

**Essential Oil Information related to PAIN relief:**

### Why you should NOT use Plastic with pure genuine essential oils



**These two plastic bottles looked exactly the same when purchased. The one on the right was filled with water and a few drops of PanAway. It is now thin and pliable. The one in the left is stiff and clear.**

PanAway is an essential oil exclusive to Young Living which helps to reduce pain. It helps alleviate symptoms of sciatica, relieves bone pain, arthritis, rheumatism and promotes healthy circulation. It helps with sports injuries, sprains, muscle spasms, bumps and bruises. (Reference Guide for Essential Oils 12<sup>th</sup> Edition, Higley)

Some places to purchase glass bottles for your essential oil mixtures or you could use old glass bottles (like a vinegar bottle) and just buy a sprayer for it: [Abundanthealth4u.com](http://Abundanthealth4u.com) and [Specialtybottle.com](http://Specialtybottle.com)

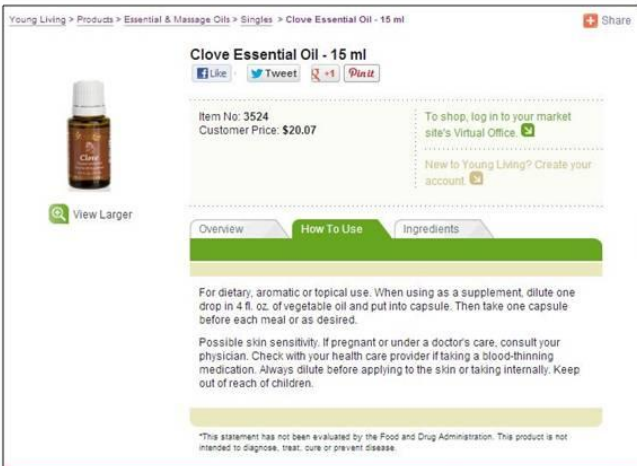
**Photo credit and tip:**  
YL Independent distributor Julie Brooks

**AHeartforOils.com, Member #1325155**  
**(937) 269-1312**

**Not evaluated by the FDA nor intended to treat illness.**

## INGESTION OF ESSENTIAL OILS

Not all essential oils are created equally



Young Living > Products > Essential & Massage Oils > Singles > Clove Essential Oil - 15 ml

**Clove Essential Oil - 15 ml**

Item No: 3524  
Customer Price: \$20.07

To shop, log in to your market site's Virtual Office

New to Young Living? Create your account

Overview | **How To Use** | Ingredients

For dietary, aromatic or topical use. When using as a supplement, dilute one drop in 4 fl. oz. of vegetable oil and put into capsule. Then take one capsule before each meal or as desired.

Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Check with your health care provider if taking a blood-thinning medication. Always dilute before applying to the skin or taking internally. Keep out of reach of children.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.



NOW Brand Clove & Lavender oils



Screenshot from Young Living website giving directions on how to use Clove oil as a dietary supplement

Not for Internal Use

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## PEPPERMINT ESSENTIAL OIL

Reputed to be part of the "Marseilles Vinegar" or "Four Thieves Vinegar" used by grave-robbing bandits to protect themselves during the 15<sup>th</sup> century plague. A highly regarded digestive stimulant.



**Medical Properties:**

- Anti-inflammatory
- Antitumoral
- Antiparasitic (worms)
- Antibacterial
- Antiviral
- Antifungal
- Gallbladder/digestive stimulant
- Pain relieving
- Curb appetite



**Uses:**

- Rheumatoid arthritis
- Respiratory infections
- Obesity
- Viral infections (herpes, zoster, cold sores, HPV)
- Fungal infections/Candida
- Digestive problems
- Headaches
- Nausea
- Skin conditions (itching, varicose veins, eczema, psoriasis, dermatitis)
- Scoliosis/lumbago/back problems



**Fragrant Influence:** Purifying and stimulating to the conscious mind. It was found that inhaling peppermint oil increased mental accuracy by 28%. Alan Hirsch, MD, researched peppermint's stimulation of the brain's satiety center to curb appetite. When inhaled, it improves/restores sense of taste by stimulating the trigeminal nerve. It was found to block headache pain in a double-blind, placebo-controlled, cross study.

