



# ESSENTIAL OILS for Oral Health & Remedy Guide

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Dr. Eric L Zielinski

Bestselling Author of *The Healing Power of Essential Oils*



# Essential Oils for Oral Health & Remedy Guide

by Dr. Eric Zielinski

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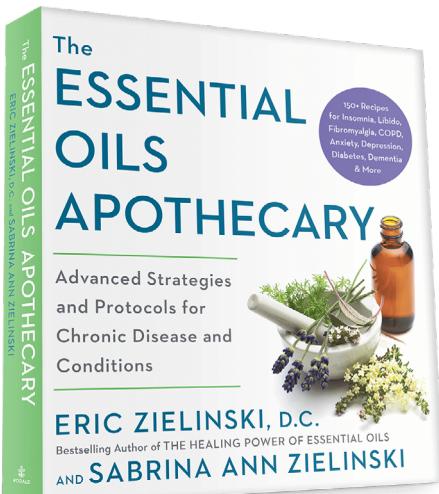
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# Spiritual Disclaimer

Please note that I am a Christian and it is from this perspective that I present the information that is in this book. Amongst other things, this means that I will refer to "God," not the "Universe." This also means that I may reference Biblical teaching and ancient proverbs that I have found to be helpful and applicable today.

Sometimes people get offended by the words that I use, or the spiritual references that I make. Please don't fall into this trap.

As a trained public health researcher and world-renowned essential oils educator, you can trust that the information presented in these pages is solid, evidence-based and that it will help you.

I do not judge people that don't share my faith and I am committed to helping everyone (regardless of who they are or what they believe) benefit from my experiences. In fact, I whole-heartedly believe this is my mission in life and why God put me on this planet.

You see, there I go referencing "God" again. ;)

## A Note About Faith

Personally, I have found that my faith has been vital to helping me overcome sickness and disease - as it has for the thousands of people that we have helped get well.

Being a Christian, it's impossible for me to separate my personal beliefs from my actions and lifestyle habits. As a researcher, I am intrigued to see how clinical trials and science continues to uncover the role that prayer, positive thinking and faith play in the healing journey.

My dear friend and Integrative Oncologist, Dr. Tony Jimenez often says that "cancer is an emotional disorder." The same can be said of all chronic, long-standing disease like gut disorders, autoimmunity, arthritis, fatigue and insomnia.

It is with this in mind that I present to you the information in the Introduction and scattered throughout this book where you will discover eternal truths that will provide you with hope, inspiration and may even shed some light on things if you are willing to take a dive into the spiritual side of healing with me.

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# PART ONE

## Oral Health 101

### SPECIAL PRICE JUST FOR NATURAL LIVING FAMILY READERS!

We knew it wasn't good for us...

Intuitively, before we knew anything about health, we knew that if something burned our mouths THAT bad when we used it AND it was colored a weird neon blue it couldn't be healthy.

Then, we learned the truth...



**FACT:** Listerine was NEVER meant to be put in your mouth.

In 1870... Listerine was used to treat STDs... and was also sold as FLOOR CLEANER!

Somehow the “marketing message” changed from being a helpful household floor cleaner to breath freshener and teeth whitener you use every single day.

Shockingly, dental institutions have found certain toxins in several popular mouth-washes are connected to mouth cancer.

→ **Go HERE to learn the Truth About Mouthwash (plus a simple trick to safely and naturally whiten teeth 6 shades in only 15 minutes)**

# CHAPTER 1

## What You Need to Know About Oral Health

People have used essential oils for oral health for centuries, and clinical studies are finally proving their safety and efficacy. Unfortunately, there's not much funding for plant-based therapies, and there is relatively little research on the subject, compared to studies funded by Big Pharma. But that's another story for another day... ;)

### **Essential Oils in Dentistry**

We know from childhood visits to the dentist that bacteria in the mouth cause all sorts of disease and ill effects, but we also know from growing interest in holistic oral health that not *all* bacteria are bad. For this reason, antiseptic mouthwashes that kill everything on contact may not provide the best option for our oral needs. But essential oils, while often suspect as well due to their germ-fighting capabilities, may actually provide a very beneficial, functional option in this area of our healthcare.

Natural products are, thankfully, much less concerning than man-made, over-the-counter products, so essential oils give us little reason to be concerned about broad elimination of oral bacteria. For example, in the words of Robert Tisserand: "Whether [essential oil] constituents might then negatively affect the bowel flora is pure speculation."

In this same regard, we cannot assume that all oral flora are negatively impacted by exposure to essential oils. Their applications in oral health tend to work to maintain balance rather than upset it, making them a much more reliable choice for oral health than harsh antiseptic formulas.

One recent example comes from a 2014 study published in the *Journal of International Oral Health*, entitled "Possible Use of Essential Oils in Dentistry." This review provides an overview of research that demonstrates essential oil potential in helping maintain oral health. The full text is available for free, but there are a few key points about essential oils for oral health use that I will highlight here:

- **Supports oral hygiene.** A solution of essential oils and ethanol achieved better results in inhibiting the growth of subgingival periopathogens (a cause of gingivitis) than a rinse with essential oils without ethanol or a saline control. As a bonus, the essential oil solution won't stain teeth as other options, such as chlorhexidine rinses have been known to do.
- **Relieves anxiety.** Lavender essential oil has been shown, in a variety of circumstances, to lessen mild anxiety and calm heightened emotional states. Utilizing it in dental waiting areas has been shown to calm nervous patients and even lessen perceived pain during needle insertions. Another anxiolytic, orange essential oil, can be useful for anxious children, with inhalation reducing cortisol levels in saliva and slowing anxious pulse rates.
- **Benefits in wound care.** Wound dressings that include protective essential oils, clove in particular, were shown to improve healing time and therapeutic effects in one prominent study.
- **Aids in dental implants.** When essential oils for oral health, notably melissa and lavender, are applied to dental implants, they have been shown to limit the amount of biofilm produced.
- **Antimicrobial activity.** One study demonstrated the ability of some essential oils in exceeding the antimicrobial benefits of methylparaben – a substance typically used in the preservation of various cosmetics. While essential oils may not automatically replace the preservatives we typically see used in the cosmetic industry, we do have reason to believe that they may serve a supportive role in providing antimicrobial effects.

