

**H2EO Ultrasonic Diffuser** – Doesn't use heat or air pump, which can seriously damage the chemistry of essential oils. Has a 12 month warranty. For a short video visit:[www.youtube.com/user/NutDynTV](http://www.youtube.com/user/NutDynTV)

**100% Pure Essential Oils** – Our native Australian essential oils are from Australian Essential Oil Co in New South Wales. They have produced the finest EO's throughout the world since 1987. They produce, set and maintain the highest standards of purity and ecological sustainability, according to the strict requirements of organic certification. There are no middlemen or brokers in the supply line, allowing them to manage and guarantee the entire process from field to bottle.

**Anise** – carminative, antispasmodic, stomatic, anxiety when inhaled

**Bergmot** – uplifting to mood w/o stimulation; antiseptic, insomnia and anxiety

**Blue Cypress** – anti inflammatory, calming, grounding

**Blue Gum Eucalyptus** – bronchial expectorant, mucolytic

**Clary Sage** – antispasmodic, PMS, post natal depression, nervous exhaustion, anxiety

**Eucalyptus radiate** – respiratory expectorant, antibacterial, insect bites (safe for kids), invigorating and purifies body

**Frankincense** – grounding, anti inflammatory, wound healing, respiratory tonic, meditative aid, sprains, pain, scars, wrinkles, may even kill cancer cells, heals age spots, supports brain

**Ginger** – nausea relief, stimulant, treat arthritic pain, digestion, supports joints

**Grapefruit** – antidepressant, astringent, diuretic, stimulates the metabolism in removal of waste and lymphatic fluid from tissues

**Lavender** – first aid, anti inflammatory, burns, sore muscles, antiseptic, skin care, bites stings, abrasions and helps to increase immediate recall

**Lemon** – maintain emotional balance, increase performance, mood up lifter, anti viral

**Mandarin** – calming, soothing helps with insomnia and agitation, mood enhancer

**Marjoram** – anti spasmodic, muscle recovery/pain, relaxant

**Nerolina** – calming, relaxing, freshens rooms, miticidal, antimicrobial, antifungal, with tea tree may enhance immunity

**Niaouli** – antimicrobial, respiratory, problem skin conditions

**Patchouli** – grounding, centering attributes, soothe itching skin, speed drying and healing of weeping sores, astringent, and aphrodisiac

**Peppermint** – pain, itch, analgesic, digestive disorders, headaches, fever, nausea and fatigue, relief from hot flashes, clears tension and negative vibes, hearing loss, mental foggy and lack of focus, unblocks “stuck” emotions, helps with memory by inhaling

**Roman Chamomile** – anti depressant, relaxing, soothes mind/body

**Rose Absolute** – balancer, integrative, heart tonic, ameliorate grief and loss, and to enhance a sense of well-being

**Rosemary-cineole chemotype** – stimulant, expectorant, muscle relaxant, memory enhancement and remembrance, may thicken hair

**Rosemary-verbenone chemotype** – mood enhancer, tissue regenerator, muscle tonic, improve alertness and clarity of thought, remembrance, may help slow the breakdown of acetylcholine in the brain (Alzheimer’s patients have low levels)

**Spearmint** – antiseptic, antispasmodic, carminative, clarifying, restorative, stimulating

**Sweet Orange** – mood enhancer, stimulant, reduces anxiety, nervous tension, hysteria, and shock treats flu, colds, congested lymph, indigestion, irregular heartbeat, and high blood pressure

**Tea Tree Premium Select** - viral infections, fungal, bacterial, mouth infections, treats flu, lung, urinary, sinus, respiratory infections, heals wounds, acne, dermatitis, diaper rash, warts, scabies, relieves insect bites, kills mites, lice, ticks

**Vetiver** – mood mellowing, comforting, releasing deep fear and tension, anti inflammatory, grounding, calming, and centering, eases muscular pain, sprains and liver congestion

**Cypress** – calming, grounding, anti inflammatory, anti fungal, Improves circulation, reduces varicose veins, lifts confidence

**Ylang Ylang** – induce feelings of euphoric, deep relaxation and well being, helps lower blood pressure, it makes the senses more acute and tempers depression, fear, jealousy, anger, and frustration, aphrodisiac, anti spasmodic

## **Therapeutic Pure Essential Oil Blends**

**Blue Mel** – blend of Callitris and Melaleuca species - arthritis, asthma, cold sores, rash, fungus, insomnia, sprains

**Calm (Stress Relief)** – blend of Frankincense, Lavender, Blue Cypress, Nerolidol - centering, soothing, antibacterial, antifungal, grounding, sense of well being

**Ginger Melablend** (Nausea Relief) – blend of Ginger, Peppermint, Spearmint, Anise, and Melaleuca - quells feeling of nausea and unwellness

**Lavender Blue Mel** –Peaceful blend of Lavender, Blue Cypress, Melablend – antimicrobial, enhances a sense of well being

**Citrus Melablend** (Energy) –blend of Citrus, Eucalyptus, Melaleuca – uplift and promote sunny cheerfulness, energy

**Melablend** – blend of maximum fractions of Melaleuca species – antibacterial, antifungal, minor cuts, abrasions, burns

**Niaouli Melablend** – blend of Melablend and Niaouli - respiratory, sinus, allergies ,gargle ,skin eruptions ,fungus, burns, warts

**Rosalina Blue Mel** (Sleep) – Calming blend of Blue Cypress, Melablend and Rosalina –enhances both aromatic and antimicrobial benefits, sleep

**VetiRose** – Heart-centered blend of Blue Cypress, Vetiver, Rose Absolute and Melaleuca – eases insomnia, depression, anxiety, nervousness, grief, and increases stamina, helping to get over emotional crises

## Measurement Conversion Chart

**One drop** of a Therapeutic Essential Oil equals **70 cups** of an Herbal Tea

12 drops = 1/8 tsp

25 drops = ¼ tsp

50 drops = ½ tsp

100 drops = 1 tsp

300 drops = 3 tsp (1/2 oz bottle)

**Cautions:** Do not use while pregnant or nursing, and only ½ a drop mixed with a carrier oil should be used on children with most oils. Don't use directly on skin unless mixed with a carrier oil such as; Organic coconut, Organic jojoba, Organic sweet almond, or olive oil. Carrier oils increase the length of time the

EO's stay on the skin and also prolong aromatherapy effects. Dilution increases the surface area of the absorption and prevent sensitivities. Different EO's can be blended together to enhance each other's energy.

Aromatically – The EO's are absorbed into the bloodstream when inhaled. The large amount of blood vessels in the lungs absorb the oils and then circulate them.

#### **Essential Oil Contraindications- Not recommended**

**Pregnancy-** Basil, Cinnamon, Clary Sage, Clove, Cypress, Fennel, Jasmine, Juniper, Marjoram, Myrrh, Rose, Rosemary, Sage, Thyme and Peppermint.

Essential Oils are extracted directly from the bark, flower, fruit, leaf, seed or root of a plant or tree and just one drop can have powerful health benefits. EO's are highly concentrated oils of plants which have separated the most powerful healing compounds of a plant into a single oil, harnessing the protective and healing powers of a plant.

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[www.Mercola.com/herbal-oils](http://www.Mercola.com/herbal-oils) Ultimate Guide to Herbal Oils

[www.DrEricZ.com](http://www.DrEricZ.com) Dr Eric Z Essential oil Database