

Winter Wellness



With Essential Oils

Marie Ruggles MS, RD, CN, CDE

Enhancing Immune Support is my favorite use of essential oils. After years of experimenting with natural wellness options, I found THIEVES essential oil and other Young Living immune support products consistently provide superior results for all aspects of winter wellness. This guide is for adults who have learned the basics of essential oil use and are ready to experience the **MAGIC OF THIEVES!**



Essential oil products are **MOST** effective when used **as soon as possible** after being in an unhealthy environment or **AT THE VERY FIRST SIGN** that your body needs immune support. Start stocking your home now, so you will be prepared with a home inventory of wellness options that will serve your family all winter long!

The foundation of wellness starts with a strong immune system. To support your immune system:

- Maintain your vitamin D level at a minimum of 50 ng/mL
- Prioritize adequate sleep
- Engage in calming practices
- Hydrate throughout the day
- Consume a probiotic & fermented foods
- Exercise
- Consume vegetable soups and generous portions of vegetables of varied colors
- Consume foods high in vitamin C
- For extra support, slice garlic; let it sit for 5 minutes, then consume with honey
- Try a milk-free diet if you need frequent immune support

Review "Important Safety Notes" on back cover prior to using your essential oils.

Whole Body Immune Support



THIEVES essential oil is the cornerstone of winter wellness. Below are several suggestions using THIEVES. Choose 1-2 to use daily when you have been in an unhealthy environment or at the first sign that your body needs immune support.

- FEET: Apply 3- 5 drops to the bottom of each foot at bedtime.



(pre-diluted roll-on)

- DIFFUSE
Stand 2 feet from diffuser for 5 minutes for a stronger effect.
- RAVEN oil can be alternated with THIEVES for diffusing.
- DIFFUSE 7 drops in bathroom for 10 minutes while showering and dressing.
- USE THIEVES COUGH DROPS as needed. Store some in your pocketbook and desk for easy access.
- Consume INNER DEFENSE capsules (made with Thieves + additional immune boosting oils) as directed on label.*



THIEVES is a "spicy" oil; only apply to the bottoms of the feet to avoid irritation in more sensitive areas.

For those who prefer a different aroma, equal parts LEMON and TEA TREE can be substituted for THIEVES when applying to feet or diffusing.



- SUPPORT ON-THE-GO: Apply 1 drop diluted THIEVES VITALITY under tongue.
- DIY THIEVES CAPSULE: Put 1-2 drops THIEVES VITALITY into an empty capsule (item #3193). Fill remainder of capsule with olive oil or consume with food.*
- DIY IMMUNE SUPPORT BOMB CAPSULE: Combine blend (below) in a 1 oz. dropper bottle. Put 1-2 drops in an empty capsule. Fill remainder of capsule with olive oil or consume with food.*

Blend: 10 drops THIEVES VITALITY +5 drops each BASIL VITALITY, THYME VITALITY & OREGANO VITALITY.

Fill a dropper bottle with olive oil to make easy work of filling capsules.

*Capsules can be used for up to 5 days consecutively.

Healthy Throat Support



- USE THIEVES COUGH DROPS as needed.
- Put 1 drop of BASIL on a small piece of cotton and place in outer ear. Repeat 3 times daily.
- GARGLE with THIEVES MOUTHWASH diluted 50%.
- APPLY PURIFICATION or TEA TREE to neck.
- Add 1 drop of THIEVES VITALITY to a teaspoon of raw honey; mix well. Take 1/4 - 1/2 teaspoon at a time.
- INCLUDE any of the THIEVES recommendations from pages 2-3 for whole body immune support.



Respiratory & Sinus Support



(pre-diluted roll-on)



(sinus points)

RAVEN, R.C., EUCALYPTUS RADIATA, MELROSE, NORTHERN LIGHTS BLACK SPRUCE or DORADO AZUL Use any of these to:

- DIFFUSE
- INHALE from hands (put 1 to 2 drops onto palm, rub with opposite palm). Do not touch eyes.
- APPLY to chest, back, neck, feet or sinus points.
- APPLY to chest before showering; the shower water will enhance absorption and create a nice oil-infused steam.
- Include any of the THIEVES recommendations from pages 2-3 for whole body immune support.



