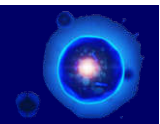


SYMPHONY
OF THE CELLS

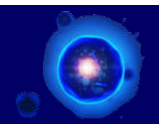
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Development (by Boyd Truman)

In my early twenties I was actively engaged in the wellness industry. I took note of what was working, particularly with essential oils.

I decided to study massage therapy in order to grow my understanding of human anatomy and its interaction with mother nature. In the massage therapy field I was trained in many modalities, both with and without oils.

When implementing oils into the massage process, I began to see that every person I was working with faced different health challenges and ailments. Experience and study taught me to switch oil applications and regimens. I took a focused approach and working through each individual health history, I noted a variety of factors including habits and diets.

Depending on what their ailments were, I determined the specific oils for the specific body system or condition that needed support.

Soon my studies and passion led me into teaching and educating others in essential oil practices. I initially introduced the inflammatory application found in this book. I would discuss the benefits that could come from using that combination of essential oils. This brought about questions on oils for other conditions.

Most people do not have the background and experience of using essential oils and the workings of the human body, so my wife, Sandy suggested I simplify it all and put it on paper. This idea transformed into a booklet, where at that time I was referring to these applications as the Spinal Technique.

I woke up one morning with Symphony of the Cells™ in my head. I realised it was meant to be a lecture series where the spinal technique could be taught along with other modalities. This would allow all of us to create our own symphony, bringing harmony and balance into our lives.

It is my hope that through experience and understanding of essential oils, their benefits and their various applications, you can take the guesswork out, responsibly support your health and body systems and deliver incredible benefits to you and those around you.

Introduction

Symphony of the Cells is a collection of 18 essential oil applications created by Boyd Truman, based on 28 years of practical knowledge and use of pure, therapeutic grade essential oils.

Whether you are looking to help support a loved one with an ongoing ailment or illness, or are integrating the use of essential oils into your massage or wellness prac-

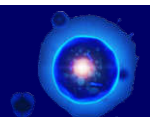


tice, Symphony of the Cells is simple and effective, it is meant to bring harmony physically, emotionally and spiritually within the body. Each of the 18 applications address a specific system and/or area of the body, allowing for a focussed approach to the symptoms and underlying causes of many ailments and illnesses.

Why Symphony of the Cells?

There are three major reasons Symphony of the Cells was created:

1. To keep things simple for anyone at any level. The most important thing to do is to simply apply the essential oils onto the body, and the oils will create the benefit needed. For maximum benefit the oils should be layered across the entire back, on the bottom of the feet, sometimes on the hands and inhaled.
2. To empower you. We have been cautioned on the dangers and effects of essential oils, rather than educated on their benefits. This book is provided to give you knowledge to confidently apply essential oils.
3. To provide education. You will know which oils are most appropriate for certain body systems and ailments. It will increase your experience and knowledge, so you will better understand which oils will bring balance and harmony to the body.



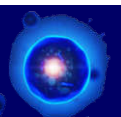


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| • Digestive App. | | | | • Lymphatic App. | | | | | | | | | |
| 8 | <input type="checkbox"/> | 9 | <input type="checkbox"/> | 10 | <input type="checkbox"/> | 11 | <input type="checkbox"/> | 12 | <input type="checkbox"/> | 13 | <input type="checkbox"/> | 14 | <input type="checkbox"/> |
| • Forgiveness App. | | | | • Inflamm App. | | | | | | | | | |
| 15 | <input type="checkbox"/> | 16 | <input type="checkbox"/> | 17 | <input type="checkbox"/> | 18 | <input type="checkbox"/> | 19 | <input type="checkbox"/> | 20 | <input type="checkbox"/> | 21 | <input type="checkbox"/> |
| • Solar App. | | | | • Hormone B. App. | | | | • Cellular App. | | | | | |
| 22 | <input type="checkbox"/> | 23 | <input type="checkbox"/> | 24 | <input type="checkbox"/> | 25 | <input type="checkbox"/> | 26 | <input type="checkbox"/> | 27 | <input type="checkbox"/> | 28 | <input type="checkbox"/> |
| • C2 App. | | | | • ID App. | | | | • Emobic App. | | | | | |

Proactive health care, stress reduction, rest, proper nutrition and exercise are all key in maintaining a healthy lifestyle. Reducing toxic load plays a major role in your overall health.

When we improve our health from the inside out, we bring about positive change. We are what we drink, eat and put in our bodies. Even the lotions, perfumes and skin care we apply can contribute to a heavy toxic load. Our 4 weeks to wellness will manage this unwanted waste. By pairing 10 key Symphony of the Cells applications with quality supplements, essential oils and a healthy diet we can enhance the body. You can practice this on a quarterly basis.

