

FAMILY PHYSICIAN *With dōTERRA™ Essential Oils*

“I finally figured out how to use essential oils—TAKE OFF THE CAP”

You can use all of the oils 3 ways; Topically, Internally (drip into an empty gel cap) and with the diffuser. If the bottle has a ‘supplement’ box on the label, you can feel completely safe using it internally. When diluting* the essential oils, use one drop of Coconut Oil for one or two drops of the essential oil. It is not necessary to dilute the essential oils, but for some essential oils which are particularly cool (Peppermint, Wintergreen) or hot (Oregano, Cinnamon, Clove, Cassia), it may not be comfortable on your skin without diluting, and may be particularly uncomfortable for a child. If you use an oil without diluting and it is uncomfortable to the recipient, simply apply a small amount of coconut oil and it will quickly resolve the problem. Also, if you are using the oils on an open sore or wound, it is always a good idea to dilute with coconut oil. Diffusion is powerful because the child can breathe it in and it kills microorganisms in the air which helps stop the spread of sickness.

If the oils get in the eyes, it will sting but will not do damage. Simply rub a few drops of your diluter oil on the eye and it will help to relieve the suffering. You can combine and mix any of the oils as much as you like and the oils are safe with any medication.

If you are not sure how to apply the oil, know that you can ALWAYS rub it on the bottoms of the feet and you will get the full affect. This can be a great way when using them on children because they are less likely to rub it in their eyes. For a small problem, 2 or 3 applications** a day is probably enough. For more serious problems like RSV, apply every hour or half hour. For pain and digestion remedies you would typically rub the oils right on the spot of discomfort. For oral application, dilute with Coconut oil and rub on gums or teeth or swish around in the mouth. If there are special instructions for a particular illness, it is listed below in the appropriate section.

The beauty of the essential oils is that the research has consistently proven them to be healthy for our cells. They repair and assist our bodies at a cellular level so when you are not sure which oils to use, don't be afraid to use several oils and the body will gain a myriad of benefits.

*For diluting you can also use Olive Oil, Vegetable Oil, Grapeseed Oil among others. **An application is usually 2 to 4 drops of an oil.

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| Acne | Purify, Melaleuca, Manuka, Niaouli, Geranium, Vetiver, Lavender, Patchouli, Eucalyptus, Clove |
| Allergies | Lavender and Wintergreen |
| Arthritis | Wintergreen, Deep Blue, Peppermint, Clove, Helichrysum, Frankincense |
| Asthma | Wintergreen, Breathe, Eucalyptus, Lemon, Lavender, Rose, Frankincense, Marjoram |
| ADD/ADHD | Vetiver, Lavender, Serenity, Sandalwood, Peppermint, |
| Bad Breath | Blend: Peppermint, Lemon, Clove and Melaleuca (you can also use Cinnamon) |
| Bee Sting | Melrose, Lavender, Idaho Tansy, Peppermint, Wintergreen, Purify, Deep Blue |
| Blisters | Melaleuca, Lavender, Purify |
| Blood Pressure (High) | Clove, Helichrysum, Cypress |
| Boils | Melaleuca, Clove, Thyme, Oregano, Purify, On Guard |
| Broken Bones | Thyme, Deep Blue, Helichrysum, Wintergreen Peppermint, Lemongrass, Frankincense |
| Breastfeeding (Dry/Cracked Nipples) | Myrrh, Lavender, Geranium, Sandalwood |
| Breastfeeding (Mastitis) | Melaleuca, Thyme, Clove, Rosemary, Lavender, Deep Blue, Frankincense |
| Bronchitis | Breathe, On Guard, Eucalyptus, Myrtle, Rosemary, Thyme, Wintergreen, Pine, Oregano, Melaleuca, Myrrh, Purify, Deep Blue, Clove |
| Bug Bites | Purify, Lavender, Eucalyptus, Melaleuca, Peppermint, Rosemary, Deep Blue |
| Burns (1st and 2nd Degree) | Lavender, Helichrysum, Rose |
| Burns (3rd Degree) | Wintergreen, Deep Blue, Peppermint, Basil, Lavender, Idaho Tansy, Oregano |
| Canker Sores | On Guard, Clove, Lavender, Sandalwood, Thyme, Peppermint, Purify |
| Carpal Tunnel | Wintergreen, Marjoram, Peppermint, Basil, Cypress, Lemongrass, Deep Blue |
| Cartilage Injury | Wintergreen, Peppermint, White Fir, Marjoram, Lemongrass, Frankincense, Helichrysum |
| Cellulite | Grapefruit, Rosemary, Lemon, Cypress, Lemongrass |
| Cholesterol (High) | Lemongrass, Rosemary, Clove, Helichrysum |
| Cleaning (Antiseptic) | Melaleuca, Manuka, On Guard, Thyme, Clove, Oregano, All Citrus Oils, Rosemary, Cinnamon, Cassia |
| Colds (Regular) | On Guard, Peppermint, Thyme, Oregano, Eucalyptus, Melaleuca, Rosemary, Purify |
| Colds (Head) | Breathe, On Guard, Eucalyptus, Frankincense, Peppermint, Rosemary, Wintergreen, Lemon |
| Constipation | Peppermint, Digestzen, Ginger |
| Concentration | Basil, Lemon, Rosemary, Vetiver, Peppermint, Lemongrass, Frankincense |
| Cough | On Guard, Breathe, Eucalyptus, Peppermint, Marjoram, Serenity |
| Cramps (Abdominal) | Ginger, Peppermint, Digestzen, Rosemary |
| Dandruff | Melaleuca, Rosemary, Peppermint, Lemon, Lavender |
| Depression | Combine: Balance, Serenity and Elevation (Also: Frankincense, Peppermint, Ylang Ylang, Rosemary, Lemon) |
| Diarrhea | Digestzen, Ginger, Oregano, Clove, Lemon |
| Dizziness | Peppermint, Basil, Sandalwood, Frankincense |
| Ear Ache | Melaleuca, Wintergreen, Purify, Thyme, lavender, Rosemary, Helichrysum, Peppermint, Eucalyptus, Deep Blue, On Guard |
| Ear Infect (without Pain) | On Guard, Thyme, Wintergreen |

