

QUICK REFERENCE SHEET

LeWithIn

Essential Oil Blend

Coriander, Ginger, Lavender Officinalis,
Rosemary Camphor, Yarrow Blue



APPLICATION:

LeWithIn should be diluted with a carrier oil and applied several times a day to the area of the hernia. It can also be used effectively as a compress.

AFFINITY FOR:

muscles

PHYSICAL ASPECTS:

LeWithIn is meant for use on inguinal and hiatal hernias. It is not applicable for surgical hernias. LeMillenia should be layered with LeWithIn for maximum structural realignment. The addition of Cypress and Hyssop should be considered for severe inguinal hernias. It is absolutely necessary to avoid strenuous exercise or anything that puts strain on the muscles involved until healing is complete. A good diet, which includes all of the nutritional needs of muscles during a repair stage, is also advised.