percent reduction in the number of gram positive *Micrococcus luteus* organisms after diffusing Thieves for 12 minutes. After diffusing Thieves for a total of 20 minutes, there was a 99.3 percent reduction. Another study against the gram negative *Pseudomonas aeruginosa* showed a kill rate of 99.96 percent after just 12 minutes of diffusion of this blend.

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