

This issue: Winter Bugs

The common cold is not as simple as its name implies, as there are hundreds of different types of viruses that can cause this infection. Each one may have slightly different symptoms. Flu, like colds, are also viral infections of the upper respiratory tract but have more severe symptoms.

Colds and Flu Prevention Protocol:

1. **Wash** your hands often with **OnGuard** Foaming Handwash, especially after coughing, sneezing or wiping your nose.
2. **Cover** your nose and mouth with a tissue when you cough or sneeze. Discard the tissue immediately.
3. **Diffuse oils** with your diffuser often in your home. What oils? **OnGuard** for sure. It was developed to boost our immune systems, and guard us against pathogens.
4. **Rub oils** into your (and your family's) feet. Use **OnGuard** every night before bed time and every morning before putting on shoes for the day. This can be a great bonding experience for you and your children, and it will bolster all immune systems!
5. **Mist** your family's bed sheets with a mist of essential oils before bedtime. 10 drops of **OnGuard** or another essential oil (e.g. lavender) with a ¼ cup of water in a spray bottle – shake well.
6. **Avoid** contact with those who are sick.
7. **Drink** water with dōTERRA lemon oil. Put one drop of oil in every 250ml of water you and your family drink. Over time this will greatly strengthen the immune system.
8. **Clean** your home using essential oils. Purify, **OnGuard** or lemon oil in a spray bottle used for cleaning will assure pathogen free surfaces.
9. **Be aware** and recognise symptoms, if they strike you or a family member. Immediately begin the Symptoms Protocol with essential oils and see a professional, if your symptoms worsen.
10. **De-stress** your home environment. Kind words and positive thoughts will make your home a place of safety and refuge. Have your home be a house of gratitude and love. These are all things we can do that will create a synergy of protection for our homes and families.
11. **Lifelong Vitality supplements** boost the immune system – take your daily dose.
12. **Sleep and rest** – ensure you have a good night of restorative sleep. Use lavender, cedarwood or serenity to get some peace!!

where indicated. See Product Guide or website for full list.

Welcome!

This guide is part of a series of short, informative and practical guides to using dōTERRA therapeutic grade essential oils. These oils work in natural harmony with your body. dōTERRA provide us with a new and powerful wellness alternative. We need to remember that our body's main aim is to keep us healthy! In these days of chemical overload, which our bodies are constantly exposed to, things can often get a little confused and our immune systems need a natural helping hand.

dōTERRA Essential Oils

Antiviral: frankincense, melaleuca, oregano*, OnGuard (remember the virus can be any one of hundreds).

2 to 4 drops applied to the feet, chest or throat or internally by gargling or in a capsule. Remember oils taken internally have to pass through the intestinal walls and the liver before getting into the blood stream, whereas topically applied oils are delivered into the bloodstream within seconds. For internal use with children consider a spoonful of honey with one or two drops of the chosen oil.

*use with Fractionated Coconut Oil only; only apply to feet

Fever: eucalyptus, peppermint applied to forehead, chest, or feet.

Nasal congestion: Breathe, lavender, peppermint inhaled via a diffuser or the simple cup and inhale technique. Place a couple drops of oil on the hands, rub together and cup hands over the nose and breathing deeply.

Cough and chest congestion: cypress, eucalyptus, melaleuca, or peppermint to the chest back.

FEATURED OIL BLEND - OnGuard

OnGuard is dōTERRA's unique, proprietary blend formulated to support healthy immune function. Wild orange essential oil, combined with clove, cinnamon, eucalyptus and rosemary offer a fragrant, natural and effective alternative to synthetic options for immune support.

OnGuard, with its unique aroma, is an extremely versatile blend. It is also safe to use on counter tops, as a non-toxic way to cleanse surfaces, or to purify the atmosphere by diffusing. On Guard is superb for eliminating and controlling pathogens due to the potency of its constituents. For aromatic, topical, or dietary use.

Note: Unlike many other essential oils, dōTERRA oils are safe to take internally

Colds and Flu Symptoms Protocol:

Nip them in the bud... Strike early and often... At the first indication of a symptom, strike back - Quick and Hard.

