



# MODERN HIPPIE'S ESSENTIAL OILS HOT SHEET

## ROMAN CHAMOMILE *Chamaemelum nobile*

properties: Anti-infectious, anti-inflammatory, antiparasitic, antispasmodic, calming, relaxing.

Chamomile may be used for the following ailments: **allergies, wounds, detoxification of blood and liver, depression, insomnia, muscle tension, nerves, restless legs, acne, boils, dermatitis, eczema, rashes and sensitive skin.** Mild enough for **infants and children.** Used for centuries to **calm children, ease earaches, fight fevers, sooth stomach aches, toothaches, and teething pain.** Reduces **irritability** and minimizes **nervousness** in children especially **hyperactive** children.

- **GRAS**
- can irritate very sensitive skin, test apply one drop to the forearm.
- 2 drops cupped into the palm of your hand for inhalation in times of stress.
- Apply daily directly to the feet (6 drops each foot), diffuse in the home, ingest in capsules.
- Perfect for soothing skin just after a brow wax!
- OR add 2 drops to hot water or tea.

## CINNAMON BARK *Cinnamomum verum*

properties: Antibacterial, Anti-depressant, Antifungal, Anti-infectious (intestinal, urinary), Anti-Inflammatory, Antimicrobial, Antioxidant, Antiparasitic, Antiseptic, Antispasmodic (light), Antiviral, Astringent, Immune-stimulant, Purifier, Sexual stimulant, Warming, & it enhances the action & activity of other oils.

This oil may be beneficial for **circulation, colds, coughs, digestion, exhaustion, flu, infections, rheumatism, and warts.** This oil fights **viral and infectious diseases,** and testing has yet to find a **virus, bacteria or fungus** that can survive in it's presence.

- **GRAS**
- Avoid if pregnant.
- Must be diluted as it is extremely active on the skin.
- May be diffused in the home as a natural aphrodisiac
- 1-2 drops daily in a small amount of liquefied coconut oil, raw honey or water for sugar balance.
- Apply daily directly to the feet (6 drops each foot), diffuse in the home, ingest in capsules.

## CLOVE OIL *Syzygium aromaticum*

properties: Analgesic, Antibacterial, Antifungal, Anti-infectious, Anti-inflammatory, Antioxidant, Antiparasitic, strong Antiseptic, Antitumoral, Antiviral, Disinfectant, & Immune-stimulant.

This oil may help **amoebic dysentery, arthritis, bacterial colitis, blood clots, bones, bronchitis, cholera, cystitis, dental infection, diarrhea, infectious acne, fatigue, flatulence, flu, bad breath, tension headaches, hypertension, infection (wounds & more), insect bites/stings, insecticidal, lupus, nausea, neuritis, nettles and poison oak (removes sting), rheumatism, sinusitis, skin cancer, chronic skin diseases, smoking(removes desire), sores (speeds healing of mouth & skin sores), tuberculosis, thyroid dysfunctions, leg ulcers, viral hepatitis, vomiting, warts.**

- **GRAS**
- Use with caution when pregnant.
- Apply directly to tooth & gum to anesthetize infected & painful tooth.
- 1-2 drops daily in a small amount of liquefied coconut oil, raw honey or water.
- Effectively used on respiratory infections; apply diluted to the chest.
- Apply daily directly to the feet (6 drops each foot), diffuse in the home, ingest in capsules.
- Used effective topically for pain relief.

## **EUCALYPTUS** Eucalyptus globulus

properties: Analgesic, Antibacterial, Anticatthal (mucous), Anti-infectious, Anti-inflammatory, Antiseptic, Antiviral, Diuretic, Expectorant, Insect Repellent, Stimulant.

This oil may be used for **aches/pains, acne, allergies, bronchitis, burns, colds, cystitis, diarrhea, endometriosis, increasing energy, flu, gallstones, gonorrhea, hay fever, herpes, high blood pressure, inflammation**(of the ear), **inflammation** (of the iris), **inflammation** (of the nasal mucous membrane), **malaria, nasopharynx, rheumatism, skin infection/sores, sore throat, ulcers, vaginitis, viruses, and wounds.**

- Approved by the FDA as a Food Additive (**FA**).
- 1-2 drops daily in a small amount of liquefied coconut oil, raw honey or water.
- Use in an electric Diffuser or Ionizer during the cold and flu season during sleep.
- Plug the drain in the shower & put 5 drops on to shower floor for colds, flu, respiratory infections.
- Apply daily directly to the feet (6 drops each foot), diffuse in the home.