Please be aware that some individuals may experience minor sensitivities, such as skin irritation or diarrhea during the general detoxification process. Understanding that these side effects are temporary, and that the body is simply trying to cleanse the toxic substances and toxic load that it may have been harbouring for years. For the elderly, ill or persons experiencing these symptoms, one approach is to limit the amount of drops.



Symphony of the Cells™ Symbol Guide



Apply Carrier
Oil To Back/Spine



Allow Individual
To Smell Oil



Apply Oil Over
Heart Area



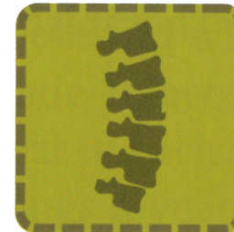
Apply Oil Over
Liver Area



Apply Oil To Neck
& Shoulder Area



Apply Excess
Oil To Feet



Apply Oil
To Entire Back



Apply Oil
To Hand

Applications List and Symbols



Cardiovascular & Circulatory System



Digestive System



Emotional & Limbic System



Endocrine System



Immune System



Integumentary System



Nervous System



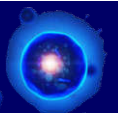
Respiratory System



Skeletal, Muscular & Connective System



Urinary System



Symphony of the Cells Instructions

Performing the applications is meant to be simple! Become familiar with the step-by-step symbols, these are there to help you learn where the oils are applied. Pay attention to these symbols as some of the oils are in roller bottles and are applied differently to oil drops from the bottles.

Essential Oil Basics

Always:

- Apply a carrier to the skin before using oils with “sensitive” or “dilute” warnings
- Let the oil drip out, do not press the dropper on the skin
- Keep bottles away from sunlight and direct heat
- Use oils internally, only where bottle has “supplemental facts” on label

Never

- Never put oils directly in eyes or ears
- Never add water to oil unless you want to intensify effect. Use carrier oil to soothe or lessen the intensity
- Never apply an oil that is housed in a roller bottle over an area where another oil has been applied. Apply to your hand first and then to the skin

Detoxing

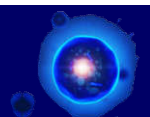
To assist the body with processing and discharging toxins, it is best for the individual to hydrate with water containing 1-2 drops of Lemon or Wild Orange essential oil after receiving any Symphony of the Cells application.

It is common for individuals to have a different experience with each application. Some experience nausea, fatigue, mood enhancement, increased energy, emotional responses and some detoxification.

How Often and How Much?

In general if someone is relatively healthy, a proactive approach is to perform an application 2-3 times per month. For someone with a present condition, an application can be performed 2-3 times per week for 1-2 weeks or as needed. Then return to proactive approach of 2-3 times per month.

Per application it is recommended to use 4-6 drops of each essential oil listed in the application. If an individual is new to Symphony of the Cells start with fewer drops. If the individual is a young child, is experiencing an ongoing condition or illness, is over the age of 50, begin with 1-2 drops of oil.



Symphony of the Cells Process



How to Start

Have the oils and carrier for the application close to hand. Begin with the individual laying face down with their back and bottoms of feet exposed. Allow the individual come to a relaxed, calm state.



Carrier Oil Application

Apply a layer of Fractionated Coconut Oil or other carrier (olive, sesame seed, almond etc) onto their entire back and the bottoms of the feet. This layer acts as a protectant against the stronger oils that may irritate sensitive skin.



Aromatic Application

Simply allow the individual, who is receiving the application, to smell the oils that are on your hand. Let them know your hand is there, so that they can inhale deeply.



Heart/Chest Application

Have the person who is receiving the application to apply the oil themselves over the heart area. If a roller bottle they can apply directly, or apply oil to hand first then massage into chest area.



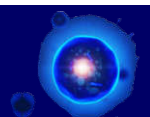
Liver Area Application

Allow the person receiving the application to apply the oil directly to the liver area (right side of lower ribcage) or apply to hand first.



Neck and Shoulders Application

Apply oil to neck and shoulder area. Begin with oil in step1 of specific application you are performing.





Feet Application

Apply the oil remaining on your hand to the bottoms of their feet. There is no need to apply additional oil, although the residual left on your hand seems small it is enough for this.



Entire Back Application

Drop the oil on their back, starting at lower spine and working your way up to their neck and towards the base of their skull. Using your hands, move in that same direction while rubbing in a circular, clockwise motion along the entire back.



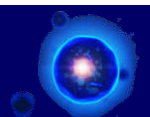
Hand Application

This step is for ease of use. Since some of the oils required for certain applications come in a roller bottle, it is easier sometimes to apply the oil first to your hand and then apply it to the skin.



