"Sjogren's syndrome is a chronic disease in which white blood cells attack the
 moisture-producing glands. The hallmark symptoms are dry eyes, and
 dry mouth, but it is a systemic disease, affecting many organs and may
 cause fatigue. It is one of the most prevalent autoimmune disorders,
 striking as many as four million Americans."

I would look at low progesterone. Progesterone moisturizes the body, the cells of the
digestive tract and respiratory tract. (I believe this is because they are
connected in Chinese medicine as fall elements).

After doing the show w/Dr.Leanne on Wednesday, I am convinced more than ever
that every degenerative disease a woman experiences in her lifetime is due
to low progesterone. I also have auto-immune issues, and my immune system is
skyrocketing. I really haven't needed my inner defense at all, and my
adrenals are happy and I have energy and moisture issues have resolved. My eyes
are moister, too!

### Note: Dr. Leanne’s book Inner Transformations Using Essential Oils

Can be purchased at www.discoverlsp.com

Your cells with progesterone receptors (which are throughout your body and
organs) cannot do their job w/out progesterone. AND....they must have
estrogen with it to function properly. this is why hormone balance is so
important. a cell that does not have progesterone, but only estrogen, will
continue to divide...and I think that's how we get funky cells that do
estrogen-dominant type of things.

Regina

Sandy,

Rub Sacred Frankincense on the heart and diffuse Valor.
Rub rose oil on your heart for the emotional body.
Take hydrotherapy if possible and walk every day at least a bit, building up to 1/4 mile.
Drink water with pure peppermint oil, one drop to start.
Drink a lot of water, at least eight glasses a day.

Eat 80% raw diet, with steamed veggies and whole grain breads. Cleanse with
Gary's great 5 day cleansing program to detox the liver and gall bladder. I can send you this if you are interested.

Listen to very high spiritual music, classical music, and watch funny
and warm movies that make you laugh and feel good.
Get at least 2-4 hugs a day! And give them out!!!

Give thanks every morning for your beautiful body, seek always ways to make
it more and more strong and healthy. Be patient and loving with your present
state and visualize yourself strong and healthy.

I embrace you in Light on your glorious journey to wellness and joy.

Hi Oilers,

 I have auto-immune disease with connective tissues. I mainly suffer from
 dryness in eyes, nose, mouth and lungs...hard to breathe in and get enough
 oxygen. It's like Sjogrens disease...but I don't test positive for this.

 Does anyone have any suggestions of what might help?

 Thanks,
 Barbara

Barbara,

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xoregina

**Auto- Immune Disease connective tissue**

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Hi Barbara, Michelle and Oilers,

Essential Oils Desk Reference (EODR):
 Single Oils recommended are basil, lemongrass, marjoram, helichrysum,
wintergreen, cypress, peppermint, rosemary and eucalyptus radiata.

Blends recommended are PanAway, Aroma Life, R.C., Relieve It, Release and
Citrus Fresh. (The EODR has specific recommendations for bone, muscle, ligament,
tendons and spasms.

To me Relieve It and Release implies some kind of trauma may be held in the
connective tissue, or a real trauma may have contributed to connective tissue
injury. Like tennis elbow, for ex., or an accident.

Personally, I have used lemon, cedarwood and peppermint, have
added helichrysum, wintergreen and cypress at times. This basic recipe is still helping. I have
used PanAway with some success when the injury was fairly new. Helichrysum
also helps heal nerve tissue; I continue to use that. Peppermint is also
good for pain. Also helpful long-term: Spruce and Valor (spruce is a
component) and it also helps instill sense of strength, courage, carrying on (which helps with
the emotional component of chronic pain issues. Both Idaho balsam fir and
white fir are useful for bone pain SI joint pain and sciatica. Lavender is also
mentioned for muscle, ligament and tendons. I suggest muscle testing or
intuitive selection and experimenting with creating one's own layering or blends
since altering remedies is also useful.

I like homeopathic arnica gel for relief of pain and tissue damage, especially
if you don't want to smell strongly in public or are around those that don't
appreciate the scents. Layering with oils can be very effective. Remember
you can use other oils than those recommended to make blends to your own liking
while simultaneously treating specific ailments. I love experimenting with my
own blends and I hope others do also.

Lastly, there is a diffuser that uses cool water. Adding droplets of distilled
water infused with oils appears to be a useful way to moisturize the nasal
passages. My first choices would be lemon, lavender, rosemary, eucalyptus
Radiata or rose. I've been mixing lemon, lavender and a touch of rose as
gift scents for my women friends and they LOVE it! There is a product
called 'Blink' for dry eyes.

Always consider cleansing ala Dr. Leanne's book "Inner Transformation..." and
drink water. I have more info about water if you care to contact me directly
about that or anything above.

May all be free of suffering.