

Grab N' Go Flu Kit

The Grab N' Go Flu Kit has essential oils, tinctures and blessed waters at your disposal to help you deal with the ravaging symptoms of the flu. Different symptoms of the Flu could cause problems in the respiratory system, the digestive system, as well as the after effects of weakness and fatigue. This is a great all-inclusive kit to keep on hand all year long!

LeAspire

Dilute **LeAspire**; place on chest and neck for respiratory ailments. **LeAspire** is used to open the airways and relieve congestion in the lungs. **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.

LeDeliverance

LeDeliverance can be used, diluted, or diffused, in the home as a cleaner and air purifier to fight viruses and airborne bacteria. Its many uses include respiratory infections, sore throats, and strep throats. Frequent and consistent use of **LeDeliverance** strengthens the immune system and helps the lymph system to drain. A particularly effective way to fight a very virulent illness is to apply **LeDeliverance** alternately with **LeLifeForce**. In the evening put one of these on the K1's (acupressure points on the feet) and the other on the thymus. First thing in the morning, put the oils on again, then put them in opposite positions. If **LeDeliverance** was on the thymus area the night before, it should go on the feet in the morning. This method is very effective against really nasty stuff.

LeLife Force

LeLifeForce immediately raises the over-all frequency of the body, improving outlook and response to stress and trauma. Use **LeLifeForce** following any illness or traumatic experience that has left one feeling weak, shaky, or on edge. It builds, strengthens, and protects the body because it is an immune and adrenal gland stimulant and toner. Use it with **LeEndoRelief** 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. Apply along the spine. Diffuse to strengthen the immune system, increase energy levels, disinfect, and purify the air.

LeRevitalize

LeRevitalize increases mental alertness and alleviates mental fatigue. It is a great blend for replenishing inner stores of strength and increasing stamina. **LeRevitalize**, diffused, can give everyone in the room a boost of energy and alertness. This is an excellent oil for lymphatic congestion and immune stimulation. Dilute well when applying **LeRevitalize** to the body. Apply over the liver or on the bottoms of the feet.

LeBreezey

LeBreezey opens bronchial, and sinus passages. It's an excellent respiratory tonic and immune stimulant. It lifts the spirits, brings a sense of confidence, and self-worth. **LeBreezey** has viral fighting and tissue rebuilding properties for the lungs and bronchial tissues. Use with **LeAspire**. **LeBreezey** should be diluted and rubbed on the chest or back. It can also be diffused or placed on your pillow at night.

LeEndoRelief

Apply **LeEndoRelief** to the lymph glands of the neck, chest, and armpits whenever flu is suspected. Using **LeEndoRelief** early, before the illness is fully developed, will lessen its severity. It helps the lymphatic system continue to drain and to keep toxins and dying bacteria from over whelming tissues and cells. **LeEndoRelief** is very helpful during the recovery stages of serious illness because it is designed to strengthen and re-balance the endocrine system as a whole.

LeInsideOut

LeInsideOut improves the function of the digestive system. It helps with upset stomach, belching, bloating, stomach cramps, heartburn, constipation, and diarrhea. **LeInsideOut** would be a must if there is any intestinal discomfort or diarrhea. Apply to the abdominal area and bottom of the feet.

LeMariah

LeMariah is a wonderful support for the entire respiratory system. It promotes the rebuilding of the lungs while helping to eliminate the virus and bacteria from the respiratory system. **LeMariah** should be applied, diluted, to the chest and back at frequent intervals. It should be diffused near the patient to aid in clearing the lungs. **LeMariah** should be used in conjunction with **LeRevitalize** for endocrine support to increase energy and stamina.

LeStefanie

LeStefanie was developed to help fight antibiotic resistant pseudomonas bacteria, especially in the lungs. This blend has a great affinity for the entire respiratory system. **LeStefanie** should be considered for any respiratory problem, such as asthma, bronchitis, chest colds, or flu. **LeStefanie** should be applied on the chest, back, and on the feet. It can also be diffused or inhaled. **LeStefanie** is balancing and uplifting to the emotions.

