QUICK REFERENCE SHEET

LeVitality

Essential Oil Blend

Allspice, Capsicum, Copaiba Balsam, Cypress, Geranium, Helichrysum Angustifolia, Helichrysum Italicum, Mandarin, Marjoram, Palmarosa, Ylang II

APPLICATION:

LeVitality should be diluted and applied on the chest over the heart area several times a day. LeVitality can also be applied to the acupressure heart area on the left foot, or alternatively, to the heart points found under the left ring finger and corresponding toe on the left foot. Additional points that may be of benefit are found on the arms just above the elbow. It may also be of benefit to apply LeVitality on the arteries of the neck, and to massage it along the spine between the 1st and 4th vertebrae.

AROMATIC CONSIDERATIONS:

The aroma of LeVitality is useful for shock. It also increases vitality, energy, and stamina.

AFFINITY FOR:

cardiovascular system, respiratory system, pulmonary system, lymphatic system, vein health, urinary tract, root and crown chakra-our connection to both Heaven and Earth, governing vessel meridian

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

This blend provided me with a hopeful feeling about the state of my health. When I applied this essential oil blend, and smelled the aroma, I felt more confidence in my body's ability to heal and be strong again. LeVitality gives one more enthusiasm for life. As stamina and strength improve, there is more energy and you feel good enough to enjoy life more fully.

PHYSICAL ASPECTS:

LeVitality is very specific for the cardiovascular, circulatory, pulmonary, and lymphatic systems. It should be tried for all heart related and circulatory conditions, but LeVitality has amazing uses in so many other areas. It is often useful for lowering high blood pressure and reducing stress levels. This blend can increase stamina among the sick or the elderly.

LeVitality is a remedy for the treatment of shock and has been used to stop or slow the progress of an oncoming stroke. For an impending stroke, LeVitality should be quickly applied to the neck and forehead. Encourage the person to breathe as deeply and calmly as possible.

LeVitality is an adrenal stimulant, aids the function of the kidneys, and clears lymphatic congestion. The anti-inflammatory properties of LeVitality make it useful for arthritis, pleurisy, and sciatica. LeVitality can help balance hormones and is useful in treating toxemia during pregnancy if it is related to heart or circulation problems. LeVitality reduces the size and painfulness of hemorrhoids; be sure to dilute well.

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