

# Sweet Smell of Health



## **Quick Reference Guide for Golden Touch 1**

### **R.C.**

This blend was formulated to help give relief from colds, bronchitis, sore throats, sinusitis, and respiratory congestion. Diffusing may help decongest and relieve allergy symptoms, such as coughs and sore throats. R.C. has also been reported to help dissolve bone spurs when applied topically.

When I broke a bone in my foot earlier this year as it was healing I developed a bone spur and it felt like I was stepping on glass as I stepped down. I put RC in hot water with Epsom salts every night and then applied more RC on it in the morning and within a week the discomfort was gone.

RC is great for allergies as you see all the ingredients; it even includes lavender, which is a natural antihistamine.

### Contains:

Eucalyptus (*Eucalyptus globulus*) has shown to be a powerful antimicrobial agent containing a high percentage of eucalyptol (a key ingredient in many antiseptic mouth rinses.) It is expectorant, mucolytic, antimicrobial, antibacterial, anti-fungal, antiviral, and antiseptic. It helps reduce infections in the throat and lungs, such as rhinopharyngitis, laryngitis, flu, sinusitis, bronchitis, bronchial asthma, and bronchial pneumonia.

Eucalyptus (*Eucalyptus radiata*) is anti-infectious, antibacterial, antiviral, expectorant, and anti-inflammatory. It has strong action against bronchitis and sinusitis.

Eucalyptus (*Eucalyptus australiana*) is anti-viral, antibacterial, and antifungal.

Eucalyptus (*Eucalyptus citriodora*) helps decongest and disinfect the sinuses and lungs. It is anti-inflammatory, anti-infectious, and mildly antispasmodic.

Myrtle (*Myrtus communis*) supports the respiratory system and help treat chronic coughs and tuberculosis. It is suitable to use for coughs and chest complaints with children.

Pine (*Pinus sylvestris*) opens and disinfects the respiratory system, particularly the bronchial tract. It has been used since the time of Hippocrates to support respiratory function and fight infection. According to Daniel Penöél, M.D., pine is one of the best oils for bronchitis and pneumonia.

Spruce (*Picea mariana*) helps the respiratory and nervous systems. It is anti-infectious, antiseptic, and anti-inflammatory.

Marjoram (*Origanum majorana*) supports the respiratory system and reduces spasms. It is antimicrobial, anti-infectious, antibacterial, antiseptic, and may work as a diuretic.

Lavender (*Lavandula angustifolia*) is antispasmodic, hypotensive, anti-inflammatory, and anti-infectious. It prevents scarring, stretch marks, and relieves headaches and PMS symptoms.

Cypress (*Cupressus sempervirens*) promotes blood circulation and lymph flow. It is anti-infectious, antibacterial, antimicrobial, mucolytic, antiseptic, refreshing, and relaxing.

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. Other scientists have researched its effect on impaired taste and smell as well as improved concentration and mental accuracy. Daniel Penöél, M.D., reports that it may help to reduce fevers, candida, nausea, vomiting, and strengthen the respiratory system. Adding peppermint oil to drinking water helps cool body temperature during hot weather.

For more information on obtaining these oils contact:

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**Application:** Diffuse, apply on chest, neck, ears, bottom of feet, or use in a humidifier. Dilute with V-6 Mixing Oil or Massage Oil Base and massage on chest and back and Vita Flex points on the body. Use as a warm compress. Apply over sinus areas. Rub around ears and on feet, neck, and throat. Inhale deeply to help with headache. Add a few drops of Raven, RC or Wintergreen/Birch to bowl of hot, steaming water. Add a few drops of Respiratory Support, Respiratory Strength or Wintergreen/Birch to bowl of hot, steaming water. Place a towel over your head and the water/oil mixture and inhale the steam to open sinuses. This may help relieve breathing difficulties related to flu, colds, and pneumonia.

**Companion Oils:** Raven (alternating morning and night) and Thieves.

**Fragrant Influence:** Diffusing R.C. helps to decongest and relieve allergy symptoms such as coughs, sore throat, and lung congestion.

## **RAVEN**

This combination gives strength in fighting respiratory disease and infections; and may help alleviate symptoms of tuberculosis, asthma, and pneumonia.

**Contains:**

Ravensara (*Ravensara aromatica*)

Peppermint (*Mentha piperita*)

Wintergreen/birch contains 98 percent methyl salicylate that has a cortisone-like activity.

Lemon (*Citrus limon*)

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**Application:** Diffuse, massage on Vita Flex points on the feet. Apply topically over throat and lung area. Put on pillow at night. Use in a suppository with V-6 Mixing Oil and retain during the night. With this method, the benefits go directly to the lungs in seconds.

**Companion Oils:** R.C (I use this blend with RC 2drops and 1 drop Raven)., Thieves, and Melrose.

(my favorite use is combined with RC 2 drops and 1 drop Raven for allergies and asthma. If asthma is really bad add a bit of Frankincense)

## **EndoFlex**

This blend may help overall vitality. It contains oils associated with hormonal balance, improving and balancing metabolism, and weight control.

I used it with great success to support my thyroid after mold exposure, apply a drop to back of each back toe.

**Contains:**

Spearmint (*Mentha spicata*)

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Myrtle (*Myrtus communis*)  
Nutmeg (*Myristica fragrans*)  
Geranium (*Pelargonium graveolens*)  
Sage (*Salvia officinalis*)

Carrier Oil: Sesame seed oil.

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Application: Apply over lower back, thyroid, kidneys, liver, feet, and glandular areas. It may also be applied to the Vita Flex points on the feet for these same areas of the body.

Companion Oils: Ledum, En-R-Gee, peppermint, and myrtle.

