

MEDICAL PREPAREDNESS



for Adults

**Be prepared to handle depression,
heart disease, chronic pain, and
much MORE!**

by Julie Behling



ESSENTIAL SURVIVAL

NOT YOUR MUMBO & JIMBO. ADD. KIT

First Edition

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Introduction

When people think of medical preparedness, most of them picture a first aid kit – a little box with band-aids, gauze, medical tape, and a couple of aspirins. They may also think of CPR and other medic skills. Everyone should absolutely have a first aid kit in case of injury that can occur in a natural disaster or everyday life, and medic skills could surely come in handy if Western medical care is unavailable. But today it is in our best interest to prepare not only for hurricanes, tornadoes, and earthquakes, but also a potential collapse of the economy!

I hope you have grabbed a free copy of my ebook *Medical Preparedness – What's Your Contingency Plan?* (If not, go here to get your copy -- <http://essentialsurvival.org/subscribe-newsletter>). In this ebook I outline the top ten causes of death in the event of an economic collapse. Interesting, four of them are related to various medical concerns, including injury, pandemic, and others.

Some forward-thinking doctors, nurses, and medics have come out of the woodwork to teach preppers how to handle various types of injuries that can occur in a disaster. But contrary to what some may think, dramatic types of injuries are not the biggest type of medical threat in a collapse scenario. **Lack of access to medicines will kill far more people than injuries**, and will also contribute to people dying from any super-bugs. Indeed, lack of access to medicines will kill more people than starvation or dehydration, or anything else for that matter, in the event our economy collapses.

I have a real opinion about this. Several years ago, I was on 4 prescription medications that I could not function without. In 2005 I found a way to replace all of my drugs with essential oils and supplements and got BETTER RESULTS! Together with the help of lifestyle changes, my severe health problems resolved!!

My prepper friends -- please store food and water, please learn survival skills. But also **please realize that if you are dependent on Western medicine if and when we have an economic collapse, you will wish you had taken action for your medical preparedness too!** You and I both know that your first aid kit isn't going to cut it.

There is no perfect solution or magic bullet that will instantly help every person with every health problem, but there are some real, viable alternatives to drugs – alternatives that work, in many cases are research-backed, don't require a prescription, are easy to use, and are compact and easily storable even for years on end. What more could you ask for?

I hope you print out this ebook, read it, mark it up, and take the steps you need to take for your own health, well-being, and medical preparedness. Enjoy!

Chapter 1 –

Three Reasons to Pay Attention to the Information in This Book

Have you ever had a health problem that weakened you in any way or made you miss out on something important? We've all experienced the nuisance of such things as headaches, allergies, or a bout with the flu – things that have temporarily rendered us weak and ill.

Much worse than that, however, nearly 1 in 2 Americans suffer from a chronic illness of some kind that disrupts their life on a day-to-day basis, sometimes continuing for years! And about 50% of Americans rely on prescription medication for their chronic health problems.

Imagine a scenario where we experience an economic collapse right here in America. Pharmacy shelves are bare. As soon as the public catches wind of disruption to the production and distribution of medications, they empty all the pharmacies of both prescription and over-the-counter medicines. Unless you are wealthy or have connections, access to medications is severely limited. This scene continues for months or possibly even years.

Those who took precautions ahead of time to reduce or discontinue their reliance on Western medicine are in a much better position to weather the storm than the majority who didn't prepare, either through ignorance or apathy.

Whether you suffer from occasional health annoyances or have ongoing chronic issues, I encourage you to take the information in this ebook seriously so you can be among the few who are truly prepared to make it through any type of economic collapse, natural disaster, or anything else that could be thrown our way.

Reason #1 to Take This eBook Seriously --

The #1 Cause of Death in an Economic Collapse Is . . .



Lack of access to medications is projected to be the #1 cause of death in the event of an economic collapse, beating out starvation, lack of drinking water, pandemic, injury, and many more. This is because half of America's populace relies on prescription drugs and would be lost without them.

I can relate.

Years ago when I was 24 years old I woke up one day with the flu, and through time it spiraled downward into an illness known as Chronic Fatigue Syndrome. Previously healthy and active, from September 1999 and on I spent every other day bedridden with debilitating fatigue. The days I wasn't in bed all day I was using every bit of effort I had to function at a level that would be more often expected from a sick 80-year-old than from someone in their mid-20's!

I experienced severe insomnia along with the mind-numbing fatigue. I would lie wide awake in bed each night with my heart racing for hours. Sometimes I wouldn't drift off to sleep until the sun was rising. Sleeping pills didn't work – they just made me feel drugged as I lay in bed frustrated and unable to sleep.

After about a year of this, I was able to get an appointment with a doctor who had a special clinic for people with Chronic Fatigue Syndrome. I traveled to North Carolina and got a confirmed diagnosis and a prescription for three different drugs that modulate brain waves so I could finally sleep. These drugs worked like a charm!

As long as I had my Neurontin, Klonopin, and Elavil I could sleep normally. If I left them at home or ran out for even one night, I was back to that maddening insomnia. About four years later when I decided I wanted to go off these drugs, I discovered just how addictive they were. I learned that I would need to take several months to gradually wean off of them.

I started with Neurontin, and got muscle aches and irritability as a result. Next, I started weaning off Klonopin and had the ride of my life! Even though I did this gradually over a period of a few months, not only did my severe insomnia return with a vengeance, but I would burst into tears at

the drop of the hat and I even experienced altered perception. I remember walking through the mall with my then-husband and feeling like I was not me, my feet were not mine, and I was not walking on the floor but floating in the air.

I did a little research and learned that there were *clinics* to help people get off drugs like Klonopin – benzodiazapenes of which Valium is an example – because they are so highly addictive and the side effects from going off them so severe!

I was determined to get off the drug, though, and was blessed to come across a supplement at the health food store that took away my drug trippy Klonopin withdrawal symptoms in less than an hour. The supplement was called GABA, and I used it for about a year until my body adjusted to being off the drug.

I was never able to go off the last drug Elavil without experiencing severe insomnia until a while later. In 2005 I was introduced to therapeutic-grade essential oils from Young Living and with two of the oils, **Peace & Calming** and **valerian**, through time my severe insomnia resolved completely. After about a year and a half, I didn't need anything to help me sleep! Not only did the essential oils help me get to sleep, but the more I used them the less I eventually needed them.

During the time I suffered with Chronic Fatigue Syndrome, I also went on the thyroid medication Synthroid. Within a couple of days on Synthroid I had about twice as much energy as before. I felt great! So great, in fact, that I was able to go to Russia for a two-month study abroad program because of it. While I was in Russia, however, I kept needing more Synthroid just to function. About a week and a half before I was to return to the states, I was down to just one pill. Thankfully at the last minute I met a Russian doctor who was able to tell me where to get the drug and I was able to finish out my time in Russia with no problem.

Just as with the medications I was on for sleep, when I was introduced to Young Living Essential Oils in 2005 I also found natural solutions for my thyroid issue and was able to get off the Synthroid. I used **Thyromin** and some other things (see here -- <http://essentialsurvival.org/low-thyroid-essential-oils>). I actually got even better results with the oils and supplement from Young Living than with the drug, and I have been drug-free since that time!

In the ensuing years as I have become interested in preparedness, I became increasingly grateful that I was no longer dependent on drugs or medications of any kind. It was clear to me that had any sort of serious disaster or economic collapse occurred when I was dependent on those medications, I would have been rendered completely non-functional and extremely vulnerable.

Many people today are on medications that if they were to suddenly discontinue, not only would it be an inconvenience, not only would they be disabled, but they could even die. Finding viable alternatives to the medications we rely on, and beginning to use them right now, is *essential* for our preparedness.

Reason #2 to Take This eBook Seriously --

Do Drugs Really Heal Us?



Like most of you, I grew up taking drugs for various ailments. Antibiotics for ear infections, cold medicines for cough and congestion, pain killers for headaches. I even took the highly-toxic drug Accutane for acne when I was in college. The drugs I took helped reduce the troubling symptoms I was experiencing, but in no way did they *heal* the causes of my symptoms. In most cases as soon as I didn't have the drugs, the problems were back. And not only that, the underlying causes of the symptoms I wanted to get rid of were usually even *worse* than before!

There are, of course, some instances where a drug may be a good solution -- thyroid medication for people without a thyroid gland, for instance, or immune-suppressing drugs for people who had an organ transplant. But I have found that this is the exception rather than the rule.

Here's one scenario that is repeated constantly throughout our society – let's say you have acid reflux issues, so you go to the doctor and he prescribes Nexium. You've seen plenty of commercials about the "little purple pill that heals", so you gladly fill the prescription. You start taking it, and you no longer have acid reflux. Great! Problem solved, right?

Well, that depends. If you are O.K. with taking the drug for the rest of your life you might be set. But what happens when you try to go off the drug? What's really going on here?

In most cases, acid reflux is caused and exacerbated by chronic stress and improper dietary choices. The symptom of acid reflux is a sign, a ***warning signal***, that something isn't right. Something needs to change.

To illustrate, imagine you get keep getting letters from your bank telling you that you have overdrafted your account, and instead of making a deposit into your bank to rectify the situation,

you rip the letters up and throw them away so you don't have to look at them, or pull out a gun and shoot the postman. Will *that* work?

Of course not. Just as tossing out the letters from the bank won't solve the problem causing the letters to be sent – the overdrafted account -- Nexium *cannot* get to the root causes of the acid reflux – chronic stress and a diet that isn't right for you. And not only that, just as ignoring the letters from the bank will only result in the root problems getting worse and worse through time, it's the same with covering up the sign of acid reflux while ignoring the stress and bad diet.

Ignoring an overdrafted account and just destroying the messages telling you that there's a problem will usually result in calls from the bank or maybe even a collection agency! Similarly, down the road it's inevitable that the stress and dietary issues causing acid reflux will lead to more urgent signals/symptoms – heart disease, heart attack, or maybe even worse!

Until we address the root causes of unpleasant symptoms and disease, the symptoms we experience will get more and more urgent. Even though they are trained primarily to prescribe drugs and perform surgeries, **doctors themselves admit that at least 85% of all disorders they encounter with their patients are not optimally treated by drugs and surgery.**

How much better to get to the root causes of our diseases through addressing how our lifestyle may be contributing to or causing us issues! Modifying our lifestyle can be a challenge, but it is a challenge worthy of our effort as it can reap great rewards to our long-term health and happiness.

Reason #3 to Take This eBook Seriously --

Substantial Risks & Side Effects of Drugs



When we are seeking relief from any type of illness, sometimes we wish to do all we can to get the problem to go away as quickly as possible. Many people use drugs their doctors prescribe because they desire to be proactive with their health. But besides the fact that most drugs can never address the root causes of our disease, there is the issue of side effects.

Nexium, for instance, does reduce the amount of stomach acid the body produces, but it can also lead to a slew of other problems that might be just as bad, or possibly even worse, than the original one. In the case of Nexium, some common side effects include headache, diarrhea, and abdominal pain. Also, with too much a reduction in stomach acid the body may struggle to properly digest food. Poor digestion is associated with scores of other health problems, including an increased risk of contracting food-borne illness.

Are the side effects really worth it?

