

A collection of aromatic ingredients including cinnamon sticks, coffee beans, and chocolate pieces, with a small amber glass bottle of essential oil in the foreground. The bottle has a white cap and is positioned centrally. The background is a warm, textured surface with various spices and a purple cup partially visible on the right.

ESSENTIAL FACTS
ABOUT
ESSENTIAL OILS

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WELCOME TO THE OIL REVOLUTION

DEAR FRIEND,

Welcome! I am so excited to share something with you, that will have magnificent effects on your health. This is all about essential oils.

Essential oils are created from plants, stems, and botanicals. They are used in many ways and have many benefits, all of which we will talk about in this program.

Let's get started!

THREE WAYS TO UTILIZE ESSENTIAL OILS

Essential oils can be diffused, applied topically and ingested.

DIFFUSING OILS

Aromatherapy has been utilized for thousands of years to help support the body. When you inhale essential oils, your brain experiences a chemical reaction that has a positive effect on your entire nervous system.

APPLYING OILS TOPICALLY

When you apply essential oils to your skin, they have an immediate positive effect on your nervous system. You can apply oils topically with carrier oil. Great base carrier oils are almond oil avocado oil, grape seed oil and evening primrose oil.

The best place to apply your oils is any area of your body where the skin is thinnest such as the wrist, the nape of your neck, under your armpits, under your breastbone, behind your ears and the bottom of your feet. The first time you use the oils you may want to mix them 50/50 with a carrier oil such as fragmented coconut oil, olive oil or almond oil.

INGESTING OILS

Essential oils can be used in cooking, or added to a smoothie, green juice or any delicious recipe you desire. You can also add to lemon water (lemon oil is great for this). Essential oils can be taken in a capsule as well. Before ingesting oils, it is best that the oils are certified pure therapeutic grade, and free from all toxins.

FAVORITE ESSENTIAL OILS AND BEST USES

My health philosophy is based on bio-individuality, the concept that no one diet works for everyone. As you learn about essential oils, you will see what oils are right for you and your life, though I will suggest some of my own preferences. There are many oils I consider my “go-tos” and these are some of my favorites. I love having essential oils in my home because there are so many uses for them. All of the following oils support a healthy immune system.

SOME OF MY FAVORITES ARE:

LEMON essential oil because it:

- Cleanses and purifies the air and surfaces
- Naturally cleanses the body and aids in digestion
- Supports healthy respiratory function
- Promotes a positive mood and cognitive ability
- Helps ward off free radicals, environmental toxins, with its antioxidant benefits
- Soothes an irritated throat

LAVENDER essential oil because it:

- Is widely used for its calming and relaxing qualities
- Soothes occasional skin irritations
- Helps skin recover quickly
- Eases muscle tension

PEPPERMINT essential oil because it:

- Promotes healthy respiratory function and clear breathing
- Alleviates occasional stomach upset
- Frequently used in toothpaste and chewing gum for oral health

THIEVES, a protective blend oil, because it:

- Supports healthy immune function
- Protects against environmental threats
- Cleans surfaces
- Purifies the skin while promoting healthy circulation
- Energizing, uplifting aroma

15 USES FOR OREGANO

- **IMMUNE SYSTEM BOOST:** Consume several drops in a veggie capsule for periodic immune support.
- **KEEP CALM AND OREGANO ON:** Concerned about the sanitary conditions of a public place you or the kids have just walked on with bare feet? Your feet absorb more than you think. Follow up by applying one drop of Oregano and Thyme, diluted with 6-7 drops of fractionated coconut oil. Happy feet.
- **SAVOR THE FLAVOR.** Put a drop of oregano essential oil in your spaghetti sauce, pizza sauce, on a roast, or any other entrée for delicious flavor. Because oregano is so strong, you may want to put the drop first on a spoon and then use a toothpick to slowly add oil to the recipe.
- **THE BEST DEFENSE IS A GOOD OFFENSE:** To help keep your home clean, mix three drops of oregano with water in a spray bottle and spray it in corners of the shower, sink and other damp and darkened areas.
- **LITTLE ITALY AT HOME.** Put a drop of oregano and a drop of basil in your veggie dip! Or, mix them both with olive oil and balsamic vinegar for a savory bread dip!
- **BRING ON SANDAL SEASON:** Apply one drop of oregano to six drops of fractionated coconut oil to soften cuticles and rough spots that many be encroaching on your toenail real estate. Oregano keeps impurities out!
- **WARMING WONDER:** Dilute just one drop in several drops of fractionated coconut oil and massage quickly into hands and feet to help warm the body.

- **CHASE AWAY BREATH BLOCKERS:** When it comes to effortless breathing, having oregano in your system (taken with a veggie capsule) can clear the respiratory gunk.
- **COMFORTABLE EXIT CRAMPS.** When your body's waste elimination systems are unhappy, it's uncomfortable. Cranberry juice is great, but oregano in your system can work to clear this out, clean it up and help you feel better.
- **ELIMINATE UNSIGHTLY SKIN WOES.** Your skin can have imperfections, bumps or feel irritated. The same properties that make oregano great for internal use are also effective as a topical ointment. Use sparingly!
- **TEA TIME BOOST.** On a cold winter day, oregano added to earthy, hot tea can do wonders to the body and soul!
- **FOODBORNE PROBLEMS BEWARE.** Oregano has properties that can counteract the effects of improper food handling practices, preparation or food storage. Combined with regular hand washing, oregano has been known to be effective in contributing to the healthiness of foods.
- **LESS IS MORE:** In nearly all applications, more oregano is not the answer. Oregano is one of the most potent essential oils—one drop is usually all you need. When used improperly, be sure to have fractionated coconut oil on hand to dilute its potency if needed. One drop of oregano to four drops of fractionated coconut oil.

