Fighting the Germs Away
Young Living Essential Oils

WARNING:

This info only applies to Young Living Therapeutic Grade Oils.

**Strep Throat**

Apply diluted Thieves to feet and along spine, rub on throat for pain relief.

Combine:

3 drops Thieves
1 drop cinnamon bark
2 drops lavender
2 drops oregano
2 drops thyme

Apply diluted 50/50 with V-6 and apply to throat, chest, back 3x/day.
**Hand, Foot, Mouth Disease**

Apply diluted 1 drop each: Thieves, Frankincense, ImmuPower, Purification, and Oregano. Dilute with V-6 and apply to bottoms of feet and along spine 3-4x/day.

Lavender can be applied on sores to soothe, help dry up & to prevent scarring.

**GI Bugs**

Peppermint or Di-Gize applied around belly button with a warm compress on top for symptom relief. Repeat if needed.
Lice

Prevention Spray

10 drops of rosemary essential oil
10 drops lavender essential oil

Mix in glass spray bottle with 3 oz. distilled water.

Spray hair daily for prevention

Lice Remediation

5 drops eucalyptus radiata essential oil
3 drops geranium essential oil
3 drops lavender essential oil

Blend all with Young Living v-6 and apply twice daily to scalp and bottom of feet until gone.
Other general recommendations:

Diffuse Thieves and alternate with Purification to help prevent spread of infection within household.

Disclaimer: This information is not meant to diagnose, treat, or cure. Not evaluated by the FDA. Info gathered from my research and personal use.