## **FRANKINCENSE** Boswellia carterii

properties: Anticatarrhal (mucous), Anticancer, Antidepressant, Anti-infectious, Anti-inflammatory, Antiseptic, Antitumoral, Expectorant, Immune-stimulant & Sedative.

This oil may help with **aging, allergies, bites** (insect and snake), **bronchitis, cancer, carbuncles, catarrh, colds, coughs, diarrhea, diphtheria, gonorrhea, headaches, healing hemorrhaging, herpes, high blood pressure, inflammation, jaundice, laryngitis, meningitis, nervous conditions, prostate problems, pneumonia, respiratory problems, preventing scarring, sciatic pain, sores, spiritual awareness, staph, strep, stress, syphilis, T.B., tension, tonsillitis, typhoid, wounds, warts.** It contains **sesquiterpenes**, enabling it to go beyond the blood brain barrier. it may also help to **oxygenate the pineal and pituitary glands.** It increases the activity of **leukocytes**, defending the body from **infection.** Frankincense may help one to have a **better attitude**, strengthening the immune system.

- Approved by the FDA as a Food Additive (**FA**).
- Used during prayer and meditation as it is a high vibrational oil.
- Said to enhance ones spiritual connection with God; enhances spiritual awareness.
- 1-2 drops daily in a small amount of liquefied coconut oil, raw honey or water.
- Apply daily directly to the feet (6 drops each foot), diffuse in the home.
- Has demonstrated hindrance of proliferation of liver cancer cells.

## **HELICHRYSUM** Helichrysum angustifolia

properties: Antibacterial, Anticatarrhal (mucous), Anticoagulant, Antioxidant, Antispasmodic, Antiviral, Expectorant, Mucolytic (thins mucous).

This oil may help with **anger, to stop bleeding, circulatory functions, gallbladder infection, improves hearing, hemotoma**(swelling or tumor full of blood), **detoxify** and **stimulate the liver cell function, lymph drainage, pain** (acute), **relieve respiratory conditions, reducing scarring, scar tissue, reduces tissue pain, regenerate tissue,** and **varicose veins.**

- **GRAS**
- 1-2 drops daily in a small amount of liquefied coconut oil, raw honey or water.
- Excellent for excessive bleeding and helps scars to disappear.
- For old scars, apply 2 drops daily (depending on size of scar).
- Apply daily directly to the feet (6 drops each foot), diffuse in the home, ingest in capsules.
- Helichrysum is in Young Living's "Pan-Away Oil Blend"; excellent for pain.

## **SANDALWOOD** Santalum album

properties: Antiseptic, Antitumor, Aphrodisiac, Astringent, Calming, Sedative, and Tonic.

Sandalwood is very similar to **Frankincense** in action. It may support the **cardiovascular system, remove negative programming from the cells,** and relieve symptoms associated with **lumbago** and **sciatic nerves.** It may also be **beneficial for acne, regenerating bone cartilage, catarrh, circulation** (similar to frankincense), **coughs, cystitis, depression, hiccoughs, lymphatic system, meditation, menstrual problems, nerves** (similar to frankincense), **nervous tension, increasing oxygen around the pineal and pituitary glands, skin infection** and **regeneration, tuberculosis,** and good for use during **yoga.**

- Approved by the FDA as a Food Additive (**FA**).
- 1-2 drops daily in a small amount of liquefied coconut oil, raw honey or water.
- diffuse during yoga, prayer, meditation; said to open the third eye, which is said to heighten consciousness.
- Sandalwood is said to help one accept others with an open heart while diminishing egocentricity.
- Apply daily to the feet (6 drops) each foot, diffuse in the home, or apply 3 drops to the back of the neck each morning.

## **ROSE** Rosa damascena

properties: Antibacterial, Antihemorrhaging, Anti-infectious, Aphrodisiac and Sedative.

Rose Oil may help **asthma, chronic bronchitis, frigidity, gingivitis, hemorrhaging, herpes simplex, impotence, infections, prevents scarring, sexual debilities, skin disease, sprains, thrush, tuberculosis, ulcers, wounds** and **wrinkles.**

- **GRAS**
- Use with caution while pregnant.
- 1-2 drops daily in a small amount of liquefied coconut oil, raw honey or water.
- The highest vibration essential oil in existence (320 MHz); it enhances the frequency of every cell, bringing balance, and harmony to the body.
- Brings balance and harmony, allowing one to overcome insecurities.
- Combine with Sandalwood, Cinnamon and Clary Sage for a potent aphrodisiac; diffuse in the home.
- Apply daily directly to the feet (6 drops each foot), diffuse in the home, ingest in capsules.
- Add to lotions, facial creams and toners to act as a humectant for the skin.

