

# 10 Solutions to Common Wellness Problems

A self-help guide to treating your family's ailments with essential oils.



dōTERRA Pro

## Taking the medicine out of “alternative medicine.”

The last thing you want to see is your family needlessly suffering from common ailments. But what can you do?

One option is to medicate. Over-the-counter drugs and medicines by the thousands fill the shelves of every pharmacy and grocery store. The results of using these products can be effective at times. The side effects can be bothersome at times, too. One problem in today's world is that people choose to overmedicate.

That's where alternative medicine comes into the picture. Most alternative medicines are not really medicines at all. Natural remedies and supplements of every kind are discovered and used all over the world.

Yet you may be surprised at one powerful alternative that has forever changed how many families now choose to cope with the world's most common ailments.

## Introducing the life-enhancing benefits of essential oils.

Essential oils are natural extracts from the seeds, stems, roots, flowers, bark and other parts of plants. Have you ever smelled a rose, or a freshly peeled orange?

Without knowing it, you have experienced the aromatic qualities of essential oils.

In addition to giving plants their distinctive smells, essential oils protect plants against predators and disease. Essential oils have been used throughout history in many cultures for their medicinal and therapeutic benefits. Modern scientific study and trends toward more holistic approaches to wellness are paving the way for individuals and families to reinvent health-care in their own homes.

## What are CPTG Certified Pure Therapeutic Grade® oils?

Essential oils are skillfully distilled from plants around the world in order to provide their wellness benefits and properties. But it did not take long for people to realize that the quality of the oils directly impacts its effectiveness. With this in mind, a group of healthcare and business professionals who shared profound personal experiences with the life-enhancing benefits of essential oils came together with the common vision of bringing a new standard of therapeutic grade essential oils to the world.

This group formed what is now dōTERRA, a company that produces CPTB Certified Pure Therapeutic Grade essential oils. In short, they are the most pure, the most powerful essential oils in the world.

## How can CPTG® essential oils help my family?

Numerous essential oils have been shown to be effective in caring for your family's everyday health needs with simple and safe methods. Whether your family member is suffering from a nagging cough, skin rashes or even stomach issues, there are many ways you can use dōTERRA's Certified Pure Therapeutic Grade oils for positive effects.

**Three ways to use essential oils:****1. Aromatic (Look for “A” symbol) Breathe in or use diffuser to:**

- Kill germs in the air
- Open airways
- Affect mood, including depression

**2. Topical (Look for “T” symbol)**

- Apply to localized area
- From bottom of feet, enters blood stream within 30 seconds
- Apply to head, feet, ears, chest and the back of the neck

**3. Internal (Look for “I” symbol) This method is specific to dōTERRA CPTG oils:**

- Take in a gel capsule, under tongue, or in water
- Relieves issues in the digestive system, mouth & throat, liver, and urogenital tract

**Treating your family’s 10 most common ailments with essential oils.**

In the following pages, you’ll learn how medical experts, including dōTERRA’s Chief Medical Officer, Dr. David K. Hill, teaches you how to care for your family’s everyday ailments by harnessing the power of pure, potent essential oils. You’ll learn about caring for all of the following:

1. Coughing
2. Soar Throat
3. Skin Rashes
4. Vision Problems
5. Knee Troubles
6. Back Pain
7. Stomach Issues
8. Ear Aches
9. Hypertension
10. Depression

**1. Coughing: Choose natural suppressions.**

Nothing calls attention to you or your family member as being the “sick one” more than a nagging, persistent cough. Coughing is the body’s way of clearing excess mucus or other irritants from the airway. Likewise, the reverse case of breathing fully and cleanly without congestion, irritation and soreness makes us feel and operate at our best. When you help your family breathe easier, you’ll breathe easier too.\*

**Recommendations:*****BREATHE RESPIRATORY BLEND (A, T)***

- Apply topically to chest and neck to help clear lungs and sinuses
- Diffuse or add to humidifier at bedtime for more restful sleep
- Apply to chest or bottom of feet for seasonal respiratory discomfort

***EUCALYPTUS RADIATA ESSENTIAL OIL (A, T)***

- Key ingredient in many cough and throat medicines
- Used widely both for its calming and clearing properties
- Eases breathing naturally