Here are some more examples of side effects from drugs. If you're experiencing depression and your doctor prescribes antidepressants, you might just be trading that depression for low libido or an increased risk of suicide. If you use pain killers, especially on a long-term basis, you may find relief from the pain but you also had better watch out for organ failure or stroke. With allergy medications you might be trading sneezing and a runny nose for infertility. The list goes on and on.

It has recently come out that in our day, **prescription drugs kill *more people each year than illegal drugs*** such as methamphetamines, heroin, cocaine, and all others combined! In fact, it is estimated that **each year, at least 10,000 people in America die from taking prescription drugs *as directed!***

What are we thinking?!

It is an unfortunate truth that our modern society has abdicated personal responsibility to institutions. We've given our power to the schools and television to raise our kids, power to the churches to teach our children about God, power to the government to provide us an economic safety net, and power to our medical system to heal us of our many ailments. We have shifted the responsibility of our health and well-being to a man or a woman in a white coat. *They* are the experts, and who are *we* to question their recommendations?!

In most cases, we blindly accept the diagnoses, the prescriptions, and the protocols our doctors give us under the assumption that they would never prescribe a drug or recommend a procedure that would harm us. Truly, the vast majority of doctors and nurses are in that field so they can help people. But the tools they are given in school – drugs and surgery – come with some pretty substantial risks.

If we are to experience optimal health, it is our duty as stewards of our own bodies to question our doctor's recommendations, to do our own research, and to first select those things that may help the most and cause the least amount of potential damage in the process. We get to ***take back our power*** and claim responsibility for our own health and healing!

Natural remedies such as herbs, vitamins, minerals, and essential oils as well as holistic healing modalities including massage, acupuncture, reflexology, and many others are so very valuable in this process. There is an astounding amount of evidence that these types of things can be of tremendous benefit while the risk of harm is minimal or almost non-existent! And we are free to pick and choose those things that resonate with us rather than be a helpless victim of the prescription pad or surgeon's scalpel.

Chapter 2 – Essential Oils 101

Why Essential Oils are Ideal Medicines for Preparedness



There is a real need for viable alternatives to drugs, both prescription and over-the-counter. We need alternatives that *work* and can be easily stockpiled and stored for long-term use. Therapeutic-grade essential oils are ideal medicines not only in case of an economic collapse, but for right now as well.

Plant Medicine & Man



Since the era of the hunter/gatherers, man has sought out plants not only for food and other raw materials, but for medicine as well. Plants that produced benefit for man were cultivated and carried to new terrain. Man has been using aromatic plants, or herbs, since the earliest epochs on record. Essential oils are the components of herbs that actually have the therapeutic effect. That's why old herbs that are too dried out lose their potency – all the essential oils have evaporated!

Depending on the plant, the essential oils extracted from it can have protective and healing properties, some acting as the “neurotransmitter” of the plant, others protecting the plant from pests, and others still as carrier molecules bringing oxygen and nutrients into the cells of the

plant. Essential oils in aromatic plants have many different important functions in the plant, and can be steam distilled from the herbs and used as potent medicines for man.

A Brief History of Essential Oils



Through the ages, essential oils were used by the royal classes of ancient Egypt, Arabia, India, and China. Less-potent herbs were for the peasant classes, but the Pharaohs and other royal classes insisted on the best medicines – essential oils. The trade of essential oils in ancient times – especially of frankincense – became so widespread that it was one of the main reasons for the development of international trade!

Essential Oils are Better than Drugs --

With essential oils you don't need a prescription. You can stockpile and store them. If they are stored properly there is no expiration date. You can actually heal your body with therapeutic-grade essential oils, rather than covering issues up with a band-aid.

The human body is well-equipped to metabolize plants, as plants and man evolved together through the millennia. Unlike pharmaceutical drugs that are composed of a large amount of one chemical, essential oils contain small amounts of many plant chemicals and are therefore much easier for the body to metabolize.

Side effects of using therapeutic-grade essential oils are few and far between, and minimal. There have never been any reported deaths due to essential oils, whereas around 10,000 Americans *each year* are reported to die of taking prescription medication *as directed*.

It literally goes against nature to ingest a large dose of one chemical day after day and year after year, as we do when we take drugs for chronic health problems. Little wonder so many people experience as many problems as they do with pharmaceutical drugs!

Essential Oils are Better than Herbs –



Essential oils pack much more punch into a little bottle than a whole sack of herbs can even dream of. For instance, it takes 26 cups of peppermint tea to do what **1 drop** of therapeutic-grade peppermint essential oil can do. So it would take 2,210 cups of peppermint tea (or about 110 boxes of peppermint tea and an investment of well over \$300) to equal just one 5 ml bottle of peppermint oil! Unless you want to buy an entire storage unit to house your emergency medicine and invest thousands of dollars in herbs and you're also willing to cart all that around with you, I recommend going with the essential oils.

Better than Colloidal Silver –

I like colloidal silver and think it's great to have on hand. Even if you have a machine to make it, though, are you going to be able to carry that machine with you in the event you have to evacuate or suddenly relocate? It would probably be a challenge to do so.

Simple & Easy to Use –

Essential oils are so easy to use that a child can do it! There are three basic ways to use essential oils.

1. **Inhalation.** Put a couple of drops in your hands, rub them together, then cup your hands over your nose and inhale. Smell the oil straight from the bottle! Diffuse into the air with a cold air diffuser (which preserves the chemical structure of the oils and maintains optimal therapeutic value). Alternately, you can make your own essential oils sprays by adding a few drops of an essential oil to purified water in a spray bottle (preferably glass).
2. **Direct Application.** Therapeutic-quality essential oils like the ones in the Essential Oil Survival Kit may be applied to the skin (avoid eyes, inside the ears, and other sensitive areas). Oils may be applied neat (undiluted) or diluted with a carrier oil such as organic, cold-pressed almond oil, refined sesame oil, coconut oil, or olive oil. Essential oils may also be mixed with Epsom salts, sea salt, or a carrier oil and poured into the bath.

3. **Internal use.** Many therapeutic-quality essential oils may be used internally. This is done by adding a drop or two of the essential oil to water, rice milk, or hot tea. You can also add a few drops of your chosen essential oil to blank gelatin capsules (always add a small amount of carrier oil to the capsules as well).

Essential Oils are Safe for Babies, Children, Seniors, & Even Pets!



With essential oils, in most cases you can use the same oils on the baby, grandma, and the family dog that you use yourself! For babies and smaller animals, just dilute the oil more and use less.

Essential oils can be safely used on horses, cattle, goats, and dogs. Use caution with cats by diluting the oils at least 20/80 in a carrier oil and avoiding strong essential oils such as peppermint, Thieves and others. For smaller animals such as birds and hamsters, apply a small amount to your hands and slowly approach the animal with your hands outstretched. Please go to www.essentialssurvival.org for more details.

What about Vitamins and Minerals?

Essential oils do not provide vitamins and minerals and are not a replacement for a healthy diet and supplementation with vitamins and minerals. Essential oils *can*, however, *help the body to utilize vitamins and minerals more effectively* as the essential oils act as carrier molecules to bring the nutrients into the cells where they can be utilized more efficiently.

Guidelines for Safely Using Essential Oils

1. Always keep pure vegetable oil (cold-pressed organic almond, sesame, coconut, or olive oil) handy when using essential oils. Vegetable oils dilute essential oils if they cause discomfort or skin irritation.
2. Keep bottles of essential oils tightly closed and store them in a cool location away from light. If stored properly, essential oils can maintain their potency just about

indefinitely.

3. Keep essential oils out of reach of children. Treat them as you would any product for therapeutic use.
4. Do not use essential oil rich in menthol (such as peppermint) on the throat or neck area of children under 30 months of age.
5. Citrus oils (such as lemon) and blends with citrus oils in them (such as Peace & Calming and Purification) may cause a rash or a darker pigmentation if applied to skin exposed to direct sunlight or UV rays within 3-4 days of use. Keep essential oils away from eye area and do not put in ears. Do not handle contact lenses or rub eyes with essential oils on your fingers. Oils with high phenol content (such as Thieves) may damage contacts and irritate eyes.
6. Pregnant women should consult their health care professional before using essential oils containing constituents with hormone-like activity such as clary sage, sage, Idaho tansy, juniper, and fennel.
7. Epileptics and those with high blood pressure should consult their health care professional before using essential oils. Avoid using hyssop, fennel, and Idaho tansy.
8. People with allergies should test a small amount of oil on a small area of sensitive skin, such as the inside of the arm, before applying the oil on other areas. The bottom of the feet is one of the safest, most effective places to use essential oils.
9. Before taking GRAS (Generally Regarded as Safe) essential oils internally, you may dilute them in an oil-soluble liquid such as honey, olive oil, or rice milk.
10. Do not add undiluted essential oils directly to bath water. Dilute first in Epsom salts, sea salts, or an organic, cold-pressed vegetable oil.

A Warning about Adulterated Essential Oils



****Caution****

Everything I'm about to share with you on how to use essential oils for your health, as opposed to use as a perfume, refers only to *therapeutic-grade* essential oils. The essential oil industry is unregulated, and the adulteration of essential oils on the market is a huge problem. Even oils labeled "100% pure" can be contaminated.

Here's what you need to know about the adulteration of essential oils—

For every kilogram of pure essential oil that is produced, it is estimated there are between 10 and 100 kilograms of synthetic oil created. These synthetic oils are usually still labeled as "pure". There is a huge demand on the worldwide market for inexpensive essential oils and fragrances, so most companies will fudge and doctor their oils with synthetic constituents.

Odorless solvents propylene glycol, DEP, or DOP are often added to lavender oils sold in the United States. Diethylphthalate or dipropylene glycol are frequently added to frankincense as extenders. The types of chemicals added to essential oils range from relatively harmless to potentially toxic. Some of them may act as endocrine disrupters. Perhaps that is why a few years ago some inexpensive bath products with "lavender" oil were reported to cause breast growth in young boys.

Manufacturers will also water down their "pure" essential oils with less expensive oils. For instance, much of the lavender oil sold in America is actually a hybrid called lavandin. The plant lavandin produces 1 pound of oil from 35 pounds of raw material while it takes 170 to 250 pounds of plant material to produce 1 pound of true lavender essential oil. While lavandin has some similar constituents and properties to true lavender oil, it is missing several of true lavender's components that give it many of its therapeutic properties. Lavandin is also high in camphor, which can irritate the skin.

Essential oil manufacturers also routinely add cheap synthetic or natural constituents to essential oils that already contain some of those constituents. For instance, synthetic linalyl acetate is frequently added to lavender to pass as lavender. Rectified ho oil, eucalyptus & white camphor oil fractions, as well as Spanish sage oil are often added to lavender oil to water it down.

This is similar to playing with proportions in a cookie recipe, and expecting to get the same results. If you add 1/2 c. of baking soda instead of 1 tsp., the cookies will not come out the same. In fact, you'll have to throw them out because they will taste so bad!

How Can Adulterated Essential Oils Be Harmful?

The purity of essential oils is vital to not only their effectiveness, but their safety as well. Essential oils are rich in molecules that help carry oxygen, nutrients, and other substances through the cell membranes. Combine essential oils with impure or toxic substances, and they will take those poisons right into every cell of your body.

Not only that, but unsuspecting consumers may apply such oils as lavender or frankincense to wounds, burns, or rashes only to find that the supposedly pure essential oil makes the problem worse because it contains added chemicals and components that are irritating to the skin.