## Di-Gize

These oils are blended to assist in relieving digestive problems, such as an upset stomach, belching, heartburn, and bloating. Massage a drop or two on the outer ear to help alleviate morning sickness. Di-Gize has been found to rid animals of parasites after application to their feet. It may also help dispel parasites by massaging and placing a compress across the stomach.

The other night I ate some sweets at a New Year's eve party and when I got home I was burping and had major stomach upset, vomit coming up the throat. I took a drop on my finger and rubbed some on my belly and I felt great and was able to continue with the rest of my evening.

One lady shared this story I have used Di-Gize for my animals as well as myself. It will "quiet" an upset stomach in just a little while. One day one of my dogs was not feeling well. She was not responsive to my voice and just stood and looked at the floor. I decided that she had pain in her tummy. I picked her up and put 4 or 5 drops of EndoFlex on her tummy, rubbed it in and held my hand over the tummy to help it warm faster. In just a little while she was running around like normal and looking for something to eat. A veterinarian would have charged about thirty dollars for an office call and examination. Di-Tone saved me a lot of money and I only used a few drops!

Contains:

Tarragon (*Artemisia dracunculus*)  
Ginger (*Zingiber officinale*)  
Juniper (*Juniperus osteosperma* and/or *J. scopulorum*)  
Anise (*Pimpinella anisum*)  
Fennel (*Foeniculum vulgare*)  
Patchouly (*Pogostemon cablin*)  
Peppermint (*Mentha piperita*)  
Lemongrass (*Cymbopogon flexuosus*)

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Application: Apply to the Vita Flex points on the feet and ankles. Massage a drop or two on outer ear to help alleviate morning sickness. Massage 2 or 3 drops on the paws of your animals to expel parasites.

Parasites may also be dispelled by massaging or placing a compress across the stomach. Add 1 or 2 drops

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to 8 ounces of water as a dietary supplement. In case of an upset stomach, Di-Gize may be applied on location..

Companion Oils: Peppermint and spearmint.

## Melrose

This blend has antiseptic-like properties when used topically for cleansing cuts, scrapes, burns, rashes, and bruised tissue. It may also help prevent growth of bacteria, fungus, or infection. Melrose is very strong in the regeneration of damaged tissue and helps fight infection and fungus. It is very beneficial for animals such as horses, dogs and cats in the same way it benefits humans.

I really like Melrose to clear the sinuses. I apply it on the cheek bones (keep eyes closed, it is a strong oil) then massage it in and over the ears and down the throat area. It helps to drain the eustachian tubes and clear up congestion.

I also applied it to a scrape my son had and it didn't hurt him at all.

Contains:

Melaleuca (Melaleuca alternifolia)

Melaleuca (Melaleuca quinquenervia)

Rosemary (Rosmarinus officinalis)

Clove (Syzygium aromaticum)

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Application: Diffuse to dispel odors, apply topically on areas where the skin is broken, including cuts, scrapes, burns, rashes, and infection. Put 1 to 2 drops on a piece of cotton and place in the ear for earaches.

Companion Products: Rose Ointment (to keep wounds soft and promote healing).

Fragrant Influence: Dispels odors.

## 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 them-selves 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.

Best example of how effective Thieves was when a friend had developed some stomach issue where he had diareha so bad that he could not even keep water down. It just flushed right through. He was staying with me at the time and this had gone on for 3 or 4 days. Finally he said, I think I had better go to the hospital I am not getting over this. I said, just try one thing before I take you, ok? He said, 'Sure' I gave him a capsule of Thieves and within 15 minutes he was able to drink water successfully and an hour later eating food. We figured out it was likely some kind of food poisoning which a few years ago landed him in the hospital with the exact same symptoms. Thank goodness for Thieves.

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Can be diffused, rubbed on, put in capsules, taken as a tea with honey (water not too hot though)

Contains:

Clove (*Syzygium aromaticum*)

Lemon

Cinnamon Bark (*Cinnamomum verum*)

Physically, cinnamon bark oil has many attributes; it is a powerful purifier, it is a powerful purifier and oxygenator, and it enhances the action and the activity of other oils. Researchers, including J. C. Lapraz, M.D., found that viruses could not live in the presence of cinnamon oil.

Eucalyptus (*Eucalyptus radiata*)

Rosemary (*Rosmarinus*)

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**Application:** 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 massage over thymus. It is safest when applied to the bottom of the feet as it may be caustic to the skin. It is best to dilute with V-6 Mixing Oil. For headaches put one drop on tongue and push tongue against the roof of the mouth.

**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.

## **Juva Flex**

These oils have been known to support liver and lymphatic system detoxification as well. Anger and hate are stored in the liver, creating toxicity and leading to sickness and disease. JuvaFlex helps break addictions to substances such as coffee, alcohol, drugs, and tobacco.

This oil helped me when I was having night sweats and going into early menopause. I believe it helped because after the change for ladies the liver helps by producing hormones so when the liver is clean and functioning well then we have less symptoms going through the change.

Contains:

Geranium (*Pelargonium graveolens*)

Rosemary (*Rosmarinus officinalis*)

Roman Chamomile (*Chamaemelum*)

Fennel (*Foeniculum vulgare*)

Helichrysum (*Helichrysum italicum*)

Blue Tansy (*Tanacetum annuum*)

Carrier Oil: Sesame seed oil.

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**Application:** Apply over liver neat or use a hot compress. Massage the Vita Flex points on the feet or use Raindrop Technique on the spine and dilute with V-6 Mixing Oil or Massage Oil Base and use Raindrop style along the spine.

**Companion Oils:** Di-

**Companion Supplements:** Combine JuvaTone and ComforTone for maximum results. Best taken an hour apart. Add Megazyme to digest toxic waste.

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