NETI POT: Use 1 teaspoon of the salt mixture below to 1 ½ cups water.
8 TBS fine salt + 4 drops TEA TREE + 6 drops ROSEMARY + 6 drops LAVENDER

DIY Respiratory Support Roll-On

In a 10 mL roll-on bottle (with a metal roller ball), add:

- 4 drops Raven
- 2 drops Frankincense
- 2 drops Lemon
- 2 teaspoons carrier oil

Swirl to blend.



Veronica's Sinus Support in a Baggie

by Veronica Anderson, RN, IAC

Apply onto a tissue and place in recloseable plastic bag.

4 drops Tea Tree – add first
4 drops Lemongrass – directly on top of the Tea Tree to create a blend.

Breathe in deeply, 2-3 times.
Repeat 3-6 times daily.



(pre-diluted roll-on)

Post-Exertion, Muscle & Joint Support



- Apply PANAWAY, COOL AZUL PAIN RELIEF CREAM or DEEP RELIEF to area in need of comfort. For additional soothing, alternate between any two every 4 hours. Applying COPAIBA first, before applying other products increases the effectiveness.

Soothing Stomach Support



- APPLY 1-2 drops PEPPERMINT or DIGIZE over abdomen.
- DIY STOMACH SUPPORT CAPSULE: Add 1-2 drops PEPPERMINT or DIGIZE to an empty capsule and fill remainder with olive oil.

Healthy Ear Support

- APPLY 1-2 drops LAVENDER or MELROSE (best choice) behind each ear and down the sides of neck. Repeat 3 times daily.
- COTTON: Put 1 drop of BASIL on a small piece of cotton and place in outer ear. Repeat 3 times daily.

NEVER PLACE ESSENTIAL OILS DIRECTLY INTO THE EAR

Topical Skin Dilution Guide



4 drops essential oil to 1 teaspoon carrier oil
or 1 drop essential oil per ¼ teaspoon of carrier oil
Adjust dilutions based upon individual sensitivities

I recommend diluting your essential oils. Using undiluted oils or the same oil every day for an extended period can increase the risk of developing a skin sensitivity. "Drop(s)" in all skin application directions refers to diluted drops. All listed essential oils are undiluted unless otherwise indicated.

A few great carrier oils are:

- Young Living's V6 blend
- Grapeseed
- Jojoba
- Liquid Coconut
- Olive

Hydrate Throughout the Day

Water helps your body to flush out unwanted toxins. Teas have the added benefit of providing additional healthy compounds.

Here are a few of my favorite caffeine-free teas:

Elderberry blends (my #1 for immune support)

Ginger-Turmeric

Chamomile

Detox Blends



Stock up on our Oil-Infused Essentials for Great Health..... All Year Long!



Clean Hands



Probiotic



Vitamin C
also comes in chewable



Antioxidants

Plan ahead and be prepared. Join Essential Rewards and receive a monthly wellness box at a 24% discount plus special promotional products and other free goodies. As winter approaches, add 1 winter wellness product to your order so you will be fully prepared to enjoy a season of excellent health.

Was this information helpful? For more of my simple oils-use publications, type my name (Marie Ruggles) into the search bar at www.discoverlsp.com

Important Safety Notes

Review the dilution guide on page 6. All recommendations are only for use with Young Living's essential oils.

Patch-test prior to using an essential oil for the first time. Apply 1 drop of the oil to the inner arm and check for any signs of irritation in 24 hours. All recommendations are for non-pregnant adults for short-term immune support. Consult age-appropriate references for infants and children.

This information is for educational purposes only. It should not be used in any way as a substitute for medical counseling with a health care professional. It is not provided to diagnose, prescribe or treat any condition. Consult your primary care provider prior to use and if you are pregnant or nursing. Keep all essential oils out of reach of children.



Winter Wellness with
Essential Oils
gWINTER



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