Consumers may purchase essential oils for the purpose of treating allergies, depression, or cancer. Instead of experiencing the health benefits of the essential oil, they may instead be poisoning themselves unknowingly, or decide that essential oils don't work because they tried using inferior essential oils for therapeutic purposes.

Red Flags that Your Essential Oils May be Tainted

1. **Bargain bin prices** — \$9.00 for 1/2 oz. of “pure, organic” lavender oil, \$25.00 for “pure” frankincense.
2. **Warning labels** that say the product is “for external use only”, “not for internal use”, or recommend that you always dilute the essential oil before applying topically.
3. You get your essential oils at a **health food store** or a website that sells soap-making and candle-making supplies.
4. **They're not from Young Living Essential Oils.**

The essential oils I recommend the most come from Young Living Essential Oils. Young Living has 4 farms and 3 essential oil distilleries worldwide. They produce many of their own essential oils, growing the plants from seed. No pesticides or chemical fertilizers are used in growing the plants, and no solvents are used to extract the oils. Rather, Young Living steam distills its

essential oils at a low temperature to preserve the structure of the plants' natural chemicals. They are the only essential oil company in the world that analyzes all essential oils they sell with a mass spectrometer to determine the chemical make-up of the oil. Oils that show signs of impurity or dilution with other agents are dumped or sent back. Many of Young Living's oils are so pure they are FDA-approved for internal use.

Attempting to use cheaper grade essential oils for medicinal use (even if they are labeled as pure) will not only give poor results, but could result in skin irritation, headaches, and other signs of toxic exposure.

See these articles for more information on the quality of essential oils:

One More Harmful Counterfeit Product You Should Know About – Adulterated Essential Oils -- <http://essentialsurvival.org/adulterated-essential-oils>

The “Fine European Cheese” of Essential Oils -- <http://essentialsurvival.org/fine-cheese-essential-oils>

Chapter 3 –

The Nine Most Commonly Prescribed Types of Drugs for Adults in America & Our Essential Oil Alternatives

Today, more and more people are waking up to the idea that lifestyle changes and medicines from Mother Nature can be a wise course to take in the quest for health, not to mention in their efforts for preparedness.

What follows is a list of the nine conditions most frequently treated by prescription drugs in America, and our essential oil alternatives that will not only help your body to heal and get to some of the root causes of the problems, but allow you to have the greatest chances of maintaining your health even in the scarcity or absence of drugs and Western medical care.

1. Antidepressants/anti-anxiety medications

(Effexor, Prozac, Celexa, Wellbutrin, and Benzodiazapenes such as Valium, Lorazepam, etc...)



Depression and anxiety are among the most difficult health issues facing many Americans today, and antidepressants and anti-anxiety medications are the most frequently prescribed drugs. **These drugs may provide temporary help in masking the symptoms of depression or anxiety, but it is clear that they do absolutely nothing to address the underlying causes of these issues.** Traumatic events including family problems, nutritional deficiencies (such as B vitamins, essential fatty acids, certain amino acids, and vitamin D), low thyroid levels, blood sugar issues, poor diet, stress, unhealthy gut flora and accompanying intestinal problems, overexposure to modern pop culture, spiritual void, and negative thought patterns and beliefs are among the most prevalent contributing causes of depression and anxiety. Some people may be more genetically predisposed than others to developing depression or anxiety.

The potential side effects of antidepressants and anti-anxiety drugs include such things as insomnia, skin rashes, headaches, joint and muscle pain, stomach upset, nausea, diarrhea, reduced blood clotting capacity, involuntary movements, uterine bleeding, stomach bleeding, diminished sexual interest, diminished sexual desire, diminished sexual performance, diminished sexual satisfaction, suicidal thinking, suicide, violent outbursts. There is also a possible higher than average risk for low birth weight and premature delivery when antidepressants are taken during pregnancy, especially in the last three months. At birth, infants may suffer withdrawal symptoms, including jitters, crying, irritability, shivering, and, rarely, seizures.

Abruptly discontinuing antidepressants or anti-anxiety medications is not a good idea as it may result in such serious symptoms as dizziness, loss of coordination, fatigue, tingling, burning, blurred vision, insomnia, and disturbing dreams. Less often, there may be nausea or diarrhea, flu-like symptoms, irritability, anxiety, and crying spells.

Our Solutions –



Counseling and energy work for clearing emotional issues can be enormously helpful in working to heal depression and anxiety. Dietary changes are essential for most individuals who would wish to have a full recovery. I recommend the GAPS Diet or Body Ecology Diet outlined in Chapter 5. Nutritional supplementation can be enormously helpful as well. Young Living has an excellent B vitamin complex called **Super B**, and a fantastic fish oil supplement called **Omega Blue**. The **Vitamin D Serum** that we carry at essentialsurvival.org can be a wonderful help, particularly during the long winter months when sun exposure is inadequate. Supplementation with probiotics such as Young Living's **Life 5** will help heal the gut, which is where most of our serotonin is produced.

Many people suffering with depression have found exercise to be just the medicine for them. Lowering stress levels, or learning more effective methods to coping with stress, is an essential aspect as well. I also highly recommend turning off the TV, and spending more time in contemplation and meditation. While this might make some people feel worse initially, facing our inner demons head-on rather than stuffing our thoughts and emotions deep inside is an important step in living life as a functional adult.

Essential oils can do much to help along the path of healing from depression and anxiety, as they stimulate parts of the brain where early memories and traumas are stored and can help to release them. Essential oils oxygenate the cells, including in the brain. Some of them have properties similar to neurotransmitters and they can have a balancing effect on depression and anxiety not only on the emotional and mental plane, but the physical as well.

Frankincense and **Valor** essential oils have a wonderful track record of helping with depression and anxiety. So does research-backed **lavender** oil. Select an essential oil to inhale or diffuse at home as desired. Apply to temples, feet, wrists, or the occiput (brain stem area). Dilute with Epsom salts or a carrier oil and add to bath water or use in a full-body massage. **Joy** can also be very helpful with depression. Apply on the wrists or over the heart, and inhale.

Peace & Calming, **RutaVaLa**, and **valerian** oils can be just the thing for severe anxiety. Before bed or when anxiety is experienced, apply Peace & Calming on the feet or shoulders, RutaVaLa to the brain stem, or take a couple of drops of valerian oil internally in a glass of water. This will also help promote deep, restful sleep. And as I mentioned in Chapter 1, the supplement GABA may be helpful in reducing reliance on anti-anxiety benzodiazapene drugs.

Research on Essential Oils & Depression/Anxiety –



In a recent scientific study, **Lavender** oil was found to be effective in helping with depression and insomnia in college-age women (1). It has also been shown to be helpful in treating anxiety disorder (2). **Frankincense** has been found to help reduce anxiety, depression, and pain in terminal cancer patients (3). Research on essential oils for depression and anxiety is on-going as more researchers are uncovering the power of essential oils for these serious issues.

(1) <http://www.ncbi.nlm.nih.gov/pubmed/16520572>

(2) http://www.youngliving.com/export/sites/youngliving/en_US/pdfs/YL_HerbClips_Lavender_021153.pdf

(3) <http://www.ncbi.nlm.nih.gov/pubmed/18753801>

*"For many years my beautiful daughter had struggled with **depression**. After taking Lexapro, Adderal, etc. for years, she had had enough with the pharmaceutical roller coaster. I suggested she attempt putting **frankincense** on the bottoms of her feet daily. She began doing that immediately and has been able to get off of all medications. She has now relied upon frankincense alone for many months (6-7) and is feeling **happier and healthier than ever** before."*

- Carolyn A., OK

If you are currently taking antidepressants or anti-anxiety medications, do not attempt to go off of them cold turkey. Begin to use the suggestions outlined above to deal with depression and anxiety, including the nutritional supplementation and essential oils. Work with your doctor and bring up the possibility of reducing your dosage or even weaning off the drugs as you begin to see results from these things.

It is possible to heal from depression and anxiety. How much better to do so now while society is still relatively stable rather than trying to do so in the midst of a collapse!

2. High Blood Pressure medications

(Furosemide, Lisinopril, Metoprolol, etc...)



High blood pressure plagues 31.3% of American adults, and another 25% of the adult population in America has signs of developing the disorder. In 2010 approximately \$76.6 billion dollars was spent on healthcare expenses for high blood pressure problems. High blood pressure puts people at a greater risk for heart disease and stroke, two of the top three causes of death in America.

High blood pressure is caused and exacerbated by poor lifestyle choices including a less-than-ideal diet, a sedentary lifestyle, obesity, smoking, excessive drinking, and stress. It can be made worse by certain medications including birth control pills. Some people may be more genetically predisposed to high blood pressure than others.

Rather than aggressively addressing their high blood pressure problems through dietary and other lifestyle changes, the majority of Americans take medications for the disorder. Some **possible side effects of drugs for high blood pressure** include fatigue, skin rash or itching, chronic dry cough, allergic reactions, headache, dizziness, fatigue, leg cramping, lightheadedness, exercise intolerance, insomnia, depression, slow heartbeats, asthma, anxiety, diarrhea, vomiting, chest pain, racing heart, flu-like symptoms, constipation, nausea, bleeding gums, and swelling in ankles and feet.

Abruptly going off high blood pressure medication is not advised, as it can not only cause your blood pressure to shoot up, but may also cause irregular heartbeat, stress on the heart, and possibly heart attack.

Our Solutions –



Besides modifying lifestyle by getting more exercise, eating more fresh vegetables and fruits and whole foods, reducing stress, getting adequate sleep, and quitting smoking and excessive drinking, certain essential oils can have be enormously helpful in lowering blood pressure.

Select **lavender**, **Aroma Life**, and/or **Peace & Calming** oils and dilute the essential oil with a carrier oil 20/80 for a full body massage 1-2x/week. Diffuse and/or inhale daily. Homemade capsules with a few drops of **Aroma Life** diluted with olive oil can be made and taken 2x/day.

Joy and **Longevity** essential oils can also be very helpful for high blood pressure and other heart conditions. Apply Joy over the heart and inhale. Make homemade capsules with Longevity oil diluted with olive oil and take 2x/day.

Aroma Life and **Joy** can be applied over the heart and down the insides of the arms to the pinkie fingers daily as part of a general healthy heart regimen.

Research on Essential Oils & High Blood Pressure –



Lavender, **lemon** and **ylang ylang** essential oils have been found in studies to be effective in lowering systolic blood pressure (1). Research has shown that the inhalation of **lavender and ylang ylang** essential oils is effective in reducing stress responses, lowering blood cortisol levels, and lowering blood pressure in people with hypertension (2). Ylang ylang is found in **Aroma Life**, **Peace & Calming** and **Joy** essential oil blends.

