

Synergy Kit

For more information on body systems and help finding additional products per body system, including herbal remedies, please visit the website www.butterflyexpress.shop. Under the “Information” tab, you will find a body systems index. Each of the essential oils in this kit was selected to help address physical and emotional issues by body system, offering a complete synergy kit for total wellness.

The Circulatory System consists of the heart, blood, arteries, and veins. Blood carries oxygen and nourishment to every cell in the body, while simultaneously removing waste products. The circulatory system also pumps hormones throughout the body. The physical heart is highly responsive to our emotions, and the emotional heart is associated with the ability to allow love, whether from oneself or others. In states of imbalance, the heart can become blocked due to locking oneself away as a protective measure. The heart and kidneys are closely related, so treating both systems will maximize healing.

Essential oils for the circulatory system: ^{Le}Amplify, ^{Le}Baby Me, ^{Le}Deeper, ^{Le}Guardian, ^{Le}Heartsong, ^{Le}Key to My Heart, ^{Le}Millenia, ^{Le}Revitalize.

The Digestive System includes the stomach, gallbladder, small intestine, large intestine, and liver. The mouth, teeth, salivary glands, pancreas (which is also considered part of the endocrine system), and rectum complete the digestive system. The function of the digestive system is to digest food, absorb nutrients, and excrete waste products. The digestive system is often referred to as the “second brain,” and emotions, stress, and anxiety can disrupt the digestive process. Phrases like “butterflies in my stomach” or “I have a gut feeling” are examples of emotions felt in the digestive system.

Essential oils for the digestive system: ^{Le}Balance, ^{Le}Millenia (for digestive issues involving the electrical system that supplies the digestive system or any alignment issues), ^{Le}Revitalize, ^{Le}Stimulate (for digestive issues involving the vagus nerve), ^{Le}Transition.

The Endocrine System consists of glands and organs that produce hormones regulating many bodily functions, such as mood, energy levels, growth and development, metabolism, sleep cycles, and reproduction. The hypothalamus, pituitary gland, pineal gland, thyroid and parathyroid glands, thymus, pancreas, adrenal glands, ovaries, and testicles all regulate hormones via the blood and circulatory system. Different emotions are associated with specific hormonal responses. Stress and fear trigger the release of cortisol and adrenaline, which put our bodies into “fight or flight” mode. The threat doesn’t even have to be real—it can be just an imagined threat.

Essential oils for the endocrine system: ^{Le}Balance, ^{Le}Baby Me, ^{Le}Endo Relief, ^{Le}Letting Go, ^{Le}Revitalize, ^{Le}Solace, ^{Le}Transition.

The Immune System is the body’s defense system, designed to fight germs, bacteria, and viruses. It is comprised of the lymph glands, nodes, thymus gland, tonsils, spleen, and even white blood cells. The immune system distinguishes between what is “us” and worthy of protection and what is “foreign” and should be destroyed immediately. Positive emotional states, like joy and happiness, lead to improved functioning of immune cells and a more robust immune system. Anger and sadness result in increased inflammation, a higher risk of illness, and overall reduced vitality. The emotional state of the heart impacts the health of the thymus by energizing it in positive states or depleting it in negative states.

The Lymphatic System is considered part of the immune system and complements the circulatory system. It includes bone marrow, the thymus gland, and lymph nodes. The lymphatic system produces and releases lymphocytes (a type of white blood cell) that seek and destroy invaders. Lymph fluid flows through the lymphatic system and into tissues, carrying nutrients, fats, proteins, damaged cells, germs, and mutated cells back to the circulatory system. Apoptosis, where cells self-destruct, allows the body to replace old or damaged cells with new ones. The lymphatic system emotionally represents flow and balance. Blockages indicate areas of stagnation, suppressed emotions, and unresolved issues. Feeling constantly “attacked” and that one must fight to maintain independence and a sense of self is another way emotions manifest in the lymphatic system. Essential oils for the immune and lymphatic system: ^{Le}Amplify, ^{Le}Deliverance, ^{Le}EndoRelief, ^{Le}Exhale, ^{Le}Guardian, ^{Le}Key to My Heart, ^{Le}Reflections (to strengthen kidney function and promote better processing of lymphatic congestion), ^{Le}Solace, ^{Le}Transition, ^{Le}Wisdom (apply counterclockwise over the thymus or on the thymus foot signal).