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| Emotional Trauma | Serenity, Balance, Frankincense, lavender, Lemon, |
| Epilipsy | Frankincense, Blue Tansy, lavender, Clary Sage, Sandalwood |
| Flu | Blue Cypress, Oregano, Eucalyptus, Peppermint, Clove, Melaleuca, Digestzen, On Guard, Purify |
| Fungus (Athlete's Foot) | Niaouli, Peppermint, Melaleuca, Cinnamon, Lemongrass, Lavender, Thyme, Melissa, On Guard, Purify |
| Fungus (Intestinal) | Combine: Oregano, Lemon and Melaleuca (Also: Lemongrass, Cumin, Geranium, Thyme, Peppermint, Lavender, Rosemary) |
| Fungus (Ringworm and Skin) | Melaleuca, Geranium, On Guard, Blue Cypress, Lavender, Rosemary, Lemongrass, Oregano |
| Fungus (Thrush) | (Mouth) Clove, Melrose, Cinnamon, Peppermint, Rosemary, Geranium, Orange, Lavender |
| Fungus (Yeast Infection) | Melaleuca (on a tampon), Lemongrass, Mountain Savory, Lavender, Rosemary, Geranium, Peppermint, Thyme (Combine some of these in a douche) |
| Gas/Flatulence | Tarragon, Digestzen, Peppermint, Nutmeg |
| Headache | Peppermint, Wintergreen, Deep Blue, Lavender, Frankincense, Clove, Eucalyptus |
| Headache (Sinus) | Breathe, Eucalyptus, Peppermint, Deep Blue, Melaleuca, Rosemary, Lavender, Geranium |
| Head Lice | Melaleuca or blend: Thyme lavender, Geranium (Also: Peppermint, Thyme, Rosemary) |
| Heartburn | Ginger, Lemon, Basil, Idaho Tansy, Sage, Sandalwood |
| Hemorrhoids | Basil, Wintergreen, Cypress, Helichrysum, Myrrh, Lemon, Peppermint |
| Hives | German Chamomille, Wintergreen, Ravensara, Peppermint, Myrrh, Eucalyptus, Melaleuca |
| Indigestion | Digestzen, Peppermint, Nutmeg, Ginger, Cumin, Grapefruit |
| Infection (Bacterial and Viral) | On Guard, Niaouli, Oregano, Thyme, Mountain Savory, Rosemary, Lemongrass, Clove, Rosewood, Melaleuca, Geranium, Purify |
| Inflammation | Frankincense, Wintergreen, German Chamomille, Myrrh, Clove, Lavender, Thyme, Hyssop, Peppermint, Melaleuca, Lemongrass, Eucalyptus, Helichrysum |
| Insomnia | Lavender, Cedarwood, Orange, Serenity |
| Ligament Sprain/Tear | Deep Blue, Peppermint, Helichrysum, Lavender, Basil, Frankincense, Lemongrass |
| Menstrual Cramps | Valerian, Lavender, Clary Sage, Basil, Rosemary, Sage, Cypress, Tarragon, Vetiver |
| Migraine | Combine: Peppermint, Wintergreen and Frankincense (Also: Deep Blue, Lavender, Helichrysum) |
| Mono | Mountain Savory, Blue Cypress, On Guard, Thyme, Frankincense, Oregano |
| Muscles (Bruised) | Geranium, Helichrysum, Lavender, Wintergreen, Peppermint, Deep Blue, Serenity |
| Muscles (Sore) | Rosemary, Deep Blue, Marjoram, Peppermint, Wintergreen, Ginger, Spruce, Pine, Lavender |
| Muscle Spasms | Wintergreen, Ravensara, Rosemary, Fennel, Marjoram, Basil, Elemi, Nutmeg, Deep Blue |
| Narcolepsy | Peppermint, Lemon, Rosemary |
