

# 10 Ways to Support Your Health and Wellbeing with Essential Oils



It's been just over 12 months since I discovered and started using the [Young Living range of essential oils and products](#) at home and incorporating them in my work, and I love them! Given I had a sporting accident 15 years ago, which left me with no sense of smell, I especially know how powerful these oils are, based on the benefits I've received from them, even without my full ability to enjoy them.

Of course, before using an essential oil, read the directions on the bottle label, or check with a health professional if you have a serious medical condition, or you're pregnant, nursing or planning to become pregnant.

Here are **ten ways** Young Living essential oils can be used to support your health and wellbeing. Please note: I am being very specific here, referring to the Young Living brand oils only, as this particular company's oils are the only ones I'm aware of that are pure, therapeutic-grade and food grade and can be ingested as well as applied (in many cases) directly to the skin, inhaled, added to bathwater or diffused.

- Immune system support/boost:** As winter slowly approaches here in Australia, there are many essential oils that can be used to boost or support a healthy immune system. I've started using a Young Living supplement called Inner Defense, which contains essential oils. However, many oils can be applied topically, for example, rubbed into the soles of the feet to support the immune system, including Thieves (anti-viral and anti-fungal), Purification (also great directly on skin for insect bites) and Lemon Myrtle. I also diffuse these and other oils at home and in my office, which research shows, as well as purifying the air and killing airborne bacteria, stimulates neurotransmitters, relieves headaches and increases oxygen availability and produces negative ions.
- A better night's sleep:** If you have difficulty falling asleep, or wake in the middle of the night and can't get back to sleep easily, try RutaVala. Peace and Calming, Tranquil or Lavender oil are also useful for a good sleep, and Dream Catcher, Trauma Life and Purification are all reported to be helpful for children or adults experiencing nightmares. Just rub a few drops onto the soles of the feet before sleep or on waking from a nightmare.
- Eliminate night terrors:** The SARA blend - contains geranium, ylang ylang, rose and blue tansy and is designed to soothe deep emotional wounds and help those who are recovering from traumatic memories. A few drops can be rubbed into the soles of a child's feet before bedtime. A family friend of ours started using this oil blend with her three-year-old daughter (who had been adopted from China) and, within three nights of rubbing it into her feet at bedtime, together with some lavender oil, her night terrors have disappeared! Other good options are Joy and Cedarwood.
- Stress, Anxiety and Depression:** For stress and anxiety, try any of the following four Young Living oils/oil blends - Frankincense, Stress-away, Valor and Peace and Calming - they work really well individually and in combination. A combination of 50% orange oil (uplifting, anti-depressant) and 50% lavender oil (relaxing, calming) work well together for depression. When we flew to the Gold Coast recently, I used the Stress-away roll-on with my kids (and me) on the plane - it's their favourite of all the oils. Interestingly, one of our cats has been meowing loudly and excessively recently, and a long-time user of Young Living's essential oils and co-author of Vibrant Health Now! Alan Simpson suggested that we try using a drop of the Awaken blend followed by a drop of White Angelica 30-minutes later on his paws. The meowing stopped soon afterwards and he seemed calm and secure for days. For a lovely non-toxic pet product, try their Animal Scents Shampoo.



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- Car/motion sickness, upset stomach and weight management:** A few drops of peppermint oil rubbed on the abdomen or dropped on a tissue and inhaled when in the vehicle work well when travelling by car. Di-Gize and Thieves oils work well rubbed over an aching or gassy stomach, and to aid digestion and control hunger between meals, try a few drops of Slique essence in water.
- Pain relief:** There are several oil blends that can help relieve pain. A combination of lavender and peppermint oils inhaled or applied to headache areas resolves pain quickly and PanAway, Deep Relief roll-on or Ortho Ease or Ortho Sports Massage oils are great for muscular pain relief.
- Allergy, post-nasal drip and cold symptoms relief:** Breathe again, R.C., Harmony (diffused), lavender and peppermint oils are great options to shift congestion. Inner Defense capsules are also good for respiratory function support.
- Perfume, skincare and other personal care products:** Do perfumes or colognes give you a headache or create other adverse reactions, like hormonal issues? Not surprising really given the chemicals contained in them! I no longer wear perfume - instead, I use either White Angelica or Joy essential oils. Or, if I'm going into a stressful situation, I'll wear Stress-away - a gorgeous blend of lime, vanilla, lavender, copaiba, cedarwood and ocatea. For men, a few good options include Valor, Highest Potential and Motivation. I've also made the switch away from synthetic shampoos, deodorant, skincare and toothpaste. Young Living makes an extensive chemical-free, essential oil-based range of personal products, including a KidScents range for children.
- Mental fatigue and burn out:** Peppermint quickly combats mental and physical fatigue and recently, an article in Prevention.com suggested a combination of sandalwood, citrus and peppermint oils to overcome burnout. I always add a few drops of lemon oil to my drinking water (only do this if you are drinking from a glass or metal bottle). It's a great instant pick-me-up! En-R-Gee is also uplifting and strengthening and the NinXia Red drink is great to have daily for sustained energy.
- Cooking with Young Living essential oils:** One of the things I love about Young Living's essential oils is they are food grade, meaning they can be ingested and added to virtually any recipe to enhance flavour, while providing the added therapeutic benefits contained within the oil. Some cooking oil examples include basil, black pepper, clove, dill, ginger, lemon, lemon myrtle, lemongrass, marjoram, orange, oregano, nutmeg, peppermint, rosemary, sage, tarragon and thyme. As these oils are potent, only a drop or toothpick measure will add the punch of flavour you need. I regularly spike lemon cake with lemon oil and use it in salad dressing. Any 'foodies' like me might also like to know that the winner of Top Chef Season 9 Paul Qui, used a lemon essential oil in his final winning menu. It obviously made the judges happy!

**Would you like to find out more about purchasing any Young Living essential oils or products at wholesale prices, like I do?** Or, maybe you might just like to try some of these products, which can be bought on-line at retail prices and delivered to your door. If so, please feel free to call me on 0411 471 941 or 08 8338 3134. I now use a wide range of these products and have a collection of 50+ oils, so would be delighted to meet for a chat to share them with you and/or your friends in my home office or at your place. Note: All links back to the Young Living website show retail pricing.

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