

Ultimate Respiratory Protection Program

To create or restore optimal respiratory and immune health, it is vital to address a number of categories in a personal program. Whether sensing a compromised state of health, or consistently exposed to environmental threats, the body has a variety of needs that must be met.

When it comes to methods of application, ensure essential oils are experienced in all three of the following ways, each with a unique pathway of consumption and benefits.

A Aromatic



T Topical



I Internal



Tip:

Consider consuming more drops and/or more frequent dosages if a sense of compromise arises or environmental conditions are more acute to give the body more support. Recommended quantities are based on adult consumption and usage. Adjust for children, infants, and those with fragile skin or conditions.

Essential Nutrition:

Core Nutrition and Antioxidants:

- I Alpha CRS+®, MetaPWR™ Advantage, Microplex VMz®, xEOmega® (take as directed†)

Immune Specific Support and Sources of Vitamin C, D, and Zinc:

- I On Guard+™ Chewable Tablet (take as directed†)
- I YarrowIPom Complex (take as directed†)
- I Bone Nutrient Complex (take as directed†)

Respiratory Targeted Support and Cleansing:

*Air-X®+, *Breathe®, Cardamom+, Eucalyptus, Laurel Leaf, Ravintsara, *Rosemary+, *Siberian Fir+, SuperMint™+

- A Diffuse 5-10 drops of selected oil(s) at least 4 hours per day, especially during nighttime sleep for preferably for 8 hours.
- T Apply oil(s) to forehead, chest, over and under nose, and/or along spine.
- I Take either by dropping under tongue or placing one or few drops in a capsule. Can combine more than one. (Instructions apply to oils with + indication).

*Highly recommended as primary choices.





Immune Targeted Support:

Black Pepper, Copaiba, Melissa, *On Guard®, Oregano, Rosemary, Tea Tree, Thyme

I Take 2-4 drops of selected oil(s) 2-4x's per day as needed.†

On Guard® Hand Sanitizing Gel, On Guard® Sanitizing Mist

T Shake well before use. Apply directly to hands; rub together until dry.

Clarifying and Detoxification:

Zendocrin® (blend or softgels)

I Take 2-4 drops or 1-2 softgels 2-4x's per day.†

Need to retrain your
sense of smell?

tiny.cc/smelltraining



Grapefruit, *Green Mandarin, *Lime, Tangerine, Wild Orange (choose 1 or more)

I Consume 3-5 drops in drinking water at least 3x's per day.†

Air-X® (emphasis on respiratory and lymphatic detoxification)

I Take 2-4 drops in a capsule 2-4x's per day.†

Cellular Health, Repair, and Antioxidant Support:

*Air- X®, *Alpha CRS+®, Clove, *DDR Prime®, Deep Blue Polyphenol Complex®, Frankincense, Lemongrass, *Siberian Fir, Thyme, *Turmeric Dual Capsules

I Take 2-4 drops of selected oil(s) or 1-2 capsules 2-4x's per day.†

Grapefruit, *Green Mandarin, Lime, Tangerine, Wild Orange (choose 1 or more)

I Consume 3-5 drops in drinking water at least 3x's per day.†



Gut Clearing and Fortifying:

Celery Seed, DigestZen®, Ginger, GX Assist®, MetaPWR™ Metabolic Blend, *PB Restore™, PB Assist+®, SuperMint™, *TerraZyme™

I Take as directed; increase consumption as needed.†



Public Exposure Protection:

Forgive®, Hyssop (available in Ancient Oils set), Manuka, Peace®, *Spearmint

A I T Diffuse, take and/or apply before, during, and after public exposure. (per label instructions†).



EMF Protection:

Balance®, Midnight Forest, Northern Escape, *Shinrin-Yoku™ 15mL (diffuse), *Shinrin-Yoku™ Touch (apply)

A T Diffuse and/or apply before, during, and after EMF exposure.



Repellent and Space Clearing:

*Abode™, Citronella, *Lemon Eucalyptus, TerraShield®

A Diffuse a few hours each day to keep home/office space air clean and cleansed.

*Highly recommended as primary choices.