



Essential Oils for the Brain

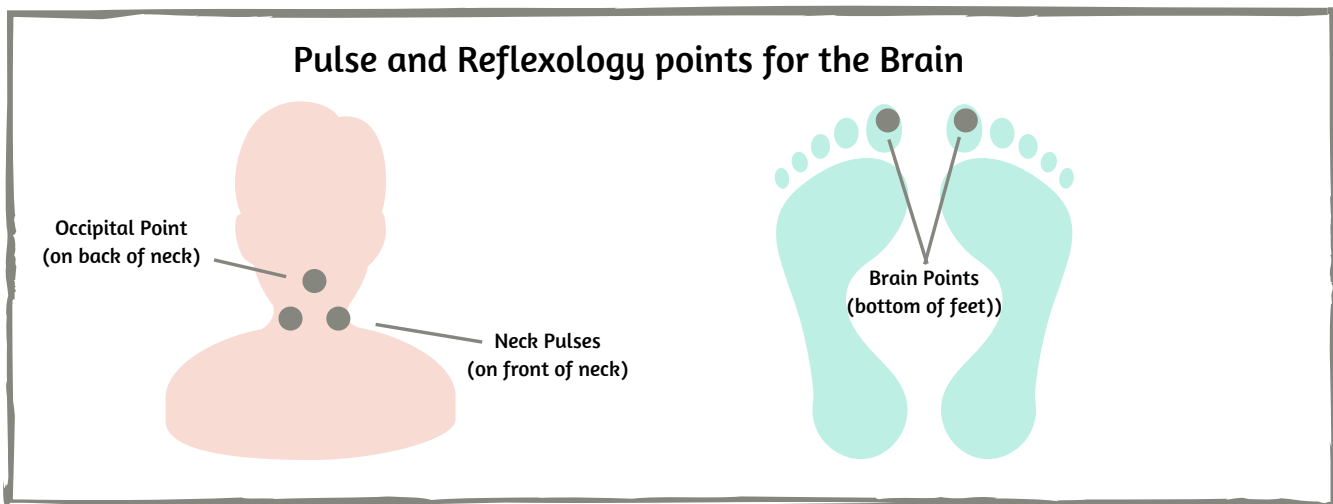


Essential Oil benefits for the brain:

Healthy brain function, mood balancing, brain protection, penetrates cellular membrane, able to surpass blood-brain barrier, increase concentration and memory function, supports dendritic growth and function.

Application Methods:

Diffuse oils constantly, use for benefits such as mood balancing, entering the bloodstream through the respiratory tract by smelling, influence messages to the brain, increases oxygen absorption, influence brain to release emotions. Apply Topically every few hours on pulse/reflexology points for benefits such as increase circulation and oxygen into the cells and penetrate tissue to aid in repair at a cellular level. Dilute with fractionated coconut oil for children.



For Optimal Healthy Brain Function:

Use Frankincense Daily 3-5 times a day. Apply oils on occipital points and head. Diffuse oils ALL DAY with diffusers and jewellery.

Adults: Take Lifelong Vitality Supplements and PB Assist (Probiotics) twice a day.

Children: Take A2Z Chewable Multivitamins, IQMega and PB Assist Jnr daily. Dilute oils 1:10 for children under 3, 1:8 for children aged 3-6 and 1:6 aged 6-12 with fractionated coconut oil.

FEELINGS OF STRESS

Overwhelmed, irritable, inability to concentrate, sleep disturbance, overworked, worried...

Calming: Calmer (Kid's), Lavender, Lavender Peace (Serenity), Clary Sage, Ylang Ylang, Balance (Grounding Blend), Console (Comforting Blend), Peace (Reassuring Blend), Vetiver.

Concentration/uplifting: Lemon, Frankincense and Elevation (Joyful Blend).

Encouragement: Wild Orange, Citrus Bliss, Motivate (Encouraging Blend) and Brave (Courage Blend).

FEELINGS OF ANXIOUSNESS

Nervous, panicky, fearful, tense, controlling, restlessness, worried, overthinking, check-listing...

Calming: Calmer (Kid's), Lavender, Lavender Peace (Serenity), Clary Sage, Copaiba, Console (Comforting Blend), Peace (Reassuring Blend) and Wild Orange
Concentration/uplifting: Lemon, Frankincense, Steady (Kid's Grounding), Brave (Kid's Courage), Balance (Grounding Blend), Vetiver and citrus oils.

Empowering: On Guard (Protective Blend), Stronger (Kid's Protective), Cilantro and Ginger.

