

QUICK REFERENCE SHEET

LeAspire

Essential Oil Blend

Cypress, Eucalyptus Blue Mallee, Marjoram, Myrtle, Peppermint Piperita, Pine Needle, Rosemary Camphor, Saro, Spruce Picea



APPLICATION:

LeAspire should be applied diluted with a carrier oil on the chest and neck for respiratory ailments. Using LeAspire, with or without herbs, as a compress or poultice can be particularly effective. This blend can also be applied to the energy points on the ears and to the bottom of the feet. LeAspire can be applied alternately with LeBreezey. Although the oils in LeAspire are quite effective against infectious agents, LeDeliverance, which is strongly antiviral and antibacterial, is often applied simultaneously to aid in the fight against infection. LeAspire is used to open the airways and relieve the congestion in the lungs.

AROMATIC CONSIDERATIONS:

LeAspire is especially effective used in a humidifier to decongest and clear respiratory passages and to relieve coughs and sore throats.

AFFINITY FOR:

respiratory system, uptake of calcium, liver meridian, muscles, joints

PHYSICAL ASPECTS:

LeAspire is used to bring relief from colds, bronchitis, pneumonia, sinusitis, respiratory congestion, allergy symptoms, deep pneumonia, pleurisy, asthma, and flu that have settled in the lungs. LeBreezey is considered by some to be more effective for upper respiratory conditions and LeAspire for use in deeper chest complaints affecting the bronchial passages and the lungs.

Both LeBreezey and LeAspire have proven effective in eliminating snoring when diffused or applied, well diluted, to the face and chest areas. LeAspire is an excellent expectorant, aiding the body in the discharge of phlegm and mucus. This blend also has antispasmodic properties which help to quiet dry, hacking coughs.

The synergy of the single oils in LeAspire gives it the unique ability to dissolve bone spurs if applied frequently and faithfully. A bone spur creates bruising in the tissues surrounding it, especially if the person is on their feet and pressure is being applied when walking or wearing shoes. It is recommended that a carrier oil containing Arnica be used when LeAspire is used for a bone spur. The Arnica will reduce the bruising and the pain that the bone spur is causing while LeAspire works to remove the spur. It is recommended that treatment with LeAspire be continued for a few weeks after the pain is gone.