Intensify (optional)

You can intensify the effect by adding water. This helps to drive the oils, create heat and therefore generate more movement in the body. There are several ways to do this: hop into the shower, take a bath, use a hot compress or sit in a sauna. The oils will not wash off, but will be intensified. We suggest you add more carrier to lessen the intensity of the heat and moisture.



Symphony of the Cells Applications

Basic

Step 1: Frankincense



Step 2: Tea Tree



Step 3: Massage Blend
(Aromatouch)



Step 4: Peppermint



Possible Conditions:

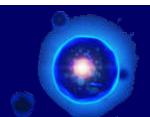
- Anxiety
- Asthma
- Body Aches
- Cold
- Congestion
- Croup
- Diarrhoea
- Ear Aches
- Fever
- Flu
- Headache
- Immune Support
- Pink Eye
- RSV
- Sore Throat
- Stomach Aches
- Stress
- Vomiting

Body Systems (in order of relevance)

1. Digestive
2. Immune
3. Respiratory

Why this application?

This application is simple to apply for children, without needing them to lay down and using carrier oil. However, you can if you would like. Apply appropriate drops of oil (page 8), layering separately over the entire back and rub it in for a few seconds. This acts as an immune booster and a stress reducer.



Cardio

Step 1: Frankincense



Step 2: Carrier Oil



Step 3: Thyme



Step 4: Massage Blend (Aromatouch)



Step 5: Tumeric/Lemongrass



Step 6: Protective Blend (On Guard)



Step 7: Marjoram



Step 8: Basil



Step 9: Lavender



Step 10: Peppermint



Possible Conditions:

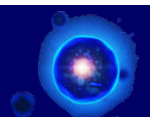
- Aneurysm
- Angina
- Arrhythmia
- Arteriosclerosis
- Blood Pressure
- Cardiomyopathy
- Cardiovascular
- Cholesterol
- Coronary Arterial Disorder
- Diabetes
- Heart Disorder
- Heart Failure
- Heart Valve Disorder
- Phlebitis
- Reynaud's Disorder
- Varicose Veins
- Vascular Disorder

Body Systems (in order of relevance)

4. Circulation and Cardiovascular
5. Immune
6. Urinary

Why this application?

This application was created to simply support circulatory and cardiovascular health. There are many feelings and emotions tied to the heart, therefore, this application can be supportive both physically and emotionally.



Cellular

Step 1: Frankincense



Step 2: Neroli



Step 3: Carrier Oil



Step 4: Cellular Blend (DDR Prime)



Step 5: Black Pepper



Step 6: Cassia



Step 7: Spikenard



Step 8: Copaiba



Step 9: Wild Orange



Step 10: Petitgrain



Possible Conditions:

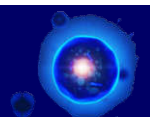
- Alzheimer's
- Anaemia
- Angelman Syndrome
- Autoimmune Disorders
- Epstein Barr
- Leukaemia
- Lupus
- Lyme Disorder
- Lymphoma
- Malaria
- Multiple Myeloma
- Multiple Sclerosis
- Nephritis
- Neurofibromatosis
- Parkinson's Disorder
- Shingles
- Sickle Cell Disorder
- Spinal Muscular Atrophy

Body Systems (in order of relevance)

1. Endocrine
2. Immune
3. Nervous
4. Circ & Cardio
5. Digestive

Why this application?

The Cellular application was developed for individuals who are suffering from various autoimmune and/or endocrine challenges. This application helps to support healthy cellular function by protecting the body from oxidative stress.



C2

Step 1: Frankincense



Step 2: Carrier Oil



Step 3: Clove



Step 4: Coriander



Step 5: Tumeric



Step 6: Spikenard



Step 7: Pink Pepper



Step 8: Yarrow POM



Step 9: Tangerine



Step 10: Melissa



Possible Conditions:

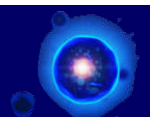
- ALS
- Aplastic Anaemia
- Cardiomyopathy
- Encephalopathy
- Epilepsy
- Glioblastoma
- Guillian-Barre Syndrome
- Heavy Metal Toxicity
- Haemolytic Anaemia
- Hypoxia
- Meningitis
- Multiple Myeloma
- Necrosis
- Neuronal Toxicity
- Peripheral Neuropathy
- Polyneuropathy
- Proteopathy
- Pulmonary Edema

Body Systems (in order of relevance)

1. Endocrine
2. Immune
3. Nervous
4. Digestive
5. Circ & Cardio

Why this application?

Similar to the Cellular application, C2 also supports cellular longevity. It promotes cleansing and rejuvenation, in order to aid in healthy digestion and to provide support on the cellular level.



