

Essential Oils for Emergency Preparedness

Emergency & First Aid

- Airborne Pathogens (A)-Purify, On Guard, Lemon, Cinnamon, Lemongrass
- Alertness- Peppermint (TA)
- Antibacterial-On Guard (ITA), Melaleuca (T), Thyme (TA), Cinnamon (TA), Peppermint (T), Purify (AT), Lime (TAI)
- Antibiotic Blend- 12 drops On Guard, 6 drops Oregano, and 2 drops Frankincense in a 00 size capsule. Ingest every 4-8 hours
- Antifungal- Melaleuca (T), Oregano (TAI), Thyme (T), Cinnamon (TA), Clove (T), On Guard (TA)
- Antioxidant- Clove (TA), Thyme (ITA), Rosemary (TA), Peppermint (TA)
- Antiviral- Helichrysum (TA), Melaleuca (TA), Clove (TA), On Guard (TA), Melissa (TA), Breathe (A)
- Bites/Stings (T)
 - Allergic- Purify
 - Bees and Hornets- Roman Chamomile, Basil, Purify
 - Gnats and Midges- Lavender
 - Mosquitos- Lavender
 - West Nile Virus- 00 size capsules of 8 drops Oregano, 5 drops On Guard and 3 drops Frankincense. Ingest twice daily.
 - Snakes- Basil (TI), Melaleuca(TI), Helichrysum (T) to speed healing
 - Hemotoxic Venom- Melaleuca (TI) at time of bite, in waiting for anti-venom
 - Spiders- Basil, Purify with Melaleuca
 - Ticks (After Removal)- Lavender
 - Lyme Disease- Antibiotic blend (see above)
 - Wasps- 1 drop Basil, 2 drops Roman Chamomile, 2 drops Lavender, 1 tsp. apple cider vinegar three times daily
- Bleeding (Stops)- Helichrysum (T), Geranium (T)
- Blisters- Lavender (T)
- Boils- Melaleuca (T), Lavender (T), Purify (T)
- Broken Blood Vessel- Helichrysum (T)
- Broken Bone- Deep Blue for Pain (T), Frankincense to Speed Healing (TI)
- Burns (T)
 - Infected- Purify
 - Pain/Healing/Peeling- Lavender
 - Sunburn- Lavender, Melaleuca
 - Prevention (Sunscreen)- Helichrysum
- Coma (T)- Frankincense, Balance, Sandalwood
- Concussion- Frankincense (AT), Cypress (T)
- Cooling Oils (TA)- Peppermint, Eucalyptus
- Diarrhea- Peppermint (IT), Ginger (IT), Geranium (T), DigestZen (IT)
- Diuretic (T)- Lemongrass, Rosemary, Lavender, Patchouli
- Ebola Virus- Cinnamon (T), Oregano (T)
- Fainting (A)- Peppermint, Rosemary

A=Aromatically, T=Topically, I=Internally

Essential Oils for Emergency Preparedness

- Food Poisoning (I)- DigestZen, On Guard
- Gangrene- Lavender (T)
- Giardia (IT)- DigestZen, Lavender
- Hemorrhaging- Helichrysum (T)
- Infection (TA)- Cinnamon, Clary Sage, On Guard, Bergamot, Myrrh with Oregano
- Insect Repellent (TA)- TerraShield, Patchouli
- Parasites
 - Intestinal (IT)- Lemon, Oregano
 - Worms (IT)- DigestZen, Lavender
- Poison Oak/Ivy (T)- Rose, Lavender, Elevation, Roman Chamomile
- Radiation (IT)- Peppermint, Sandalwood
- Shock- Peppermint (TA), Roman Chamomile (T), Helichrysum (T), Melaleuca (T), Elevation (A)
- Toxemia- Cypress (TA)
- Warming Oils (T)- Cinnamon, Oregano
- Water Purification (I)- Lemon, Purify, Peppermint

Common Ailments Often Requiring Medication

- Allergies- Melaleuca (T), Lavender (T), Breathe (A,T)- Apply to sinuses and bottoms of feet
- Anxiety- Lavender (AT), Wild Orange (A), Lemon (A), In Tune (AT), Serenity (AT), AromaTouch (T), Elevation (A), Balance (T), Breathe (T)
- Arrhythmia- Ylang Ylang (AT), Lavender (AT)
- Arthritis- Frankincense (TA), Rosemary (TA), Marjoram (TA), Deep Blue (T)
- Asthma- Eucalyptus (AT), Frankincense (AT), Peppermint (AT), Thyme (AT), Breathe (AT)
 - Asthma Attack- Breathe (A), Eucalyptus (A)
- Blood Pressure-
 - Regulate- Lemon (I)
 - High (Hypertension)- Ylang Ylang (AT), Marjoram (TA) *Avoid Rosemary, Thyme & Possibly Peppermint
 - Low- Rosemary (AT)
- Carpal Tunnel (T)- Frankincense, Basil, Marjoram, Lemongrass, Oregano, Cypress
- Cholesterol- Helichrysum (T), Lemongrass (I), Clary Sage (T)
- Colds (AT)- Thyme, Lemon, On Guard, Melaleuca
- Congestion (TA)- Eucalyptus, Peppermint, Breathe
- Coughs (AT)- Breathe, Melaleuca, Eucalyptus, Frankincense, On Guard
- Diabetes- Rosemary (ITA), Cinnamon (IA), Geranium (TA), Ylang Ylang (TA), Eucalyptus (TA)
 - Pancreas Support (T)- Cinnamon, Geranium
 - Sores (T)- Lavender, Breathe
- Headaches (TA)- PastTense, Peppermint, Rosemary, Deep Blue
- Influenza (AT)- Breathe, Melaleuca, Peppermint, Rosemary, Eucalyptus, On Guard
- Staph Infection- On Guard (IT), Melaleuca (IT), Oregano (T), Helichrysum (T)

A=Aromatically, T=Topically, I=Internally