



## Use the best essential oils available.

Choose products that are

- ◆ Sourced from plants' native origins to ensure purity & potency
- ◆ 100% Pure; Are free from synthetics & additives
- ◆ Tested by 3<sup>rd</sup> party for purity & composition
- ◆ Certified to have correct chemical composition to achieve desired results
- ◆ Those labels marked with supplemental facts are safe for internal use.

## How to use Essential Oils

**AROMATIC** **A** **Ideal for** emotional & respiratory support. Diffuse in a room to purify the air or to change emotion. Inhale from an open bottle, rub a drop between palms & inhale.

**TOPICAL** **T** **Ideal for** areas of discomfort or irritation, immune boost. Apply 1-4 drops directly to skin during massage or for topical therapy, or to bottoms of feet.

**INTERNAL** **I** **Ideal for** digestive upset, immune system support. Consume as a dietary supplement for targeted wellness. Ingest 1 drop of oil in a capsule, under the tongue, in water, a tsp. of honey, or add to recipes.

**Sensitive** **S** young skin, dilute. If an oil feels to hot or too cool apply more carrier oil. Water does not dilute essential oils.

**Dilute Essential Oils** by adding them to a carrier oil such as coconut or olive oil. 1 to 3 drops of essential oil in a teaspoon of carrier oil is a general starting point. For newborns & infants, dilute 1-2 drops in 1 Tbsp. carrier oil. For children ages 2-5, dilute 1-2 drops in 1 tsp. carrier oil.

**Neat**-used without dilution of carrier oil.

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## Essential Oils, an Introduction for New Users

*Dr. Michele recommends the following natural options to create a healthy lifestyle using essential oils for daily wellness, address the root cause of problems, and for symptomatic support for specific body functions*

### Essential oils Support-

- Sleep & Relaxation • Mood management • Respiratory health • Joints & muscles
- Effective digestion • Immune function • Support for seasonal threats • Focus & clarity
  - Clear, healthy skin & hair • Natural non-toxic disinfectants & cleaning agents
  - Releasing weight • Detox/Cleansing • Cardiovascular health • and so much more



A healthy lifestyle is predicated upon a foundation of nutrition, exercise, rest, and limiting toxic exposure to synthetic, harsh products and chemicals.

Our goal as providers, and as patients should always be wellness as opposed to chasing symptoms. Then we have done more good for ourselves than anything else we could hope for.



**On Guard® Protective Blend:** A blend of Wild Orange, Clove, Cinnamon, Eucalyptus, & Rosemary. **Target:** Immune system, skin, hair, antibacterial, antifungal, antiviral, disinfecting • dilute & gargle morning & night • Immune support, drink 1 drop added to water or in a gel cap, or under the tongue, apply to the bottoms of feet every night before bed • apply to stitches, wound dressings, 2X day to prevent infection & facilitate healing • diffuse in a room to eliminate some airborne pathogens • dilute in a spray bottle to clean community surfaces.



**Deep Blue® Soothing oil or rub:** A blend of Wintergreen, Camphor, Peppermint, Blue Tansy, German Chamomile, Helichrysum, & Osmanthus essential oils. **Target:** muscles & bones, nervous system. Use for muscle pain, arthritic pain, inflammation, joint pain, migraine headache, sprains.

- Apply directly to tired, aching joints
- rub on muscles before & after exercise to reduce discomfort
- use with carrier oil for therapeutic massage
- apply after a chiropractic adjustment or massage to reduce discomfort
- other product- Deep Blue Polyphenol Complex™ capsules as a nutritional supplement to promote healthy mobility, function & joint support.



**Oregano:** Always dilute oregano. **Target:** Immune & respiratory systems, muscles & bones.

- Apply topically for athlete's foot, calluses, and canker sores.
- Mix 1 drop with 1 drop of Frankincense for warts & apply to wart using Q-tip, 2-3X a day, for 2-4 weeks, & 1 week after it's gone
- dilute with carrier oil & lavender to soothe aching muscles or joints
- in a capsule to ease digestion
- Cooking



**Melaleuca/Tea Tree Oil:** **Target:** Immune, respiratory systems, muscles, bones, skin

- Apply neat to area of concern for warts, wounds, ulcers, canker sores, mouth irritations, skin blemishes, boils, fungal infections, athlete's foot, toe nail fungus
- 2 drops onto a cotton ball then place in ear for infection, earache
- on scalp for lice
- to cleanse wounds
- gargle diluted with water for sore throat, thrush, gums for periodontal gum disease.



**Digestzen®-Digestive Blend:** A blend of Ginger, Peppermint, Tarragon, Fennel, Caraway, Coriander, & Anise essential oils.