## **YLANG YLANG** Cananga Odorata

properties: Antidepressant, Antiseptic, Antispasmodic, Sedative, Tonic.

Ylang Ylang may help **balance masculine and feminine energies**, helps with **attunement**, may help to **lower blood pressure, rapid breathing, balance equilibrium, quells frustrations, balances heart function, impotence, infection, intestinal problems, sex drive problems, shock** and **skin problems**.

- **GRAS**
- 1-2 drops daily in a small amount of liquefied coconut oil, raw honey or water.
- Influences sexual energy, and enhances relationships.
- It may stimulate adrenal glands.
- Inspires calm, relaxation, quells, anger, rage and low self-esteem.
- Brings back feelings of self love, confidence, joy and peace.
- Apply daily directly to the feet (6 drops each foot), diffuse in the home, ingest in capsules.

## **WINTERGREEN** Gaultheria procumbens

properties: Analgesic, Anti-inflammatory, Antirheumatic, Antiseptic, Antispasmodic, Disinfectant, diuretic, stimulant (bones), and Warming.

This oil may be used for **acne, bladder infections, cystitis, dropsy** (water retention), **eczema, reducing fevers, gallstones, gout, infection, reducing discomfort in joints, kidney stones, draining and cleansing the lymphatic system, obesity, osteoporosis, skin disease, ulcers**, and **urinary tract disorders**. Known for its ability to **alleviate bone pain**. It has a **cortisone-like action** due to the high content of **methyl salicylate**.

- Avoid during pregnancy.
- Not to be used on individuals that have epilepsy.
- Some people are allergic to methyl salicylate; always test a drop on the forearm first.
- Excellent oil for broken bones, bone pain, osteoporosis.
- It is found in Young Living's Oil Blend "Relieve It" for pain relief.
- Wintergreen elevates, opens and increases awareness in the sensory system.
- Apply daily directly to the feet (6 drops each foot), diffuse in the home.
- Buyer Beware: synthetic wintergreens are the norm; if you wish to use wintergreen essential oil or products like toothpaste, root beer, or chewing gum, verify the source!

## DEFINITIONS & DISCLAIMERS

- Antiparasitic: Combats parasites.
- Antispasmodic: Eases spasms; coughing, muscles etc.
- Anticatarrhal: Combats Mucous.
- Anti-fungal: Combats Fungus.
- Antiseptic: Prevents the growth of microorganisms.
- Astringent: Creates a contraction action in the cells, usually to decrease blood flow.
- Analgesic: Topical pain relief.
- Antioxidant: Inhibits free-radical activity. Free radical activity creates cellular instability. Cellular instability creates an environment ripe for mutations in cells (cancer), aging, and disease.
- Anticoagulant: Encourages blood to clot.
- Antirheumatic: Combats inflammation in the body and expressly the joints, bones, tendons, muscles and ligaments.

### APPLICATION OF OILS:

- Always skin test and essential oil before using it.
- Each persons body is different, so apply oils to a small area.
- Apply oils or blends 1 at a time.
- Allow 20 minutes between applications to give the body time to respond.
- Most people can tolerate essential oils applied to the feet as the skin is tougher, the pores are large to readily absorb the oils and the feet have nervous system connections to the rest of the body.

### INHALATION OF OILS:

- Use extreme caution when inhaling **cinnamon essential oil**; it can burn the nostrils so inhale at a distance from your diffuser or ionizer.
- Using an plug in diffuser or ionizer is advised if you have children. (they usually range between \$65-\$100) so it's definitely Christmas list worthy.
- Oils may be inhaled in the shower. Plug the drain and put 3 to 6 drops on to the shower floor. Oil can be inhaled in the steam.
- For moments of stress, use your favorite uplifting oil such as lemon, orange, tangerine, or rose. Place 2 drops in your non-dominant hand and stir counter-clockwise with your dominant hand. Cup the hands over the mouth and nose and breath deeply for 10 seconds at a time. This method of placement and stirring of the oil is said to increase the frequency and action of the oils.

### INGESTION OF OILS:

- All Essential Oils that are GRAS (Generally Regarded As Safe) OR certified as FA (Food Additives) can be taken internally. A complete list is at <http://younglivingtherapeuticoils.com/gras/>
- No more than 4 drops of oil should be ingested in a capsule every 4 to 8 hours.
- Essential Oils should not be ingested by children under 6 years of age. Dilute & apply to the feet or the affected area instead.
- Children over 6 should still ingest oils diluted in honey, tea, coconut oil or water.
- Oils such as Valerian, Lemon, Grapefruit, Orange, and Tangerine are MORE effective taken orally.