Source: Essential Oils Desk Reference

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## PANAWAY

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\* Panaway's blend consists of: Helichrysum, Wintergreen, Clove & Peppermint. This popular blend reduces pain and inflammation, increases circulation, and accelerates healing. It relieves swelling and discomfort from arthritis, sprains, muscle spasms and cramps, bumps, and bruises. Diffuse/humidify, directly inhale, or add to bathwater. Apply on location, use in compress. May be diluted with Ortho Ease or Ortho Sport, or V-6 Massage Oil.



**Some difficulties that may benefit from the use of PanAway:**

- Inflammation/Bruising
- Sore muscles
- Headache
- Growing Pains
- Arthritis Pain
- Sciatic Pain
- Arthritis in Pets



Don't let pain keep you from Participating in life.



Sources: Essential Oils Desk Reference, Young Living Essential Oils catalog. Information not evaluated by FDA, not to be intended as medical advice.



## LAVENDER – LAVENDER AGUSTAFOLIA

Provides a fresh, sweet, floral, herbaceous aroma that is soothing and refreshing. For dietary, aromatic or topical use.



Lavender oil is steam distilled from the flowering top.



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Some issues that Lavender may help:

- Respiratory infections
- High blood pressure
- Arteriosclerosis
- Menstrual problems/PMS
- Skin conditions (perineal repair, acne, eczema, psoriasis, scarring, stretch marks, burns)
- Hair loss
- Insomnia
- Depression
- Nervous tension



Source: Essential Oils Desk Reference

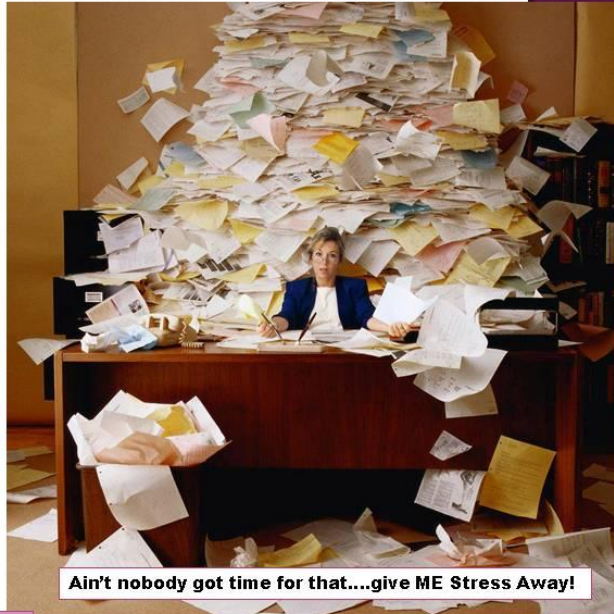
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**Stress Away is a Roll-On that is a unique blend of Vanilla, Lime, Copaiba, Cedarwood, Ocotea and Lavender essential oils. The formula is exclusive to Young Living. It relieves daily stress, encourages relaxation, and reduces nervous tension.**

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## GOT STUFF PILING UP?



Ain't nobody got time for that....give ME Stress Away!

## COPAIBA

**Aromatic influence: elevates mood, lifts depression, combats nervous tension, stress and anxiety**



**Extraction Method: Steam distilled from oleoresin – Brazil, Ecuador**

**Uses: inflammation (internal and external), skin disorders, respiratory problems including bronchitis and sinusitis, UTI, bladder and kidney infections, bleeding, hemorrhages, herpes, insect bites, pain, pleurisy, sore throats, stomach ulcers, colds, constipation, poor circulation, stiffness, exhaustion**

**Historical Data: Healers from the Amazon use copaiba resin for all types of pain and inflammation (internal and external). Peruvian and Brazilian herbal medicine use for cystitis, bladder and kidney disorders. Popular Brazilian remedy for sore throats and tonsillitis.**



Sources: Essential Oils Desk Reference, 5<sup>th</sup> Edition, Reference Guide for Essential Oils, Higley

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## Cypress \$19.25 (member price) 2013

**Extraction Method: Steam distillation from branches**  
**Properties: Antibacterial, anti-infectious, antimicrobial, mucolytic, antiseptic, astringent, deodorant, diuretic, lymphatic, prostate decongestant, refreshing, relaxing and vasoconstrictor**