1. **Make capsules** of 8 drops oregano, 5 drops OnGuard and 3 drops frankincense. Take the capsules internally twice daily.
2. **Gargle twice daily** with 1 drop oregano, 2 drops OnGuard, and 2 drops lemon in 1 or 2 tbsp of water. After gargling for 5-10 minutes, swallow the mixture.
3. **Oil-pull daily** with 1 tbsp dōTERRA Fractionated Coconut Oil carrier oil, 2 drops oregano, and 2 drops melaleuca. Pull for about 10 minutes before spitting out. This mixture may be hot. If it's too hot, reduce the oregano to 1 drop and add a drop of lemon. You can also consider cinnamon, cassia or OnGuard instead of melaleuca. **See Oil Pulling section.**
4. **Drink water** with lemon and / or peppermint oil (1 drop per 250ml). Drink often. Staying hydrated is an important part of assuring the oils work effectively.
5. **Other protocols for specific symptoms:** Apply Breathe to the chest, neck and back for respiratory issues. Take DigestZen (in a capsule with frankincense) for nausea or digestive problems. Gargle with oregano, OnGuard, or cinnamon and lemon for sore throats.
6. **Make sure you are using are dōTERRA essential oils.** Why? dōTERRA oils are guaranteed to be:
 1. Sourced from indigenous areas
 2. Sourced from plants which are organically grown.
 3. Harvested by correct methods at the correct time.
 4. Distilled by professionals at the correct temperature and pressure.
 5. Each batch is tested by independent laboratories for correct constituents content to guarantee efficacy. These methods are key to ensuring safety and effectiveness and underpin the Certified Pure Therapeutic Grade quality.
7. **Diffuse oils with your diffuser** into the air, where you are working, living and sleeping. If you are suffering from symptoms, consider oils and blends that will help and diffuse these. If you are trying to quarantine areas of healthy air, diffuse OnGuard.
8. **Massage daily** gently along the back with Breathe, thyme, lemon, OnGuard, melaleuca. Eucalyptus along the glands in the neck may be beneficial also.
9. **Eat healthy foods** - as much raw food (veg and fruit!) as possible; hot broths
10. **Exercise** and get fresh air, when possible.
11. **Stay Warm** - socks, another layer of clothes to keep you cosy and 'feel' better.

Especially for Kids

Oils in your germ-fighting arsenal include:

OnGuard, oregano, cinnamon, myrrh, basil, clove, lemon and peppermint.

For children who can't take internal treatments, gently massage appropriate oils on their feet, chest and back.

The best massage oils are part of the AromaTouch Technique: Balance, Lavender, Melaleuca, OnGuard, AromaTouch, Deep Blue, Wild Orange and Peppermint to reduce and eliminate the impact of systemic constants on our overall health. Gentle massage with these oils has been shown to help enhance systemic benefits and increase feelings of overall health and well-being.

These essential oils have the ability to kill bacteria, fungi and viruses, get down into the cellular level and make things right.

Essential oils are proven natural combatants to boost the immune system and protect us and combat against flu strains including the swine flu.

Oil Pulling

This safe, simple, cheap and gentle procedure can have benefits that go far and beyond simply cleaning your mouth!

Here are some basic instructions:

Prior to breakfast, on an empty stomach take one tablespoon of organic coconut oil or dōTERRA Fractionated Coconut Oil and add 3-6 drops of dōTERRA essential oils. Add your essential oils based on your specific issues.

Take the oils into the mouth but do not swallow. Move the oil slowly in the mouth. Sip, suck and pull through the teeth for 15-20 minutes.

This process thoroughly mixes the oils with saliva. Swishing activates the enzymes and these draw toxins out of the blood. The oil must not be swallowed, as it has become toxic during this process! As the process continues, the oil gets thinner and white. When finished you must spit it out. Afterwards, clean and rinse your mouth thoroughly using normal tap water (pref filtered) and brush with OnGuard toothpaste.

Reference: www.everythingessential.me

Immune Boosters:

1. **For 21 days:** make up in roller bottle and apply once daily: 5 drops cassia, 9 drops cypress, 7 drops basil, 5 drops white fir, 5 drops lavender, 8 drops lemon. Fill up with fractionated coconut oil.
2. **Protective blend:** make up 50 ml of water in a glass spray bottle, add 15 drops OnGuard, 10 drops peppermint. A couple of sprays after brushing your teeth. Makes an effective mouth freshener, too!