## Easy DIY Applications

So, how does one use essential oils for oral health and to clean their prosthetic devices of biofilm? Quite simply really!

1. **Make a cleansing solution.** Add 25 drops of essential oil to 1/4 cup of 190 proof alcohol and stir. Slowly add in ¾ cup distilled water. Add your oral prosthetic and allow it to soak for 15 minutes. Dispose of solution after use.
2. **Brush.** Using your homemade toothpaste, rub/brush dental implants and allow them to receive the same TCL you'd give your God-given pearly whites! And, of course, the same strategy can be used for people without implants.

Here's a rundown of some essential oils for oral health facts that will help you apply them in holistic oral health preparations:

1. When brushing is contraindicated – as can be the case with severe fever, indigestion, asthma, coughing, vomiting, and mouth ulcers – you can achieve a deep clean by oil pulling with essential oils blended in coconut oil, preventing bad breath and gingivitis.
2. Hospice patients diagnosed with terminal cancer have been helped with peppermint, lavender, tea tree, and geranium blended for oral health purposes.
3. Clove essential oil is an antimicrobial standby.

When filling your oral health natural medicine cabinet, you have several oils to choose from.

Three of the most effective and commonly used essential oils for oral health are peppermint, orange, and clove. Combinations often found in traditional remedies utilize these oils heavily, with others added for synergy and added benefits. Here are some blends of the best oils to use for oral health:

- Lavender to battle canker sores: dilute 3 drops in 1 tablespoon of a carrier oil and apply twice daily.
- Peppermint to temper halitosis: Use peppermint essential oil to make your homemade toothpaste and brush twice a day. Alternatively, you could add 3 drops of peppermint to 1 tablespoon of a regular toothpaste and mix thoroughly before applying to your toothbrush with a clean utensil to brush. The rest of this mixture can be saved in a covered container and used within a week. Using hydrosols as an antiseptic mouthwash could also be helpful. Check out the suggestions found here for more information.
- Clove and orange to soothe sensitive teeth: add 1 drop of each in 1 tablespoon of a carrier oil and apply to affected tooth and gums.
- Eucalyptus, rosemary, and orange to whiten teeth: pick one or more oil from this list and add 3 drops total to 1 tablespoon of a regular toothpaste and mix thoroughly before applying to your toothbrush with a clean utensil to brush. The rest of this mixture can be saved in a covered container and used within a week. Likewise, you could pick one of these oils or use a blend of them in the homemade toothpaste recipe linked above!

- Lavender and eucalyptus to relieve blood blisters – dilute 2 drops of lavender and 1 drop of eucalyptus in 1 tablespoon of a carrier oil and apply twice daily.
- Blend your favorite oils to fight plaque, ward off infections and make the most of their antimicrobial effects! Dilute 0.5% – 1% essential oil in your carrier oil of choice and swish it around your mouth as a mouthwash or in oil for oil pulling. Alternatively, this is another area where hydrosols can be used as a mouthwash to help maintain oral health. Peppermint hydrosol is an excellent option to try for fighting off germs that lead to oral health issues.

## **Managing Oral Health with Essential Oils**

While there are many ways in which we can apply essential oils to our oral health, it is important to keep a few things in mind. To assure safe practice and usage that will give you the best chance at having a long-term relationship with essential oils without developing sensitivities, consider the following:

1. While we discuss many ways essential oils can be used, this does not mean there is a need for you to implement everything discussed here. Use what is needed in your life for the appropriate amount of time to address the concern.
2. Long-term use of stronger oils, such as clove, could pose potential risks in developing sensitivities. Go for more strength where more strength is required rather than as a daily regimen.
3. Using stronger, hard-hitting oils: depending on your need, the stronger oils – such as clove – are usually best suited for acute needs. Acute needs are addressed in the short-term (in general over about a week), to help gain control of a situation before moving on to lower-impact (but still effective) maintenance treatment.
4. The longer your treatment plan requires, the more gentle your long-term approach to your aromatic care will be. You're not going to use maximum dilutions of clove over several months when managing oral infections, for example. But it may be appropriate temporarily to help improve a more intense situation in preparation for a long-term care plan. Something like hydrosol oral rinses are a perfect example of an extended use complement to acute treatment.

No matter what oral needs you are faced with, there are a variety of aromatic options available to assist you in your journey toward healing and health!

## The Diabetes-Heart Disease Connection

What do diabetes and heart disease have in common with oral health? Yes, they are increasing in prevalence, and yes they are top causes of mortality. But there's more, and you may not have any idea:

All three – oral health, diabetes and heart disease – are completely intertwined.

It should have been obvious for years, but studies are just now drawing clear lines between the three. Oral health, incidentally, is at the crux of it all. And it's completely possible to use essential oils to stop the root cause of diabetes and heart disease.

## Atherosclerosis is Rooted in Oral Health

Where we once were told that cholesterol in the foods we eat could dredge through our arteries and clog them like sewage, we now know that dietary cholesterol has very little to do with blood serum cholesterol. On the other hand, researchers evaluated over 600 senior citizens who had no prior incidence of cardiovascular disease and found a definitive link between periodontal bacteria and thickening of the arteries.

