

# ESSENTIAL OILS FOR BLOOD SUGAR SUPPORT



## Essential oils to balance blood sugar

Cinnamon Bark Oil  
Clove Oil  
Coriander Oil  
Lavender Oil  
Grapefruit Oil  
Black Pepper Oil  
Lemongrass Oil  
Ylang Ylang Oil  
Melissa Oil  
Cumin Oil

## Essential oils to balance cholesterol and lipids

Cypress Oil  
Rosemary Oil  
Myrrh Oil  
Cinnamon Oil  
Lavender Oil

## Essential oils to ease nerve pain (peripheral neuropathy)

Blue Tansy Oil  
Ylang Ylang  
Lavender Oil  
Helichrysum Oil  
Eucalyptus Oil  
\*Big Blue Oil or Lotion

## Essential oils to support healthy stress response

Frankincense Oil  
Ginger Oil  
Basil Oil  
Lavender Oil  
Pine Oil  
Rosemary Oil  
\*Purity Oil

## Essential oils to balance inflammation

Chamomile Oil  
Eucalyptus Oil  
Lavender Oil  
Peppermint Oil

## Essential oils to support healthy liver function

Grapefruit Oil  
Rosemary Oil  
Peppermint Oil  
Juniper Berry Oil  
Cilantro Oil  
\*Zendocrine Oil

## Essential oils to support healthy thyroid function

Frankincense Oil  
Lemongrass Oil  
Clove Oil  
Myrrh Oil  
Basil Oil

\* These products are propriety doTERRA therapeutic blends.