**Historical uses: Anciently used for benefits on the urinary system and other places where there is excessive loss of fluids, such as perspiration, diarrhea and menstrual flow. Chinese valued cypress for its benefits to the liver and respiratory system**

**Possible uses: Arthritis, bronchitis, asthma, circulation, cramps, hemorrhoids, insomnia, circulation, colds, strengthening connective tissue, spasmodic coughs, gallbladder, bleeding gums, influenza liver disorders, lung circulation, whooping cough, rheumatism, varicose veins, wounds**



15ml bottle



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Sources: Essential Oils Desk Reference Reference Guide for Essential Oils. Higley

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## ROSEMARY- ROSMARINUS OFFICINALIS CT CINEOLE

**Botanical Family:** Labiatae  
**Plant Origin:** Tunisia, Morocco, Spain

University of Miami scientists found that inhaling rosemary boosted alertness, eased anxiety, and amplified analytic and mental ability.



Rosemary was part of the "Marseilles Vinegar" or "Four Thieves Vinegar" used by grave-robbing bandits to protect themselves during the 15<sup>th</sup> century plague. The name of the oil is derived from the Latin words for dew of the sea. According to folklore history, rosemary originally had white flowers; however, they turned red after the Virgin Mary laid her cloak on the bush. Since the time of ancient Greece, rosemary was burned as incense. Later cultures believed that it warded off devils, a practice that eventually became adopted by the sick, who then burned rosemary to protect against infection. Until just recently, French hospitals used rosemary to disinfect the air.

**Medicinal Properties:**  
 Liver-protecting, antitumoral, antifungal, antibacterial, antiparasitic, enhances mental clarity / concentration

Uses would include: infectious disease, liver conditions/hepatitis, throat/lung infections, hair loss, impaired memory/Alzheimers. Also traditionally used to improve mental clarity and concentration.

Possible emotional reaction of intense dislike for this oil may indicate *Sabotage, by self or others.* See *Releasing Emotional Patterns with Essential Oils* by Carolyn Mein to overcome these negative emotions.



- Application:**
1. Diffuse
  2. Directly inhale
  3. Apply topically
  4. Take as Dietary supplement



**Sources:**  
 Essential Oils Desk Reference 5<sup>th</sup> Edition  
 Releasing Emotional Patterns with Essential Oils  
 Young Living Website

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## Rosemary \$14.75 (member price) 2013

**Extraction method:** Steam distilled from flowering plant - France, Tunisia, USA

**Properties:** Analgesic, antibacterial, anticancer, anticatarrhal, antifungal, anti-infectious, anti-inflammatory, antioxidant, expectorant

**Historical uses:** The Rosemary plant was regarded as sacred by many civilizations. It was used as a fumigant to help drive away evil spirits, and to protect against plague and infectious illness.



**Quad Squad Pain Recipe (from Amanda Uribe)**  
 5 drops Copaiba  
 5 drops Marjoram  
 5 drops Cypress  
 5 drops Rosemary



15ml bottle



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Sources: Essential Oils Desk Reference Reference Guide for Essential Oils, Higley

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## Wintergreen \$17.75 (member price) 2013

Wintergreen has strong penetrating aroma. Known for its ability to alleviate bone pain.



**French Medicinal Uses:**  
Rheumatism, muscular pain, cramps arthritis, tendonitis, hypertension, inflammation. May also be useful for acne, bladder infection, cystitis, eczema, edema, reducing fever, gallstones, gout, infection, nerve/tissue pain



15ml bottle

*Has cortisone-like action due to high content of methyl salicylate.*



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Sources: Essential Oils Desk Reference Reference Guide for Essential Oils. Higley

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## PAIN RELIEF SINGLES AND RECIPES

**Singles:**  
Peppermint  
PanAway  
Deep Relief  
Lavender  
StressAway

**Tooth pain:**  
Topically apply:  
Thieves, clove or PanAway  
15 drops Copaiba ingested in gel cap (via Dr. T. Scott)

**Morphine Bomb Recipe (from Carla Green)**  
*Put together in empty gel cap and ingest*  
5 drops Frankincense   
5 drops Copaiba  
5 drops Idaho Balsam Fir