The Integumentary System is made up of hair, nails, skin, sweat glands, and oil glands. Skin is an indication of the overall health of the entire body. The skin is the largest organ of the body and acts as a barrier, protecting us from physical damage, pathogens, and harmful substances. The skin and sweat glands help regulate

temperature. The skin has sensory nerves that allow us to perceive touch, temperature, and pain. The skin is also an excellent indicator of internal emotions, such as blushing when embarrassed, turning red when angry, or developing rashes/hives when “something is getting under our skin.”

Essential oils for the integumentary system: ^{Le}Baby Me, ^{Le}Deliverance, ^{Le}Guardian, ^{Le}Millenia

The Nervous System is the control center of the body. The central nervous system consists of the spinal cord and brain, while the peripheral nervous system comprises a network of cells, tissues, and organs that receive, process, and transmit information throughout the body. The nervous system controls and coordinates all bodily functions. The nervous and immune systems are closely related and continuously exchange information via the brain. Water is essential for the proper functioning of the nervous system, as it aids in the transfer of electrical impulses. Nerves are the most sensitive organs in the body and can be affected by poor nutrition, stress, pollution, lack of oxygen, and toxic metals. The nervous system responds immediately to every thought and feeling. Emotional pain contributes to increased physical pain.

Essential oils for the nervous system: ^{Le}Amplify, ^{Le}Balance, ^{Le}Deeper, ^{Le}Guardian, ^{Le}Letting Go, ^{Le}Millenia, ^{Le}Stimulate, ^{Le}Sweet Relief, ^{Le}Wisdom.

The Respiratory System includes the nose, mouth, throat, larynx, windpipe, airways, lungs, and diaphragm. Its function is to inhale oxygen and expel carbon dioxide, a waste product. The nose filters the air, removing harmful particles and germs, while oxygen is warmed and moistened as it travels to the lungs. In the lungs, oxygen is exchanged for carbon dioxide, which is then expelled from the body with each exhale. The diaphragm assists the lungs by expanding and contracting with each breath. The lungs also serve as a primary channel for elimination in the body, including processing lymphatic congestion. In Traditional Chinese Medicine (TCM), the lungs are linked with the emotions of grief and sadness. A chronic cough may indicate that there is something we need to “get off our chest.” Difficulty breathing, or a feeling of being suffocated, can indicate that someone or something is smothering us.

Essential oils for the respiratory system: ^{Le}Amplify, ^{Le}Deliverance, ^{Le}Deeper, ^{Le}Exhale, ^{Le}Letting Go (for emotional components), ^{Le}Millenia (structural and energetic alignment), ^{Le}Solace (lymphatic congestion), ^{Le}Sweet Relief, ^{Le}Transition.

The Reproductive System is responsible for sexual reproduction and ensuring the continuation of a species. It involves egg and sperm production, fertilization, and the support of developing offspring. The system is complex, with different parts (male or female) and hormones that vary depending on the reproductive cycle or life stage. Puberty, controlled by the endocrine system, marks the beginning of reproductive development. The endocrine and reproductive systems work together to regulate reproduction. The testes in males and the ovaries in females are part of both the endocrine and reproductive systems.

The emotions associated with the reproductive system are complex and varied. They can be entirely different based on whether one is male or female, or at what life stage one is in. Fears concerning conception, the birthing process, and parenthood can arise in cases of infertility. Other types of emotions that can manifest as physical symptoms in the reproductive system include lack of body confidence, lack of communication or negative communication involving the reproductive system, self-dislike, rejecting sexuality, or distrust of sexuality and its natural expression. Often, people are not comfortable discussing the physical nature of the reproductive system, let alone the emotions that correspond with it. Nevertheless, essential oils address both physical and emotional problems.

Essential oils for the reproductive system: ^{Le}Balance, ^{Le}EndoRelief (for hormonal imbalances), ^{Le}Letting Go (for emotional components), ^{Le}Millenia (for alignment of the uterus, etc.), ^{Le}Solace (lymphatic congestion of reproductive organs), ^{Le}Wisdom (for inner child work or grief affecting fertility), ^{Le}Woman Wise.

The Urinary System filters blood and produces urine as a waste by-product. The kidneys, ureters, bladder, and urethra comprise the urinary system. The kidneys filter blood, remove waste, and help regulate blood pressure and fluid balance. The ureters transport urine to the bladder, which stores it until it is released through the urethra. When the kidneys are out of balance, fluids—including blood, urine, and lymphatic fluid—become unbalanced. The emotions of the kidneys can be related to the need to establish better balance in our lives. In Chinese medicine, the kidneys are considered the seat of fear. Emotions in the kidneys can also reflect worry, as well as unexpressed grief and loss.