CH1

Step 1: Frankincense



Step 2: Neroli



Step 3: Carrier Oil



Step 4: Cypress



Step 5: Lemongrass



Step 6: Blue Tansy



Step 7: Siberian Fir



Step 8: Helichrysum



Step 9: TCopaiba



Step 10: Birch/Wintergreen



Step 11: Peppermint



Possible Conditions:

- Aches
- Arthritis
- Back Aches
- Bursitis
- Gout
- Herniated Disc
- Joints
- Migraine
- Muscle Weakness
- Neuropathy
- Post herpetic Neuralgia
- Restless Leg Syndrome
- Rheumatoid Arthritis
- Sciatica
- Scleroderma
- Scoliosis
- Seizures
- Tendonitis

Body Systems (in order of relevance)

1. Skel, Musc, Conn
2. Nervous
3. Circ & Cardio
4. Immune
5. Respiratory

Why this application?

This application focuses on the skeletal, muscular and connective tissue systems of the body. Chi, in Chinese, means energy. The Chi application is intended to relieve, support and recharge the physical structures of the body.



Digestive

Step 1: Frankincense



Step 2: Carrier Oil



Step 3: Thyme



Step 4: Tumeric



Step 5: Massage Blend (Aromatouch)



Step 6: Bergamot



Step 7: Coriander



Step 8: Digestive Blend (Digestzen)



Step 9: Geranium



Step 10: Peppermint



Possible Conditions:

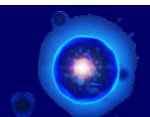
- Acid Reflux
- Allergies
- Cirrhosis
- Colitis
- Constipation
- Crohn's
- Diarrhoea
- Diverticulitis
- Fibroid Cysts
- Gastritis
- Giardia
- Heartburn
- Haemorrhoids
- IBIS
- Kidney Infection
- Pancreatitis
- Stomach Ulcers
- Ulcers

Body Systems (in order of relevance)

1. Digestive
2. Circ & Cardio
3. Urinary
4. Immune
5. Integumentary

Why this application?

This application was created to help support healthy digestive function. It can assist with relieving occasional constipation and intestinal stress. The oils involved in this application also help create movement and flow within the body.



Emobic

Step 1: Frankincense



Step 2: Neroli



Step 3: Rose



Step 4: Jasmine



Step 5: Carrier Oil



Step 6: Spikenard



Step 7: Melissa



Step 8: Centering Blend

(Align)



Step 9: Douglas Fir



Step 10: Spearmint



Possible Conditions:

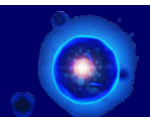
- Anger
- Appetite Dysregulation
- Autoimmune Encephalitis
- Bipolar Disorder
- Depression
- Emotional Trauma
- Fear
- Hyperorality
- Hypoglycaemia
- Insomnia
- Limbic Encephalitis
- Memory Loss
- Mental Fatigue
- OCD
- PMS
- Panic
- Postpartum Depression
- Stress

Body Systems (in order of relevance)

1. Emot & Limbic
2. Endocrine
3. Circ & Cardio
4. Respirative
5. Immune

Why this application?

The Emobic application was established for the enhancement of the emotional and limbic systems. The oils involved in this application can help restore mental and emotional alertness. Additionally, they can provide support for overcoming emotions and feelings associated with past memories and trauma.



Forgiveness

Step 1: Rose



Allow the individual to apply the oils in steps

Step 2: Geranium



1 and 2 themselves

Step 3: Frankincense



Step 4: Neroli



Step 5: Carrier Oil



Step 6: Clove



Step 7: Melissa



Step 8: Juniper Berry



Step 9: Bergamot



Step 10: Renewing Blend (Forgive)



Possible Conditions:

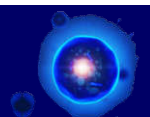
- Abuse
- Anorexia
- Biliary Cholangitis
- Bipolar
- Broken Heart
- Bulimia
- Depression
- Hate
- Liver Disorder
- Loneliness
- Mood Disorder
- Phantom Pain
- PTSD
- Sclerosing Cholangitis
- Rage
- Resentment
- Self-doubt
- Self-hate

Body Systems (in order of relevance)

- | | |
|------------------|--------------|
| 1. Emot & Limbic | 4. Nervous |
| 2. Endocrine | 5. Digestive |
| 4. Circ & Cardio | |

Why this application?

Most of us have people in our lives that we have negative feelings towards, such as anger or resentment. This application helps us to build our emotional strength and supports us in the process of letting go of hurtful feelings and emotions from the past.