(1) <http://www.ncbi.nlm.nih.gov/pubmed/21157172>

(2) <http://www.ncbi.nlm.nih.gov/pubmed/17211115>

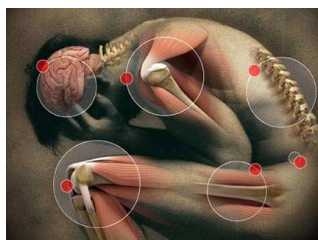
*“I have been on prescription meds for my high blood pressure. As I started using the oils from my oil kit, I noticed a change in my blood pressure. It was getting better. I started using **Aroma Life** twice a day on the part of my feet that corresponds with the heart. I do not take any prescription meds anymore, have no side effects and my **blood pressure has returned to normal** and it has been that way for 5 months now.”*

- Julie W., FL

If you have high blood pressure, begin using the essential oils as you make changes to your lifestyle. Work with your physician in monitoring the dosage of any medication you are taking for the issue and discuss with him/her the possibility of lowering the dosage or weaning off it as you start to see results with the oils and lifestyle changes.

3. Pain killers

(Hydrocortisone, Celebrex, Vioxx, etc...)



The #1 cause of disability in Americans 45 and younger is chronic pain. From migraines and other types of head to back pain, from knee injuries to arthritis -- 116 million Americans suffer from chronic pain. An estimated \$635 billion dollars was spent in 2010 in America for pain treatments. Chronic pain can lead to depression, insomnia, fatigue, lost productivity at work, and a lower quality of life. Most Americans with chronic pain take medications to ease the symptoms, yet only about 58% of those who take prescription pain medication consider the drugs only “fairly effective”. The numbers are even worse for over-the-counter pain medications - only 41% of those who take such drugs as Tylenol, Advil, and Aleve consider them to be effective!

After marijuana, prescription pain medications are the most frequently abused drugs in America. Between 1999 and 2006, the number of hospitalizations and overdose deaths due to prescription pain medications *doubled* in America. Pain medications come with a number of risks and side effects, including an increase the risk of heart attacks, strokes and other cardiovascular problems,

addiction, liver disease, kidney disease, stomach upset, organ failure, strokes, addiction and death.

Over-the-counter pain medications may be much less addictive than some of their prescription counterparts, but they are no less toxic. Acetaminophen, or Tylenol, is considered by many to be the most toxic pain killer on the market. Tylenol use is the number one cause of acute liver failure in the U.S. Among drugs, Tylenol is a top contributor to deaths each year. **In 2007, half of all deaths due to poisoning were attributed to Tylenol.**

Suddenly discontinuing opiate prescription pain killers can result not only in a return of the pain, but in withdrawal symptoms such as strong drug craving, tremors, runny nose, chills, sleeplessness, anxiousness, flu-like symptoms, depression, hallucination, delirium, sweating, muscle and bone pain, confusion, extreme irritability and muscle spasms. In some cases, pain killer withdrawal can lead to seizures. These types of symptoms would be most unpleasant to experience during the chaos of an economic collapse.

Our Solutions –



For routine muscle aches and pains, yoga, Tai Chi, and light exercise can help to bring greater balance to the body and pain relief as a result. Massage can be enormously helpful for sore, painful muscles. Holistic modalities such as acupuncture/acupressure are documented to relieve pain, and can be of great use for any type of painful conditions.

Mother Nature has some powerful substances up her sleeve that have helped people in pain for thousands of years. Indeed, the pharmaceutical industry has gotten its inspiration for pain killers from plants. The development of aspirin was inspired by willow bark, which Native Americans used to chew on for pain and fever.

The active ingredients of Bengay, a topical pain relief cream used for arthritis and sports injury, are methyl salicylate and menthol in proportions of 15% and 10% respectively. These very same chemicals are found naturally in wintergreen and peppermint essential oils, with wintergreen oil composed of 90+% methyl salicylate and peppermint oil of 34-44% menthol – even more than in Bengay!

Essential oils can work great not only for muscle aches and pains, but other types of pain as well. Clove oil was used for centuries to numb dental pain. Helichrysum oil has a great track record with neuropathic pain. Young Living's oil blend PanAway comes with not only clove and helichrysum oils, but peppermint and wintergreen as well.

PanAway and **peppermint** oils have powerful pain-relieving and anti-inflammatory properties. Apply a drop or two neat (or strait) on site for localized pain. For pain over a large area, dilute the essential oil in olive or coconut oil and gently massage into tissue.

PanAway can also be taken in homemade capsules (6-10 drops of PanAway in a similar amount of olive oil) for strong pain relief such as for severe full-body pain in people with cancer. It can also be used under the tongue as frequently as every few minutes to help with major pain from severe injuries, or even childbirth, where medical help is unavailable!

Frankincense oil is also good for inflammation and pain, as well as **Idaho Balsam Fir** and **Aroma Siez**.

Research on Essential Oils & Pain –



Research shows that **peppermint** oil (in PanAway) can help with neuropathic pain (1), and that **frankincense** has significant anti-inflammatory properties and can be helpful with pain as well (2).

(1) <http://www.ncbi.nlm.nih.gov/pubmed/12048423>

(2) <http://www.ncbi.nlm.nih.gov/pubmed/17024588>

*“I have discovered that **PanAway has stopped my migraine headaches** in their tracks, also have been using it at **arthritis** points of pain and **it is fantastic**. I have stopped taking the expensive medication that my doctor had me on (cost was draining financially) and the PanAway takes the pain AWAY shortly after applying and this is not only saving my pocket book, but my relying on medication that damages my insides.”*

- Kristen D., UT

If you are on prescription medications for pain, start using the essential oils to see how they work for you. As you get results with the oils, work with your doctor to discuss reducing your dosage and dependence on the drugs. If you use over-the-counter pain medications, try using the essential oils instead.

4. Allergy medications

(Singulair, Zyrtec, etc...)



35 million Americans suffer from seasonal allergies, many of them so severely that they take prescription medications. Others take over-the-counter antihistamines such as Claritin. At their roots, allergies are caused by an overburdened liver and can be exacerbated by chemicals in environment. It is believed that vaccines have played a role in shifting the development of the immune system and contributing to an epidemic of allergies and autoimmune illness in modern society.

Some of the risks and side effects associated with allergy medications include sleepiness, increased appetite, low libido, depression, anxiety, altered taste and smell, and infertility.

There are generally no serious issues with discontinuing allergy medications, other than a return of the allergies.

Our Solutions –



To get rid of the root cause of allergies, do a liver cleanse. Detoxify from vaccines, and keep a clean house. Acupuncture can be helpful. So can a home air filter.

Lavender oil is legendary for its antihistamine effect. Apply to feet and inhale before bed. For severe allergies, take lavender internally in capsules or under the tongue as needed. **Purification** oil can be diffused in the home to kill mold, mildew, clear out chemicals and bad smells – getting rid of some of the major causes of allergies. Apply to the feet and inhale.

*“After several years using prescription allergy medication, I tried the therapeutic-grade **lavender** oil from Young Living. After a week or so using the lavender on my feet and inhaling it every night before bed, not only did I sleep better but now I am **totally off the allergy drugs**. That was in 2006 — I haven’t needed allergy medication since!”*

- Kathy B., NM

Start now using lavender oil, and do a liver cleanse. Try going off the allergy medications after a week or so and see how you respond! Consider some of our other suggestions to help heal allergies at their root.

5. Diabetes medications

(Metformin, Glucotrol, Avandia, etc...)



About 17 million Americans suffer from diabetes, the vast majority with type 2 or adult-onset diabetes where the body can no longer utilize insulin properly. Diabetes is a serious condition and if left untreated, it can lead to out of control glucose levels in the blood, causing damage of the retina of the eyes, the kidneys, poor wound healing, cardiovascular complications, and much more including early death. Type 2 Diabetes is largely a preventable disease, caused by obesity, sedentary lifestyle, and an unhealthy diet. There may also be a genetic predisposition.

Type 1 Diabetes is an autoimmune condition where the body produces little or no insulin. This type of diabetes is treated with insulin injections.

The risks and side effects of medications for Type 2 diabetes can be substantial. They include cancer, cardiovascular problems, eye problems, bone fractures, and liver problems.

It is not recommended to suddenly go off diabetes medications, although many people have been able to wean off the drugs as they change their lifestyle with an improved diet and more exercise, and lose weight. Type 1 diabetics can improve their health through diet, though some have been able to reduce their dosage of insulin through major changes of diet and lifestyle.

Our Solutions –



Exercise and major dietary changes are indispensable in healing from diabetes, and I'm not talking a low-fat diet high in whole grains. I highly recommend the GAPS Diet or Body Ecology Diet discussed further in Chapter 5. Stress reduction also important.

Some essential oils can work powerfully to regulate blood sugar issues, and therefore can be enormously helpful for any kind of blood sugar issues, including diabetes. **Ocotea** essential oil can be added to water or taken under the tongue 3x/day or as needed to help with blood sugar levels. **Thieves** oil may also be helpful for blood sugar issues.

Also, **cinnamon bark**, **dill**, and **coriander** oils are documented to help reduce blood sugar levels. **Copaiba** can be added to any of these oils, including Thieves and ocotea, to enhance the effect.

Research on Essential Oils and Blood Sugar/Diabetes –



In recent clinical studies, cinnamon was found to lower fasting glucose levels (1) as well as protect against damage to the kidneys in persons with diabetes (2).

(1)http://www.youngliving.com/export/sites/youngliving/en_US/pdfs/YL_HerbClips_Cinnamon_07182011.pdf

(2) <http://www.ncbi.nlm.nih.gov/pubmed/19876811>

*“I have had diabetes for years, and have found great help with your **Ocotea** and **Copaiba** essential oils. I have documented that 1 drop of each under the tongue has **dropped my blood sugars by as many as 30 points within just one minute!**”*

- Denis R., FL

If you have diabetes and you want to be in a position to do well in the event medications become unavailable, now is the time to take action in doing everything you can to reclaim your health. Nothing can replace lifestyle changes. Recommendations from most doctors and diabetes associations are not nearly enough. I recommend the GAPS diet. Essential oils can be used to help naturally control blood sugar levels. Work with your doctor, and as you begin to get results, you can discuss reducing dosages or drugs or weaning off them if you have Type 2 diabetes. The essential oils can and should be stored for a “rainy day”, whether you have Type 1 or Type 2 diabetes. If you have Type 1 diabetes, discuss the possibility of stockpiling insulin with your doctor.

6. Heartburn medications

(Nexium, Prevacid, Protonix, etc...)



Heartburn or acid reflux is caused by the Standard American Diet (SAD) -- a diet high in sugar, artificial sweeteners, grains, meat, dairy, caffeine, alcohol, drugs, as well as stress. This type of a diet, along with chronic stress which is also plentiful in modern society, leaves an acid residue in the body and can lead to a multitude of imbalances of health besides heartburn.

Some of the risks associated with taking prescription heartburn medications include bacterial infection and bone fractures. Many people also choose to use over-the-counter antacids such as Tums and Alka-seltzer, and over-the-counter heartburn medications such as Prilosec.

Going off medications for heartburn usually results in a return of heartburn symptoms.

Our Solutions –



Switch to an alkalizing diet (high in vegetables, fruits, nuts, and seeds) and eat less in the evening. **Peppermint** oil can also be very helpful. Add a drop to a glass of water and drink every night before bed or during an attack.

“A couple of years ago I had a procedure done on my throat. During the procedure the doctor noticed evidence of heartburn activity and recommended taking Nexium just to clear up any problems I might be having. So, I took Nexium for two months and then stopped.