The connections had been made a full ten years prior, when a Clinical Microbiology Reviews article explained possible mechanisms for this connection between oral health and heart disease. They explained the connection as one of three metastatic instances:

- Infection
- Injury
- Inflammation

The theory of metastatic infection introduces detrimental bacteria to the bloodstream from the mouth, infecting the entire body. Metastatic injury is explained as that same bacteria producing exotoxins that "are considered the most powerful and lethal poisons known." And finally, metastatic inflammation

is simply the inflammatory response to oral health, which has promising implications since inflammation is one of the most prominent – if not the most prominent – cause of heart disease.

## Diabetes & Oral Infections

With these pathways and connections in mind, the leap to diabetes is not unreasonable. In fact, another ten years before these three mechanisms were detailed, researchers from New York were issuing their own concerns. If you are keeping track, we have now traced the alarms all the way back to the 1990s!

"Diabetes is a risk factor for severe periodontal disease...In this model, the combination of these 2 pathways, infection and AGE-mediated cytokine upregulation, helps explain the increase in tissue destruction seen in diabetic periodontitis, and how periodontal infection may complicate the severity of diabetes and the degree of metabolic control, resulting in a 2-way relationship between diabetes mellitus and periodontal disease/infection. This proposed dual pathway of tissue destruction suggests that control of chronic periodontal infection is essential for achieving long-term control of diabetes mellitus."

## Oral Health, Diabetes and Heart Disease Axis

Diabetes and heart disease have long been interconnected, so at this point you have a good picture of our vast and twisted crisis of chronic illness in our country. The AMA sums it up clearly:

*Heart diseases and stroke are the No. 1 causes of death and disability among people with type 2 diabetes. In fact, at least 65% of people with diabetes die from some form of heart disease or stroke. Adults with diabetes are two to four times more likely to have heart disease or a stroke than adults without diabetes.*

Diabetes patients can reduce their risks of heart disease by keeping their illness in check, but it takes more than stable glucose levels. The lines between risks and results of diabetes and heart disease are blurred, including:

- High cholesterol and fat levels
- High blood pressure
- Sedentary lifestyle
- Overweight and obesity

With diabetes and heart disease interwoven and oral health centered squarely behind each, we clearly see the importance of conscientious and holistic attention to oral health.

We've failed the public and each other by not making the connection between diabetes and heart disease clearer in nearly 30 years of research. It's time to set our sights on complete wellness and effective disease prevention!

## **Stop Gum Disease with Essential Oils**

It's a safe bet to assume that most Americans don't consider oral health problems as one of our major health epidemics. But it is. The most recent data reveals that:

- Half of American adults over the age of 30 have periodontal disease – otherwise known as "gum disease."
- Nearly all of these cases – 42% of the total adults in our country – have reached moderate to severe levels, risking decay to the point of tooth-loss and bone-loss.
- When we look at older adults, at least 65 years old, the incidence rate jumps to over 70%.

Yet, somehow, the American public remains completely oblivious to the severity of the problem – our health rotting quite literally under our noses without an eyebrow raised. The media, public health officials, and even doctors are strangely silent on the connection between the prevalence of both gum disease and major chronic illnesses such as diabetes and heart disease.

It's less a question of what is connected to oral health than what *isn't*. Poor oral health is implicated in many chronic illnesses, including diabetes and heart disease, rheumatoid arthritis, and osteoporosis – even low birth-weight for premature babies!

The cycle perpetuates itself, with oral health disturbances noted as a cause of chronic, systemic illness and chronic illness causing poor oral health.

Even the most insidious diseases are intertwined with oral health deterioration, such as cancer, HIV, and pneumonia, which may require ventilators.

## Gum Disease Demystified

While gum disease is chronic, infecting not only the gums but the bones beneath them, and can ultimately cause tooth loss and more severe chronic illnesses such as diabetes and heart disease, it is widely preventable and hardly complicated. Simple oral hygiene practices can change the course of periodontal disease substantially.

In addition to the inherent dangers of conventional oral health treatments, some other risk factors that can increase chances of gum disease include:

- Genetic predisposition
- Broken or defective fillings
- Poor-fitting bridges
- Dry mouth, especially caused by medication
- Smoking
- Stress
- Pregnancy, contraceptives, and other hormonal changes
- Crooked teeth
- Underlying immune deficiencies
- Diabetes

With poor oral hygiene as a significant contributor, however, natural solutions such as essential oil applications can turn it all around.

## SIMPLE GUM DISEASE PREVENTION

With the list of risk factors in mind and a focus on whole-body health, oral hygiene can become a primary focus for prevention of gum disease. It isn't complicated or costly to take care of your teeth and gums. Simply build the following habits:

- Brush thoroughly, each time you eat
- Floss each day, preferably at night
- Find and visit a holistic dentist for regular check ups
- Make your own oral hygiene products

Even the most natural of oral health care products found on the shelves can be loaded with preservatives and additives that add nothing but risk. Protect yourself and your family by making oral hygiene a DIY project.

These are some of my favorite oral health care recipes that are sure to keep your family smiling bright.

### **GET A DEEP DISCOUNT FOR NATURAL LIVING FAMILY READERS!**

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# CHAPTER 2

## Healing Cavities Naturally

Learning how to heal cavities naturally can make the difference between saving thousands of dollars in dentist bills and saving you pain and suffering. These five strategies can help!

### Oral Disease in the U.S.

*General Dentistry* recently published an article that shows the connection between periodontal disease and chronic illness. There is a correlation between cavities and other diseases such as diabetes and heart health. It is important to practice good oral health, because you will reap the benefits of better overall health. And if you have cavities already, it's important to know how to heal cavities naturally to avoid invasive procedures in the future

The National Institute of Dental and Craniofacial Research shows that American adults do not have as many cavities as they did in the 1970s. However, American adults do have many unhealthy dental problems. Recent studies from the *National Health and Nutrition Examination Survey* shows that adults age 20-64 include:

- Blacks, Hispanics, young adults, and people from lower socio-economic situations and educational backgrounds who are not as likely to care for decaying teeth.
- On average, 3.28 decayed or missing permanent teeth and 13.65 decayed and missing permanent surfaces that are identified in all ethnic and class groups.
- Hispanic subgroups, and people who are economically depressed, who experience higher levels of tooth decay in permanent adult teeth than other demographics.
- Whites and people of better economic means and educational status who suffer from tooth decay more often than other demographics.
- 23 percent currently have decaying teeth that require treatment.
- 92 percent who have had at least one cavity in their permanent teeth.