Hormone Balance

Step 1: Frankincense



Step 2: Carrier Oil



Step 3: Thyme



Step 4: Ginger



Step 5: Clary Sage



Step 6: Grapefruit



Step 7: Roman Chamomile



Step 8: Ylang Ylang



Step 9: Lavender



Step 10: Siberian Fir



Possible Conditions:

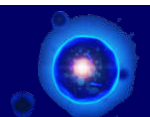
- ADHD
- Abdominal Cramps
- Cushing's Disorder
- Depression
- Endometriosis
- Fibroid Cysts
- Graves Disorder
- Hashimoto's Disorder
- Hot Flashes
- Hyperthyroidism
- Infertility
- Insomnia
- Menopause
- Postpartum Depression
- Premenstrual Syndrome
- Rosacea
- Stress
- Thyroid Disorders

Body Systems (in order of relevance)

1. Endocrine
2. Emot & Limbic
3. Circ & Cardio
4. Integumentary
5. Digestive

Why this application?

This application was created to help support better glandular function. The oils used in this application help provide emotional grounding, promote balance, cleanse, as well as soothe and calm nerves.



ID

Step 1: Frankincense



Step 2: Carrier Oil



Step 3: Oregano



Step 4: Thyme



Step 5: Protective Blend (On Guard)



Step 6: Massage Blend (Aromatouch)



Step 7: Lemongrass



Step 8: Tea Tree



Step 9: Melissa/Arborvitae



Step 10: Peppermint



Possible Conditions:

- Bacterial Infections
- Candida
- Colds
- Epstein Barr/Mono
- Fungus
- Hepatitis
- Immune Support
- Infections
- Influenza
- Lyme Disorder
- Parasites
- Shingles
- Sore Throat
- Staph Infection
- Stomach Flu
- Strep
- Viral Infections
- Yeast Infections

Body Systems (in order of relevance)

1. Immune
2. Digestive
3. Respiratory
4. Circ & Cardio
5. Endocrine

Why this application?

The ID application involves many of the strangest essential oils. It supports all systems, but specifically assists the immune system in fighting some of the stronger environmental issues.



Inflammatory

Step 1: Frankincense



Step 2: Carrier Oil



Step 3: Tea Tree



Step 4: Wintergreen/Birch



Step 5: Massage Blend (Aromatouch)



Step 6: Lemongrass



Step 7: Siberian Fir



Step 8: Helichrysum



Step 9: Soothing Blend (Ice Blue)



Step 10: Peppermint



Possible Conditions:

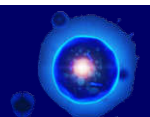
- Aches
- Arthritis
- Bursitis
- Cramps
- UTI
- Fever
- Herniated Disc
- Hypertension
- Inflammation
- Joint Pain
- Lupus
- Migraine/Headache
- Phlebitis
- Sciatica
- Scleroderma
- Spondylitis
- Tendonitis
- Varicose Veins

Body Systems (in order of relevance)

- | | |
|-----------------|------------------|
| 1. Sk, Msc, Cnn | 4. Circ & Cardio |
| 2. Nervous | 5. Digestive |
| 3. Immune | |

Why this application?

The inflammatory application is one of the original Symphony of the Cells applications developed and one of the most commonly used. It can help relieve head, neck and back tension, as well as soothe muscles and sore joints.



Lymphatic

Step 1: Frankincense



Step 2: Carrier Oil



Step 3: Rosemary/Tea Tree



Step 4: Massage Blend (Aromatouch)



Step 5: Lemongrass



Step 6: Metabolic Blend (Smart & Sassy)



Step 7: Lemon



Step 8: Grapefruit



Step 9: Ginger



Step 10: Peppermint



Possible Conditions:

- Atopic Dermatitis
- Castleman Disorder
- Cellulite
- Cystitis
- Dermatitis
- Fluid Retention
- Hearing Challenges
- Kidney Stones
- Lymphedema
- Lymphadenitis
- Lymphadenopathy
- Lymphangitis
- Lymphoma
- Meige's Syndrome
- Obesity
- Oedema
- Swollen Lymph Nodes
- Tinnitus

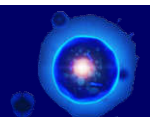


Body Systems (in order of relevance)

1. Digestive
2. Circ & Cardio
3. Urinary
4. Immune
5. Respiratory

Why this application?

This application was designed to allow for greater movement and flow within the lymphatic system. Additionally, it assists us in processing some of our bodily waste and can be helpful throughout the weight loss journey.



Maxim

Step 1: Frankincense



Step 2: Carrier Oil



Step 3: Rosemary/Thyme



Step 4: Clove



Step 5: Lemongrass



Step 6: Lemon



Step 7: Geranium



Step 8: Sandalwood



Step 9: Frankincense



Step 10: Peppermint



Possible Conditions:

- Allergies
- Bacterial Infections
- Brain Stem Glioma
- Cancer
- Cirrhosis
- Cholangiocarcinoma
- Influenza
- Kidney Infections
- Kidney Stones
- Leukaemia
- Liver Challenges
- Melanoma
- Osteosarcoma
- Pneumonia
- Shingles
- Soft Tissue Sarcoma
- Tumour Meningitis
- Uterine Sarcoma

Body Systems (in order of relevance)

1. Immune
2. Endocrine
3. Digestive
4. Circ & Cardio

Why this application?