15 USES FOR FRANKINCENSE

- **CALM DOWN:** Inhale lavender and peppermint and apply to neck to help calm stress and relieve tension.
- **NOURISH YOUR SKIN:** Use a drop of frankincense with three drops of carrier oil.
- **SPREAD THE LOVE:** Frankincense smells wonderful and uplifts the mood. Wear it as a perfume to lift your mood and feelings of alertness.
- **SOOTHE OVERWORKED HANDS:** Rub frankincense on your hands after a long day of gardening or working to promote a normal inflammatory response.
- **BOOST YOUR FOCUS:** Apply one to two drops to your temples and the back of your neck to help improve your concentration.
- **TOUGHEN UP YOUR NAILS:** Dry weather can take a toll on your nails. Try applying a drop of frankincense to strengthen weak fingernails.
- **GOODNESS IN A CUP:** Dilute a drop of frankincense in one teaspoon of honey in a small herbal tea and take daily to maintain good health.
- **CALMING MOOD LIFTER:** Frankincense can be applied to the bottoms of the feet to relax and calm minor to major mood swings. In fact, it has been used to calm expectant mothers during pregnancy and labor. Diffuse in the room or massage a drop onto the chest or back of the neck.
- **CELLULAR VIGOR.** Frankincense promotes healthy cellular proliferation. So, take frankincense in a veggie capsule to support healthy cells in your body!

- **NO MORE NERVES:** Use frankincense to help relieve anxiety and create a positive mood! Try combining frankincense, peppermint and orange essential oil in your hand, rub hands together and inhale deeply. This mix will also help with the most severe need for a three o' clock pick-me-up!
- **BE YOUTHFUL:** Frankincense can help promote youthful, radiant looking skin and slow the signs of aging by reducing the appearance of skin imperfections. Dab with one drop of a carrier oil to trouble areas.
- **RELAX AND REVITALIZE:** Soak in a warm frankincense bath to calm the nerves or diffuse frankincense in the bathroom while you relax in the tub.
- **FRANK TO THE RESCUE:** Frankincense has been used for centuries for challenged skin, skin problems and nearly everything related to skin. It's wonderful for aging skin too! Apply directly to the skin and dab the excess with a cotton ball.
- **MUSCLE AND SORENESS RELIEF:** Use frankincense with a cold compress after working out or on a hot day to cool down and relax. Or, use a hot compress to soothe tired muscles or occasional cramps.
- **PERSONAL SAUNA:** After showering, add a few drops to a warm, wet washcloth for a final rinse. Enjoy the earthy smell as the steam creates your personal sauna.

15 USES FOR LAVENDER

- **RELAX AND REVITALIZE:** Drop a bit of lavender essential oil along with Epsom salts in your bath water for an ultra-relaxing experience.
- **HEAD-TO-TOE REST:** After a hard workout or a long day on your feet, rub lavender along with lemongrass on your legs and feet. It will help soothe sore muscles and fully rest.
- **TAKE THE ACID OUT OF VINEGAR:** Add four to five drops of lavender to your vinegar cleaning mixture for a more bearable scent.
- **QUICK FIX:** Mix three parts fractionated coconut oil with one part lavender essential oil in a small spray bottle or roll on to help clear up skin irritation associated with chafing. Great for little ones!
- **BRING ON THE ZZZ'S:** Rub on the bottoms of the feet for a more restful sleep.
- **ENJOY A FRESH, CLEAN MATTRESS:** Sprinkle a mixture of one cup baking soda and 10 drops of Lavender essential oil over your mattress. Allow the mixture to sit for at least one hour then use the vacuum hose to clean it up. You can combine with drops of eucalyptus, peppermint, clove, or rosemary as well.
- **BANISH BURNS:** The next time someone doesn't realize the iron or pan is still hot, apply lavender oil to the affected area to soothe skin irritation, relieve redness and ease swelling.
- **THE OATMEAL SECRET:** Fill a baby food jar with oatmeal, and add five to eight drops of lavender oil. When it's time to wash your face, add water, and it becomes an excellent natural scrub! A little goes a long way.

- **BETTER BEDTIMES:** A few drops of lavender placed on a pillow will help a restless toddler (or adult) fall asleep and stay asleep.
- **FLAVOR TWIST:** Lavender adds a unique and delicious flavor to marinades, custards, bread, cookies, icings, and even honey and syrup.
- **HOMEMADE AFTERSHAVE:** Use after shaving to soothe and soften skin, and lessen the redness and burn caused by razor burn.
- **TAKE THE “OUCH” OUT:** One drop of lavender will help relieve the pain and sensitivity of occasional sore gums, dry or chapped lips, occasional scrapes, and abrasions, or after too much sun.
- **CLEAR THE MIND:** Apply lavender to the temples and back of the neck to lessen the effects of stress and anxiety and to promote mental clarity.
- **CARE FOR BABY BELLY:** Rub lavender essential oil onto an itchy tummy while pregnant.
- **THERAPEUTIC DISH AND LAUNDRY SOAP:** If your liquid soap smells a bit flat, you can add lavender for additional aromatherapy benefits. It transforms your cleaning experience!