Although there have been many solutions to help prevent tooth decay since the 70s, the data above shows that everyone is at risk for cavities, no matter what their socioeconomic and educational status may be.

Additionally, there has been a rise in systemic illnesses such as heart disease and diabetes in America. It is no coincidence that these diseases are connected to oral health.

## Understanding & Preventing Cavities

Healthy teeth are sustained by a flow of beneficial dental fluids. When you get a cavity, there is a reversal in this proper flow. When one has bad oral hygiene, bacteria and acids can feed on sugar. This erodes the enamel that protects teeth and creates an inflammatory response in the dentin.

Ultimately, your body's metalloproteinases becomes activated and starts the cavity process. It is important to maintain good dental fluids to minimize the harmful bacteria in your mouth. It is important to learn how to heal a cavity naturally by using natural remedies, because chemicals can create greater problems.

## The Truth Behind Fluoride

We're told that fluoridated water is "natural" and known to prevent cavities and tooth decay. Dentists and public health officials have pushed this information on us for decades.

However, scientific data suggests this is completely false. Chemicals found in American water are safe to drink, except for fluoride. Fluoridating water is not encouraged in most developed countries.

The *Fluoride Action Networks* says,

*"The main chemicals used to fluoridate drinking water are known as 'silicofluorides' (i.e., hydrofluorosilicic acid and sodium fluorosilicate). Silicofluorides are not pharmaceutical-grade fluoride products; they are unprocessed industrial by-products of the phosphate fertilizer industry. Since these silicofluorides undergo no purification procedures, they can contain elevated levels of arsenic — more so than any other water treatment chemical. In addition,*

*recent research suggests that the addition of silicofluorides to water is a risk factor for elevated lead exposure, particularly among residents who live in homes with old pipes."*

It is inconclusive whether or not the risks outweigh the benefits of drinking fluoride water on tap.

An epidemiological study done in Vojvodina Serbia, which included 145 children under the age of 6, determined that fluoride prevents cavities and tooth decay in deciduous (baby) teeth, but the "presence of fluoride in the drinking water doesn't affect the health of deciduous teeth."

Whether we give our children unpurified tap water to drink, or pay the dentist to give fluoride treatments during check-ups, it makes me wonder if we are poisoning our children.

## **5 Ways to Heal Cavities Naturally**

Brushing and flossing daily is important, and there are many ways you can reverse cavities without taking fluoride. Here are some tips to heal cavities naturally at home.

### **1. OIL PULLING**

Oil pulling has been used for centuries by Ayurvedic medicine. It is a great way to detoxify your mouth. You can swish a tablespoon of oil in your mouth for 20 minutes to cure gingivitis, headaches and systemic diseases like diabetes. We recommend using coconut oil and clove or tea tree essential oils for antiseptic and antifungal treatments:

- It is best to oil pull first thing in the morning
- Don't let 20 minutes scare you. You can oil pull while you get ready for the day.
- After pulling, rinse your mouth with warm water. Use salt water for antimicrobial properties.
- Do not be shocked if the oil mixture is white or yellow.
- Brush your teeth like normal
- This should be a relaxing process, so you do not need to vigorously swish your mouth the entire time.

## 2. USE MINERALIZING TOOTH PASTE

There are many brands of fluoride free toothpaste. Or, you can make your own easy/cost effective toothpaste with bentonite clay and essential oil toothpaste.

Try this recipe:

### **Homemade Toothpaste Powder**

This recipe is for tooth powder, but it makes a great toothpaste too! The color of your finished product may vary depending on the color of your clay and the essential oils used.

#### INGREDIENTS

- $\frac{1}{3}$  cup of Bentonite Clay
- $1\frac{1}{2}$  tsps. of Stevia powder
- $\frac{1}{4}$  tsp. of pink Himalayan salt
- 3 Tbls. Mama Z's Oil Base or favorite carrier oil\*
- 10 drops of essential oils\*\*

#### INSTRUCTIONS

1. Mix the dry ingredients in a food processor.
2. In a separate container, add your chosen essential oils to the carrier oil and mix well.
3. Add this mixture to the dry ingredients in the food processor gradually until well blended. Mixture should be granular and slightly damp.
4. Store in a glass jar with a lid.

*To make toothpaste, once the tooth powder is complete, gradually add in water and more coconut oil, blending as you go, until you reach the desired consistency.*

\* No matter what allergies you may have, there's a carrier oil that's right for you. You can use any, or a combination of these: Avocado, Fractionated Coconut, Grapeseed, Jojoba, Sweet Almond.

\*\* Essential oils are great for oral health and these are some of our favorite blends for your homemade toothpaste recipe:

- Lime (3 drops), lemon (4 drops), grapefruit (3 drops)
- Orange (4 drops), clove (3 drops), peppermint (3 drops)
- Cinnamon leaf (3 drops), clove (2 drops), orange (5 drops)
- Chamomile (5 drops) and wintergreen (5 drops)
- Frankincense (5 drops) & myrrh (5 drops)

### **3. CONSUME RAW DAIRY**

Of course, if you're sensitive to dairy, avoid it at all costs, but it's important to recognize that pasteurized dairy is void of vital nutrients and will not "do your body good" like the slogan says.