The maxim application assists the body with both healthy cellular function and division. It helps improve the body's ability to protect itself against oxidative stress, and to ease toxic acidity and other harmful substances.



Neurological

Step 1: Frankincense



Step 2: Carrier Oil



Step 3: Thyme



Step 4: Clove



Step 5: Massage Blend
(Aromatouch)



Step 6: Lemongrass



Step 7: Melissa/Arborvitae



Step 8: Frankincense



Step 9: Patchouli



Step 10: Bergamot



Step 11: Peppermint



Possible Conditions:

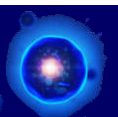
- ADHD
- Alzheimer's Disorder
- Concussion
- Dementia
- Epilepsy
- Fibromyalgia
- Glaucoma
- Guillain-Barre Syndrome
- Lou Gehrig's Disorder
- Macular Degeneration
- Memory Loss
- Multiple Sclerosis (MS)
- Neuritis
- Neuropathy
- Parkinson's Disorder
- Polyneuropathy
- Seizures
- Stroke

Body Systems (in order of relevance)

1. Nervous
2. Sk, Msc, Cnn
3. Circ & Cardio
4. Endocrine
5. Emot & Limbic

Why this application?

The Neurological application is intended to help support healthy neurological function and thereby increase better communication between nerve cells; essentially promoting overall balance within the nervous system.



Osteo

Step 1: Frankincense



Step 2: Carrier Oil



Step 3: Rosemary



Step 4: Massage Blend (Aromatouch)



Step 5: Lemongrass



Step 6: Grapefruit



Step 7: Lemon



Step 8: Helichrysum



Step 9: Siberian Fir



Step 10: Peppermint



Possible Conditions:

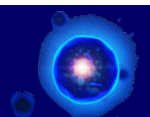
- Arthritis
- Achondroplasia
- Bone Cancer
- Broken Bones
- Bursitis
- Gout
- Herniated Disc
- Metabolic Bone Disorder
- Osteoarthritis
- Osteomalacia
- Osteomyelitis
- Osteopenia
- Osteoporosis
- Osteosarcoma
- Paget's Disorder
- Porotic Hyperostosis
- Scoliosis
- Spondylitis

Body Systems (in order of relevance)

- | | |
|------------------|--------------|
| 1. Sk, Msc, Cnn | 4. Digestive |
| 2. Immune | 5. Urinary |
| 3. Circ & Cardio | |

Why this application?

This application is meant to address bone deterioration caused by excess acidity in the body. In addition to supporting bone health, it allows for healthy cartilage and joint function.



Respiratory

Step 1: Frankincense



Step 2: Carrier Oil



Step 3: Tea Tree



Step 4: Protective Blend (On Guard)



Step 5: Massage Blend (Aromatouch)



Step 6: Respiratory Blend (Easy Air)



Step 7: Rosemary



Step 8: Eucalyptus



Step 9: Melissa/Arborvitae



Step 10: Peppermint



Possible Conditions:

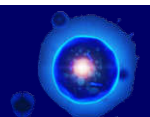
- ARDS
- Asthma
- Allergies
- Breathing
- Bronchitis
- COPD
- Common Colds
- Congestion
- Cough
- Croup
- Cystic Fibrosis
- Emphysema
- Pneumonia
- Pulmonary Edema
- Respiratory Issues
- Rhinitis
- Sinus Infection
- Sinusitis

Body Systems (in order of relevance)

1. Respiratory
2. Circ & Cardio
3. Immune
4. Urinary

Why this application?

The Respiratory application addresses functions of the respiratory system. This can help to relieve the body from the buildup of excess mucus and congestion, while relaxing restricted airways and allowing for better airflow.



Sensory

Step 1: Grounding Blend
(Balance)/Frankincense



Step 2: Carrier Oil



Step 3: Petitgrain



Step 4: Cilantro



Step 5: Tumeric



Step 6: Spikenard



Step 7: Patchouliu



Step 8: Vetriver



Step 9: Yarrow POM



Step 10: Copaiba



Step 11: Cedarwood



Possible Conditions:

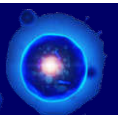
- ADHD
- Angelman Syndrome
- Anxiousness
- Asperger Syndrome
- Autism (ASD)
- Developmental Delays
- Dyspraxia
- Dystonia
- Epilepsy
- Hyperesthesia
- Mood Swings
- Multiple Sclerosis (MS)
- Neurodegenerative Disorder
- OCD/Obsessive Behaviour
- Olfactory Dysfunction
- Stress
- Tourette Syndrome

Body Systems (in order of relevance)

1. Nervous
2. Endocrine
3. Circ & Cardio
4. Emot & Limbic
5. Digestive

Why this application?