15 USES FOR LEMON

- **ERADICATE SMELLS:** The next time you have an international potpourri of food simultaneously brewing in your apartment complex at dinner time, be sure to diffuse lemon to neutralize odors.
- **GET RID OF STICKINESS:** Lemon essential oil is excellent for removing sticky tree sap, sticker residue and permanent marker. It even gets gum out of hair!
- **PUMP LIFE INTO WATER:** If you, unfortunately, don't have great water taste in your town, add lemon to that pitcher of water in the fridge. Add ice. Shake well. You will love the flavor!
- **A REMODELER'S FRIEND:** It is possible to have fresh paint on the walls and fresh smell in the air! Diffuse lemon essential oil while you repaint or remodel your home.
- **ROAD-TRIP RELIEF:** The next time you are going 'over the river and through the woods' on a family road trip (with family or pets), a little lemon on cotton balls (or other absorbent material), and spread over your air vents. It goes a long, long way to create a more pleasurable trip.
- **PERK UP:** First, diffuse lemon essential oil to brighten and energize your mood. Then, pamper yourself by mixing a few drops with melaleuca and fractionated coconut oil, and apply on tired, dry, cracked feet.
- **FLAVOR BOOST:** Add a drop of lemon essential oil any time you are cooking with lemon juice (salmon on the BBQ, lemon merengue pie, lemon zest) to give it a deeper, richer flavor. In soothing winter teas, you can simply add lemon essential oil to warm water, herbal tea and honey.
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- **A LEMONY BOOST OF ENERGY:** When you lack motivation or energy, try rubbing a drop of lemon on your hands, the back of your neck, or even through your hair. You'll be amazed at the power of the aroma!
- **SMELL LEMONS, NOT CHEMICALS:** Add a couple drops of lemon essential oil to your dishwater. Adding lemon will make it a better experience for you while taking advantage of its cleaning properties. Your glassware will be crystal clean.
- **SUPER STUDY POWERS:** Diffuse with peppermint in the classroom or during homework time to help the kids stay awake and focused.
- **AN ORIGINAL ALL-PURPOSE CLEANER:** Mix five to six drops lemon essential oil with water and vinegar in a spray bottle to cleanse and purify surfaces. Use to clean kitchen counters and stainless steel appliances. For stainless steel, mix lemon essential oil with olive oil for best results.
- **PRESERVE FRUIT:** Use lemon essential oil in a spray to keep your cut fruit fresh until serving.
- **REFRESH FOUL WASHCLOTHS:** When kitchen washcloths smell foul and could use a boost, add lemon oil to your detergent, soak overnight, wash and dry and your kitchen will smell so much better!
- **NOURISH LEATHER AND FURNITURE:** Preserve and prevent leather from splitting with a lemon-soaked cloth. Also, a few drops of lemon essential oil combined with a few drops of olive oil makes a great furniture polish.
- **'LEMONIZE' YOUR LAUNDRY:** Instead of dryer sheets, try adding a few drops to a damp washcloth in the dryer with the rest of your laundry. Be sure to set the dryer to a low temperature cycle, as high heat will lessen the effects of the oil.

15 USES FOR PEPPERMINT

- **SUPPORT HEALTHY BREATHING:** Dilute a drop of peppermint oil combined with fractionated coconut oil and place under your nose to open airways and help you breathe easily.
- **SOOTHE OVERWORKED FEET:** Add peppermint to a cold compress and cool down your overworked feet.
- **BREAK AWAY FROM HEAT:** Keep a spray bottle of water with a few drops of peppermint essential oil nearby, especially when you need to cool down!
- **FRESHEN BREATH:** Use a drop of peppermint with lemon in water for a healthy, refreshing mouth rinse. It freshens breath and builds confidence in your close encounters.
- **TAKE A DEEP BREATH:** Inhale deeply to invigorate lungs and increase alertness.
- **NO MORE STRESS:** Apply to neck and forehead with lavender to relieve tension and pressure.
- **A JOINT EFFORT:** Peppermint is a great way to cool joints without taking an ice bath. It helps to soothe occasional soreness in muscles and joints.
- **TUMMY CALMER:** Rub on the stomach or take internally for occasional digestive discomfort.
- **SHAKE IT UP:** Add a drop of peppermint to your chocolate shake for a yummy twist.

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- **ZERO TO SATIETY IN SECONDS:** Most people eat until they feel full. Diffusing peppermint will help reign in the urge to snack on junk food. It's a good way to control appetite and to feel full faster.
- **OUT ON THE OPEN ROAD:** Don't fall asleep at the wheel! Inhale peppermint from a handkerchief or straight from the bottle to perk up on long drives.
- **AWAKEN YOUR SENSES:** Before your next workout, apply a bit of peppermint to your chest or just take a deep breath straight from the open bottle. Then, after your workout, add to shampoo to stimulate your senses and help with scalp health.
- **DITCH EXHAUSTION:** Rather than grab a Snickers to revitalize you as you 'go the extra mile', deeply inhale peppermint to feel revitalized and ready to go.
- **UN-BLOCK WRITER'S BLOCK:** Peppermint can support blood circulation and leave you feeling rejuvenated to keep those creative juices flowing. Simply spritz peppermint on child's shirt before study time for improved concentration and alertness.
- **SAVOR THE COMBINATION:** Peppermint makes a delicious addition to all things chocolate. Add a drop into your chocolate beverages and baked goods. Yum!