| Nausea | Peppermint, Patchouli, Ginger, Nutmeg, Wintergreen, Idaho Tansy |
| Nosebleeds | Helichrysum, Geranium, Lavender, Cypress |
| Pain | Deep Blue, Wintergreen, Peppermint (for pain), Frankincense (for inflammation), Helichrysum |
| Parasites | Lemongrass, On Guard, Tarragon, Anise, Basil, Peppermint, Ginger, Cumin, Melaleuca, Rosemary |
| Pink Eye | Melaleuca, Purify, Lavender |
| PMS | Clary Sage, Sage, Anise, Fennel, Ylang Ylang, Neroli |
| Pneumonia | Breathe, On Guard, Oregano, Melaleuca, Thyme, Eucalyptus, Peppermint, Ravensara |
| Restless Leg Syndrome | Valerian, Wintergreen, Serenity, Basil, Marjoram, Lavender, Cypress, Roman Chamomile |
| RSV (Babies) | Eucalyptus, Breathe, On Guard, Purify, Rosemary, Basil, Frankincense, Wintergreen, Pine, Oregano, Tea Tree, Clove, Cypress, Lavender, Lemon, Marjoram, Peppermint and Thyme |
| Runny Nose | Breathe |
| Scars (and Scar Tissue) | Helichrysum, Lavender, Cypress, Elemi, Rose, Myrrh, Sandalwood |
| Shingles | On Guard, Blue Cypress, Melaleuca, Oregano, Sandalwood, Thyme, Peppermint |
| Shock | Peppermint, Idaho Balsam Fir, Frankincense, Basil, Rosemary, Sandalwood |
| Sinus Infection | Breathe, Peppermint, On Guard, Eucalyptus, Idaho Balsam Fir, Thyme, Melaleuca, Rosemary |
| Skin (Chapped/Dry) | Myrrh, Sandalwood, Neroli, Rose, Cedarwood, Roman Cham., Palmarosa, Geranium, Lavender |
| Skin (Diaper Rash) | Lavender, Helichrysum, German Chamomile, Cypress |
| Skin (Eczema) | Lavender, German Chamomille, Myrrh, Blue Cypress, Geranium, Rosewood, Purify |
| Skin (Fungal) | Melaleuca, Lemongrass, Oregano, Niaouli, Lavender |
| Skin (Psoriasis) | Roman Chamomille, Melaleuca, Melrose, Patchouli, Helichrysum, Rose, German Cham, Lavender |
| Sprain | Idaho Balsam Fir, Frankincense, Helichrysum, Lemon Grass, Wintergreen, Basil, Pine, Spruce, Cypress, |
| Strep Throat | Combine: 1 drop Oregano, 2 drops Lemon in small glass and gargle every hour (very strong) |
| Stress | Lavender, Balance, Serenity, Roman Chamomile, Blue Tansy, Marjoram, Rose, Sandalwood, Frankincense |
| Tear Ducts Blocked | Lavender |
| Tendonitis | Marjoram, Lavender, Vetiver, Wintergreen, Deep Blue, Frankincense, Eucalyptus, Rosemary |
| Toothache (or Infected Gums/Mouth) | Clove, Melaleuca, Wintergreen, Helichrysum, Eucalyptus, Thyme, Oregano, On Guard, Deep Blue |
| Ulcer (Stomach) | Lemongrass, Digestzen, Lemon, Oregano Thyme |
| Varicose Veins | Helichrysum, Wintergreen, Cypress, Geranium, Clove, Peppermint, Lemon, Lavender |
| Warts | Cinnamon |
| Wounds/Scrapes /Cuts | Lavender, Melaleuca, Melrose, On Guard, Rosemary, Eucalyptus, Cypress, Wintergreen, Thyme, Oregano, German Chamomille, Mountain Savory, Peppermint |
| Wrinkles | Frankincense, Helichrysum, Cypress, Rose, Lavender, Patchouli, Sage, Geranium, Rosewood, Sandalwood |