

## QUICK REFERENCE SHEET

# LeAustyn

## Essential Oil Blend

Bergamot, Coriander, Frankincense Carterii,  
Lavender Officinalis, Lemongrass, Myrtle, Palmarosa,  
Spruce Picea



### APPLICATION:

LeAustyn can be applied, diluted, directly to the throat to aid the thyroid, or to any area of concern. Add a few drops to the tub. Diffuse to alleviate tension, lift depression, or as part of a recovery plan for eating disorders.

### AROMATIC CONSIDERATIONS:

LeAustyn has a sweet tangy aroma that is very energizing and uplifting.

### AFFINITY FOR:

thyroid, hypothalamus, eating disorders, digestive system, emotional balance, endocrine system, nervous system, circulation

### ! CAUTIONS:

LeAustyn contains essential oils known for their mild hormonal properties so using this oil on infants or small children is not recommended. Caution for use during pregnancy is also advised. Some have found this blend to be invigorating enough that it should not be used before bed.

### EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

LeAustyn is great for people who are trying to overcome the fear of failure or the fear of making decisions. It is wonderful for the person who is fearful of the changes that they are facing and encourages them to be willing to go outside of their usual boundaries. LeAustyn soothes anger, and helps us find emotional balance. Each of the essential oils contained in LeAustyn have emotionally supportive characteristics. This blend is especially suited to teenagers as they begin to transition from childhood to adulthood. Teenagers face making decisions on their own that, sometimes, they do not feel equipped to make. The mental health risk factors for eating disorders can include anxiety, depression, and low self-esteem. Social stressors such as peer pressure and bullying can be the start of eating disorders and other negative behaviors. LeAustyn can help anyone stay grounded in their beliefs, soothe nervousness, calm anxiety, and help them be more emotionally stable.

### PHYSICAL ASPECTS:

LeAustyn is helpful for regulating and maintaining the thyroid, hypothalamus, and nervous system. It brings circulation, increased blood flow, and oxygen to cells. It contains essential oils that are known for being gently stimulating, raising energy levels, and encouraging lymphatic drainage. Regulating our endocrine system can have many health benefits. These include improving metabolism, helping to maintain our internal clock, controlling blood pressure, and heart rate. The endocrine system influences every cell, organ, and function in the body. The endocrine system regulates appetite, nutrient absorption, and nutrient storage. The hypothalamus maintains the body's internal balance (homeostasis). The hypothalamus is considered the link between the nervous system and the endocrine system. The nervous system is the major controlling, regulatory, and communication system of the body. It controls your movements, thoughts, and automatic responses to the world around you. In essence, LeAustyn can have a beneficial impact on every system in the body.

### GENERAL INFORMATION:

LeAustyn can be used in conjunction with LeEndoRelief to boost the endocrine system and help promote vitality. Layer it with LeEndoRelief and LeLife Force during times of sickness to help build and strengthen your body during an illness, and to lessen the duration of an illness. Use LeAustyn with other emotional blends such as LeAngel or LeWhispering Hope to help with emotional drivers that can aid recovery from eating disorders.