**Neck Pain: courtesy Kathleen Winegarter (From EODR)**  
7 drops basil  
5 drops wintergreen  
4 drops cypress  
5 drops basil  
2 pumps V-6  
Put into bottle, roll gently by hand, apply topically to area

**Quad Squad Recipe (from Amanda Uribe)**  
*or CC More Put together in empty gel cap and ingest*  
5 drops Copaiba  
5 drops Marjoram  
5 drops Cypress  
5 drops Rosemary

Variety of sources: EODR, personal testimonies

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## PAIN RELIEF - PERSONAL TESTIMONY

After two months of using the morphine bomb off and on for my husband's chronic back pain, along with two Raindrops, (which gave him limited pain relief... But worked like a charm on me and everyone else I know!)...

I believe we have found his personal "morphine bomb" He says this combination has given him more relief than anything else he has ever tried!



Pain level went from 8 to 2!!!  
Praise The Lord!!!

**CC More the "Quad Squad" Recipe (from Amanda Uribe)**

- 5 drops Copaiba
- 5 drops Cypress
- 5 drops Marjoram
- 5 drops Rosemary



**Squad:** a small organized group of military personnel; *especially*: a tactical unit that can be easily directed in the field

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## DEGENERATING DISC PAIN RELIEF PERSONAL TESTIMONY

I am so excited to share that after years of excruciating pain from a degenerating disc and pre-arthritis in my neck, I graduated from physical therapy today! This was the fastest I have ever graduated, after only FOUR visits! She was totally amazed that I now have COMPLETE range of motion in my neck! This is the first time I have graduated PT without orders to get an MRI or further info and treatment from my Dr! She contributed it to the essential oils I have been using (Valor, peppermint, and PanAway), and the home exercises. I have to admit, I only did the home exercises once or twice! ;) I am feeling SO blessed to have found true healing, and of course it comes from God's bounty. ♥ My Chiropractor discharged me last week and said that he attributes my healing to God and the essential oils I am using! Praise God!



YLEO Member #  
14358976  
Kathleen Winebarger



Valor is a blend of Spruce, rosewood, blue tansy, and frankincense in an almond oil base exclusive to Young Living Essential Oils. PanAway is a blend also exclusive to Young Living and it contains Wintergreen, helichrysum, clove and peppermint.

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## PERSONAL TESTIMONY - COPAIBA AND MORPHINE BOMB - ACCIDENTAL INJURY

My son-in-law was helping my other son-in-law and my son move a swing-set yesterday. It was one of those HUGE wooden ones. They had it on a trailer behind the truck. As they were maneuvering it to begin getting it down, the trailer WITH the swing-set fell on his foot. It was on there pretty good, the other men had to lift it to get it off. It was instant swelling and what looked to be turning blue, with a good amount of scraping. My daughter (whom is not an oiler-fan) asked me to HELP!! So I had him wash it, then I applied Lavender for the open wound, and Copaiba for the inflammation....and I gave him a Morphine bomb...and we did that maybe 3-4 more times throughout the day and he applied the Copaiba a couple other times. It happened about noon. At bedtime my daughter was assessing the damage. She was incredulous....THERE IS NO SWELLING AND NO BRUISING!!! Then she says, "ok, even I am impressed!" woo-hoo... when he got up in the morning, there was no swelling at all and it looks like nothing ever happened.



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### Morphine Bomb Recipe (from Carla Green)

5 drops Frankincense  
5 drops Copaiba  
5 drops Idaho Balsam Fir



**Copaiba properties:**  
analgesic, powerful anti-inflammatory, antibacterial, antiseptic and stimulant (circulatory, pulmonary systems).

**Body systems affected:**  
cardiovascular, respiratory, nervous systems, muscles and bones, emotional balance and skin...elevates mood and lifts depression, combats nervous tension, stress problems and anxiety. Amplifies other essential oils.

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**YOUNG LIVING ESSENTIAL OILS INDEPENDENT DISTRIBUTOR**

**Met a friend for coffee, she had a searing headache.....was afraid she couldn't really even converse.....**



She had been dealing with it all morning and had even taken Ibuprofen earlier in the day. Her eyes were squinting and you could see in her face that she was in pain. Her hands were visibly shaking when she picked up some papers.