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Diarrhea #1* ** (BDCIARRH1X9)

(Use only when symptoms are present)

Diarrhea #1 is useful for intestinal distress such as diarrhea or cramping pains in the bowel brought on by the flu, food poisoning, or when you have eaten something that disagrees with your digestive system. Take a few drops of Diarrhea #1 at the first sign of bowel cramping or a loose stool. Take a few more drops after the next loose stool or if cramping persists, up to 5-6 times per day.

Arsenicum Album * ** (BASRSENICALBUMC200)

(for any intestinal, bacterial flu or if relapse occurred.)

(Use only when symptoms are present)

Symptom picture can consist of:

- Exhaustion, but with anxiety and restlessness.
- Low vitality and eventual emaciation and weight loss.
- Shortness of breath with suffocative buildup of mucus in the nose or throat.
- Abdomen swollen and painful with an enlarged spleen.
- Darting pain through upper right lung; shortness of breath when not sitting up.
- Headache relieved by cold.
- Itchy scalp.
- Liver and spleen enlarged and painful. (use ^{Le}Revitalize)
- Nausea, retching and vomiting. Craves cold water but vomits it immediately.
- High fever.
- Swollen throat making swallowing hard or impossible.
- Vertigo-almost loss of consciousness-during coughing or retching spells.

Veratrum Album* ** (BVSERATALBC200)

(Use only when symptoms are present)

Symptom picture can consist of:

- Sudden collapse with extreme coldness, blueness and weakness.
- Vomiting that is violent and profuse. Diarrhea also violent and purging.
- Cramping in the legs and feet.
- All symptoms are violent and sudden and often accompanied by fainting.
- Face very pale, blue, looking collapsed and cold; tip of nose very cold.
- Voracious appetite and thirst but eating and drinking, particularly cold things, is immediately vomited.
- Vomiting worse with any motion.
- Cold sweat on forehead.
- Heart palpitations with rapid audible respiration. (use ^{Le}Vitality)
- Mucous in bronchials and throat.
- Large hard stools followed by watery diarrhea then more hard masses.

^{Le}Coconut Oil

Coconut oil is odorless and colorless. It absorbs readily into the skin, leaving no residue. It doesn't stain clothing and easily washes out of clothing and bedding. Coconut oil is an excellent skin moisturizer; rarely aggravates existing skin problems such as fungal or bacterial infections and does not clog pores. It leaves the skin feeling smooth but not greasy. Coconut oil has almost no aroma at all and has the added advantage of a long shelf life at room temperature without rancidity. Coconut oil is considered one of the best carrier oils.

Eupatorium Perfoliatum* **

(BESUPATPERFC200)

(body aches and pains.)

(Use only when symptoms are present)

Symptom picture can consist of:

- Severe and violent aching in the bones including back, limbs and head.
- Soreness and painful aching; bruised feeling in bones, especially in old injuries.
- Hoarseness and dry cough with soreness in chest.
- Cough with influenza; cough better from getting on hands and knees.
- Headache with soreness of eyeballs.

Gelsemium Sempervirens* **

(BGSELSEMIUMSEMP200)

(Use only when symptoms are present)

Symptom picture can consist of:

- Muscular soreness, great fatigue and headache. Great shaking and trembling.
- Drowsiness almost a stupor, sometimes with delirium.
- Feeling of emptiness in stomach or bowels; cramping with diarrhea and yellow discharges; gnawing and/or spasmodic pain in the transverse colon; painful contractions; tenderness in right iliac region.
- Chilliness up and down the spine.
- Face has a hot, flushed appearance.
- Thirstless, little appetite for food.
- Weak slow pulse with pain in the heart region with movement. (use ^{Le}Vitality or ^{Le}Revitalize)
- Partial paralysis of the bladder. (Use ^{Le}Revitalize)
- Feeling of oppression in the chest; slow breathing alternating with spasms and quick, short breaths.
- Excessive trembling and weakness of the limbs.
- Pain from throat to ear with the feeling of a large lump in the throat that cannot be swallowed.
- Dizziness and blurred vision.