***ON GUARD PROTECTIVE BLEND (A, T, I)***

- Diffuse into air to eliminate airborne pathogens
- Take internally for immunity support
- Helps to prevent spread of colds and influenza

**2. Soar Throat: Pass on the cold medicine.**

Often one of the first signs of sickness is the sore throat. It can be caused by congestion, sinus issues, colds, and other irritants. But over-the-counter drugs aren't the only solution to congestion and pain. Multiple symptoms can be treated with more organic solutions like these essential oils.\*

**Recommendations:*****MELALEUCA ESSENTIAL OIL (A, T)***

- Revered for its soothing and regenerative properties
- Apply to feet and toenails after showering, swimming, or working out
- Soar throat and cold sore remedy

***ON GUARD PROTECTIVE BLEND (A, T, I)***

- Diffuse into air to eliminate airborne pathogens
- Take internally for immunity support
- Helps to prevent spread of colds and influenza

***LEMON ESSENTIAL OIL (A, T, I)***

- Add a drop of honey to soothe a dry or sore throat
- A powerful aromatic, topical, and internal cleanser
- Take internally with water as an antioxidant and detoxifier

### 3. Skin Rashes: Rub in the relief.

Another common ailment that can't be overlooked is the skin rash; an area of irritated skin marked by redness and/or patches of bumps. Whether caused by a chemical, allergen, or infection, essential oils are known to relieve common rashes and help skin regenerate faster.\*

#### Recommendations:

##### **MELALEUCA ESSENTIAL OIL (T)**

- Used to treat skin rashes and athlete's foot
- Revered for its soothing and regenerative properties
- Apply to feet and toenails after showering, swimming, or working out

##### **LAVENDER ESSENTIAL OIL (T)**

- Apply topically to aid in healing of burns and minor cuts
- Use topically to soothe irritated skin and lips
- Apply immediately to help calm reaction to a bee sting or bug bite

##### **ROMAN CHAMOMILE ESSENTIAL OIL (T)**

- Use for skin conditions such as acne, boils, dermatitis, eczema, rashes and sensitive skin
- Neutralizes allergies and increases the ability of the skin to regenerate
- May help with bruises, cuts and other skin irritations

### 4. Vision Problems: The remedies are clear.

Eyes get irritated. They can also get inflammation, fatigued, itchy and dry. Through a myriad of uses, eye health can be promoted to support better vision and immunity. Take a look at a few of the more common remedies for your family's eye issues.\*

#### Recommendations:

##### **FRANKINCENSE ESSENTIAL OIL (T)**

- Known to help support better vision and promote better awareness
- Helps to focus energy, minimize distractions and improve concentration
- Powerful anti-inflammatory

##### **LEMONGRASS ESSENTIAL OIL (T)**

- May help with improving eyesight
- Promotes tissue regeneration and helps with circulation
- A sedative for the central nervous system

**ON GUARD PROTECTIVE BLEND (A, T, I)**

- Diffuse into air to eliminate airborne pathogens
- Take internally for immunity support
- May help to prevent spread of infections

**5. Knee Troubles: Avoid strain, stiffness and pain.**

Knee troubles are complex. Tension and stress can cause stiffness, soreness, and other issues. Sometimes these can lead to more serious problems. But for most common strains and pains, essential oils are an undeniable source of relief. Check out these top suggestions for treatment.\*

**Recommendations:****DEEP BLUE SOOTHING BLEND (T)**

- Apply directly to tired, aching joints
- Use before and after exercise to reduce discomfort
- Use with carrier oil for a therapeutic deep-tissue massage

**LEMONGRASS ESSENTIAL OIL (T)**

- Anti-inflammatory and soother of aching muscles
- Promotes tissue regeneration and helps with circulation
- A sedative for the central nervous system

**HELICHRYSUM ESSENTIAL OIL (T)**

- Soothing and regenerative effects
- Relieves acute pain and discomfort
- Improves circulatory functioning

**6. Back Pain: Soothing, deep relief is essential.**

Back muscle strains and spine issues combine to cause a lot of long-term pain for many people. Issues like herniated discs only add to the problem. Although the pain can run deep, the relief can be equally deep. Soothing blends of essential oils, formulated to maximize relief, are in order.\*

**Recommendations:****DEEP BLUE SOOTHING BLEND (T)**

- Apply directly to tired, aching joints and muscles
- Use before and after exercise to reduce discomfort
- Use with carrier oil for a therapeutic deep-tissue massage

