

Tele-Conference call for Wellness:

Tips to use the “Essential Oil Desk Reference” (EODR) book or other essential oil advice books successfully

Four steps that help in making a decision what to use and order

1. Take a moment and write out all illnesses, accidents and also reoccurring symptoms.
 - 1a. What are your symptoms-discomforts today. Even if you have been diagnosed and given a name of your condition. Write them in detail, you'll find out why in a moment.
2. Find in your Essential Oil Desk Reference book the condition and write here the oils and products recommended:
3. Go to www.oil-testimonials.com and check if anyone posted on the website what they did for your problem:

4. Now go to each recommended oil and product in the EODR and check which ones cover the most of the discomforts and symptoms you wrote down earlier.

Instead of ordering everything all at once, start with the main oils and products and watch your symptoms-discomforts. Determine which oil/product is making the most difference, reorder those and add a couple of new oils/products on the list until you feel you have taken care of the problem. The benefit of using natural products is that they assist the body to bring about balance.

Each condition can be a build up of multiple weaknesses, symptoms and other. My story may explain what I mean: In the 70's I picked up a bacteria in the lake of Zurich. It caused an infection and I was given antibiotics. Because I had an allergic reaction, my doctor took me off the medication and decided that I was fine. For years after that my immune system was weak, and I was feeling worse. It was discovered that when I was pre-cancerous the cause was the bacteria which was slowly affecting my health. It was the Young Living essential oils and products that finally cleared my system from the bacteria.

This information is for educational purpose. Please seek professional assistance for diagnosing and prescribing.