This application was developed based on requests for sensory disorder support. The oils in the Sensory application are utilised to support the body with the cleansing and detoxification of harmful substances. Delivers soothing effects to nerves and tissue.



Solar

Step 1: Frankincense



Step 2: Carrier Oil



Step 3: Rosemary



Step 4: Basil



Step 5: Myrrh



Step 6: Grapefruit



Step 7: Cinnamon



Step 8: Ginger



Step 9: Geranium



Step 10: Siberian Fir



Possible Conditions:

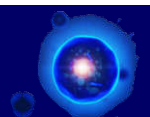
- Addison's Disorder
- Adrenal Fatigue
- Adrenal Gland Cancer
- Adrenal Incidentoma
- Adrenal Insufficiency
- Anorexia
- Congenital Adrenal Hyperplasia
- Diabetes
- Edema
- Interstitial Nephritis
- Kidney Stones
- Low Energy
- Mental Fatigue
- Renal Cyst
- Renal Failure
- Urinary Tract Infection (UTI)

Body Systems (in order of relevance)

1. Endocrine
2. Circ & Cardio
3. Urinary
4. Digestive
5. Emot & Limbic

Why this application?

This application was added due to the high demand for supporting people struggling with consistent fatigue and/or mid-day energy loss. Intended to increase stamina and focus throughout the day, the oils included are beneficial to the kidneys, adrenals and the entire circulatory and digestive systems.



Oil Substitution Table

| Listed Oil | Sub 1 | Sub 2 | Sub 3 |
|----------------------|-------------------|------------------|-----------------|
| Arborvitae | Melissa | Siberian Fir | Birch |
| Basil | Massage Blend | Marjoram | Coriander |
| Bergamot | Grapefruit | Blend For Women | Lime |
| Birch | Wintergreen | Soothing Blend | Cypress |
| Black Pepper | Copaiba | Juniper Berry | Melissa |
| Blue Tansy | Roman Chamomile | Soothing Blend | Yarrow POM |
| Cardamom | Eucalyptus | Clary sage | Roman Chamomile |
| Cassia | Cinnamon | Protective Blend | Metabolic Blend |
| Cedarwood | Arborvitae | Patchouli | Vetiver |
| Cellular Blend | Frankincense | Thyme | Clove |
| Centering Blend | Rose | Jasmine | Geranium |
| Cilantro | Coriander | Cardamom | Black Pepper |
| Cinnamon | Cassia | Protective Blend | Metabolic Blend |
| Clary Sage | Women's Month Bl | Blend For Women | Coriander |
| Clove | Protective Blend | Cassia | Cinnamon |
| Copaiba | Melissa | Ylang Ylang | Clove |
| Coriander | Lavender | Juniper Berry | Cardamom |
| Cypress | Douglas Fir | Massage Blend | Blue Tansy |
| Eucalyptus | Respiratory Blend | Tea Tree | Basil |
| Detoxification Blend | Geranium | Copaiba | Rosemary |
| Dill | Bergamot | Lemon | Wild Orange |
| Douglas Fir | Siberian Fir | Cypress | Blue Tansy |
| Eucalyptus | Respiratory Blend | Tea Tree | Basil |
| Frankincense | Pink Pepper | Anti-Aging Blend | Fennel |
| Geranium | Copaiba | Detox Blend | Rose |
| Ginger | Turmeric | Fennel | Digestive Blend |
| Grapefruit | Bergamot | Tangerine | Wild Orange |
| Green Mandarin | Tea Tree | Marjoram | Lime |