Raw dairy, on the other hand, is full of vitamins and minerals that help healthy dental fluid flow and maintain strong teeth. Consuming raw dairy can help boost your calcium, vitamin K2, magnesium, phosphorus, and fat soluble vitamins levels.

### **4. REMOVE PHYTIC ACID**

Phytic Acid is in the bran portion of grains and legumes. It blocks the phosphorus availability in humans, and binds minerals for oral health such as calcium, magnesium, iron and zinc. These minerals become unavailable for proper utilization.

Phytic acid has anti-nutritional effects such as digestive disorders, lack of appetite, and nutrient deficiency. It is important to limit your grain consumption and stay away from soy products. It is also best to eat foods that are organic and GMO free.

### **5. REMOVE SUGAR**

Sugar is the worst thing you can consume for cavities. It feeds oral bacteria and prevents a healthy flow of dental fluids. It is very acidic and can demineralize teeth which makes them decay. This means no candy, soda, or baked goods, and it also means to limit honey, maple syrup, and juices.

These natural approaches can reverse cavities in a cost effective and efficient way. Take good care of your oral health and show off your new smile with pride.

## GET A DEEP DISCOUNT FOR NATURAL LIVING FAMILY READERS!

*Get the best natural teeth whitening available, right in the comfort of your own home, at a Natural Living Family "Group Buy": 55% off!  
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# CHAPTER 3

## Oil Pulling for Oral Health

Oil pulling benefits are far too often overlooked as vital aspect of good dental hygiene. In fact, I believe that it's one of the lost keys to abundant life health!

### **Growing Popularity of Oil Pulling**

It has taken long enough, but oil pulling has finally gained some popularity in the U.S. Used primarily in Ayurvedic medicine, oil pulling is a fantastic oral detoxification procedure that is simply done by swishing a tablespoon of oil in your mouth for 10-20 minutes.

This unbelievably effective procedure has been used for centuries as a traditional Indian folk remedy to cure and prevent bad breath, bleeding gums, cracked lips, throat dryness and tooth decay in addition to strengthening gums, jaws and teeth. In fact, oil pulling is mentioned in the Ayurvedic text *Charaka Samhita* where it is claimed to cure about 30 systemic diseases ranging from headaches and migraine to diabetes and asthma.

### **The Oral Health Epidemic**

An estimated 80% of disease symptoms are caused by problems in the mouth, and millions are exposed to disease-promoting dental procedures every day! Oral health is one of the most overlooked health issues in conventional and integrative medicine, yet experts claim that...

- It's possible to reverse cancer by properly eliminating oral infections.
- 90% of all heart attacks are caused by oral pathogens.
- Autoimmune disorders can be resolved by getting rid of toxic dental materials.
- Reversing gum disease can help you get rid of digestive problems.
- Root canal procedures increase your risk of cancer and other degenerative diseases.

## Oil Pulling Research

As stated by one study, "The myth that the effect of oil-pulling therapy on oral health was just a placebo effect has been broken and there are clear indications of possible saponification and emulsification process, which enhances its mechanical cleaning action." The oil helps clean the surface of the teeth.

In other words, oil pulling works by cleaning (detoxifying) the oral cavity in a similar way that soap cleans dirty dishes. It literally sucks out the fat-soluble toxins out of your mouth and creates a clean, antiseptic oral environment that contributes to the proper flow of dental liquid that is needed to prevent cavities and disease.

These 3 studies help explain the efficacy of this ancient oral health procedure in a little more detail:

1. In 2008, the *Journal of Indian Society of Pedodontics and Preventative Dentistry* published a triple-blind random control trial that evaluated the effects oil pulling with sesame oil has on *Streptococcus mutans* bacterial count in plaque and saliva. Twenty boys were recruited to be part of two groups; one in which 10 practiced oil pulling and another that used chlorhexidine mouthwash, the active ingredient in most anti-cavity mouthwash, for 10 minutes every day in the morning. After collecting samples for 2 weeks, it was discovered that, even though chlorhexidine was more effective in reducing the bacteria, oil pulling was significantly effective in killing *S. mutans*, one of the primary causes of cavities.
2. In 2011, the same journal shared the results of a similar study that evaluated the effects oil pulling has on halitosis (bad breath) and microorganisms that cause bad breath. Again, taking 20 young volunteers, the results of this study were even more in favor of oil pulling than the one above. According to the authors, "Oil pulling therapy has been equally effective like chlorhexidine on halitosis and organisms, associated with halitosis." Additionally, the researchers discovered that oil pulling also has statistically significant effects on reducing the gingival index, a marker that determines the severity for gingivitis.
3. Dr. Abhinav Singh – Department of Public Health Dentistry, People's College of Dental Sciences and Research Centre, Bhopal, India – wrote an article in *The Indian Journal of Dental Research* that describes how "brushing is contra indicated in the cases of mouth ulcer, fever, indigestion, those who have tendency to vomit, asthma, cough, thirst." Consequently, many people who suffer from these conditions are left with no other alternative,

but to oil pull to clean their oral cavity. As has been seen for centuries, oil pulling therapy is preventative, as well as curative, and can be used to avoid many surgeries and medications.

Other oil therapies are suggested by researchers to foster oral health, as well. According to Singh, "Ayurveda advises *oil gargling* to purify the entire system; as it holds that each section of the tongue is connected to different organ such as to the kidneys, lungs, liver, heart, small intestines, stomach, colon, and spine, similarly to reflexology."