*Within the following month I suddenly began to experience **severe heartburn issues**. All of a sudden, I needed to take a drug that I had never had to take before in my life. I was able to decrease the dosage to a pill every other day, but could never just stop without problems. Enter **peppermint** oil. I stopped taking the Nexium and whenever heartburn would occur, dropped two drops of peppermint oil in my water instead. Within just over 3 weeks, **I no longer experience heartburn** issues and no longer take a drug I never needed before.”*

- Jeffrey M., IL

7. Statin drugs (for reducing cholesterol)

(Lipitor, Zocor, Tricor, Plavix, etc...)



52 million Americans have high cholesterol, a risk factor for heart attack and stroke. The majority of people with high cholesterol have a less-than-ideal diet and a sedentary lifestyle. Obesity and smoking are two other factors that contribute to high cholesterol.

While some people attempt to tackle their cholesterol issues through diet and lifestyle, at least 32 million Americans opt to take statin drugs to lower their cholesterol levels. **Statin drugs bring quite a few possible negative side effects**, including muscle problems, polyneuropathy (nerve damage in the hands and feet), rhabdomyolysis (a serious degenerative muscle tissue condition), anemia, acidosis, sexual dysfunction, immune depression, pancreas or liver dysfunction including a potential increase in liver enzymes, impaired brain function, and cataracts.

One of the effects of suddenly going of statin drugs, particularly when no other measures are taken, is a spike in cholesterol levels lasting 6 months or longer.

Our Solutions –



Again, switching to a healthy diet (which is different than what your doctor and the American Heart Association have been telling you) and getting regular exercise are indispensable. You've been warned against saturated fats, you've been told to go low-fat. But I recommend you get the book "Put Your Heart in Your Mouth" <http://shop.gapsdiet.com/product.sc?productId=19> and follow GAPS diet principles in getting to the root cause of high cholesterol issues.

Aroma Life and **Thieves** essential oils can also be extremely helpful for high cholesterol. Apply them to the pulse points, such as the wrists, inside of elbows, and base of throat 2-3x/day. They can also be diluted and applied in a full body massage 2x/week. They can be diluted and taken in capsules 3x/day.

Longevity and **JuvaFlex** are also great choices for high cholesterol. Take Longevity in capsules and apply JuvaFlex over the liver 2x/day.

Young Living's amazing supplement **NingXia Red** – off the charts in antioxidant levels -- is also documented to help lower cholesterol. For disaster preparedness purpose, **dried wolfberries** are an excellent super-food that can be stored and stocked and added to smoothies, granola, and even eaten plain, and can help contribute to reduce high cholesterol.

Research on Essential Oils and High Cholesterol –



Clove and cinnamon extracts were found in a recent study to reduce cholesterol levels in zebra fish, with clove extract reducing cholesterol levels by 68% and both cinnamon and clove showing serious potential in preventing hyperlipidemia (high cholesterol), arteriosclerosis (hardening of the arteries), and also diabetes! (1) Clove and cinnamon are found in **Thieves** oil.

(1) <http://www.ncbi.nlm.nih.gov/pubmed/21443916>

“A friend of mine was looking for additional support in reducing her cholesterol which had reached 253. She was already exercising and watching the foods she was eating.

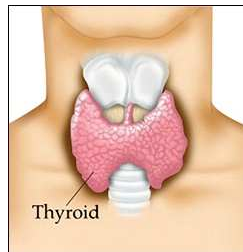
*I suggested that she try topical application of **Aroma Life** essential oil blend. She applied the oils twice a day, usually on the bottom of her feet, the inside of her arm or on her neck. After 2 months she had a blood test and her **cholesterol was down** by 20 points. After another two months it was down by 30 points. She has been using the oil regularly for a year now and her cholesterol has been at a steady 180.”*

- Maria A., NY

Make those lifestyle and dietary changes now. Begin using the essential oils. Work with you doctor in monitoring your cholesterol levels, and begin to wean off the drugs as your cholesterol levels improve.

8. Thyroid medications

(Synthroid, Levoxyl, etc...)



Low thyroid function, or hypothyroid, affects approximately 10 million Americans. As many as 10% of women in America have impaired thyroid function resulting in such symptoms as low energy, low body temperature, weight gain, depression, irritability, decreased libido, and more. Some hypothyroid issues are autoimmune in nature, while others may be caused or made worse by damage to the pituitary gland or hypothalamus, adrenal fatigue, or iodine deficiency. Exposure to chlorine and fluoride in tap water is thought to greatly contribute to thyroid problems as both of these elements block iodine receptors in the thyroid gland.

Some possible **side effects of thyroid medications** include osteoporosis or symptoms of overactive thyroid. Most people who take thyroid drugs are told they must stay on them for life.

Suddenly going off thyroid medication is not recommend, as it may result in severe fatigue and other hypothyroid symptoms and in some cases where the thyroid gland has been removed, it could result in death.

Our Solutions –



Eat more foods rich in iodine, such as seaweed or kelp. **Peppermint** and **EndoFlex** essential oils can be helpful to stimulate the thyroid. Dilute 50/50 and apply to throat 1-3x/day, capsules 1x/day. **Progescence Plus** can increase progesterone levels in the body and help balance the whole system, including the thyroid. **Thyromin** is a powerful supplement from Young Living that nourishes the thyroid and has helped many individuals get off thyroid medications. Also, make sure to include seaweed and iodized salt in your food storage.

*“For years I have been taking Synthroid for my slow thyroid (hypothyroidism) and I began to feel like the **medication was no longer working**. I took myself off the med and turned to the oils, in particular **EndoFlex** with **Super B** as a supplement. I began to take **Thyromin** with its iodine to help kick start my thyroid back into action.*

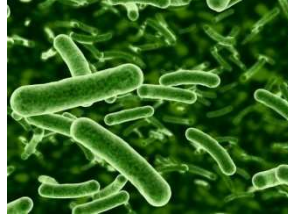
*I am allergic to iodine so now I take a limited amount of Thyromin and my body lets me know when I need it. Every morning I rub EndoFlex on my Thyroid and parathyroid, take a Super B and am **ready for my day**.”*

- Nancy H., FL

If you are taking thyroid medications and your thyroid gland has not been removed, start using EndoFlex essential oil over your thyroid gland and internally and incorporating more seaweed into your diet. Thyromin is a fantastic supplement for nourishing the thyroid gland and helping it to get back on track. Start taking it as you work with your doctor to monitor your thyroid levels. As you get results, work with your doctor to wean off the drugs. If you must take thyroid medications because your thyroid gland has been removed, ask your doctor to allow you to stockpile your medication. It may save your life.

9. Antibiotics (and Anti-Viral Drugs)

(Zithromax, Amoxicillin, Tamiflu, etc ...)



Each of us is exposed to pathogens such as bacteria and viruses on a daily basis. We are more susceptible to infection when we are stressed out, have a poor diet high in such things as white sugar and white flour, are sleep-deprived, or are dehydrated.

From cold and flu to bronchitis and pneumonia, to bladder infections and MRSA, bacterial and viral infections can range from annoying to life-threatening. Antibiotics and anti-viral drugs have saved lives over the course of their history in modern medicine, but this has not come without a cost.

Some of the risks and side effects associated with antibiotics include nausea, diarrhea, possible allergic reaction. Killing beneficial bacteria leading to long-term serious problems, candida (yeast) overgrowth, gut issues, mental problems, development of antibiotic-resistant bacteria such as MRSA that kill more people. Antiviral drugs are known to potentially cause nausea, vomiting, diarrhea, headaches, dizziness, rash, and decreased kidney function.

Possible effects of suddenly going off antibiotics or anti-viral drugs include a return of infection and the development of drug-resistant strains.

Our Solutions –



A healthy lifestyle is essential in fostering a healthy immune system. **Thieves**, essential oil is a natural antibiotic and antiviral blend that can help boost your immune system in the face of microbes. Take it internally in water, apply it neat or diluted to the bottoms of the feet, armpits, and throat. Diffuse to kill airborne microbes. Make homemade capsules with Thieves and take 3x/day when fighting off an infection or as needed. Essential oils blended together can do more than any single oil on its own. Besides Thieves by itself, another great natural antibiotic can be made with 12 drops **Thieves**, 6 drops of **oregano**, and 2 drops of **frankincense**. This can be taken in capsules diluted with a carrier oil, or on the feet and diluted over the glands. Be careful

in using oregano oil with babies, small children, and animals as it is very “hot” and can burn the skin if not sufficiently diluted.

Vitamin D Serum can also help boost the immune system, particularly during the cold winter months when people stay indoors.

In addition to using antibiotics, many people run to the drug store and get over-the-counter drugs for respiratory symptoms. But there are essential oil alternatives that work just as well if not better than Sudafed, Afrin, or Mucinex! For **respiratory symptoms**, inhale or diffuse **frankincense, peppermint, Purification, or RC** oils. Apply a few drops of frankincense to the chest followed with a hot wet washcloth, a layer of saran wrap, and a towel as needed. Apply any of these essential oils to the balls of the feet as needed. Dilute these essential oils with a carrier oil such as olive oil before use on babies and children. Never use strong essential oils such as peppermint or RC on a baby or small child except on the feet.

For **fever**, simply apply a few drops of **peppermint** oil to the feet. For a **sore throat**, add a couple of drops of **Thieves** or **lemon** essential oils to a cup of hot water and some honey and drink. Lemon oil may be dropped into mouth and swallowed for direct application to throat. This may also be done with Thieves oil, but be aware that it will burn for a few seconds as it kills microbes in the throat. For **swollen glands**, apply **Thieves** oil neat or diluted to neck and under jawline as needed.

Research on Essential Oils & Infection –



Cinnamon oil (in **Thieves**) has been found to be an effective antibiotic, even against antibacterial-resistant strains of bacteria (1). **Clove** oil (in **Thieves**) has been found to augment the body’s immune response (2), and kill oral bacteria (3). **Rosemary** oil (in **Thieves**) has been found helpful against drug-resistant infections (4). **Thieves** oil itself has shown in a recent study that it can kill 100% of MRSA (methycillin-resistant staphylococcus) (5). And **oregano** oil found to have an extremely high level of antibacterial activity (6).

(1) <http://www.sciencedirect.com/science/article/pii/S1010518209000523>

(2) <http://www.ncbi.nlm.nih.gov/pubmed/21796701>

(3) <http://www.ncbi.nlm.nih.gov/pubmed/21397894>

(4) <http://www.ncbi.nlm.nih.gov/pubmed/17900043>

(5) <http://news.bbc.co.uk/2/hi/health/4116053.stm>

(6) <http://www.ncbi.nlm.nih.gov/pubmed/21030907>

*“I get **severe bronchitis every year**, and have since I was a child. This last winter, I got it worse than I have in a very long time ~ very quickly. I was borderline pneumonia, couldn’t speak without coughing so hard I thought I would puke. I also have Asthma and so it made my breathing even more labored. Actually, I felt like I was suffocating at times, even with the use of my inhaler.*

*My mom told me to try 1 drop of **Thieves** in a tsp of hot tea and follow immediately with a drink of hot tea. Well, I did, but I actually did 2 drops of Thieves since I was so sick. I did this in the morning when I woke up, and in the evening before I went to bed. (I preferred to use peppermint tea).*

*Within 3 days I was all better, no one could even tell that I was sick and those that knew I was **couldn’t believe I got well so fast without going to the doctor.***

With the flu season in full swing, and the fear of swine flu, I take the same dose 1x a day and also make my kids take it before school at 1/2 the dose I take.”

