

+ FAMILY PHYSICIAN® KIT for proactive family health!



Lavender For Calming and Stress Reduction

- + From the high altitudes of France
- + Relieves stress, anxiety, and insomnia—Diffuse (mist or disperse) into air and inhale; massage on skin
- + Takes the pain out of a bee sting—Apply on location
- + Soothing to skin irritations and burns—Apply on location



Lemon For Cleansing and Mood Elevation

- + From Italy
- + Natural antioxidant and detoxifier—Take with water or in capsules
- + Natural cleansing agent—Apply on location
- + Elevates your mood—Diffuse and inhale



Peppermint For Indigestion and Cooling

- + From Washington, USA
- + Relieves headaches—Apply on temples, forehead, or back of neck
- + Calming to upset stomach—Take in capsules, or apply on stomach
- + Helps increase energy—Diffuse and inhale
- + Cooling—Mist on body, or apply on forehead; diffuse and inhale



Melaleuca For Soothing and Healing Skin

- + From Australia
- + Can be used as a first aid ointment—Apply on location
- + Use for skin irritations like athlete's foot—Apply on location
- + Beneficial for hair and scalp—Add to shampoo or conditioner



Oregano For Immune System Support

- + From Turkey
- + Naturally supports the immune system—Take several drops in capsules for periodic immune system boosts
- + Works as a natural defense—Apply to bottoms of feet



Frankincense For Inflammation and More

- + From Oman
- + Helps reduce inflammation—Apply on location; take in a capsule
- + Helps relieve headaches—Apply with peppermint and lavender
- + Supports immune function—Massage on feet; take in a capsule
- + Use frankincense when in doubt



Deep Blue® For Muscle and Joint Health

- + Helps relieve muscle and joint pain—Apply on location
- + Contains blue tansy and helichrysum, which can help support long-term muscle, joint, and bone healing
- + Use before and after working out—Apply on muscles and joints



Breathe For Respiratory Support

- + Relaxes the body and mind—Diffuse at bedtime for a more restful sleep
- + Use during allergy season—Apply to the chest area to help clear the lungs and sinuses of congestion
- + Ideal for those with asthma—Diffuse and inhale; apply to the chest and sinuses



DigestZen® For Natural Digestive Support

- + Relieves digestive discomforts such as food poisoning, acid reflux, nausea, constipation, or diarrhea—Apply on the stomach area; take in a capsule
- + Helps support digestive function—Apply on stomach area (or on bottoms of feet for children); take in a capsule



On Guard™ For Natural Immune Defense

- + Stops the growth of viruses and bacteria—Diffuse; apply on location
- + Contains oils shown to inhibit MRSA (antibiotic-resistant staph bacteria)
- + Helps kill airborne pathogens—Diffuse
- + Helps knock out colds and sore throats—Swallow one drop (alone or with water), or take in a capsule



Look Good, Feel Great, Get Slim & Sassy

Just add a few drops of this essential oil blend to your water every day!

- Speeds up your metabolism
- Powerfully suppresses your appetite
- Helps your body cleanse out harmful toxins
- Lifts and elevates your mood

This simple blend contains only the following five natural essential oils—
No calories, No sweeteners, & No preservatives



Cinnamon:

- Improves liver function
- Inhibits new fat cells from forming (adipogenesis)
- Reduces diabetic risk
- Helps with serum lipid balance



Grapefruit:

- Helps reduce appetite
- Induces lipolysis (fat burning)
- Helps dissolve petrochemicals in the body



Ginger:

- Stimulates weight loss through lipolysis (fat burning)
- Calms the stomach



Lemon:

- Helps reduce appetite
- Induces lipolysis (fat burning)
- Helps dissolve petrochemicals in the body



Peppermint:

- Enhances a sense of fullness
- Reduces cravings and appetite
- Energizes the body

Suggested Uses:

- 3–5 drops in water, 3–5 x per day
- 3–5 drops on the tongue, 3–5 x per day
- 6–10 drops in a capsule, 3 x per day