**Pulled out my oils stash:**  
**I brought:**  
**Copaiba (applied liberally to her temples) Helps with inflammation**  
**StressAway (applied liberally to her wrists, neck & chest) Helps with relaxation/stress**  
**Deep Relief (applied liberally to the back of her neck) helps provide deep pain relief**



We talked a while and about an hour later I asked her, "How's your headache?" "GONE!!...it's GONE!!".... No more squinting or shaking either.

***Boo to doing taxes...yay to Young Living Essential Oils!!***

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## PMS - CRAMPING & IRRITABILITY

- I use Progescence Plus for help with the cramping and the irritable feelings associated with PMS and my cycle!!
- Ibuprofen never helps but when placing the oil on my body....there is an instant feeling of relief.....

Sarah, daughter of Carolyn  
Independent distributor,  
18 yrs old



**Progescence Plus is a pure harmonizing serum formulated specifically for women, designed to balance natural levels of progesterone in the body. It contains progesterone from wild yams, Frankincense, Bergamot and Peppermint Essential Oils**



Photo by Expressions Photography used with permission.

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## PTSD HEALED WITH RAINDROP TECHNIQUE

I have been dealing with PTSD and phobias for over three years now. It began after the homebirth of my first son, which ended with police, a fire captain and EMTs at my home, all of whom threatened and verbally abused us. After that ordeal, I had an extreme phobia of police, EMTs, firefighters and hospitals. Any time I saw a first-responder, I was gripped with fear and anxiety and felt like I was having a panic attack.



Before the session, she explained that sometimes there are unexpected results and that the problem you are hoping to resolve with the Raindrop might not be the thing that gets resolved and sometimes there are emotional releases that can take place during the session or even days afterward.

Eight days later, my family went to the city's annual Easter Egg Hunt. Usually we get out of there as fast as we can because the kids are afraid of the Easter Bunny and I'm afraid of the cops and firemen. My daughter wanted to pet a dog so we walked over to the dog. A police officer in uniform came over and started petting the dog too. He said, "Hi" and I said, "Hi". Normally I would not be able to breathe if a police officer was standing that close, let alone actually talk to him. I still felt happy. I didn't freak out and have a panic attack. I immediately knew that I had been healed of PTSD and I believe it was because of the stored-up emotions (and un-forgiveness that I didn't even know I was holding onto) released through the Raindrop Technique that God's healing power was able to set me free.

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Read more of Erin's story here:  
<http://everydaywitherin.blogspot.com/2013/04/young-living-essential-oils-and-ptsd.html>

## PERSONAL TESTIMONY - SEVERE HERNIATED DISC

**I have a severely herniated disc. Before oils I was not able to walk. The "Morphine bomb" kicked it to the curb. I took one every four hours until the pain went away completely. It took about 5 bombs. Now I take one about once a month when I do something dumb. Before oils I'd take heavy drugs daily for over two years. Many days morphine (the drug) was the only thing that kept me from screaming. Not anymore! The bomb gave me back my life!!!**

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Pharmaceutical pain killers have serious side effects. If you can avoid their use you will be so much better off. Many people have found relief with this recipe, search on oil-testimonials.com for other testimonies.



Carrie Liebich, YLEO Member #1407251



### Morphine Bomb

#### Recipe:

- 5 drops Frankincense
- 5 drops Copaiba
- 5 drops Idaho Balsam Fir



It makes me SO happy to know God "had my back" (I mean that both ways, lol) all along. His creation is awesome! He is worthy to be praised!!!

Graphic by AHeartforOils.com Member # 1325155 (937) 269-1312

## PERSONAL TESTIMONY-TOOTH EXTRACTION PAIN & THIEVES EO

The Description: I had my tooth pulled on Thursday. It was so brittle it kept breaking. took an hour to extract! The bad pain started by Sunday & my dentist confirmed Monday (over the phone) that it was dry socket. Next to kidney stones this was the worst pain I've ever been in!

**The cry for help: "AWESOME!! Dry socket, dentist doing NOTHING!!!"**



My suggestion: When I saw my nephew's wife's post on Facebook...I suggested she go to my mother's house, whom I'd sent oils. I suggested she get her Thieves oil, put some on a QTip and apply directly, if it burns badly dilute w/coconut oil...I'd be praying.

