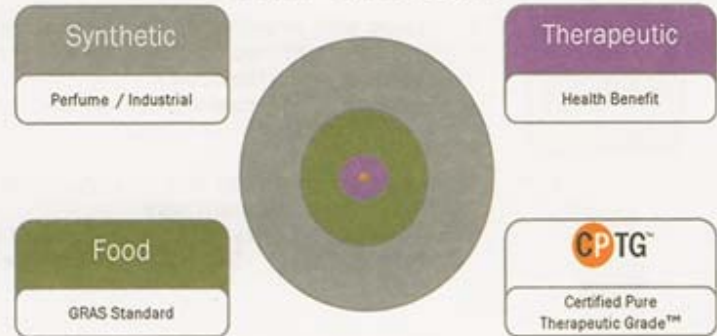


What are Essential Oils?



- Extracts from plants
- Highly Concentrated
- 50 to 70 times more powerful than herbs
- Wide range of uses, from cosmetics to foods to natural health solutions
- Often the inspiration for synthetically produced pharmaceutical products

Pure & Natural



Certified Pure Therapeutic Grade™

- Plants must be sourced from their native (indigenous) growing region
- Rigorous testing assures the presence of desired therapeutic qualities
- Testing guarantees absence of toxins, contaminants and microorganisms
- Purity of oils guarantees no negative side effects or drug interactions

Three Essential Oil Uses:



- AROMATIC**
- Breathe in or diffuse into air
 - Cleanse air
 - Affect mood
 - Opens airways



- INTERNAL**
- Detoxifies the body
 - Digestive
 - Mouth, throat, Liver
 - Urogenital tract

TOPICAL

- Immediate comfort
- Massage
- Immune Support
- Enters bloodstream within 30 seconds
- Systematic, localized effects
- Apply to areas of concern



Infertility Protocol



GX ASSIST
Cleanse the body

1-3 softgels per day for 10 days



PB ASSIST
Pre and Probiotic

1-3 softgels per day on days 11-15, then 1 per day till the end of month



LIFELONG VITALITY
Vitamins

As directed or (half recommended dose both morning and afternoon for energy support)



PHYTOESTROGEN
Balances estrogen

1-2 tablets everyday to help manage bad estrogen and balance good estrogen in the body



GRAPEFRUIT
Cleanse

10-15 drops per day -Helps cleanse body



CLARY CALM
Hormone balance

Apply to bottom of feet and lower abdomen to help balance hormones

Fertility Tip

Unhealthy lifestyles are a direct result of infertility in both men and women. A diet of green leafy vegetables, nuts, fish, exercise and proper water intake will help with fertility issues.

Progesterone and Estrogen can become imbalanced when there is excess yeast growth in the body. Avoid eating refined sugars and grains such as white flour and white rice.



3767 082514

For more copies, visit www.AromaTools.com

Pregnancy

DAILY ROUTINE FOR Pregnancy

LIFELONG VITALITY



Helps with physical and emotional issues. The body can process it like food and knows what to do with it. Take as directed on bottle or in half doses morning and afternoon.

- Energy
- Occasional aches and pains
- Mood Swings
- Anxiety

TERRAZYME



Helps convert food into energy, breaks down food in stomach to process nutrients in the most efficient way.

- Whole food enzyme helps digestion of:
- Protein fats
- Sugars
- Complex carbs

ON GUARD



Immune system support

- Apply to bottom of feet every morning

BALANCE



Balances out overall well being, emotions and anxiety

- Apply to bottom of feet every morning

FRANKINCENSE



Induces feeling of peace, relaxation and overall wellness

- Apply 2-4 drops under tongue or in capsule everyday

SLIM & SASSY



Helps regulate blood sugars stabilizes metabolic levels and helps with sugar cravings

- 3-5 drops in capsule or water 3-5 times per day

LEMON



Gives you energy, reduces toxins in body and helps with circulation

- Drink a few drops in water throughout day

SERENITY



Helps with stress and sleep (Lavender or Roman Chamomile can also be used)

- Apply to bottom of feet at night as needed

Daily Routine Tip

Eat 80 to 100 grams of protein along with dark leafy vegetables, fruits and whole grains to help maintain a healthy pregnancy
Stay away from refined sugars as much as possible
Drink 3 to 4 quarts of water per day
(don't forget to add your favorite a citrus oil)

AS NEEDED DURING Pregnancy

NAUSEA/ UPSET STOMACH

Oil to use
Ginger
Peppermint
DigestZen

How to use

Apply 1-3 drops to bottom of feet or 1-3 drops in a capsule

SORE MUSCLES/ ACHY JOINTS

Oil to use
Deep Blue
Deep Blue Rub

How to use

Rub on affected area

STRESS/ANXIETY

Oil to use
Citrus Bliss
Frankincense
Lavender
Elevation

How to use

Apply to feet, behind ears or use aromatically

STRETCH MARKS

Oil to use
Frankincense
Helichrysum
Immortelle

How to use

Apply during and after pregnancy diluted to stretch marks, or areas of concern

SLEEP

Oil to use
Lavender
Serenity
Roman Chamomile

How to use

Diffuse or apply to bottom of feet

ENERGY

Oil to use
Wild Orange
Peppermint
Grapefruit

Life Long Vitality
Elevation

How to use

Inhale diffuse or apply to neck

HEAD TENSION

Oil to use
PastTense

How to use

Apply to temples, neck and forehead