## The Best Way To Do Oil Pulling

To help detox and keep your smile bright and shining, mix EO with unrefined, organic coconut oil. Here are some tips:

- Like most other detoxification procedures, the best time to oil pull is first thing in the morning right after you get out of bed.
- All you do is swish between 1 – 2 tablespoons of coconut or sesame oil in your mouth for 20 minutes. Easy peasy!
- Don't worry, you won't even notice 20 minutes have gone by if you do this during your normal morning routine (i.e. while you shower, put your clothes on and prep for the day).
- Immediately afterwards, rinse your mouth out with warm water. Use salt water for added antimicrobial properties.
- Be sure NOT to swallow the oil.
- And don't spit out the oil in the sink, because it WILL coagulate and clog your drains!
- Don't be shocked if the oil/saliva mixture you spit out is milky white or yellow.
- Finally, brush your teeth as normal.
- I recommend oil pulling 3-4x per week.

Note: This should be a relatively relaxing process, so don't think that you need to swish your mouth with oil for the entire time or else you're bound to wear out your jaw muscles. Simply move the oil in your mouth and through your teeth without swallowing any of it.

## Adding Essential Oils for Oral Health

I'm one of those of "*if 1 is good, then 10 must be better*" kind of guys, and I'm always trying to find ways to enhance and maximize the things that I do. When it comes to oil pulling it dawned on me pretty early on:

If I'm swishing coconut oil in my mouth for 10-20 minutes, then why not add some antimicrobial essential oils to the mix?!?

Essential oils carry some of the most potent antibacterial and anti-fungal properties on the planet, so they can only help, right? Plus, as the essential oils get absorbed by the oral mucosa, the body will enjoy their antioxidant and medicinal powers. Plus, because the oil pulling oil acts as a carrier oil, I haven't experienced any harmful effects of using some of the more potent oils like clove.

Here are a few of my favorite ways to use essential oils during my morning oil pulling routine:

- Add 1 drop each of clove, orange, lemon and peppermint with 2 tablespoon of coconut oil.
- If you're battling an infection or something, I would change it up and mix clove with oregano and tea tree.
- Oils from herbs such as cilantro, basil and thyme are also very pleasant – just be sure to dilute to the level required by each individual oil.
- Frankincense and myrrh is a sacred mixture.

At the end of the day, you have nothing to lose, but everything to gain from oil pulling. There are relatively no known side effects and, as we've seen in the research, the list of benefits is quite remarkable. Try it today and make it a part of your natural hygiene routine!

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# CHAPTER 4

## Stevia

Is stevia safe? Is stevia healthy? These are questions many are asking since stevia is an alternative to processed sugar and artificial sweeteners.

There is a lot of controversy around sweeteners, especially naturally occurring alternatives to sugar, such as stevia. Stevia is an herb, and after all, all herbs are safe, right? So when I started seeing headlines attacking stevia, I knew I had to investigate. Is stevia safe?

And I really did my homework in order to get to the bottom of all this!

### **Asking Ourselves if Stevia is Safe**

Stevia has been in the spotlight since Coca-Cola unveiled, in South America, a stevia-sugar combo dubbed Coca-Cola Life. This, quite obviously, quickly drew the attention of the natural health community. I mean, pretty much anything the Atlanta-based beverage giant does pings our radar.

Many people ask the question, “Is stevia safe?,” especially considering the fact that Coca-Cola has purchased a slew of “all natural” brands, including Zico, Vitamin Water, Simply Orange, Odwalla, and Honest Tea.

Besides asking, is stevia safe, we have to ask ourselves a few other questions:

- Do we really trust anything Coke does?
- Do we think Coca-Cola is trying to pull a “fast one” with its new stevia drink?
- Is Coke now safer to consume with stevia as a sweetener?

While some of these questions are a little more personal in nature, one thing is for sure: not all stevia is the same.

## Natural Stevia vs. Processed Stevia

Stevia comes from the leaf of a plant and it's a good bet that Coca-Cola isn't using freshly ground stevia leaves in their soft drinks. For starters, the cost of that would be exorbitant and not conducive to the soft drink industry. That method would also create a storage problem, as it would be nearly impossible to keep that much stevia on hand.

For the sake of this argument, we're going to safely assume Coke is using a highly processed version of stevia, which is more affordable and much easier to transport and store. Most of the time, synthetic versions like these contain bleach as a preservative, taste more like cane sugar than the stevia herb and are much sweeter than stevia.

Is stevia safe? Truth be told, many of the lesser brands aren't 100 percent stevia. Their products are cut with filler sugars, such as xylitol and dextrose, which can lead to several diseases. This is why not all stevias are created equal.

The stark contrasts between chewing on a stevia leaf and pouring a white powdery substitute on your breakfast cereal are incredible. The natural plant version has been used medicinally for thousands of years while the modern processed versions are virtually untested.

## Some Research Behind Stevia Benefits

When we're talking about the natural plant form of stevia, there are hundreds of studies touting its medicinal benefits. 322 studies to be exact. It is generally accepted that stevia has the power to reverse obesity, diabetes and even certain cancers. According to research, the two main points about stevia are:

1. The herb contains medicinal benefits for healing.
2. White cane sugar is a primary cause of diabetes, obesity, cancer and heart disease, meaning people using stevia as a replacement are less likely to experience these conditions.

According to a few of the more prominent studies, stevia has the following benefits:

## 1. REDUCING BREAST CANCER

The journal *Nutrition and Cancer* published a revolutionary report that connected stevia use to reductions in breast cancer. Scientists saw that stevioside, a cancer-killing compound found in stevia leaves, increased cancer apoptosis (cell death) and limited some stress conduits in the body that promote cancer growth.

## 2. BOOSTING ANTIOXIDANTS

A recent study out of Croatia published in the journal *Food Chemistry* stated that stevia worked to boost antioxidant levels when mixed with colon cancer fighting blackberry leaves.

## 3. FIGHTING DIABETES

The effects of stevia use in rats was documented in a recent report highlighted in the *Journal of Dietary Supplements*. Researchers found that lab rats that were given 250 to 500 mg a day of stevia experienced “significant” reductions in fasting blood sugar levels and saw more balanced insulin resistance.

