

Essential Oils Flu Kit

Deliverance is considered to be anti-viral as well as anti-bacterial. Daily use of this oil can boost the immune system and keep it functioning at optimum levels. An inhaler with Deliverance should be used frequently throughout the day to “refresh” the body’s defenses.

Endo Relief helps the lymphatic system continue to drain and to keep toxins and dying bacteria from overwhelming tissues and cells. This oil is also very helpful during the recovery stages of serious illness because it is designed to strengthen and re-balance the endocrine system as a whole.

Aspire can support and open the respiratory system.

Inside Out is a must if there is any intestinal discomfort or diarrhea.

Tea Tree is very effective for killing air-borne bacteria. Inhale throughout the day at the first sign of a cold.

Aspire (Blend)

Ingredients: cypress, eucalyptus, laurel, marjoram, myrtle, peppermint, pine needle, rosemary, spruce

Affinity for: respiratory system, liver meridian, uptake of calcium

Possible Uses: Relief from colds, dry hacking coughs, bronchitis, sinusitis, respiratory congestion, allergy symptoms, deep pneumonia, pleurisy, asthma. May help open the airways and relieve congestion in the lungs.

Common Usage: Inhale, diffuse, apply topically (dilute well). Commonly used with Breezey and Deliverance.

Deliverance (Blend)

Ingredients: clove, eucalyptus, cinnamon, lemon, rosemary, thyme, oregano, wild oregano

Affinity for: immune system, lymphatic system, the skin

Possible Uses: respiratory infections, sore throats, strep throats, dental diseases and infections, cold sores, canker sores, cuts, any type of infection, athlete’s foot fungus, toe nail fungus, and infection from slivers

Common Usage: Inhaled, diluted, or diffused, in the home as a cleaner and air purifier to fight viruses, and air borne bacteria. Dilute in a spray bottle of water to apply to surfaces and air.

Endo Relief (Blend)

Ingredients: cumin, cypress, coriander, dill, geranium, myrtle, nutmeg, oregano, petitgrain, sage

Affinity for: endocrine system, pineal gland, lymph system, pituitary gland, emotional boundaries

Possible Uses: endocrine balance, metabolism, vitality, hormone balance, hot flashes, thyroid, personal boundaries

Common Usage: Apply to the skin, diluted, over the area of concern, bottoms of the feet, or wrists.

Inside Out (Blend)

Is like a relaxing rush of fresh energy to the system.

Possible Uses: apathy, arthritis, breath freshener, circulation, colds, colic, depression, diarrhea, digestion, fatigue, fever, flatulence, flavoring, flu, headache, heartburn, inflammation, itching, migraine, morning

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sickness (very small amounts), muscle aches, nausea, pest repellent, rheumatism, shock, stomach cramps, vomiting

Cautions: Use caution if pregnant or dealing with high blood pressure. Soothing in small amounts; stimulating in large.

Common Usage: Inhale or dilute very well before applying to the body. Too strong for the bath.

Tea Tree (Melaleuca alternifolia)

Recognized for centuries as anti-bacterial, anti-fungal, and antiseptic.

Possible Uses: acne, athlete's foot, boils, candida, colds, cold sores, cough, cuts, diarrhea, eczema, fungal infection (nails and skin), insect bites, rashes, ringworm, sinusitis, sore throat, tissue regeneration, vaginal thrush (dilute very well), wounds

Cautions: Begin using this oil with caution if you have sensitive skin. Just a few drops in a bath will suffice.

Common Usage: Inhale or diffuse. Dilute before applying to the skin, except in the case of insect bites where it is best applied neat. Very effective for killing air-borne bacteria.

General Use of Essential Oils: Do not take internally without consulting an appropriate health professional. Do not apply undiluted to the skin. Use extreme caution when using oils with children. Give them only the gentlest oils at very low doses. Use a skin patch test prior to using any new oil.

Important Note: Data on this card is based on traditional usage of an essential oil, or oils in a blend. It has not been evaluated by the FDA and is not intended to diagnose, treat, cure, or prevent any disease or health condition. Earth Sonnets LLC does not necessarily agree with such traditional usage. Content is for reference purposes only and is not intended to substitute for advice given by a physician or other licensed health-care professional. This data is not considered complete or guaranteed to be accurate. In purchasing essential oils from our company you agree to indemnify and hold Earth Sonnets LLC harmless from consequences of use or misuse.