FEELINGS OF ANGER

Bitterness, blaming, comparing, snapping, irritable, short-tempered, yelling, tense, victimizing, unable to deal with life...

Calming: Calmer (Kid's), Lavender, Lavender Peace (Serenity-Forgive), Clary Sage, Peace (Reassuring Blend), Rose, Jasmine, Neroli (Partnership), Hope, Geranium (Trust), Magnolia (Compassion) and Balance (Grounding).

Negativity: Lemongrass, Litsea, HD Clear (Accept imperfections, Thyme (Forgiving/Rage)

Letting Go: Forgive (Renewing Blend), Pink Pepper (Comparing), Cardamom (Blaming), Cilantro (Controlling) and Wintergreen (Surrendering).

MEMORY / LEARNING

Forgetful, brain fog, difficulty remembering details, speech difficulties, difficulty remembering instructions...

Memory/Learning: Thinker (Kid's Focus), In Tune (Focus), Frankincense, Lemon (Focus), Rosemary (Learning), Clary Sage (Clarity), Peppermint (Alertness), Balance (Overthinking), Steady (Kid's Grounding), Spearmint (Speech), Lavender (Communication), IQ Mega (Kids Omega), xEOmega (Adults).

Brain Cleansing: Cilantro, Clove and Zencrine (Detoxing).

Repairing: Copaiba, Frankincense and Turmeric.

DISRUPTIVE BEHAVIOUR

Hyperactive, short-tempered, frustrated, impatient, outbursts, unable to sit still, interruptive, cranky, yelling..

Calming: Calmer (Kid's Restful), Steady (Kid's Grounding), Thinker (Kid's Focus), In Tune (Focus), Balance (Grounding), Ylang ylang, Frankincense, Vetiver, Sandalwood, Roman Chamomile, Yarrow/Pom, Blue Tansy, Lavender Peace (Serenity), Lavender (Communication), Oregano (Stubbornness/Clingy), IQ Mega (Kids Omega), xEOmega (Adults).

Feel Loved: Magnolia (Receive love), Bergamot (Self-Acceptance), Smart & Sassy (Inner Beauty), Geranium (Trust), Turmeric (Damaged), Copaiba (Self-Loathing).

Brain Cleansing: Cilantro (Controlling), Clove, Rosemary (Learning) and Zencrine (Detoxing).

Repairing: Copaiba, Frankincense and Turmeric.

FEELINGS OF SADNESS

Moody, down, tired, low energy, loss of interest, irritable, unmotivated, discouraged, despair, grief, crying...

Uplifting: Elevation (Joyful), Hope (Overcoming/Despair), Lemon (Happiness), Cheer (Uplifting), Melissa (Light), Rose (Divine Love), Console (Comfort), Easy Air (Breathe).

Self-Love: Bergamot (Self-Acceptance), Smart & Sassy (Inner Beauty), Geranium (Trust), Magnolia (Receive love), Turmeric (Damaged), Copaiba (Self-Loathing).

Encouraging: Brave (Kid's Courage), Lime (Love life), Wild Orange (Abundance), Motivate (Encouragement), Tangerine (Cheer), Green Mandarin (Trapped/heavy).

ATTENTION / FOCUS

Difficulty focusing, easily distracted, inability to concentrate, difficulty listening, daydreaming...

Focus: Thinker (Kid's Focus), In Tune (Focus), Frankincense, Lemon (Focus), Vetiver, Sandalwood, Lime, Ylang ylang, Roman Chamomile, Clary Sage (Clarity), Peppermint (Alertness), Balance (Overthinking), Steady (Kid's Grounding), Basil, Lavender (Communication), IQ Mega (Kids Omega), xEOmega (Adults).

Brain Cleansing: Cilantro, Clove, Rosemary (Learning) and Zencrine (Detoxing).

Repairing: Copaiba, Frankincense and Turmeric.

HEAD INJURIES

Damage to tissues, head tension, loss of consciousness, throbbing, bleeding, moody, nerve damage...

Bleeding: Helichrysum (pain), Rose, Lavender, Cypress, Yarrow/Pom, Myrrh and Geranium.

Circulation: Cypress, Aromatouch (Massage), Yarrow/Pom

Blocked blood flow: Clove, Fennel and Thyme.

Tissue Repair: Helichrysum, Rose, Sallubelle (Immortelle), Copaiba, Frankincense, Turmeric, DDR Prime (Cellular Complex, xEOMEGA + Alpha CRS Cellular Vitality Complex (Lifelong Vitality Supplements for Adults), IQ Mega+ A2Z Chewable Multivitamins (For Children).



For the most effective results, take supplements daily and use oils consistently every 2-3 hours every day!