

JUST A DROP OF NUTMEG

- Has a warm, spicy aroma
- Offers an energizing and uplifting aroma when diffused or inhaled
- Can be applied topically to open and support the airways
- Can be used to soothe tired muscles following physical activity
- Helps support the body's stress systems and adrenals
- Support cognitive function and the immune system
- Contains antioxidants
- Offers cleansing properties

If there was one oil you could use to support your adrenal system (the stress system!) it would be Nutmeg. This oil is high in the constituents sabinene, alpha-pinene and beta-pinene, making it a wonderful option to support the digestive system, to protect the liver, to help maintain healthy circulation and to provide the adrenals with the support they need on a daily basis.

Nutmeg Vitality contains antioxidants, may support cognitive function and the immune system, and offers cleansing properties. In addition, it can be used to add a warm and spicy flavor to soups, fall vegetables, and baked goods. Nutmeg and Nutmeg Vitality are the same essential oil, simply labeled differently for aromatic/topical use and ingestion.

BACKGROUND Native to Indonesia, nutmeg is an evergreen tree cultivated for two spices derived from its fruit: nutmeg, from its seed, and mace, from the seed covering. Nutmeg has been prized since medieval times as a culinary flavoring and for use in herbal preparations. Nutmeg essential oil has a warm, spicy aroma that is energizing and uplifting to the senses. Nutmeg Vitality contains antioxidants, may support cognitive function and the immune system, and offers cleansing properties when taken as a dietary supplement.

NUTMEG, STRESS, & THE ADRENALS Our adrenals are very small glands that can cause a lot of grief when they aren't well maintained. However, they don't work in isolation. Energy levels and the hormones that are released from our adrenals trace back to commands from our nervous system. They are workers, doing a job. If we do not change the instructions they are receiving, they don't have permission to do anything but exactly what they are doing - trying to help you survive.

The adrenals must work overtime when we are stuck in Fight or Flight mode. Imagine you were called in to do "temporary" overtime at a job 15 or 30 years ago, but your schedule never went back to normal. I would personally have left the job! But our adrenals are stuck with us. You may have heard that this stress mode is like a bear chasing you. Here are some of the emotions (or wild ferocious beasts!) that can cause your nervous system to call the adrenals in for overtime so they can help you run away from your stress (flight) or dominate the threat (fight).

Feeling:

- Defeated

- Like a victim
- No belief in self
- Don't care what happens to me attitude
- Lack of courage
- Anxiety
- Misusing the will
- Subconscious belief that life must have burdens
- Being disloyal to self
- Unresolved jealousies and fears
- Feels one must struggle for success, power, or position

It's possible that SEVERAL of these things are programmed into your brain as present threats. But negative emotions are threats that switch on the signal for "danger" in your mind, and your body does not know the difference between these kinds of threats and physical threats - it is all bad and meant to be fought or run from. It doesn't really matter if it is truly threatening, your survival switch is ON and the program is on autopilot.

When the thing you are fighting or running from is inside of you, you're truly fighting a losing battle.

If you identify with energy or stress issues, you may be ready to reprogram some of those signals. The number one and two steps that you're probably already doing are: 1. Swapping all synthetic fragrances and heavy toxins for essential oils and clean personal care products. This reduces the toxic load that your body must fight through every day and gives you a buffer for stress. The quickest way to stress me out now is to put me in a room with a Glade plugin, but I had no idea how much that affected me until I cleaned up my everyday environment. 2. Flooding your body with nutrients. When you give your body what it needs for nourishment, it's amazing what it can withstand. 3. Nutmeg!

Take a couple minutes as you're falling asleep to inhale Nutmeg and to plant thoughts that will turn off your adrenal threats.

Diffuse Nutmeg in your bedroom before you go to sleep, and inhale some directly from the bottle. Apply a couple drops to your mid back.

Think about how you want the next day to go and imagine waking up really refreshed. Picture something you love to do and imagine working more of that into your day. Imagine yourself setting healthy boundaries around your time, and not being as drained in the areas where you are truly needed. See yourself at peace and having passion without fear or anxiety. Most of all, let this revolve around you personally choosing peace inside, and not around having to control anyone else's decisions or actions. Remind yourself that the things you are doing are part of a journey, and that you can feel great about who you are becoming without beating yourself up to get there faster.

When you wake up, get yourself going with another Nutmeg pick-me-up by applying it over your mid back again, and inhaling it deeply. Remind yourself that it's okay to expect the best from the day, because that's how you start to CHOOSE the best.

KEY CONSTITUENTS *Constituents are naturally occurring compounds in plants (and therefore essential oils) that give them specific health-supporting properties

- Alpha-pinene
- Sabinene
- Limonene

PRODUCT OPTIONS Note: Nutmeg and Nutmeg Vitality are the same essential oil.