The bottom line is that stevia, when consumed in its raw plant form, is absolutely healthy for you and an excellent sugar substitute.

## The 5 Best Natural Sweeteners

While stevia has few side effects, it is an herb, and different reactions can occur. It is important to listen to your body. Some people, however, have a hard time accepting stevia’s tangy flavor. Here are the 5 best natural sweeteners:

### 1. COCONUT NECTAR

One of my all-time favorite natural sweeteners is the sap from the coconut blossom. While this is relatively new to the U.S. market, Pacific Islanders have been using it for centuries.

At room temperature, coconut nectar is similar in consistency to honey and is an excellent source of the following vitamins and minerals: amino acids, Vitamin C, and broad-spectrum B vitamins. Better yet, the sap isn’t processed.

## **2. DATES**

There's not much to say about dates other than the fact that they are one of the greatest natural sweeteners on Earth.

## **3. MAPLE SYRUP**

Maple syrup is highly processed – even the most natural brands – and it still ranks light years ahead of white cane sugar. When syrup is made, maple sap is boiled down. Depending on the amount of sugar used in the water, it can take 100 gallons of maple sap to make one gallon of syrup.

Maple syrup is packed with minerals such as calcium, iron, magnesium, potassium and zinc. However, it is important to steer clear from Grade A maple syrup. It tends to be lighter in color and lacks the strong maple taste found in Grade B and Grade C.

## **4. RAW HONEY**

Honey is by far the healthiest natural sweetener – hands down. In fact, the health benefits of raw local honey are unbelievable. Throughout all my research, including scientific research, I have found that honey is used to prevent seasonal allergies, enhance the immune system, and fight tooth decay, acne, eczema, irritable bowel syndrome and much more. Personally, I have found that mixing raw local honey with organic ground cinnamon is a great way to fight allergies.

## **5. STEVIA**

Last, but not least is stevia. When buying stevia, look for green stevia. White stevia has been bleached and processed beyond the point of being healthy.

In reality, no sweetener is 100 percent perfect and moderation is always important. The more popular stevia becomes, the more and more press you will see, both negative and positive. It's important to pick a good brand and always read your labels. Avoid harmful fillers and only use stevia in small amounts.

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# CHAPTER 5

## Xanthan Gum

What is xanthan gum? This substance is commonly used as a binder in gluten-free foods, or to help with textures in frozen dairy foods such as ice cream. It's an interesting ingredient because it's included in many "natural" health foods, yet at the same times makes it inside cosmetics and industrial products.

Is it safe to eat? Let's find out....

### What Is Xanthan Gum?

Xanthan gum is an all-natural and effective emulsifier. Therefore, it is also considered nonhazardous for numerous fracturing and drilling fluids and brines.

Technically, xanthan gum is what's called a complex exopolysaccharide. In other words, this means that it's a polymer made up of sugar residues. Microorganisms in the environment secrete these sugar residues. In fact, xanthan gum comes from plant pathogenic bacterium. This is a disease-causing microorganism that is often found in plants. In foods and other products, xanthan gum is often used as a stabilizer and thickener.

It's quite fascinating how xanthan gum is manufactured.

First, the bacteria *Xanthomonas campestris* ferments sucrose, lactose, glucose. This produces the xanthan gum. It is then made into a solid or precipitated by isopropyl alcohol. After this, it is dried and ground into a powder that is very fine. At this point, liquid can be added to the powder, and a gum is created.

You'll see xanthan gum commonly used in:

- Sherbet and ice cream
- Jams, jellies and sauces
- Pudding
- Lotions
- Cosmetics

- Pastry fillings and baked goods
- Industrial products
- Salad dressings
- Yogurt
- Toothpaste
- Medicines
- The list continues ...

## Safety and Side Effects

Xanthan gum is fairly harmless as long as you're not allergic to it. But one important point is that those with digestive issues may not tolerate xanthan gum very well. With that being said, it's not as bad as many say that it is. Most people would agree in the scientific community that it's perfectly fine to consume a maximum of 15 grams of xanthan gum every day.

Xanthan gum has been found to be a powerful laxative. According to the *British Journal of Nutrition*, it can actually cause "significant increases in stool output, frequency of defecation and flatulence."

Other than this problem, however, it has been consistently said that xanthan gum is relatively harmless. According to a *Toxicology and Applied Pharmacology* article in 1973, there was, "No significant effect on growth rate, survival, hematologic values, organ weights or tumor incidence" when rats were given one gram of xanthan gum every day.

As would've been expected, "Soft stools were noted more frequently for the high- and middle-level males, but the differences from the control group barely reached the level of statistical significance." This means that your digestive system will be affected by xanthan gum the more that you consume it. That's why you should only take a maximum of one gram every day or less.

There are not many studies that look at the effects of xanthan gum on humans, but there are a few, and they seem to prove that xanthan gum is a rather favorable food additive.

For example, a study was published in 1987 that gave 10.4 or 12.9 gram of xanthan gum to male volunteers. This equals approximately 15 times the acceptable intake per day of xanthan gum. This was given to the men every three weeks.

According to the study, there was expedited digestion in all study participants, and there was significant change in the texture and weight of fecal matter, but it did not affect:

- Insulin tests
- Plasma biochemistry
- Urinalysis parameters
- Hydrogen and methane breath testing, which is a test for sugar malabsorption
- Glucose tolerance
- Triglycerides, phospholipids and HDL cholesterol
- Blood markers
- Immune markers

This generally shows that xanthan gum does not go into the bloodstream, and you should feel confident that most of it will stay in your digestive tract when you eat it.

## Health Benefits

Xanthan gum as a binding agent when baking and as a healthy alternative to gluten, which makes this a wonderful tool for celiacs and for folks with gluten sensitivities or specialized diets.