**Target:** Digestive System, Constipation, diarrhea, heartburn, indigestion, stomachache, IBS, or acid reflux • Mix 2-3 drops in a glass of water & drink as needed for nausea, digestive upset • Take at mealtimes to support healthy digestion • Rub on stomach to ease digestive discomfort, nausea, or motion sickness • Apply to bottom of feet of children to help ease digestive issues • Digestzen® products as part of a detoxification and GI cleanse



**Lemon:** **Target:** Digestive, immune, and respiratory systems

- place 1-2 drops, under the tongue, in water, or in a gel cap to detox and cleanse, dissolve cellulite
- 1-2 drops in a beverage to help regulate high or low blood pressure, dissolve gall stones • gargle diluted with water to soothe sore throat, add to honey for sore throats, coughs (never use honey for children under 1 year of age) • Apply topically to brighten a pale, dull complexion by removing dead skin cells (Avoid direct sunlight or UV light for up to 12 hrs. after using on the skin) • topically to sanitize hands and surfaces, relieve runny nose & congestion • Use in removing gum, wood stain, oil, or grease spots • aromatically to ease mental fatigue, lift the mood.



**Peppermint:** **Target:** Digestive, nervous, respiratory systems, muscles & bones, skin.

- Topically for respiratory support, ease congestion, reduce head & neck tension. • diffuse to ease inappropriate anger, irritability, calm mood • Energizing • For respiratory function, congestion, apply to chest, upper back, bridge of nose, temples, or brow. • To cool the body, reduce body temperature, fever apply to bottoms of feet.
- Place 1-2 drops in a beverage or in a gel cap to ease digestive discomfort.



**Breathe®-Respiratory Blend:** A blend of Laurel Leaf (Bay), Peppermint, Eucalyptus, Melaleuca, Lemon, Ravensara, & Cardamom. **Target:** Respiratory System & skin

- aromatic use aids in opening up airways, bronchitis, asthma, congestion, cough, nasal polyp, seasonal respiratory discomfort
- aromatic use relieves anxiety.
- dilute and apply topically to the chest, back, or bottoms of the feet for sinusitis, pneumonia, congestion, asthma, cough, antiviral activity.



**Lavender:** **Target:** cardiovascular, nervous systems, skin, emotional balance

- apply topically as neat (no dilution) to minor burns, cuts or scrapes, herpes, canker sores • apply topically to ease pain, neck, and head tension • internally with peppermint & lemon 2 drops each in a gel cap 2X daily to manage allergies &/or apply topically along bridge of nose, brow, behind ears • use aromatically to reduce anxiety, heart irregularity • Diffuse or inhale aroma to lift sadness, anxiety, feelings of depression • diffuse for relaxation & to promote sleep



**Frankincense:** **Target:** Emotional balance, immune & nervous systems, skin & hair \*When in doubt use Frankincense.

- Apply topically to reduce appearance of scars & stretch marks, signs of aging, insect and snake bites, and allergies.
- Topically for arthritis, cold & flu season, headache, immune strengthening, inflammation, seizures, concussion, brain injury, Alzheimer's Disease • use to clean & dress minor cuts, scrapes, bites, sores • apply to neck & forehead with lavender & peppermint for headache or stress • apply to feet or take internally 1 drop in a gel cap for immune support • aromatically & topically to help lift the mood, promote awareness, and concentration.



**Slim & Sassy®-Metabolic Blend:** A blend of Grapefruit, Lemon, Peppermint, Ginger, & Cinnamon

**Target:** Digestive System, Emotional Balance

- dilute and apply on wrists, bottoms of feet, or on area of concern to release weight & cellulite. • aromatic to calm and lift the mind. • Add 1-2 drops in glass of water and drink between meals to curb appetite, stimulate metabolism, aid in weight loss.

Other Essential Oil or Blend: \_\_\_\_\_ For: \_\_\_\_\_ ☐ Aromatic ☐ Topical ☐ Internal

**Safety Precautions:** Keep oils out of reach of children. Do not use in the eyes or ear canal or on mucus membranes. If irritation occurs, apply a carrier oil. Do not add water. Citrus oils can increase photosensitivity; allow at least 12 hrs. between application on skin & exposing skin to the sun. When drinking with water or a beverage use glass or stainless-steel cup, not plastic. **DO NOT INGEST** arborvitae, cedarwood, cypress, eucalyptus, white fir, or wintergreen. If you are pregnant, breastfeeding, or have liver or immune issues, talk to your doctor about ingesting.

**Disclaimer:** This handout has not been evaluated by the FDA. The products and methods recommended are not intended to treat, diagnose, cure, or prevent illness or disease. It is not a substitute for medical advice.