- Nutmeg Essential Oil, 15mL Item 3431
- Nutmeg Vitality Essential Oil, 5mL Item 5633
- Nutmeg is also found in some of our favorite products for energy and vitality - EndoFlex and En-R-Gee essential oil blends as well as NingXia Nitro and Super B Tablets.

DAILY HABITS WITH NUTMEG

- Add Nutmeg to your daily health and stress reduction routines
- Add to Thieves toothpaste or Thieves Mouthwash to freshen breath
- Apply diluted to lower back and over the throat to support the endocrine system - thyroid, adrenals and other hormones.
- Make this DIY Stress Recovery Serum
 - [4oz glass dropper bottle](#)
 - [Organic castor oil](#)
 - 25 drops Nutmeg
 - 20 drops Clove
 - 20 drops Frankincense
 - 20 drops Rosemary
- Apply over the lower back every morning and before bed each evening!
- Use Nutmeg to create a cozy home
- Add Nutmeg to DIY Beeswax Jar Candles
- Diffuse this oil any time of day with citrus and other spice oils. Use Ylang Ylang or Vanilla to add a little sweetness to the blend!

- Drop Nutmeg onto cloths or cotton balls and place in air vents, bottoms of trash cans, closets, etc.
- Add Nutmeg to [wool dryer balls](#) for fresh, crisp laundry.
- Whip up a Fall Spice Thieves Cleaner
 - [16 oz glass spray bottle](#)
 - 1-2 capfuls Thieves Household Cleaner
 - 15 drops each Nutmeg, Clove, Cinnamon Bark
 - 20 drops Tangerine
 - Distilled water
- Use Nutmeg to soothe sore muscles and support the airways
- Inhale or apply topically to the chest for an invigorating breathing experience.
- Make a simple Sinus Massage Oil
 - [4oz pump bottle](#)
 - 20 drops Nutmeg
 - 15 drops Lemon
 - 15 drops Lavender
 - 15 drops R.C.
 - V-6 Vegetable Complex or carrier of choice
- Make this DIY Muscle Balm:
 - 15 drops Nutmeg
 - 15 drops Peppermint
 - 15 drops Frankincense
 - 15 drops Copaiba
 - 1 cup [solid coconut oil](#) or a mix of coconut oil and [organic shea butter](#)
- Dilute with V-6 Vegetable Oil Complex and massage it into muscles after exercise.
- Add Nutmeg Vitality to your wellness routine
- Dilute with a carrier oil in a vegetable capsule and take as a dietary supplement support cognitive function
- Add a drop or two of Nutmeg Vitality to your daily NingXia Red.

- Place 1–2 drops into a cup of herbal tea, smoothie or green drink to support a healthy immune system
- Add Nutmeg Vitality to your favorite holiday baked goods.
- Use it in savory dishes to subtly enhance and round out the flavor.
- Dip a toothpick in the oil and swirl it through a glass of cocoa, coffee or eggnog to enhance this sweet and spicy treat.

DIFFUSE Nutmeg is a warm, spicy scent that plays a crucial role in so many fall and holiday blends, but this oil is great all year long. Use Nutmeg to add some spice to your favorite combinations!

- Stress Recovery: 3 drops Nutmeg + 4 drops Tangerine + 3 drops Clove + 2 drops Frankincense
- Marshmallow Latte: 4 drops Nutmeg + 3 drops Ylang Ylang + 3 drops Vanilla + 2 drops Cinnamon Bark
- Chai Latte: 3 drops Cinnamon Bark + 3 drops Clove + 2 drops Nutmeg + 2 drops Cardamom + 2 drops Vanilla
- Morning Stroll: 3 drops Nutmeg + 4 drops Lavender + 3 drops Lemon + 2 drops Peppermint

TESTIMONIES

- I apply nutmeg to my mid-back in the mornings to help with emotional support. - Sara G.
- I add nutmeg to my sleep roller, and I love how much better I feel in the morning! - Mariah R.
- Nutmeg is one of my favorite fall scents! I add it to my diffuser along with orange, clove and cinnamon. - Amanda C.
- I apply nutmeg to the middle of my back for adrenal support. It helps so much! - Brittany S.
- I use nutmeg every day to help support normal energy levels throughout the day. - Kris K.
- Nutmeg is a MUST HAVE! I use it every day! - Jessi M.
- I use it every day in my Ningxia Red to help support my endocrine system! - Cari T.
- Nutmeg is one of my favorite spices, so I always have the oil on hand. It goes in some of my baking, in my oatmeal, in hot tea, etc. - Carol M.
- I've started using nutmeg more regularly over my adrenals. It seems to be helping my energy levels! - Jill P.