**BALANCE GROUNDING BLEND (T)**

- Creates a sense of calm and well-being
- Promotes tranquility and a sense of balance
- Includes spruce, rosewood, frankincense, and blue tansy

**CYPRESS ESSENTIAL OIL (T)**

- Used to ease tight, tense muscles
- Apply topically to support localized blood flow
- May help treat spasms and muscular cramps

## 7. Stomach Issues: Keeping it natural.

The stomach and digestive system are targets for many common ailments. Responsible for digesting and breaking down food, plus absorbing nutrients to use as fuel, this is an important system of the body. But don't wait for serious symptoms before seeking solutions. Everyday indigestion can be naturally deterred.\*

**Recommendations:****PEPPERMINT ESSENTIAL OIL (T, I, A)**

- Used to soothe nausea and digestive issues
- May relieve colic and gas symptoms
- May help with irritable bowel syndrome (IBS)

**GINGER ESSENTIAL OIL (T, I, A)**

- Recognized as an agent that eases indigestion
- May help reduce diarrhea and gas
- Used often for cramps and digestive disorders

**DIGESTZEN DIGESTIVE BLEND (T, I, A)**

- Rub on stomach to ease digestive discomfort, nausea, or motion sickness
- Take internally at meal times to support healthy, comfortable digestion
- Apply to the bottom of feet of children to help ease digestive issues

## 8. Ear Aches: A big problem for little ones.

Ear aches and infections are no fun for little ones—and nearly as painful for parents watching their children suffer. But did you know that many of the symptoms of ear aches can be treated with naturally powerful essential oils? Try these common solutions for this common problem.\*

**Recommendations:*****BASIL ESSENTIAL OIL (T)***

- Valued for its restorative and calming properties
- May relieve earache and cold-related symptoms
- Anti-bacterial and anti-infectious properties

***MELALEUCA ESSENTIAL OIL (T)***

- Known as a natural fighter of infections
- Revered for its soothing and regenerative properties
- Apply to feet and toenails after showering, swimming, or working out

***HELICHRYSUM ESSENTIAL OIL (T)***

- Soothing and regenerative effects
- Relieves acute pain and discomfort
- Improves circulatory functioning

## 9. Hypertension: Un-bottle the pressures.

Proper circulation of blood throughout the body is essential for healthy systems and healthy feelings. Fortunately, several essential oils can help relieve hypertension and promote better blood health. These natural remedies have been known to promote better health in many areas of the world for generations.\*

**Recommendations:*****YLANG YLANG ESSENTIAL OIL (A, T)***

- Effective mood uplifting agent as well as having calming properties
- May help with the lowering of blood pressure
- May reduce rapid breathing and anxiety

***MARJORAM ESSENTIAL OIL (A, T)***

- Used to support the respiratory and nervous system
- May help treat hysteria and tension
- Promotes peace and sleep

***EUCALYPTUS RADIATA ESSENTIAL OIL (A, T)***

- May help with high blood pressure
- Used widely both for its calming and clearing properties
- Eases breathing naturally

## 10. Depression: Squeeze more joy out of life.

Marked by excessive sadness, energy loss, feelings of worthlessness, trouble sleeping, and other symptoms, depression can become part of anyone's life at any time. Treating many of these symptoms with the pure potency of essential oils can lift spirits and help promote a better quality of life.\*

### Recommendations:

#### **LEMON ESSENTIAL OIL (A, T, I)**

- Diffuse in a room to neutralize odors and elevate mood
- A powerful aromatic, topical, and internal cleanser
- Take internally with water as an antioxidant and detoxifier

#### **LAVENDER ESSENTIAL OIL (A, T, I)**

- Known best for its calming and relaxing qualities
- Helps with insomnia and as an antidepressant
- Helps to treat anxiety and balance the body naturally

#### **ELEVATION JOYFUL BLEND (A, T, I)**

- Provides an invigorating blend of CPTG essential oils to elevate mood
- Helps promote natural awareness and revitalization
- Includes lavandin, tangerine, elemi, lemon myrtle and others

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, cure, or prevent disease.

# Discover Natural Solutions

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For more information about these products contact:

661-312-8791

[email support@discovernaturalsolutions.com](mailto:support@discovernaturalsolutions.com)