15 USES FOR MELALEUCA (TEA TREE)

- **SAY GOODBYE TO RAZOR BURN:** Apply after shaving to prevent skin irritation. You can also mix melaleuca with a bottle of fractionated coconut oil for a great facial moisturizer. Consider also mixing with lavender or frankincense for added benefit.
- **ADD “OOMPH” TO YOUR LOTION:** Help soothe your skin by placing one drop of melaleuca essential oil in your moisturizer during your morning and night skin routine. You can also apply to skin blemishes and rashes as part of a daily cleansing program.
- **BATHROOM CLEANER:** Combine 10 drops of melaleuca with half a cup baking soda and one-fourth cup vinegar to clean the toilet.
- **REFRESH YOUR WASH:** Add a couple drops of melaleuca to laundry detergent to get rid of any musty smells caused by poor ventilation.
- **HOMEMADE BABY WIPES:** Cut a paper towel roll in half and place it in a storage container with two cups warm water, two tablespoons fractionated coconut oil and three drops each of melaleuca and lavender. When the liquid is absorbed, remove the cardboard roll and pull wipes from the center.
- **FOR WHEN SOAP WON'T DO IT:** Melaleuca is great for removing permanent marker from skin.
- **BABY BOTTOM REMEDY:** Mix with fractionated coconut oil, lavender and frankincense to make a diaper paste for baby's irritated skin.
- **TOO MUCH FUN IN THE SUN:** Apply to the skin during your family vacation or after a long day in the sun.

- **SLEEP FEELING CLEAN:** Spray melaleuca on your mattress pad when you change the sheets.
- **HANDY FOR HIKERS:** Take melaleuca essential oil in your pack next time you go the off the beaten trail. Melaleuca is a great cleansing agent for occasional scrapes and other skin irritations.
- **LEARN FROM THE PAST:** Historically, melaleuca oil was used as a cleanser for the face and to deal with periodic skin and toenail challenges.
- **BOOST IMMUNE FUNCTION:** Diffuse melaleuca or rub it on the bottom of your feet. Combine with On Guard for even more immune support.
- **CHEMICAL-FREE CLEANING:** Dilute eight or 10 drops with water in a spray bottle to clean around the house. It is great to use in damp places and the bathroom!
- **AN ATHLETE'S BEST FRIEND:** Apply directly to the feet and toenails after practice each night and especially if you are also showering, swimming, or exercising in public, high-traffic areas.
- **HEALTHY, HAPPY YOU:** Massage onto the bottoms of feet and the chest area to promote overall health, especially during the winter. For occasional skin irritations, apply melaleuca directly to the skin or dilute with a drop of fractionated coconut oil.

A-Z WAYS TO USE OILS FOR HEALTH

A

ABDOMINAL CRAMPS

Try: basil, clary sage

Usage: Take internally in a capsule or apply topically to abdomen.

ACHES

Try: marjoram, birch

Usage: Apply topically to affected area.

ACNE

Try: melaleuca, lemongrass, lavender

Usage: Apply topically to affected areas daily.

ALLERGIES

Try: lavender, eucalyptus

Usage: Apply topically to back of neck or under nose and on bridge of nose.

AMNESIA

Try: frankincense, peppermint and rosemary

Usage: Apply topically to forehead, temples and base of skull and behind the ears or take internally in a capsule or diffuse into the air and inhale.

ANEMIA

Try: lemon, lemongrass, and helichrysum

Usage: Apply to bottom of feet or insides of wrists.

ANXIETY

Try: lavender

Usage: Diffuse into the air and inhale or massage onto back, feet and hands.

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APPETITE SUPPRESSANT

Try: grapefruit

Usage: Add to water and drink or diffuse into the air and inhale.

ARTHRITIC PAIN

Try: frankincense and lavender or PanAway

Usage: Apply topically to affected area.

ASTHMA

Try: eucalyptus, peppermint

Usage: Diffuse into the air or apply to bottom of feet, or take internally in a capsule.

ATHEROSCLEROSIS

Try: lemon, lavender, rosemary

Usage: Apply topically to affected area.

ATHLETE'S FOOT

Try: oregano, melaleuca, lemon

Usage: Apply to area between toes and around toenails.

AUTISM

Try: vetiver, frankincense

Usage: Diffuse into the air and inhale.

B

BACK PAIN

Try: eucalyptus and wintergreen

Usage: Massage into back as needed.

BEE STING

Try: Roman chamomile, lavender, melaleuca

Usage: Apply topically to sting or bite several times daily until symptoms cease.

BELL'S PALSY

Try: peppermint, helichrysum, rosemary

Usage: Massage on front and behind ear and painful areas until symptoms subside.

BLEEDING

Try: helichrysum, geranium

Usage: Apply topically to affected area.

BLEEDING GUMS

Try: cinnamon, peppermint, wintergreen

Usage: Gargle several times daily or apply topically to gums several times daily.

BLISTERS ON FEET

Try: lavender, Roman chamomile, German chamomile

Usage: Apply topically to blistered area.

BLOATING

Try: peppermint, clary sage

Usage: Apply topically to stomach area and to bottoms of feet or take internally in a capsule.

BLOOD CLOT IN VEINS

Try: cypress, helichrysum, clove

Usage: Apply topically to affected area and bottoms of feet or take internally in a capsule.

BOILS

Try: clove, thyme, oregano

Usage: Apply topically to affected area.

BONE PAIN

Try: wintergreen, helichrysum, cypress

Usage: Apply topically to affected area.

BONE SPURS

Try: wintergreen, cypress, marjoram

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Usage: Apply topically over affected area.

BRONCHITIS

Try: eucalyptus, thyme

Usage: Apply topically to chest and neck area, gargle hourly or diffuse.

BRUISES

Try: cypress, helichrysum,

Usage: Apply topically to bruised area.

BUNIONS

Try: basil, cypress

Usage: Apply to affected area or joint.

