

Allergies

Class on Essential Oils



Allergy Protocol:

- 2 drops of Lemon
- 2 drops of Lavender
- 2 drops of Peppermint
- 2 drops of Melaleuca (if your allergies are particularly bad)

Put these drops into a capsule and take with water. If you don't have capsules, you can put the drops in a shot glass of water, swish for 30 seconds and then swallow. *If the relief is not satisfactory within 20 minutes, take it again. Determine which method brings you most relief: swallowing, diffusing, on feet, etc.

*If your allergies are severe consider using one of the following Nasal Irrigation Blends: 5 drops of Lavender, Lemon, On Guard, Peppermint, 8 Tbsp fine quality salt (not table salt), 1-2 cups of warm water in Neti pot and do nasal irrigation hourly until symptoms subside. Or, 12 drops of Rosemary, 4 drops of Melaleuca, 4 drops of Eucalyptus, 8 Tbsp fine quality salt (not table salt), 1-2 cups of warm water in Neti pot and do nasal irrigation hourly until symptoms subside.

If you need more relief: the frequency of application will depend on the severity of allergens. Use as often as needed to eliminate the symptoms.

- 1 drop of Lavender on the tongue each time you feel symptoms will help with extreme hay fever.
- A soothing cold washcloth with a drop of Lavender and/or Roman Chamomile over the eyes will reduce puffiness and itchiness.
- 1 drop of Peppermint and/or Frankincense on the temples will reduce the discomfort of headaches. (Be careful not to get in your eyes.)
- A neti pot with 1 drop of Melaleuca will help fight fungal infections in your nasal cavities.

Children's Allergy Protocol:

Same as above. If they won't drink it then you can use the same oils and put them on the bottom of their feet. You can also add the oils to local honey to help the drops go down. In addition, you can also use Frankincense. Diffuse OnGuard and Breathe as well. *When allergies are bad, repeat the method that works the best every hour.

In all cases consider:

- Applying oils to the feet morning and night
- Receive an AromaTouch treatment at least once per week. The AromaTouch technique can be very cleansing & supportive to the immune system.
- Reduce your intake of allergen type foods like dairy, sugar, wheat, etc.
- Diffuse cleansing oils such as: Purify, Lemon, Grapefruit, Peppermint, Lemongrass, Lavender in bedrooms and home to reduce pollens and allergens.

Dust mites, lice, fleas: This would be especially useful in bathrooms and laundry rooms. Make a water spritz of Lemongrass, Lavender, Peppermint, Basil or other oils to spritz on bedding each time the bed is made to exterminate uninvited dust mites, lice and fleas. Add a few drops of Purify every time you wash your sheets.

Digestive Discomfort: DigestZen is a wonderful oil to use in the case of a digestive issue including an accidental intake of a food item that you are allergic to. Lemongrass is said to be helpful in easing the discomfort of a lactose intolerance. A drop on the tummy, bottom of feet or in a glass of water.

Skin Discomfort & Rashes: Lavender, Roman Chamomile, Frankincense & Peppermint can be soothing to all sorts of skin rashes. When in doubt, put Lavender on it! If you have sensitive skin, consider using a carrier oil like fractionated coconut oil.

To help fight airborne allergens, a diffuser will help the most. Diffusing Lemongrass, Melaleuca or On Guard (guarding blend) can fight against allergy causing fungi and molds. Build the immune system by ingesting Lavender, Peppermint, and Lemon can work wonders.

*** doTERRA Essential Oils are 100% pure and safe to ingest. If you are not using doTERRA, please be sure your essential oils are 100% pure before you ingest. Be sure the label doesn't say "do not ingest."**

