

# My Fab Four Favorite Young Living Essential Oil Blends



## **Di Gize**

*Contains: Tarragon - Ginger - Peppermint - Juniper - Fennel - Lemongrass - Anise - Patchouli*  
Di Gize is great for indigestion and gas. It also can be used to remove chemicals from drinking water when you don't have access to filtered water. A very good oil to carry with you on the go. I apply to my stomach or ingest it.



## **Thieves**

*Contains: Clove - Lemon Cinnamon Bark - Eucalyptus radiate - Rosemary*  
Thieves sanitizes your hands and the air. Diffuse it at the first sign of a cold or respiratory challenge. Other uses: sore throat, infected teeth, make your own healthy cleaning products. Thieves is hostile to bacteria, virus and fungus.



## **Purification**

*Contains: Citronella - Lemongrass-Rosemary - Melaleuca Alternifolia - Lavandin - Myrtle*  
People who attract mosquitoes are so very pleased with this oil. Those who swell up immediately will be very pleased when using this blend. I have seen it take large welts down very quickly and stop the itching. Works on sore throats, blisters and boosts immune system. Also can draw out infections.



## **RC**

*Contains: Eucalyptus globulus-Myrtus Communis-Pine Leaf-Marjoram Leaf-Eucalyptus radiata-Eucalyptus citriodora-Lavender-Cypress-Black Spruce-Peppermint.*  
RC works wonders for those with respiratory challenges. My family members say they experience immediate relief from the onset of a cold or bronchitis and are never without a bottle of RC.

Young Living owns their farms and run a very tight supply chain. There are many many compounds in essential oils. EO are the very essence of the plant/living substance from which it comes. Young Living either steam distills or uses cold pressing to extract therapeutic-grade essential oils, free from solvents or adulterated means. The oils each have a frequency, and this frequency is preserved with the highest integrity.

The three models of using essential oils therapeutically come from the French, German, and English traditions. In many cases, all three are combined for best results, such as **Vita Flex**, and **Raindrop Technique**.

**The French model** recommends the ingestion and neat (undiluted) topical application of therapeutic essential oils. Drops are often added to a honey, a piece of bread, or a small amount of vegetable oil and put into a capsule.

**The German tradition** focuses on inhalation which has dramatic effects on the brain, increasing oxygenation and brain activity.

**The English tradition** focuses on diluting a small amount of essential oils in a vegetable oil and applying to muscles and tendons of the body for stress management and calming effects.

# My Fab Four Favorite Young Living Single Oils



## Eucalyptus Globulus

I put a drop in steaming water and inhale when my sinuses are plugged. Also put a drop on my chest often to avoid congestion. Good for sore muscles. I love the smell. This is the strongest eucalyptus. For children, elderly and pets, use Eucalyptus Radiata.



## Lavender

Provides a hostile environment for fungus, bacteria and virus. I have used it for sunburn, toe fungus, and to mix with other oils as a muscle relaxant. It also relaxes the mind and has a calming effect.



## Wintergreen

Wintergreen is my go-to oil. It is high in salicylates; very similar to aspirin, but it doesn't go through the stomach. I use it for arthritic-type pain and muscle soreness. It is hostile to inflammation. I find it very helpful for geriatric dogs. They almost always have a release when I use it on them. I put up to 5 drops on a large dog, and 2-3 drops on a small dog - along their spine.



## Peppermint

This amplifies those oils used before it. By itself, I have a friend who has reduced her need for allergy meds by 80%. I have seen my sister-in-law's congestion clear up overnight. Good for nerve pain and chronic headaches. Put a few drops on at night if you're having a hot flash - works great for that. Put a drop in water and sip on a hot day. Put a drop or two on your dog if he is a little overheated from the Houston summer.

If you accidentally get oil in your eyes, do NOT flush with water. Use a vegetable oil or whole milk, something fatty, to decelerate the absorption. The reason oils may feel warm, stinging or hot is because the molecules are minute, and they absorb quickly. If you slow down the absorption by applying a substance with larger fatty molecules, the stinging goes away.

If you become a wholesale member can get you enjoy 24% off retail price! You also gain the option of sharing the oils with your friends and family in order to earn commissions and participate in promotions for free oils.

You do NOT have to order monthly in order to benefit from being a wholesale member.

The optional autoship program for WS members gives you the opportunity to earn points toward other products.

As a WS member, you are not obligated to sell the oils. There is no monthly order requirement. You can order whenever you and your family need to order. You are not required to have a business. 93% of Young Living members only use the oils for their own personal use and do not sell anything.

Becoming a wholesale member is still most beneficial for your family and your pocket book whether you have a business or not.

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Mary is a Certified Raindrop Technique Specialist, Reiki Master/Teacher and Licensed Spiritual Healer.

[www.ReikiSounds.net](http://www.ReikiSounds.net) – [www.Heartfelt-Harp.net](http://www.Heartfelt-Harp.net)

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