BURNS

Try: lavender, melaleuca, geranium

Usage: Apply gently to affected area.

C

CALLOUSES

Try: oregano

Usage: Apply topically to affected area.

CANDIDA

Try: melaleuca, peppermint

Usage: Apply topically to chest and on bottom of feet or take internally in a capsule several times daily.

CANKER SORES

Try: melaleuca, oregano

Usage: Apply directly to canker sore or gargle.

CATARACTS

Try: clover, lavender

Usage: Take internally in a capsule or apply topically to temples.

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CAVITIES

Try: melaleuca, peppermint

Usage: Apply topically to bottoms of feet or take internally in a capsule.

CELLULITE

Try: rosemary, grapefruit, lemon

Usage: Massage vigorously on cellulite locations daily, especially before exercising or add to water and drink throughout the day.

CHAPPED SKIN

Try: Roman chamomile, sandalwood, lavender

Usage: Apply topically to affected area as often as needed.

CHICKEN POX

Try: lavender, melaleuca, sandalwood

Usage: Dilute with carrier oil and dab lightly on spots.

CHRONIC FATIGUE

Try: peppermint, basil

Usage: Take internally in a capsule or apply topically to muscles and joints.

CHRONIC PAIN

Try: peppermint, wintergreen

Usage: Massage into affected area as needed or take internally in a capsule.

CLOGGED PORES

Try: lemon, orange, melaleuca

Usage: Apply topically to affected area.

COLD

Try: thyme, melaleuca, Thieves, RC

Usage: Diffuse into the air and inhale or gargle or take internally in a capsule.

COLD SORES

Try: lemon, melaleuca

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Usage: Apply to cold sores as soon as it starts and repeat several times daily.

COLIC

Try: marjoram, ylang ylang, bergamot

Usage: Dilute with a carrier oil and apply topically to stomach and back.

COLITIS

Try: peppermint, helichrysum

Usage: Massage over lower abdomen area or take internally in a capsule.

CONCUSSION

Try: frankincense, cypress

Usage: Take internally in a capsule.

CONGESTION

Try: eucalyptus, frankincense, peppermint

Usage: Diffuse or gargle, massage onto forehead, nose, cheeks, lower throat, chest and upper back.

CONJUNCTIVITIS

Try: melaleuca, lavender

Usage: Apply around (but NOT in) the eyes or apply to bottoms of feet several times daily.

CONSTIPATION

Try: marjoram, lemon

Usage: Take internally in a capsule or apply topically to stomach or feet.

CONVULSIONS

Try: lavender, clary sage

Usage: Apply topically to corn several times daily.

CORNS

Try: lemon, grapefruit, oregano

Usage: Massage into neck and chest or gargle or diffuse into the air and inhale.

COUGH

Try: lemon, melaleuca, RC

Usage: Massage into neck and chest or gargle or diffuse into the air and inhale.

CRAMPS

Try: rosemary, cypress, marjoram

Usage: Massage on cramped muscles several times daily or take internally in a capsule.

CROUP

Try: marjoram, thyme, sandalwood

Usage: Diffuse into the air and inhale or apply topically to chest and neck.

CUTS

Try: lavender, melaleuca, bergamot

Usage: Dilute with carrier oil and apply to affected area.

CYST

Try: oregano, thyme

Usage: Apply topically to affected area as needed.

CYSTITIS

Try: thyme, lemongrass, clove

Usage: Take internally in a capsule or apply a warm compress over bladder.

D

DANDRUFF

Try: cypress, lavender, rosemary

Usage: Dilute and massage into scalp. Rinse after 60-90 minutes.

DEHYDRATED SKIN

Try: geranium, lavender

Usage: Apply topically to affected area.

DENTAL INFECTION

Try: wintergreen, birch, helichrysum

Usage: Apply on gums and around teeth.

DEPRESSION

Try: lavender

Usage: Add to a warm bath or diffuse into the air and inhale.

DIABETES

Try: coriander, basil

Usage: Take a couple drops of coriander internally in a capsule morning and evening and apply a couple drops of Balance topically to feet in the evening.

DIABETIC SORES

Try: lavender

Usage: Apply topically to back, feet and over pancreas or diffuse into the air and inhale.

DIARRHEA

Try: peppermint, ginger

Usage: Dilute and apply topically to affected area several times daily.

DIZZINESS

Try: cypress, peppermint, basil

Usage: Diffuse into the air and inhale as needed or apply topically to temples, back of neck and shoulders.

DRY SKIN

Try: geranium, chamomile, lemon

Usage: Apply topically to affected area.

E

EAR INFECTION

Try: melaleuca, lavender

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Usage: Apply to cotton ball and place over ear.

ECZEMA

Try: helichrysum, thyme, geranium

Usage: Apply topically to affected area as needed.

EPILEPSY

Try: frankincense, clary sage, sandalwood

Usage: Diffuse into the air and inhale or take internally in a capsule or massage.

EXHAUSTION

Try: lavender, ylang ylang, lemon

Usage: Diffuse into the air and inhale or apply topically to back and feet.

F

FAINTING

Try: peppermint, sandalwood, rosemary

Usage: Inhale directly.

FATIGUE

Try: lemongrass, basil, lemon

Usage: Inhale directly or diffuse into the air and inhale or apply topically on temples and behind ears as needed.

FEVER

Try: peppermint, lavender, eucalyptus

Usage: Apply to forehead, temples and back of neck or take internally in a capsule or diffuse into the air and inhale.

FLATULENCE

Try: peppermint, lavender, ginger

Usage: Take internally in a capsule or apply topically to abdomen.