The Response the next night..."done will let you know in am." In the am she messaged me..."oh my! I applied the Thieves to gauze and laid across the socket and it feels SO MUCH better. the rest of my mouth burns some, but it's SO WORTH it..."then just a little later..."OH MY G-D...I am PAIN FREE...thank you, thank-you, thank-you so much...I'm so glad Gan-Gan had these oils...thank-you!! SCORE!!! Yeah, feel free to share my story, I'm eating mac and cheeze right now, completely pain free!!" Stephanie F.



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Photo by Ashley Mauro Photography

**ESSENTIAL OILS TESTIMONY,  
PUBLISHED IN MIDWIFERY TODAY  
SEPT 25, VOL 14, ISSUE 20**

**Two essential oil blends exclusive to Young Living.**



**Stories**

I was attending a VBAC hopeful mom this summer (2012) who was having lots of anxiety due to prodromal labor. I offered to help her calm herself with Young Living's Peace and Calming essential oil blend. She visibly calmed down within a matter of moments. However, she had just about thrown in the towel around 48 hours later and was ready to go in for a repeat c-section for excruciating back pain. I applied Young Living's PanAway essential oil across her lower back and then she climbed up into bed and slept a few hours. I left the bottle with her and throughout the night she would apply it again when overwhelmed by back pain. When morning came, she entered active labor and a few short hours later beautifully birthed her baby in triumph in her own living room, under her own power.

— Denise Easthon

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Midwifery Today

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**Peace & Calming is a blend of the following oils:  
tangerine, ylang-ylang, blue tansy, orange, patchouli.  
How to Use: Diffuse, inhale directly or apply topically.**

**PanAway is a blend of the following oils:  
Wintergreen, clove, helichrysum, peppermint  
How to Use: Dilute and apply topically on  
location as needed or use in massage.**

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**Personal Testimony – Sunburn relief**



**My recipe: 10 drops Lavender, 10 drops Geranium,  
15 drops Frankincense, 6 drops Helichrysum,  
6 drops Clary sage, 15 drops myrrh,  
2 caps even primrose oil, Fr: Saving Face, Dr. Sabina DeVita**

**Dear Denise, I forgot to tell you how Penny's sun burn was doing. Remember you left your wrinkle cream with me to apply to it? She had nine blisters forming on her sunburned back. After two applications she only had one booster. We kept applying the cream over a few days and the last blister disappeared and the burn turned into a tan. Thank you so much!**

Love, Ursula



**I was visiting with my friend while in Utah, she told me about her daughter's sunburn and asked me what oils would be good. Pure therapeutic oils from Young Living are adaptogenic, meaning they adapt to do what is needed. I left my travel supply of my "wrinkle oil prep" with her. I knew the oils are good for skin and skin conditioning, I knew they would help. I did NOT know they would help so much or so quickly.**

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## TESTIMONIAL - NECK PAIN



Why I am always amazed when I use the oils and they work? I have lots of experience using them, but I am still just blown away by their effectiveness.

I have been struggling with a sore, stiff neck. Looked it up in the EODR and saw they had a recipe for neck pain.

Hmm....I had never seen that before. Mixed it up in an empty bottle, applied and 2 minutes later...neck pain and stiffness GONE!!

Really, I mean I can now move my neck in a complete circle, from shoulder to shoulder with NO pain. amazing.

Here is the recipe I used:

5 drops wintergreen

4 drops cypress

7 drops basil

2 drops peppermint

I added 2 pumps of V6 to the bottle. Capped it and rolled it gently in my hand to mix.

Definitely keeping a bottle of this on hand!



These oils together with Thyme, Oregano, Marjoram and Ortho Ease Massage oil are found in the Raindrop Technique kit.



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YL member Kerry Mathes

### Types of Pain in Testimonials:

- Headache
- Menstrual cramping
- Neck pain
- Chronic back pain
- Degenerating disc pain
- Herniated disc pain
- Pain from injury
- Emotional pain
- Sunburn pain
- Tooth pain
- Labor pain

For more information: AHeartforOils.com

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