- Hollie D., WA

*“. . . I emptied a vitamin capsule that I had at home, and put 15 drops of **oregano** oil in it. I swallowed it and about 20 minutes later I had this amazingly warm feeling in my bladder and **within one hour the [bladder infection] symptoms were gone.** I chose to take the oregano 3 more times, once later the same day and then 2 times the next day, and the bladder infection did not return. It was fantastic!!!”*

- Laurie L, Canada

*“I was a practicing nurse for 28 years, and have taken care of a LOT of folks with **MRSA** so I know the symptoms and how this bacteria works. I fell in an old swampy ditch during a period of drought, and it was stinky. I thought I had washed well, but the next day my face burned, and then the lesions showed up. I used **Thieves** three times a day on the lesions, and took Thieves 3 drops by mouth three times a day and **in one month, it was gone.** MRSA takes strong IV antibiotics to get rid of, and then in a lot of cases the antibiotics are not successful. Thieves is great!”*

- Linda F., TX

Start using the essential oils now at the first sign of infection. Also make sure to take in plenty of fluids, get adequate rest, and cut out sugar and dairy when you are fighting off an infection. Essential oils are a great even for severe infections, including and *especially* with antibiotic-resistant microbes! Whereas a pharmaceutical antibiotic is a large amount of one compound that the microbes can easily adapt to, essential oils can be much more lethal to microbes because each and every single oil contains hundreds of natural chemicals. Each blend could contain thousands! And not only that, just as the microbes are constantly adapting, so do the plants from which essential oils come.

You may find that with our essential oil strategies for infection, you may never get sick enough to even call the doctor or fill that antibiotic or anti-viral drug prescription!

See related articles:

Stay Healthy this Flu Season – Naturally -- <http://essentialsurvival.org/flu-vaccine-essential-oils>

Flu Vaccine – Fact & Fiction -- <http://essentialsurvival.org/flu-vaccine-fact-fiction>

My Million \$\$\$ Winter Health Tips -- <http://essentialsurvival.org/million-dollar-winter-health>

Essential Oils for Infectious Disease & Pandemics -- <http://essentialsurvival.org/essential-oil-infect-pandemic>

Chapter 4 –

Essential Oils for Other Common Adult Health Concerns



Addiction – For addiction to cigarettes, inhale **Thieves**, **Peace & Calming**, or **JuvaFlex** oil every time there is an urge to smoke. These oils may also be diffused for 30 minutes 3x/day or as needed. For other types of addictions, inhale or diffuse **Peace & Calming** or **JuvaFlex** 2-3x/day or as needed. Detoxifying the liver can be an important part of breaking addictions. Apply **JuvaFlex** over the liver in a warm compress (after applying the oil, lay a hot wet washcloth over the liver followed by a layer of saran wrap and then a towel and let sit for a few minutes until the washcloth is cool). Do this daily or as needed.

Liver toxicity is almost always problematic with addiction. Deep cleanse your liver to give yourself a fresh start. I recommend Young Living's **Cleansing Trio**. Replenish minerals with **Mineral Essence**. Addictions are almost always a sign of emotional baggage, and for full recovery this also should be addressed. **Harmony** essential oil can be a good adjunct to emotional clearing with such modalities as Rapid Eye Therapy, EFT, and many others. Also, follow the healthy lifestyle recommendations found in Chapter 5.

Asthma – Apply **Purification** oil to feet, particularly the balls of the feet. Inhale as needed. **RC** oil is also excellent for asthma.

Autoimmune disease –There is no quick and easy solution for autoimmune illness, but essential oils can be enormously helpful to help with the pain, insomnia, and potential depression/anxiety. They can also gently but powerfully cleanse different organ systems. Use

JuvaFlex over the liver in a hot compress several times per week. Use **juniper** for kidney issues, **peppermint** and/or **Di-Gize** for digestive concerns, and **peppermint** and **frankincense** on the thumb and applied to the soft palate (in the mouth) and occiput (brain stem area) for brain issues.

NingXia Red is the supplement that gave me most of my health back within one week of using it after SIX YEARS of disability! One ounce of NingXia Red is the nutritional equivalent of 2 lbs of carrots in terms of antioxidant levels. Other supplements from Young Living that I highly recommend include **Omega Blue**, **Life 5**, **EssentialZyme** digestive enzymes, **True Source** vitamins, and the **Pure Protein** shake. Women with autoimmune issues should also use **Progence Plus**.

Stay tuned for an upcoming ebook on my experience healing from Chronic Fatigue Syndrome and fibromyalgia, and some practical solutions for healing from autoimmune illnesses.

Cancer – As with autoimmune illnesses, healing from cancer can be a painstaking and involved undertaking that requires much more information than just a paragraph or two. But you will be happy to know that **frankincense** oil, as well as Young Living's proprietary **Sacred Frankincense**, have an amazing track record with helping with cancer!

Frankincense oil and some of its components (boswellic acids) have been found in numerous scientific studies to implode cancer cells while leaving healthy cells intact. Here are links to just a few of these studies –

<http://www.ncbi.nlm.nih.gov/pubmed/20018812>,

<http://www.ncbi.nlm.nih.gov/pubmed/19661305>,

<http://www.ncbi.nlm.nih.gov/pubmed/19544329>,

<http://www.ncbi.nlm.nih.gov/pubmed/19296830>,

<http://www.ncbi.nlm.nih.gov/pubmed/17636381>,

<http://www.ncbi.nlm.nih.gov/pubmed/12600419>,

<http://www.ncbi.nlm.nih.gov/pubmed/12058313>,

Several other essential oils have also been found to have anti-cancer and anti-tumeral properties, including **lavender**, **ledum**, **sandalwood**, **helichrysum**, **lemon**, **orange**, **tangerine**, **clove**, **thyme**, **Idaho balsam fir**, **tsuga**, and **myrtle oils**.

One simple anti-cancer recipe consists of 12 drops of frankincense, 5 drops of lavender, and 6 drops of helichrysum. Apply 1-3 drops neat or diluted directly on skin cancers or cancerous nodes 2-5x/day. Also, get a reflexology chart and find the reflex of the affected organ system. Apply 1-3 drops neat to the area of the feet corresponding with the affected area. These oils may be taken internally in homemade capsules diluted with olive oil. Take 2 capsules 2-4x/day.

People with cancer should look into the Gerson Diet, which has helped thousands of cancer sufferers regain their health. Recommended supplements include **NingXia Red** and **Young Living's core supplements** (True Source vitamins, Longevity capsules, Omega Blue, and Life 5 probiotic) as well as **Mineral Essence**, **EssentialZyme** digestive enzymes and **AlkaLyme**. Dealing with any underlying emotional issues are also absolutely essential to seriously consider when dealing with cancer. See Chapter 5 for more suggestions on this. Holistic treatments of many kinds may be helpful, depending on the type of cancer.

And of course, if one is available, you *must* work with a qualified healthcare practitioner through all of this. Completely abandoning Western doctors is absolutely not recommended when dealing with cancer.

Digestive disorders – For constipation or diarrhea, apply a few drops of **peppermint** oil on the belly neat or diluted. Add a drop to a glass of water and drink (no flimsy plastic or Styrofoam cups, as the oil will start to dissolve these substances). Apply a drop or two to the bottoms of the feet.

Peppermint oil can also be used in the same ways for chronic bowel problems, including for Crohn's disease, colitis, and Irritable Bowel Syndrome.

(see here <http://well.blogs.nytimes.com/2011/01/21/remedies-peppermint-oil-for-irritable-bowel/?ref=health>)

Di-Gize oil can also be extremely helpful. A quality probiotic such as **Life 5** from Young Living should also be used. Individuals with chronic digestive complaints should follow the dietary principles outlined in Chapter 5.

Erectile dysfunction – ED can be caused by psychological as well as physiological issues. Science has documented that certain aromas can trigger the emotional center of the brain. This may be why inhaling essential oils such as **Valor**, **Joy**, and **frankincense** essential oils can help. Often issues with the prostate contribute to ED. Young Living's supplement **Prostate Health** can help, as well as **NingXia Red**. Panax ginseng and Maca root are renowned for their libido-boosting ability. The amino acid L-arginine has a positive impact on blood vessel health and can help with ED as a result. Men with ED should cut all soy products from their diet, quit smoking, and address any issues with cardiovascular health or diabetes as each of these dramatically increase the risk of ED. For many men, dealing with thoughts and beliefs is crucial for healing from ED. Follow the recommendations outlined in Chapter 5.

Hair loss – Essential oils can detoxify hair follicles and have been shown to stimulate hair growth. Combine **lavender**, **rosemary**, and **cedarwood** oils (or use them singly) and dilute them 50/50 with coconut oil. Massage 1 tsp. into balding areas as well as the entire scalp at

night before bed. Women who are experiencing hair loss may be experiencing low thyroid function. **Thyromin** can help with this.

Infertility – For many women, infertility can be caused or exacerbated by hormone imbalance, such as progesterone or thyroid hormones. Improve progesterone levels with **Progescence Plus Serum** applied to sides of neck 1-3x/day. Also, **Dragon Time** or **EndoFlex** oils can be applied to the lower abdomen and low back. Use 2-4 drops 2x/day. Also apply Dragon Time or EndoFlex oils to the inner and outer ankles and along the Achilles tendon. **Thyromin** can help improve thyroid levels. **Mineral Essence** and **Super Cal** are two other supplements that can balance the system and aid in fertility. See the dietary and lifestyle steps outlined in Chapter 5.

Insomnia – Apply 2-3 drops of **Peace & Calming** or **lavender** to the bottoms of feet before bed. Inhale or diffuse. Use less for children. For severe insomnia apply **RutaVaLa** oil to the feet, shoulders, and occiput (notch at the base of the skull). 1-2 drops of **valerian** oil can be taken internally in homemade capsules or straight on the tongue and washed down with water.

Kidney & bladder problems – For issues with the kidneys and bladder, apply a couple of drops of **juniper** oil over the affected areas. If there is any infection involved, apply a drop or two of **Thieves** oil as well. Thieves can also be taken internally in a glass of water or homemade capsules 2x/day for 10 days to help the body fight infection. Use **K&B Tincture** with any kind of issue with the bladder or kidneys.

To help with **kidney stones**, use 1 dropper full of K&B Tincture in water every 2 hours. Drink a non-alcoholic beer (the hops in beer helps to dilate the ureters and nephrons). Here is a recipe for a drink to help pass a kidney stone. Add 5 drops each of **rosemary**, **geranium**, and **juniper** essential oils to 1 Tbsp of agave nectar, then add the juice from half a lemon and mix into 8 oz. of warm water. Drink on an empty stomach 2-3x/day until the stone passes. Also drink plenty of water and of course, cranberry juice.

Liver/Gallbladder issues – For gallbladder infections or gallstones, take **JuvaFlex** in capsules 3x/day and apply in a warm compress over the gallbladder 2-3x/day. **PanAway** can also be applied over the gallbladder to help with any pain. Also, apply oils to the gallbladder reflex on the feet (look at a reflexology foot map online to locate this reflex) and massage that area 2x/day. For gallstones, also drink **lemon** oil in your water daily.