FLU

Try: oregano, Thieves, ImmunPower

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Usage: Take internally in a capsule or diffuse into the air and inhale or apply topically to chest.

FOOD POISONING

Try: rosemary

Usage: Take internally in a capsule several times daily and apply topically to stomach area.

G

GASTRITIS

Try: peppermint, lemongrass, DiGize

Usage: Take internally in a capsule or apply topically over stomach area as needed.

GINGIVITIS

Try: clove, melaleuca, peppermint

Usage: Gargle many times daily or as needed.

GUM DISEASE

Try: melaleuca

Usage: Apply topically to bottoms of feet.

H

HAIR LOSS

Try: thyme, rosemary, lavender

Usage: Dilute five drops in 20 drops of a carrier oil and massage into scalp each night.

HANGOVER

Try: lavender, peppermint, rosemary

Usage: Add to warm bath or apply on neck and over liver.

HEAD LICE

Try: geranium, lavender, lemon

Usage: Dilute and apply to entire scalp, then shampoo and rinse 30 minutes later. Repeat daily for several days.

HEADACHE

Try: peppermint, lavender, wintergreen

Usage: Diffuse into the air and apply topically to forehead, temples, back of neck and behind ears.

HEARTBURN

Try: peppermint, ginger, lemon

Usage: Take internally in a capsule or apply topically to chest.

HEATSTROKE

Try: peppermint, lavender

Usage: Apply topically to forehead and back of neck, chest and back.

HICCUPS

Try: chamomile, lemon, cypress

Usage: Diffuse into the air and inhale or massage into chest and stomach area.

HIGH BLOOD PRESSURE

Try: lavender, marjoram, eucalyptus

Usage: Do a full body massage daily or diffuse into the air and inhale or take internally in a capsule.

HOT FLASHES

Try: peppermint, clary sage

Usage: Diffuse into the air and inhale or apply topically to back of neck.

HYPERACTIVITY

Try: lavender, vetiver, serenity

Usage: Diffuse into the air and inhale or inhale directly.



IMPOTENCE

Try: ylang ylang, clary sage, sandalwood

Usage: Diffuse into the air and inhale or apply topically to temples, wrists and back of neck.

INDIGESTION

Try: ginger, orange, peppermint

Usage: Take internally in a capsule or apply topically over stomach area.

INFECTION

Try: clove, thyme, oregano

Usage: Dilute with carrier oil and apply to infected area or diffuse.

INFLAMMATION

Try: wintergreen, peppermint, eucalyptus

Usage: Apply topically to affected area or take internally in a capsule.

INSECT ALLERGIES

Try: lavender, eucalyptus, melaleuca

Usage: Apply topically to affected area.

INSECT REPELLENT

Try: eucalyptus, lemon

Usage: Dilute with carrier oil and apply to exposed skin as needed.

INSOMNIA

Try: serenity, lavender, chamomile

Usage: Add to a warm bath, rub on feet and behind ears, and diffuse into the air.

ITCHING

Try: peppermint, oregano, lavender

Usage: Apply topically to affected area as needed.

J

JET LAG

Try: peppermint, bergamot, rosemary

Usage: Apply calming oils like lavender and geranium to bottoms of feet at night and invigorating oils like peppermint and eucalyptus in the morning.

JOINT PAIN

Try: wintergreen, birch, PanAway, Deep Relief

Usage: Massage into affected area as needed.

L

LACTOSE INTOLERANCE

Try: lemongrass

Usage: Take internally in a capsule.

LEG CRAMPS

Try: clary sage, cypress, lavender

Usage: Massage into legs.

LICE

Try: eucalyptus, rosemary

Usage: Massage into the scalp and apply topically to bottoms of feet several times daily.

LOSS OF APPETITE

Try: ginger, wild orange, lavender

Usage: Diffuse into the air and inhale or take internally in a capsule.

M

MEASLES

Try: lavender, Roman chamomile, melaleuca

Usage: Apply on spots several times daily or add to bath and soak for at least 30 minutes daily.

MENOPAUSE

Try: clary sage, frankincense, Roman chamomile

Usage: Apply topically to abdomen, bottoms or feet, and back of neck.

MENSTRUAL PAIN

Try: clary sage, rosemary, peppermint

Usage: Massage into abdomen, lower back and shoulders, or apply a warm compress over uterus area or take internally in a capsule.

MIGRAINE

Try: helichrysum, sandalwood, M-Grain

Usage: Apply topically to forehead, temples, base of skull and behind the ears, or inhale directly as needed.

MOLD

Try: cinnamon, oregano, thyme

Usage: Diffuse into the air where mold is present.

MORNING SICKNESS

Try: ginger, lavender, peppermint

Usage: Apply topically behind ears and over navel hourly, or diffuse into the air and inhale.

MOTION SICKNESS

Try: ginger, lavender, peppermint

Usage: Apply topically behind the ears and over navel or diffuse into the air and inhale.

MUSCLE PAIN

Try: peppermint, clove, PanAway, Deep Relief

Usage: Apply topically to affected muscles.

N

NAUSEA

Try: ginger, lavender,

Usage: Apply topically behind ears and over navel hourly, or diffuse into the air and inhale or under tongue as needed.

NECK PAIN

Try: basil, marjoram, helichrysum

Usage: Massage onto neck several times daily.

NERVOUS FATIGUE

Try: helichrysum, thyme, peppermint

Usage: Diffuse into the air and inhale or apply topically to temples, behind ears and on back of neck.

NOSE BLEEDS

Try: helichrysum, geranium, lavender

Usage: Apply topically to the bridge and sides of nose and back of neck as needed.

