QUICK REFERENCE SHEET

Blue Tansy, Caraway, Clove Bud, Dill,

Frankincense Carterii, Galbanum, Geranium, Hyssop,

Lemon, Mountain Savory, Oregano, Ravensara, Rosemary Camphor, Thyme

Le Life Force Essential Oil Blend

APPLICATION:

One of the best places to apply this blend is along the spine. Other good places are all over the feet and on the thymus area of the chest.

AROMATIC CONSIDERATIONS:

LeLife Force should be diffused to strengthen the immune system and increase energy levels. It will also disinfect and purify the air, eliminating germs and bacteria.

AFFINITY FOR:

nervous system, immune system

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

^{Le}Life Force immediately raises the over-all frequency of the body, improving outlook and response to stress and trauma.

PHYSICAL ASPECTS:

Butterfly Express

^{Le}Life Force

^{Le}Life Force should be used following any illness or traumatic experience that has left one feeling weak, shaky, or on edge. This blend can make a big difference in the recovery period of accidents and illnesses. ^{Le}Life Force builds, strengthens, and protects the body because it is an immune and adrenal gland stimulant and toner. Use it with ^{Le}EndoRelief during the cold and flu season. You may avoid getting sick altogether, and, if you do catch something, the illness will have a shorter duration and recovery period.

For fever, dilute and apply along the spine. For bronchitis, use ^{Le}Life Force with ^{Le}Aspire or ^{Le}Breezey applied to the chest. For an earache, put 1 drop of ^{Le}Life Force in a carrier oil and put it into the ear. In addition, I like to put 2 or 3 drops of BBL tincture in the ear. BBL will numb the pain and cause any inflammation to dissipate through a multitude of small holes which heal quickly (instead of in one large rupture which is the way ears usually deal with inflammation).

Soaking your feet in very hot water to which 2 or 3 drops of ^{Le}Life Force has been added, can assist the body to detoxify, especially from environmental poisons and medications. The combination of immune stimulant properties and detoxifying capabilities make ^{Le}Life Force effective against allergies and other mild auto-immune dysfunctions.