Essential oils for the urinary system: ^{Le}Amplify (especially when applied with ^{Le}Reflections), ^{Le}Balance, ^{Le}Deliverance (for infection-fighting), ^{Le}Guardian, ^{Le}Heartsong, ^{Le}Key to My Heart, ^{Le}Letting Go, ^{Le}Millenia, ^{Le}Reflections, ^{Le}Revitalize, ^{Le}Solace, ^{Le}Wisdom.

Synergy Kit

This kit is designed to support and enhance total body wellness by targeting key body systems—circulatory, digestive, endocrine, immune, nervous, respiratory, reproductive, and urinary. Each essential oil included has been carefully selected to address both physical and emotional health concerns associated with these systems. Whether you are looking to support the heart, balance hormones, improve digestion, or promote immune function, this kit offers a synergistic blend of oils that work together for complete body harmony.

LeAmplify

LeAmplify helps us to feel more resilient and stronger emotionally. It is an excellent choice for use during meditation, prayer, or yoga as it helps to open our minds to the inspirations of heaven. This blend was formulated to be added to other blends to “amplify” their healing and pain relieving properties, but is wonderful to use just singly as well. Layer with LeDeeper, LeMillenia, LeIntensity, LeFortitude, or your favorite pain relieving essential oil blend.

LeBaby Me

LeBaby Me helps to open the heart chakra, enabling us to give and receive love. LeBaby Me is a special combination for mothers, expectant and otherwise, and for babies of all ages. The use of this oil brings feelings of connection and willingness to give and take in relationships, particularly in parent/child relationships. It is also recommended for use in bonding between a mother and a new baby. Great for diaper rash.

LeBalance

LeBalance is beneficial in the control of mood swings brought about by hormone and endocrine system imbalances in both men and women. (Yes, men have hormones that can and do get out of balance, too!) LeBalance has antispasmodic properties. It is helpful as a digestive aid and as a diuretic, especially when the problems in these areas are linked to hormone imbalances. Can be used with LeEndoRelief, which has a strengthening effect on the entire endocrine system.

LeDeeper

LeDeeper contains penetrating, anti-inflammatory oils which aid in relieving pain that is deep in the tissues and nerves. It is useful for sciatica, arthritis, osteoarthritis, the pain of osteoporosis, sprains, and injuries where there is bruising and/or nerve damage. LeDeeper increases blood and lymph circulation to the extremities, making it an effective choice for neuropathy and fibromyalgia. Brings relief from premenstrual and menstrual cramps.

LeDeliverance

LeDeliverance is one of the most potent antiviral, antibacterial, antifungal combinations available. Some common methods of use are to soak the family toothbrushes in LeDeliverance mixed with water. Add to water before washing clothes, dishes, or wiping down surfaces. Place on a cotton ball or in an inhaler and carry with you, inhaling frequently during the cold and flu season. Use to eliminate airborne bacteria and viruses.

LeEndoRelief

LeEndoRelief aids our emotional health because it strengthens and balances the wide range of organs and glands that make up the endocrine system. As our bodies and minds begin to function better, we feel more secure in ourselves. We are able to establish (or reestablish) boundaries between ourselves and others. This does not mean that we become prickly or rude; it enables us to be tactful and firm while still being kind and concerned. Effective for hot flashes.

LeExhale

LeExhale is a combination of stimulating and soothing that is useful for relieving congestion, colds, or coughs. The Ravensara in this blend helps fight viral strains and, along with Tea Tree, aids in tissue rebuilding, while killing some of the nastiest microbes on the planet. LeExhale is antibacterial, helps encourage lymphatic drainage, stimulates the immune system, aids circulation.

LeGuardian

LeGuardian helps clear negative emotional patterns and supports resilience in stressful situations. Emotionally and spiritually, it stabilizes mood, alleviates anxiety and depression, promotes intuition, clears negativity, and protects the energy system, fostering a sense of grounding and love. Physically, it sharpens the mind, enhances memory and concentration, soothes skin conditions like eczema and acne, and rejuvenates energy while calming the nervous system.

LeHeartSong

LeHeartSong allows the heart to find its joy and learn to sing again. This is a very high frequency spiritual and emotional blend. LeHeartSong was created as an anti-depressant blend and is still the #1 blend for use in the treatment of grief and mild depression. This blend is wonderful for getting through a tough time or just making it to the end of a difficult day. It is also quite effective as a protection against negative energy that you are picking up from others at home or at work.

