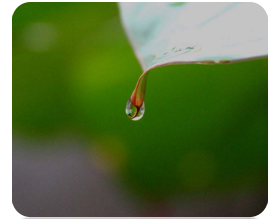


Essential Oils Then & Now Newsletter

- By Joanna Barrett, RN, CNHP, FCCI



November 2008

WHAT CAN THERAPEUTIC GRADE ESSENTIAL OILS DO FOR YOU?

Part 2

We welcome you to peruse past articles on essential oils on our Website www.onehealthylife.net. I decided this time to do a general listing of JUST A FEW of the major ways essential oils can enhance our lives. Because everyone's body chemistry is different, there may be some oils that respond differently to you than for someone else. The following information is for your edification.

FUNGUS – Clove, Fennel, Geranium, Lavender, Lemongrass, Melaleuca, Roman Chamomile, Rosemary

GOUT – Basil, Fennel, Geranium, Hyssop, Lemon, Nutmeg, Pine, Thyme, Wintergreen, Yarrow

HEADACHE – Peppermint, Frankincense, Lavender, Marjoram, Rosemary, Eucalyptus, Clove, Cardamom

MEMORY - Rosemary, Basil, Lemon, Clove, Sage, Bergamot, Ginger, Grapefruit, Lemongrass, Lavender

MENOPAUSE - Basil, Bergamot, Clary Sage, Cypress, Lavender, Nutmeg, Rose, Geranium, Orange

PANIC - Bergamot, Frankincense, Sandalwood, Ylang Ylang, Roman Chamomile, Lavender, Rosemary

PMS - Bergamot, Roman Chamomile, Clary Sage, Fennel, Geranium, Jasmine, Grapefruit, Nutmeg

RANAULD'S - Clove, Cypress, Fennel, Geranium, Helichrysum, Lavender, Nutmeg, Rosemary

ROMANCE - Cinnamon Bark, Ylang Ylang, Ginger, Goldenrod, Rose, Jasmine, Sandalwood

SPRAINS - Ginger, Jasmine, Lavender, Marjoram, Rose, Sage, Rosemary, Roman Chamomile

TACHYCARDIA - Goldenrod, Idaho Tansy, Neroli, Rosemary, Roman Chamomile, Ylang Ylang

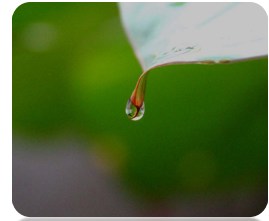
VARICOSE VEINS - Idaho Tansy, Basil, Bergamot, Juniper, Cypress, Lemon, Lemongrass, Yarrow

VERTIGO - Frankincense, Myrrh, Sage, Sandalwood, Vetiver

Kill VIRUSES, bacteria, fungal infections - almost all will do to varying degrees. Some oils are better than others for specific germs

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As you learn more about therapeutic grade essential oils you will find the ones that work best for you and your family. Remember - a little goes a long way - more oils are not necessarily better. Just a drop or two is usually all you will need to see results.

There are so many more uses for essential oils that are not listed here. Add a few oils to your collection every month or so to get to know them. Ask us how to support your immune system, and how to get therapeutic grade essential oils wholesale.

Many Blessings,

Joanna