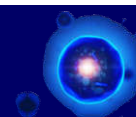
Oil Substitution Table cont

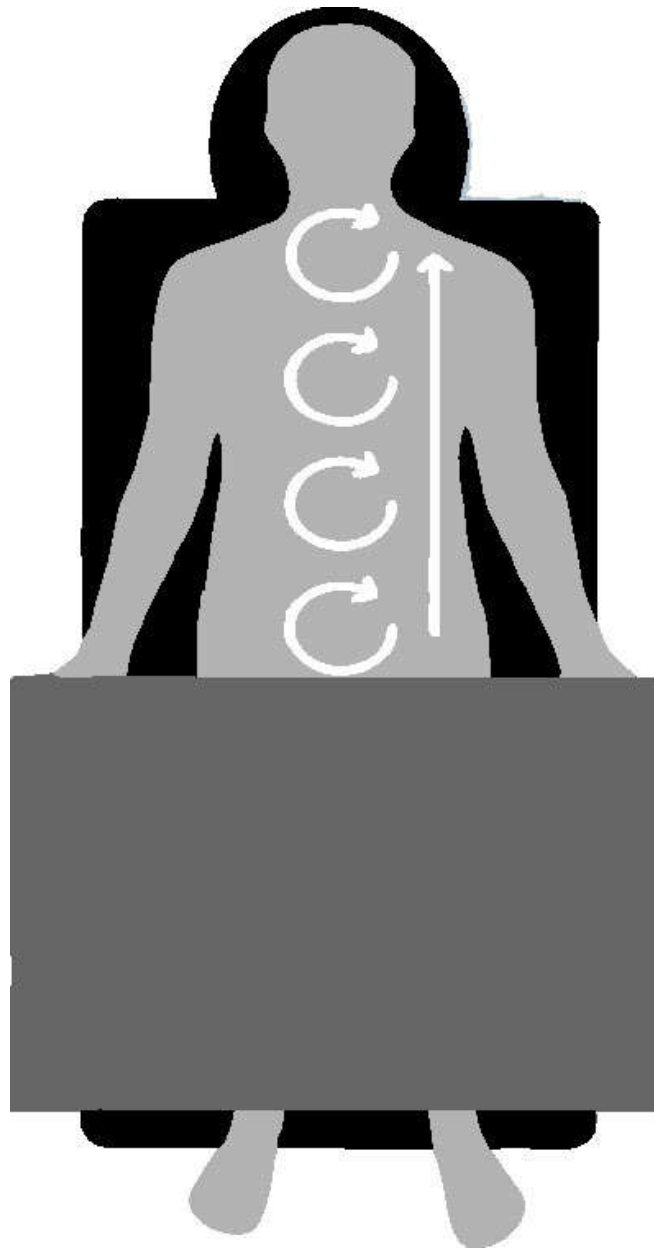
| Listed Oil | Sub 1 | Sub 2 | Sub 3 |
|-------------------|-----------------|------------------|------------------|
| Helichrysum | Soothing Blend | Anti-Aging Blend | Myrrh |
| Jasmine | Roman Chamomile | Rose | Ylang Ylang |
| Juniper Berry | Detox Blend | Coriander | Renewing Blend |
| Lavender | Petitgrain | Roman Chamomile | Coriander |
| Lemon | Wild Orange | Lime | Grapefruit |
| Lemongrass | Helichrysum | Black Pepper | Dill |
| Magnolia | Lavender | Petitgrain | Neroli |
| Marjoram | Basil | Cypress | Massage Blend |
| Massage Blend | Basil | Cypress | Marjoram |
| Melissa | Black Pepper | Lemongrass | Copaiba |
| Metabolic Blend | Ginger | Peppermint | Cinnamon |
| Myrrh | Sandalwood | Spikenard | Anti-Aging Blend |
| Neroli | Petitgrain | Melissa | Lavender |
| Oregano | Thyme | Basil | Cumin |
| Patchouli | Vetiver | Focus Blend | Cedarwood |
| Peppermint | Soothing Blend | Spearmint | Digestive Blend |
| Petitgrain | Neroli | Lavender | Bergamot |
| Pink Pepper | Blue Tansy | Frankincense | Spearmint |
| Protective Blend | Cinnamon | Clove | Copaiba |
| Renewing Blend | Bergamot | Juniper Berry | Myrrh |
| Respiratory Blend | Eucalyptus | Rosemary | Tea Tree |
| Roman Chamomile | Blue Tansy | Lavender | Focus Blend |
| Rose | Geranium | Lemongrass | Ylang Ylang |
| Rosemary | Tea Tree | Neroli | Eucalyptus |
| Sandalwood | Cedarwood | Spikenard | Myrrh |
| Siberian Fir | Douglas Fir | White Fir | Cedarwood |
| Soothing Blend | Helichrysum | Peppermint | Wintergreen |
| Spearmint | Peppermint | Pink Pepper | Reassuring Blend |



Oil Substitution Tablecont

| Listed Oil | Sub 1 | Sub 2 | Sub 3 |
|-------------|----------------|----------------|--------------|
| Spikenard | Myrrh | Vetiver | Patchouli |
| Tangerine | Wild Orange | Grapefruit | Lime |
| Tea Tree | Green Mandarin | Rosemary | Eucalyptus |
| Thyme | Oregano | Copaiba | Clove |
| Turmeric | Ginger | Cinnamon | Cardamom |
| Vetiver | Patchouli | Spikenard | Cedarwood |
| White Fir | Siberian Fir | Douglas Fir | Blue Tansy |
| Wild Orange | Tangerine | Lemon | Grapefruit |
| Wintergreen | Birch | Soothing Blend | Siberian Fir |
| Yarrow POM | Blue Tansy | Black Pepper | Melissa |
| Ylang Ylang | Jasmine | Lavender | Magnolia |





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