Coughs:

1. **Blend 1:** 4 drops oregano, 4 drops OnGuard, 4 drops frankincense in a capsule – twice daily.
2. **Blend 2:** 250ml water, 1 – 2 tables honey, 1 drop peppermint, 1 drop lemon. Drink while warm.
3. **Blend 3:** this is especially good for children. 2-3 drops OnGuard, 2-3 drops lemon, with spoonful honey/agave.

Natural Antibiotic:

1. **Blend 1:** taken in a capsule 1 – 2 daily; 5 drops OnGuard, 4 drops oregano, 3 drops frankincense, 2 peppermint, 1 lemon
2. **Blend 2:** Dr Hill's antiviral blend taken in a capsule 1- 2 daily: 5 drops OnGuard, 5 melissa

Sore throat / tonsillitis protocol:

1. Gargle with a little coconut oil and 1 drop oregano, 1 drop clove every couple of hours to soothe.
2. Do a 'footbath' to draw out toxins and ease pain.
3. Apply 2 drops frankincense UP the spine [antiviral]
4. Place 2 drops frankincense under tongue 2-3 times daily
5. Use balance throughout the day to ease stress
6. Take capsule with 4 drops each oregano, thyme, wild orange, melaleuca twice daily
7. Use OnGuard Throat Lozenges

CAUTION:

Oregano is a very HOT oil – for some gargling is too hot – you may consider applying fractionated coconut oil to your lips before gargling.

OnGuard – because of its clove and cinnamon content may cause skin sensitivity, hence we recommend application to feet; alternatively, use fractionated coconut oil.



The Lawton Foot Technique - Dr. Sue Lawton (contributed by Pat Leavitt)

This is particularly good for pain as well as pulling toxins from the body.

Have on hand the following:

- 2 large 9x13 glass Pyrex baking pans
- a pair of boot socks or double layer of sports socks
- 2 bath towels

Place the pans in the oven, with the setting on bake at 180 degrees

Sit recipient in a comfortable chair

Place thick, folded towels on the floor

Apply topically the oils of your choosing with a carrier for ease of spreading. Cover all of both feet. Use either:

- 8 drops either of Frankincense or other antibiotic oils such as OnGuard, Melissa depending on their specific needs.
- 4 drops each of Roman Chamomile & Coriander, 3 drops of Helichrysum and 5 drops of peppermint – perfect for pain.

Immediately place the heavy boot socks on each foot. If you do not have boot sock, just put on double sport socks or other heavy sock.

Bring in the glass dishes place them on the thick towel and place the covered feet in the warmed Pyrex dishes. Cover each foot with a warm moist towel, followed by a dry towel.

While their feet are simmering, let them rest until the heat has left (usually about 30 minutes).

Use those same oils and do a AromaTouch Hand Massage, or using the oils in the AromaTouchTechnique kit.

When you remove the feet from the pans, put on a regular pair of socks.

Don't be surprised at how well they will feel, when you have completed this procedure.

This can be repeated 2-3 times a week.

OnGuard + Softgels:

Ensure that you have these softgels nearby this winter.

A blend of OnGuard, Oregano, Melissa and Black Pepper in an easy to swallow veggie softgels provides powerful anti-bacterial and antiviral support for your family in times of need.

Use these when you can identify the first signs of symptoms.

Make Your Own!

Quick Vapour Rub

2 tsp. grated beeswax

$\frac{1}{4}$ cup virgin coconut oil

10 drops Peppermint oil

5 drops Eucalyptus oil

3 drops Rosemary oil

Melt the beeswax and coconut oil

Until smooth on a double boiler.

Stir well with a whisk. Continue whisking, while adding Essential oils drop by drop.

Transfer to a small lidded container. Label. Store in a cool place up to a year.



Wellness All Year = Balanced Healthcare Routines!!

Daily Use Routine

Morning

- Apply Balance to bottom of feet at waking
- 3 drops of Frankincense under the tongue
- LLVs

Day

- Take 2 drops of OnGuard under the tongue or put 2 drops under each foot
- Take 1 PbAssist with afternoon meal
- Use 10 – 15 drops of Citrus in capsule or water
- Take 1 DDR Prime caps

Evening

- Apply Cedarwood or Serenity on bottom of feet for deep sleep