BBL

A few drops of BBL at bedtime can help you relax into sleep. Use 20-40 drops in the tub for relaxation and pain relief. For convulsions brought on by fever, put at least 2 dropperfuls in a tub of tepid (lukewarm) water and get in tub. BBL is useful for coughs, bronchitis, asthma conditions, insomnia, headaches (place on back of head at base), and the onset of colds. BBL is good for healing nerves.

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Cayenne/Hawthorne

Cayenne and Hawthorn together make a powerful remedy. Cayenne fights the infection by inducing a beneficial and bacteria-killing sweat. Cayenne sustains and protects the heart during times of stress and during infectious diseases. Hawthorne improves the integrity of the cell membrane and prevents damage to individual cells throughout the body. Hawthorn is the leading remedy for anything connected to the heart and circulation because it dilates arteries, improving blood flow to all tissues, including the coronary arteries.

RC-L

Formerly Red Clover Combination with Lomatium. The Lomatium makes this recipe very effective for bacterial or viral stomach flu, pneumonia, bronchitis, etc. RC-L is a most effective infection fighting formula. This combination is a particularly potent blood cleanser, and is very good at keeping a localized infection from spreading and growing.

Rosehips

Rosehips have extremely high levels of vitamins, particularly vitamin C. Other nutrients include vitamins A, B1, B2, B3, B6, B12, and K as well as thiamin, riboflavin, niacin, folate, pantothenic acid, choline, betaine, and the minerals, calcium, iron, magnesium, phosphorus, potassium, sodium, zinc, copper, manganese, selenium, and fluoride. The nutrients in Rosehips are in an extremely absorbable form. Rosehips are a gentle remedy for diarrhea and are mildly diuretic. Rosehips reduce thirst and alleviates gastric inflammation. Iron needs vitamin C, found in rosehips, to be absorbed; take vitamin C during pregnancy and at other times when the absorption of additional iron is needed. Vitamin C also supports and enhances the immune system function.

Some other things to remember:

- Get plenty of rest.
- Drink plenty of water.
- The best plan is prevention: avoid exposure.
- Wash hands with soap and water frequently.
- Avoid hand contact with your face and mouth.
- Treat your symptoms as soon as they appear; change protocols as the symptoms change.* **

* **This especially applies when using BLESSED WATERS, the number one thing you need is to TREAT FOR THE PRESENT SYMPTOMS. The name of the illness or the strain of the bacteria/virus is only a name for the group of symptoms. You could easily be looking at both a viral AND a bacterial infection at the same time. Viral infections frequently open the body up for overgrowth or infestation of one unfriendly bacteria or another. Treat for the symptoms, and when the symptoms change- discontinue the Blessed Water.

MIN

Formerly Minerals. MIN contains the same three herbs—Dulse, Nettles, and Alfalfa—as KNA along with herbs for hormone balance, calming the nerves, strengthening the pancreas, and supporting the kidneys. MIN makes an excellent daily mineral supplement. It promotes energy and better health.

Olive Leaf

Olive Leaf is a very potent anti-bacterial as well as anti-viral herb. Particularly helpful in reducing the high fevers associated with viral/bacterial attacks. Studies have also shown that it relaxes arterial walls and reduces the hyper-tension that is created by fever and/or dehydration.

WC

Formerly Wild Cherry Cough Syrup. WC is an excellent cough and expectorant formula. It is more effective when given in frequent small doses—1/2 to 1 teaspoon, depending on the age of the patient, than in 2 or 3 larger doses. WC will liquefy mucous in the throat, lungs, and sinuses. This allows the body to either internalize it or expectorate it according to need. WC is very effective at quieting a dry, hacking cough where the throat is irritated but there is no mucous needing to be expelled.