For issues with the liver, use **JuvaFlex** and/or **helichrysum** oils. Take them internally in capsules, apply over the liver in a warm compress, and to the liver reflex on the feet. For hepatitis, take capsules with **JuvaCleanse** oil 2x/day. Oil pulling with **helichrysum** every morning will help to powerfully detoxify the liver. Release essential oil can also be applied over the liver to help with healing. **NingXia Red** is amazing for the liver, to help it regenerate. Milk

thistle is an herb that can be taken in capsules or in tea to help detoxify the liver. Also, follow the dietary recommendations in Chapter 5.

Menopause/Female Hormone Imbalance – Up to 90% of women in America are deficient in progesterone, leading to irritability, migraines, PMS, infertility, unpleasant menopause symptoms, fatigue, weight gain, and much more. To naturally balance progesterone levels, apply 1-3 drops of **Progressence Plus Serum** 1-3x/day on sides of neck. **Dragon Time** or **Lady Sclareol** essential oils can be diluted 50/50 in a carrier and applied to forehead, crown of head, soles of feet, lower abdomen, and low back 1-3x/day to further balance the hormones. Thyroid imbalance is also common. Use **Thyromin** and/or **EndoFlex** (see Chapter 3). For adrenal fatigue characterized by fatigue especially in the morning and a feeling of burn-out, take 1-3 drops of **En-R-Gee** oil internally 1-3x/day. For emotional volatility, use the oils for depression and anxiety outlined in Chapter 3. For insomnia, follow the recommendations in this chapter. Lastly, to help alleviate hormone imbalance with menopause it is important to lose weight if you are heavy. Follow the dietary and lifestyle principles in Chapter 5 and use the essential oils and supplements for weight release.

Menstrual cramps – Apply a couple of drops of **lavender** oil, **EndoFlex**, or **Dragon Time** over the lower abdomen (with or without a hot compress) as well as the inner ankles. Massage the inner ankles as well to help relieve cramps.

Mental Illness – For mental illness such as schizophrenia, bi-polar disorder, and other mental problems, follow the recommendations for depression and anxiety outlined in Chapter 3. **Brain Power** and **White Angelica** can also be helpful to stimulate healthy brain function and protect from negativity. To support healthy brain function, supplement with **Super B**, **Omega Blue**, **Life 5**, **Mineral Essence**, and **NingXia Red**. A ground-breaking diet for healing mental problems – the GAPS Diet – is outlined in Chapter 5.

Obesity/overweight – Essential oils can be powerful in helping with releasing excess weight. Inhale **peppermint** oil before each meal curbs the appetite. A recent study showed that people who did this ate on average 3,000 less calories per week than the control group! Also, use **ocotea** oil in water and tea to help balance blood sugar levels and curb appetite. **Lemon** and **grapefruit** oils in water will help detoxify the body at the cellular level and actually help to dissolve fat. Young Living's new **Slique Tea** with ocotea leaf is helping thousands of people boost their metabolism and release weight. **EssentialZyme**, **Mineral Essence**, **NingXia Red**, and **Life 5** are also great for helping with weight loss. Follow the lifestyle recommendations outlined in Chapter 5.

See these articles:

Healthy Weight Loss with Essential Oils -- <http://essentialssurvival.org/healthy-weight-loss>

Using Essential Oils for Weight Release -- <http://essentialsurvival.org/weightrelease>

The Best Diet for Weight Loss & Health -- <http://essentialsurvival.org/best-diet-weight-loss-health>

Pre-Menstrual Syndrome – To help alleviate PMS, apply 1-3 drops of **Progressence Plus Serum** topically to sides of neck 1-3x/day as needed. **EndoFlex** can be taken orally, 1 drop 2-4x/day. Also, inhale **lavender**, **Dragon Time**, or **EndoFlex** 3-6x/day or dilute 50/50 and apply to lower abdomen and lower back 1-3x/day (especially effective with a hot compress). These oils may also be applied to the reproductive points on feet on the inner and outer ankles and along the Achilles tendon. Supplementing with **Vitamin D Serum**, **Mineral Essence**, **Super B**, **Thyromin**, and **Super Cal** can also be extremely helpful to balancing PMS. Follow the lifestyle tips outlined in Chapter 5.

Prostate problems – For issues with the prostate, apply 2-4 drops of **frankincense**, **Mister**, or **EndoFlex** oils diluted 20/80 in a carrier oil between the rectum and scrotum 2x/day. You can also apply 4-6 drops of one of the essential oils to the inner ankles and up the Achilles tendon daily or as desired.

Rectal retention of essential oils can be very helpful for prostate problems. Retain oils rectally for 7 days in a row. Wait 7 days and repeat. This is done by mixing 15-20 drops of essential oil with 1 Tbsp of a carrier oil, bringing the mixture into a small syringe, and injecting rectally. Retain the mixture overnight or longer if possible. Sanitize the syringe after each use.

For prostatitis use **peppermint**, **Mister**, or **Dragon Time**. Also, supplementing with **Prostate Health capsules**, **Super B**, **True Source**, **Longevity capsules**, and **Mineral Essence** can be very helpful for the prostate. Follow the lifestyle recommendations outlined in Chapter 5.

Skin disorders – For eczema and dermatitis, dilute **lavender**, **geranium**, **Purification**, or **JuvaFlex** 50/50 in a carrier oil and apply on site as needed. Also, check for allergies to metals, soaps, or food allergies such as intolerance to wheat.

For psoriasis, apply 2-4 drops of **lavender**, **helichrysum**, or **JuvaFlex** neat 2x/day or as needed. A warm compress may also be applied.

For adult acne, dilute 1 drop of **lavender**, **lemon**, or **Thieves** in a small amount of olive oil and massage into skin after cleansing and before moisturizer. For rosacea, do the same with **lavender**, **frankincense**, or **Purification**. For aging skin, use **frankincense** or **sandalwood** oil. The **ART Skincare** line recommended for each of these conditions.

Skin problems are a sign that the liver may be overtaxed. Use **JuvaFlex** to detoxify the liver and help improve all skin conditions. Apply over liver 1-2x/day with or without hot compress. Also **NingXia Red** and **Omega Blue** will help balance the body and lead to an improvement in the quality of the skin. The GAPS or Body Ecology Diets will bring further balance to the body and lead to a bright, more youthful complexion.

For more information on essential oils for skincare, see this article:

Your Prescription for Flawless Skin -- <http://essentialsurvival.org/prescription-flawless-skin>

Vaginal yeast infections – Dilute 20 drops **lavender**, **peppermint**, or **Purification** in 2 Tbsp. of a carrier oil such as olive oil. Soak an organic cotton tampon with the mixture and retain overnight for 5-10 days as needed. These essential oils can also be taken in homemade capsules. **Life 5** probiotic will help repopulate the gut with beneficial bacteria. Follow the dietary principles in Chapter 5.

Vision problems – Apply **Clarity** essential oil above the eyebrows and around the cheekbones (never put essential oils directly in the eyes). **NingXia Red** has antioxidants powerful for the eyes and has helped improve the vision of thousands of people. Also **lavender**, **peppermint**, **Aroma Life** can be applied around the eyes for blurred vision. **Mineral Essence**, **Super B**, and **Super Cal** will further support eye health, as will the dietary and lifestyle recommendations outlined in Chapter 5.

For more information on using essential oils and other Young Living products for different health conditions, I recommend the *Reference Guide for Essential Oils*. It is available at EssentialSurvival.org.

Chapter 5 --

The Importance of Lifestyle in Optimum Health

The role lifestyle plays in our health – or in the development of disease – is inestimable. The vast majority of health concerns we have and take medications for could be resolved or significantly helped with a proper change in lifestyle. Such important lifestyle considerations include:

- Proper nutrition,
- Hydration,
- Adequate rest/sleep,
- Exercise,
- Clean air,
- A little sunshine, and
- A healthy attitude.

Nutrition



For years, Americans have been told to follow a low-fat diet with plenty of whole grains. Additionally, approximately 7.3 million Americans follow a vegetarian diet, with about 1 million of these eating vegan -- no animal products. There can be many benefits to such diets, but is this really the ideal?

Most of my life I ate a relatively low-fat diet and tried to eat whole-wheat bread rather than white bread. I ramped up my efforts to eat healthy after I got Chronic Fatigue Syndrome. I even began drinking fresh vegetable juice daily, which brought me some great benefits. During the last year or so of my illness I switched to a vegan diet high in raw foods and cut out most grains and all refined sugar. I lost about 20 lbs, my skin was clearer and brighter than it had ever been in my life, and I believe this set the stage for my healing from the illness. At this time not only did I ditch the whole grains, but I stopped caring about restricting fat – I ate as much healthy fat from avocados, nuts and seeds, and healthy oils as I wanted to!

After all my research and experience, I am convinced that I did it right by cutting out most of the the grains and refined sugar from my diet in my efforts to heal from an “incurable” illness. I ate ample amounts of vegetables and fruits, up to 10 servings per day! But if I had to do it over today, I wouldn’t go vegan or even vegetarian. Certainly I would avoid hormone and antibiotic-laden dairy, eggs, and meats. But another system of eating rises to the top.

I believe that principles from the **GAPS Diet** and **Body Ecology Diet** would help to *heal most of what ails us* in Western society. From overweight to depression and other mental problems, from bowel disease to autoimmune problems, from heart disease to diabetes, I have seen the evidence that the following principles from the GAPS and Body Ecology diets can work wonders:

- Eat homemade fermented foods daily, preferably with every meal – ie yogurt, kefir, sauerkraut, and kimchi;
- Drink homemade meat and bone broths daily, preferably 1 cup with every meal;
- Cut out sugar and most grains temporarily;
- Eat ample amounts of fresh vegetables and plenty of healthy fats and proteins (ie coconut oil, olive oil, and from fat from hormone-free and preferably organic meat and fish).

Go to <http://gapsdiet.com> or <http://bodyecology.com/469.html> for more information.

Here are a few more things to leave out of your diet. If we are what we eat, there are a lot of people walking around made of some pretty unnatural substances!

Four deadly substances to cut out of your diet permanently –

- Artificial sweeteners (aspartame, NutraSweet, Splenda),
- High-fructose corn syrup,
- Hydrogenated oils (including margarine, shortening, most baked goods),
- MSG.

Genetically-modified foods (GMO’s) have been shown in studies to cause allergies, cancer, and infertility in lab animals and should also be avoided. Products made with non-organic corn and soy are very likely to contain GMO’s. Eat organic where possible, although this is unfortunately not a guarantee all ingredients have no GMO’s.

Proper **nutritional supplementation** can also play an extremely important role in healing. During my bout with Chronic Fatigue Syndrome I became very familiar with nutritional supplements, sometimes spending up to \$500-\$600/month on my supplements and sometimes

taking handfuls of tablets at every meal. But after all I've seen, today my all-time favorite nutritional supplements for general health are **NingXia Red** and Young Living's other core supplements, along with **Mineral Essence**.

Undertaking major dietary changes as well as incorporating nutritional supplements into your regimen can require a certain amount of initiative as well as finances. But as with anything worthwhile in life, it does require some effort! Your health is worth it!

See this article for more information --

The Best Diet for Weight Loss & Health -- <http://essentialsurvival.org/best-diet-weight-loss-health>.