O

OILY HAIR

Try: basil, cypress, thyme

Usage: Add to shampoo when washing hair.

P

PAIN

Try: peppermint, wintergreen, birch
Usage: Massage into affected area.

PALPITATIONS

Try: ylang ylang, orange, lavender
Usage: Apply topically on chest area.

PARASITES

Try: oregano, peppermint, ginger
Usage: Take internally in a capsule or apply warm compress over intestinal area.

R

RASHES

Try: lavender, Roman chamomile, sandalwood, peppermint
Usage: Dilute with carrier oil and apply topically to affected area.

S

SCARRING

Try: helichrysum, lavender, frankincense
Usage: Apply topically over wound daily until healed.

SHINGLES

Try: melaleuca, oregano, sandalwood
Usage: Apply topically to affected area, on back of neck and along the spine.

SHOCK

Try: helichrysum, peppermint, melaleuca
Usage: Diffuse into the air and inhale or apply topically on temples, under nose and on back of neck.

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SINUS CONGESTION

Try: sandalwood, thyme, eucalyptus, RC

Usage: Diffuse into the air and inhale several times daily.

SINUS HEADACHE

Try: rosemary, melaleuca, eucalyptus, RC

Usage: Diffuse into the air and inhale several times daily.

SORE THROAT

Try: lemon, melaleuca, Thieves

Usage: Gargle or diffuse into the air and inhale or apply topically to throat, chest, and back of neck several times daily.

SPRAINS

Try: wintergreen, lemongrass, basil

Usage: Apply topically to affected area.

STOMACHACHE

Try: peppermint, Di-Gize

Usage: Apply topically to stomach area.

STREP THROAT

Try: oregano, thyme

Usage: Diffuse into the air and inhale or gargle, or take internally in a capsule several times daily.

STRESS

Try: grapefruit, bergamot

Usage: Diffuse into the air and massage shoulders, back and feet.

STRETCH MARKS

Try: cypress, geranium, lavender

Usage: Apply topically to affected areas a couple times daily.

STROKE

Try: helichrysum, cypress, peppermint

Usage: Apply topically on temples, forehead, behind ears and on back of neck, or take internally in a capsule

SUNBURN

Try: lavender, melaleuca, helichrysum

Usage: Apply gently to affected area.

T

TEETHING PAIN

Try: clove, wintergreen, Roman chamomile

Usage: Apply topically to affected tooth and gum or gargle several times daily.

TENNIS ELBOW

Try: eucalyptus, peppermint

Usage: Apply topically to affected area as needed.

TENSION HEADACHE

Try: peppermint, lavender, marjoram

Usage: Apply topically to forehead, temples, back of neck and behind ears.

TOOTHACHE

Try: clove, melaleuca

Usage: Apply to gums or add to water to gargle and swallow.

V

VARICOSE VEINS

Try: cypress, helichrysum, lemongrass

Usage: Massage into affected area several times daily.

VERTIGO

Try: ginger, helichrysum, geranium

Usage: Massage on tops of ears and behind ears.

VOMITING

Try: ginger, peppermint

Usage: Diffuse into the air and inhale, or apply topically to stomach area.

W

WARTS

Try: oregano, melaleuca

Usage: Apply topically to wart several times daily.

WASP STING

Try: lavender

Usage: Apply topically to sting.

WHIPLASH

Try: lemongrass, marjoram

Usage: Apply topically to neck, shoulders and back.

WORMS

Try: lavender, rosemary

Usage: Apply topically to stomach area and on the bottoms of feet.

WOUNDS

Try: lavender, melaleuca, rosemary

Usage: Dilute and apply to affected area several times daily.

WRINKLES

Try: frankincense, helichrysum, geranium

Usage: Dilute with carrier oil and apply topically to affected areas.

BOOSTING HEALTH WITH ANTIOXIDANTS RICH ESSENTIAL OILS

Did you know you can boost your antioxidants with essential oils? The ORAC levels in the essential oils are amazing.

What is an ORAC level? And ORAC level is an Essential Oils Antioxidant Capacity.

Dr. Weil states, "ORAC stands for oxygen radical absorbance capacity, a measure of the ability of a food or any other substance to quench oxygen free radicals in a test tube. Free radicals are unstable atoms or molecules generated in the course of normal metabolism that can strip electrons from other molecules, causing chain reactions of oxidative damage. Cumulative damage of this sort probably accounts for many of the degenerative changes of aging and for a lot of age-related disease."

HERE ARE ORAC LEVELS FOR SOME OF THE MORE WELL-KNOWN ESSENTIAL OILS:

Clove	10,786,875
Cinnamon bark	103,448
Thyme	159,590
Oregano	153,007
Mountain Savory	113,071
Eucalyptus globulus	24,157
Orange	18,898
Lemongrass	17,765
Helichrysum	17,430
Ravensara	8,927
Lemon	6,125
Spearmint	5,398
Lavender	3,669
Rosemary	3,309

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Juniper	2,517
Roman Chamomile	2,446
Sandalwood	1,655

HERE ARE ORAC LEVELS FOR SOME OF MY FAVORITE FOODS:

GOJI Berry/Wolfberry	25,300
Blueberries	2,400
Kale	1,770
Strawberries	1,540
Spinach	1,260
Raspberries	1,220
Brussels sprouts	980
Plums	949
Broccoli florets	890
Oranges	750
Red grapes	739
Red bell peppers	710
Cherries	670
Yellow corn	400
Eggplant	390
Carrots	210

ANTIOXIDANT RATINGS:

Vitamin C	100
Vitamin E	100
Carrots	210
Oranges	750
Beets	840
Tahitian NONI	1,506
Raspberries	1,220
Strawberries	1,540
Blueberries	2,400
Pomegranates	3,000
Wolfberries	25,300
Thyme Oil	159,590
Clove Oil	10,786,875

Reference: "The Essential Oils Desk Reference" page 415

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SIMPLE WAYS TO SUPPORT HEALTHY DETOXIFICATION WITH ESSENTIAL OILS

1. Add citrus oil such as lemon, lime, grapefruit or orange to your morning lemon water. Did you know one drop of lemon essential oil equals one teaspoon lemon juice?
2. You can use essential oils in your Epsom salt baths. Adding lavender, eucalyptus, peppermint, or lemon oil to your bath makes it even more relaxing and luxurious. You can even add a few drops of grapefruit oil.
3. Each season your immune system needs extra protection, try diffusing the following oils in your home: lemon, grapefruit, orange, Purification Blend, or the Thieves Blend. I have a diffuser in most of the rooms of my home.
4. You should also make your own face cream. The joy of making your own face cream is amazing, especially when you are detoxing because there is a tendency to get dry skin. I love to add myrrh, frankincense and lavender. You can add any essential oil to your face cream or mix with shea butter, or buy face creams made with essential oils. Just ask me which ones I use.

Here is my favorite dry skin solution.

DRY SKIN MOISTURIZER

- 2 ounces organic unscented lotion
- 10 drops frankincense essential oil
- 10 drops lavender essential oil
- 2 drops myrrh oil

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5. Sprays can easily be made and kept in dark colored glass bottles or BPA-free spray bottles as long as there is not citrus in the blend.
6. Steam inhalation is a wonderful way to create your own diffuser and breathe in the essential oils. I use this method when I feel congested or when I'm clearing out my chest.

All you need is a towel, a pan, water and the essential oil of choice. Boil water and then put the water into a glass bowl. Add a few drops of essential oil and then cover your head with a towel. Breathe in the essential oils for 15 minutes. Breathe in the vapors but be careful not to get your face too close to the water.

Remember have fun with essential oils during and after this program.

COOKING WITH ESSENTIAL OILS

If you are comfortable ingesting oils, then I have so much to introduce you to.

Essential oils are more powerful than dried herbs or plants. Dried herbs can lose up to 90% of their supportive qualities in that process while essential oils maintain the nutrients in the oil.

In one teaspoon, there are 60 drops of essential oil. Remember how many lemons it would take for one teaspoon versus using essential oil or one drop of peppermint for a cup of peppermint tea? Powerful and awesome, right?

The easiest way to start cooking with oils is to replace any dried herbs with essential oils. It only takes two-three drops when cooking and one drop in a smoothie or juice. I have found one drop goes a long way when I make protein balls or kale chips or even healthy vegan ice cream in my Vitamix.

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Remember one drop of peppermint equals 28 cups of peppermint tea, so imagine the aromatic smell and taste of the food you consume or the smoothies you make with essential oils.

If you desire to consume essential oils, please consult your doctor or work with a certified aromatherapist or certified oil specialist to discuss oils and make sure they are therapeutic and pure.

Note: I have been told you should dilute your oils before cooking. The best way to do this would be to add one drop of essential oil into one teaspoon of honey, olive oil, grapeseed oil or any cooking oil, and then cook. If you are adding to a smoothie, add the essential oil to your dairy-free milk or coconut oil before adding to your smoothie and then blend.

Make sure you are drinking all citrus oils in a glass container such as a mason jar. You should also use glass mason jars to store your foods, dressings or smoothies. You cannot use citrus oil and plastic.

HERE ARE SOME COMMON GUIDELINES WHEN YOU ARE EXCHANGING YOUR HERBS FOR ESSENTIAL OILS:

CITRUS ZEST OR JUICE MEASUREMENT GUIDELINES

When switching out dried herbs for essential oils and the recipes call for zest from one lemon or orange, you can use 8 to 14 drops of its companion essential oil. Example: Zest of one lemon, orange or tangerine = 8 to 14 drops of its companion essential oil. This same example applies to lime or grapefruit saw well.

SPICES / ESSENTIAL OIL MEASUREMENT GUIDELINES

I have found 1 tablespoon of dried herbs equals ½ to 1 drop of essential oil. Examples of these spices include: marjoram, oregano, sage, rosemary, thyme, or coriander.

FAVORITE WAYS TO ADD OILS TO FOOD AND DRINK

JUICE: I like to add a drop of lemon, lime, grapefruit or cilantro to my green juices. Not only does this freshen the taste but also the benefits of essential oils are outstanding.

SMOOTHIES: I love to add peppermint, cinnamon, lemon, lime, basil, or wild orange to my favorite smoothie.

INFUSED WATERS: Add cinnamon to your water with apple slices or cucumber and a drop of lemon or a drop of Slim and Sassy with grapefruit slices.

POST WORKOUT: I love adding a drop of wild orange and peppermint to my coconut water after a good workout, run or a long sauna.

DIPS AND SNACK: Add three drops of basil or cilantro to the Detox Pesto. You can still keep the recipe the same as detailed in the Recipe Guide or insert drinks.

Now do you feel empowered? Of course you do.

It has been my pleasure and honor to support you. If you would like to purchase essential oils or would like to book a consultation with me, contact me at: info@wholefitnutrition.com. To learn more about the Young Living brand of Essential Oils you can visit <http://bit.ly/1O0KIBx>

Yours In Good Health,

Debbie

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