LeKey to My Heart

LeKey to My Heart is very strong in the balancing and repairing of the cardiovascular, circulatory, pulmonary, and lymphatic systems. LeKey to My Heart has proven useful for lowering high blood pressure, reducing stress levels, and increasing stamina and energy levels. LeKey to My Heart creates enthusiasm for life and confidence that one's body is capable of healing and adequate to the tasks being required of it.

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LeLettingGo

LeLettingGo aids us in “letting go” of negative emotions that we are holding onto in the physical tissues of our bodies. Use LeLettingGo to aid in the release of anger, frustration, resentment, despair, grief, insecurity, or any other emotion that is not serving you well. This oil is beneficial when used for the rebellious spirit sometimes seen in teens and others of us from time to time. Regular use of this essential oil blend can help us develop feelings of trust, safety, and security.

LeReflections

LeReflections lifts the cloud of negativity which may be pulling us under emotionally and spiritually and clouding our mental perceptions and processes. LeReflections can strengthen our kidney function, helping us to cope emotionally with the fears and events of our lives. LeReflections heightens our ability to give and receive love. A must have oil when you fear being inadequate and unable to accomplish upcoming tasks.

LeSolace

LeSolace is a great oil for depression. The fragrance promotes feelings of joy, and confidence, and helps us be more relaxed. The aroma helps with mental exhaustion and tension. This oil is emotionally warming and can help us through tough times, like bereavement. LeSolace is excellent for relieving pain due to its ability to relieve congestion in the lymphatic system. Many of the essential oils contained in this blend inhibit mutant cell growth, helping to restore normal cell function.

LeSweet Relief

LeSweet Relief was blended to help alleviate stress and tension. It helps us to center and reset when over-work has brought us to a state of mental, physical or emotional fatigue. LeSweet Relief is wonderful for headaches, sprains, or cramps. Can be used for pain relief, soothing inflamed tissues, and aiding circulation. Apply at night to ease pain and reduce tension. LeSweet Relief soothes us into a restful sleep.

LeWisdom

As we experience adversity and joy in this life, our fears, frustrations, annoyances, and irritations should mellow into wisdom. This blend can help us do that by moving us away from the negative patterns of our lives. LeWisdom can help us express and deal with repressed emotions. LeWisdom is a wonderful oil for any grieving stages of our lives. It is one of the best blends for jet lag and fatigue.

LeMillenia

LeMillenia helps one find the courage to move forward with confidence and faith. It brings clarity about what is really necessary for happiness and contentment. Referred to as “Chiropractor in a bottle,” though, LeMillenia aligns so much more than just physical structures. LeMillenia aligns the electrical energies of the body, balances every meridian, and energizes every chakra. LeMillenia maintains the integrity of the connective tissues that wrap, connect, and protect every organ and balances the emotions.

LeRevitalize

LeRevitalize increases mental alertness and alleviates mental fatigue. Replenishes inner stores of strength and increases stamina. Especially effective for those who are worn out from chronic illness or who make a habit out of running faster than they have strength. LeRevitalize cleanses the liver, but does so gently and steadily. It stabilizes energy levels and improves vitality. Excellent oil for lymphatic congestion and immune stimulation.

LeStimulate

Wonderful for nourishing the nervous system and may be helpful to the vagus nerve by gently stimulating it. LeStimulate is excellent for boosting the immune system, detoxifying, and strengthening or rebuilding after an illness or injury that has left you feeling depleted. LeStimulate improves memory and alleviates mental and physical exhaustion. This is a good oil to diffuse when studying. It is helpful when you are feeling run down, depressed, or just need a boost of vitality.

LeTransition

LeTransition is a blend that will nourish and strengthen every system of the body and is useful for gently rebuilding after illness or periods of stress. LeTransition can reset our mind, allowing us to have clarity in the direction we need to go. LeTransition has been blended with oils that will ground you in the present, clear your mind and allow you to see the present in it's truth, and gently open your eyes to the possibilities of the future.

LeWoman Wise

LeWoman Wise was created to help balance the hormones of younger women. It also brings a lot of relief from pre-menstrual and menstrual cramps and headaches. It may also be effective for prostate problems in men. This blend should be used all month long, not just when the PMS symptoms are at their worst. Doing this will keep the symptoms from occurring. Not for use during pregnancy!!!