Hydration



Up to 60% of the human body is made up of water. The liquids we take into our body count just as much as the foods we eat. For optimal health and to heal from a variety of conditions, cut out the sodas, the diet drinks, the energy drinks. Be careful with coffee, black tea, and alcohol – for some people may feel much better after cutting these types of things out. Drink WATER, but not from the tap as it contains fluoride, chlorine, and potentially other hazardous substances.

I drink filtered water, and love to add essential oils for flavor as well as health benefits. One of my favorite drinks is a large glass of water with a couple of drops each of **lemon** and **grapefruit** oils first thing in the morning. It's refreshing, detoxifying, and helps you start your day on the right feet! I also frequently drink herbal teas such as peppermint and rooibos – sometimes 2-3x/day! I recommend limiting fruit juice consumption, and cutting out all processed fruit juices if you have health problems. Fresh vegetable juices can be a wonderful addition to your healthy regime.

Adequate Rest/Sleep



Anyone who has ever struggled with sleep difficulties, whether due to health problems, stress, or having a baby, knows how important sleep is to our health and well-being! While different people need different amounts of sleep, you might be sleep-deprived if you frequently get sleepy during the afternoon or have a hard time waking up in the morning. Follow good sleep hygiene by sleeping in a cool, dark, and quiet area. Don't work or study in bed. Get the television out of the bedroom. Science shows that retiring to bed between 9-10 PM is ideal. Essential oils are famous for their ability to promote deep, restful sleep. **Lavender** and **Peace & Calming** essential oils are two great choices for sleep. For information on dealing with insomnia see Chapter 4.

Exercise



We all know we need to exercise for our health, but it can be easy to feel overwhelmed if we are overweight, have a health condition that makes exercise difficult, or live a busy life! With exercise, start where you're at and work up to where you want to go. Set goals that are reachable given the condition of your health and your fitness goals. You will have set-backs. Don't beat yourself up! If nothing else, take a walk a few times a week and do some stretching afterwards. Consider yoga, tai chi, or martial arts if you desire a high level of fitness and the gym isn't for you. Inhale **peppermint** oil before a workout to give you greater stamina. If you work at a desk as many Americans do, get up frequently to walk around, stretch out, and rest your eyes during your work day.

Clean Air



Clean air is important not only for people dealing with respiratory problems, but for all of us. First of all, if you smoke do everything you can to stop now. To clear the air you breathe at home, consider getting an air filter or diffusing essential oils such as **Purification**.

Research has shown that fumes from household cleaners can cause or contribute to such things as asthma and even cancer. I recommend you switch to natural house cleaning products. I like the **Thieves Cleaner** from Young Living. If mold at home may be a problem, use **Thieves** or **Purification** to clear it out.

For more information, see these articles:

Clear the Air with Essential Oils -- <http://essentialsurvival.org/clear-the-air-essential-oils>

Our Proven, Non-Toxic Solution to Kill Mold & Mildew -- <http://essentialsurvival.org/non-toxic-kill-mold-mildew>

Green & Clean with Essential Oils -- <http://essentialsurvival.org/green-and-clean>

A Little Sunshine



While too much sun can cause problems, we were designed to get sunshine. We *need* sunshine. It helps us produce Vitamin D and boosts the immune system, the mood, and helps the health overall. When I had Chronic Fatigue Syndrome, I began to notice the healing power of the sun. I began laying out in the sun for 15 minutes a day in the backyard in my swimsuit and with no

sunscreen (enough time to get a little bit pink, but no sunburn). I could literally feel something good happening in my body, and I believe this helped contribute to my healing.

Get at least 15 minutes of direct sunlight per day on as much of your bare skin as possible. Use **Vitamin D Serum** if you aren't able to do this, especially during the cold winter months.

A Healthy Attitude



We are what we eat, what we drink, and also what we *think*. Doctors admit that stress is the #1 cause of disease. But now science is showing that our **thoughts, feelings, and beliefs** play an enormous role in our health and well-being. A healthy attitude is essential to our emotional, mental, and physical health. This includes forgiving those who have wronged us. In fact, unforgiveness has been linked to multiple types of diseases, including cancer and heart disease!

Being happy releases happy chemicals in our bodies and is protective against disease. How can we let go of the thoughts, feelings, and beliefs that may be making or keeping us sick? I highly recommend Carol Tuttle's book *Remembering Wholeness*. I read this book in 2005 and the principles I learned from it changed my life and massively contributed to my healing. I also recommend Louise Hay's *Heal Your Body*. These are two great resources for understanding the influence of our thoughts and beliefs on our health, and helping us begin to change them so we can create health in our body rather than disease!

Essential oils can also help release negative or counterproductive feelings and beliefs. I recommend **Valor** oil on the feet and shoulders, **Forgiveness** over the heart, and **Release** over the liver. **Trauma Life** can be used when traumatic experiences have left an imprint, and **SARA** will assist in releasing trauma from sexual abuse or assault.

There are a number of holistic modalities that also help to release old thought patterns and beliefs to help us change our feelings, the way our bodies respond to stress, and therefore promote better health. Some to consider are EFT, Rapid-Eye Therapy, and Matrix Energetics. There are many more. Find a practitioner in your local area for assistance.

Some Tips on Cleansing



We live in an increasingly toxic world. Even if we make a concerted effort to live healthily, we can still be exposed to chemicals in our food, water, and air. If you want to feel better, look younger, and live longer it is in your best interest to include cleansing your various organs and systems as a part of your healthy lifestyle. The good news is that small measures of cleansing can reap huge dividends in terms of long-term health!

The human body detoxify through the skin, lungs, liver, colon, kidneys, lymphatic system, and the blood --

Skin & lymphatic system – One of the best things to do now to allow detoxification through the skin and lymphatic system is stopping the use of antiperspirants. Begin now using a natural deodorant that allows us to sweat as we were designed to. I love Young Living's **AromaGuard deodorants**. **Purification** oil can also be used as a powerful natural deodorant that will keep you smelling fresh even as you sweat!

Regular sweating through exercise is a healthy and important thing to do. Dry skin brushing and saunas can also help in this regard. Jumping on a small rebound trampoline for a few minutes a day will also help to open the lymphatic system and promote health.

Lungs – As we exercise, our bodies naturally breathe more freely, helping to bring fresh oxygenated air to the lungs where it can be circulated to all the cells, and carrying away carbon dioxide. Deep breathing as well as yogic breathing exercises can also be a great help. I like **frankincense**, **RC**, and **Purification** inhaled, applied over the upper chest, upper back, and feet oils for their ability to open up the lungs and assist lung detoxification.

Liver, colon, & kidneys – For optimal health, I recommend doing a cleanse 2-3x/year to detoxify our liver, colon, and kidneys – organs that can often become overburdened due to the demands of modern living. My personal favorite cleanse is the **Master Cleanser** or Lemonade Cleanse. I have done this cleanse for up to 10 days several times and with great results. To enhance results, apply **JuvaFlex** oil over the liver, **peppermint** and **lemon** oils over the bowels, and **juniper** oil over the kidneys 1-2x/day during your cleanse.

For those who may not be prepared to go without food for up to 2 weeks, I completely understand! The **5-Day Nutritive Cleanse** and **Cleansing Trio** from Young Living are fantastic cleanses that allow you to carry out most of your normal activities while more gently cleansing these important organs.

For information on the Master Cleanser, go here --

http://www.amazon.com/Master-Cleanser-Special-Needs-Problems/dp/0963926209/ref=sr_1_1?ie=UTF8&qid=1328314890&sr=8-1

Blood – My absolutely most favorite way to cleanse the blood (and detoxify the entire body as a result) is through **oil pulling**. This is done by taking 1 Tbsp. of cold-pressed sunflower or sesame oil into the mouth first thing in the morning before eating, and working the oil through the mouth. This can be done while showering. The oil pulls microbes and toxins out of the blood through the capillaries in the mouth. Make sure not to just swish the oil, but work it, sucking it through your teeth and around your tongue. After about 20 minutes, spit the oil into a jar, screw the lid on, and thoroughly rinse the mouth and brush the teeth. Then drink a large glass of water. Throw the jar away when it gets full.

For even better results, I will put a drop or two of **helichrysum** (very detoxifying for the liver) or **Thieves** (boosts the immune system) on my tongue before taking the vegetable oil into my mouth.

Healing – An Upward Spiral

When I was a teenager, I ate fast food almost every day. I ate candy bars and drank sodas all the time. I routinely got only 5 hours of sleep at night. I was abusing my body and even though it seemed I could do these things without causing any serious problems, I was unknowingly setting the stage for future disease. In most instances, long before we notice disease in our body, our habits have slowly contributed to its development until one day there's a tipping point and we can go into a downward spiral. For me that tipping point came at age 24. For others, it comes in the senior years. But either way, sooner or later we reach a point where it's time to pay the piper – whether through heart disease, diabetes, Chronic Fatigue Syndrome, or something else.

The good news is that setting the stage for healing is just as simple as setting the stage for disease! We can start to make positive change in our diet and lifestyle and for while, it may seem like nothing changes – we're just as sick as ever. But little by little, what happens is that we can reach a point where all the positive and healthy habits tip us over the edge to better health and we embark on an **upward spiral** toward greater health!

When I was working to heal from Chronic Fatigue Syndrome, it was six months after I made major dietary changes and months after I began dealing the emotional and spiritual aspects of the

disease, and five years after making healing a priority in my life, that I hit my upward spiral. In actuality I had been building a foundation for healing for months (and years, even) before it all hit critical mass and I began to really see the fruits of my efforts.

I want to encourage you. Any positive change in your lifestyle is worthwhile. Even one change in lifestyle can impact you on multiple levels of your well-being. And one good habit leads to the next. You have the power to heal from disease, to take care of many aspects of your own health, and be prepared to be healthy no matter what the future brings!

Conclusions

Whether you have a serious chronic health condition or just minor health concerns, there are things you can do reduce your dependency on the medical system. Through lifestyle changes, essential oils, and some nutritional supplements, you *can* take charge of your health. If you think it's hard to take care of your health now, try doing this during a collapse scenario! We should take the time we have *right now* to get healthy!

While learning to handle injuries and gaining medic skills is also important for medical preparedness, releasing any dependence on Western medicine is even more vital to your well-being! Stockpiling the essential oils you need for your particular health concerns will help you be prepared for an economic Armageddon when drugs will be hard to come by.

Go to <http://essentialsurvival.org/nextstep> to see what your next step for medical preparedness might be!

Stay tuned to essentialsurvival.org for my upcoming ebooks on Medical Preparedness for Families with Children & Teens, Medical Preparedness for Seniors, and Medical Preparedness for Pregnancy, Childbirth, & Infant Care.

Acknowledgments –

Essential Oil Desk Reference. Essential Science Publishing. Third edition. 2006.

<http://essentialsurvival.org>

www.oil-testimonials.com

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Julie Behling founded Essential Survival in 2010 after having personally experienced dramatic results with Young Living essential oils and products on her health in 2005 and beyond, and in 2008 waking up to the urgent need to prepare now for disaster and possible economic chaos. In her ebooks as well as on her website [EssentialSurvival.org](http://essentialsurvival.org) she teaches people to use essential oils and other natural products to help with injury, stress, pandemic, as well as to potentially replace their prescription medications. Go to <http://essentialsurvival.org> to browse her articles and get a free copy of her ebook “Medical Preparedness – What’s Your Contingency Plan?”.

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