From a medical perspective, have not been very many research studies that have looked at the benefits of xanthan gum, but one study was published in the journal *International Immunopharmacology* in 2009. This study showed that there were some cancer fighting properties in xanthan gum. It looked at giving the gum to people orally, and found that it "significantly retarded tumor growth and prolonged survival" of mice inoculated with melanoma cells.

Xanthan gum may even be able to help those who have oropharyngeal dysphagia. Because of its increased viscosity, it may be able to help them swallow easier. Oropharyngeal dysphagia is a condition where individuals have trouble with food entering into their esophagus because of nerve or muscle abnormalities. It is quite common in those who have had strokes. In this way, xanthan gum may be able to help these individuals considerably as it can aid in aspiration.

Another interesting point is that because of the increased viscosity of xanthan gum, when it is mixed with fruit juice, it may help to keep blood sugar spikes to a minimum.

Additionally, there were a few Internet sources that said that xanthan gum is good for the hair and skin, and there were several studies to back this up.

## 5 Substitutes for Recipes

If you find yourself sensitive or allergic to xanthan gum keep in mind that there are natural alternatives that may be even better.

### 1. PSYLLIUM FIBER

Food Research International recently published an article that said: "Psyllium, besides being an excellent source of natural soluble fiber, has been widely recognized for its cholesterol-lowering effect and insulin sensitivity improvement capacity." In fact, researchers in Iraq have found that psyllium fiber, which is sold often as a dietary fiber supplement, is a great alternative for gluten.

It is well known that in water, soluble fibers immediately become sticky and gelatinous. From this, they found that just "adding up to 5 percent of psyllium can improve the baking characteristics of bread."

Of course, you will read in other sources that you should use upwards of 10 percent because additions that are higher will create a crumb that is softer. As you might expect, you'll also need to up the liquid content or add some water in your recipe in order to compensate for the fiber absorbing extra water.

There's no one rule for this, but I do suggest doing a little bit of experimentation. Let your batter or dough sit for a while in order to allow the psyllium to create a gelatin consistency. From there, you can add more liquid in order to achieve your desired consistency.

### 2. CHIA SEEDS

Chia seeds are actually very similar to psyllium. They contain a high amount of soluble fiber, and they are quick to gelatinize. In America, they've become a quick super food because they have tons of energy and are packed with nutrients.

The reason that chia seeds are so successful is that they contain a favorable omega-6 fatty acid and omega-3 fatty acid ratio (3:1). This has been shown to help greatly with inflammation, which is linked to numerous diseases.

If you add chia seeds to liquid, you'll get a substance that is Jell-O like, and it can help the overall structure of your pastries or baked goods. These seeds also retain water, so they're extremely effective at preventing gluten-free foods from getting too dry. This is a common negative of gluten-free foods.

### **3. FLAX SEEDS**

Flax seeds are known to be rich in omega-3 fatty acids too, and they have been used in food items and breads for thousands of years. There are numerous health benefits to flax seeds, and they've been linked to improvements in high cholesterol, cancer, and obesity.

When you grind flax seeds into a fine powder, they can be a great binding agent, and they can be a great replacement for the gooey gluten effect that many bakeries want in their goods.

Of course, it must be noted that the same effect cannot be achieved with whole flax seed. You have to take off the hard outer shell in order to get the binding benefits. Put ground flax seed in some boiling water, and you'll get a gluten-free, thick paste that can be used in any recipe you want to create.

### **4. GELATIN**

Gelatin is a breakdown of collagen. It has been used for numerous health and medical conditions for thousands of years. It can help with sensitive stomachs, food allergies, and promoting overall healthy bacteria growth and balance.

Gelatin is definitely a health food, and according to the Weston A Price foundation, "Prior to the mid-20th century, doctors recommended the addition of glycine-rich gelatin to the homemade infant formulas that were used when breast feeding was not possible!"

I could continue on and on about this health food, but let's just say that it's a great super food. Similar to ground flax seed, it's a great alternative to xanthan gum and a wonderful gluten-free product. Just add some water and you'll get a great gooey mixture that can help you with your baking.

## 5. AGAR AGAR

Vegetarians and vegans won't be able to eat gelatin because it's an animal product. Therefore, agar agar is a great xanthan gum substitute and the best alternative. It's a great plant-based substitute for gelatin. Japanese people often use this product to drop excess weight because it has a great bulking effect. Moreover, it can even help with constipation and possibly with diabetes.

Agar agar is made from seaweed. It is fast thickening, and it is great as a food-stabilizing agent. It is flavorless. Add water just like you would with gelatin, and you'll get a substance that is gel-like and one that will give your foods a true breadlike texture.

So here's the decision you need to make. Ask yourself, what is xanthan gum and is it healthy or should I use a xanthan gum substitute?

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# CHAPTER 6

## Natural Teeth Whitening

Having white teeth has been “fab” for many more years than one may realize. But new natural teeth whitening hacks allow you to avoid the health risks associated with some of the common teeth whitening methods out there.

The Dental Associates of the Ozarks go into detail on the old ways different cultures would whiten their teeth. It's rather... interesting. It involves anything from chewing on sticks, using acid then filing the teeth, and brushing with urine. Being that people would resort to these options, think about how long the teeth whitening trend has been around!

In the late 1800s, dentists used chlorine to stop and restore the yellow hint on teeth. This process continued until 1960 when dentist William Klusimer used Hydrogen Peroxide to create a peroxide-based whitening agent. Moving forward to 1989, another teeth whitening ingredient was introduced: carbamide peroxide. It exploded in the dental world due to it being claimed to show “fewer side effects.” Learn more about why we recommend THIS home whitening device.

### **What Causes Stains and Yellow Teeth?**

It's very likely that a lifetime of drinking coffee, munching on berries, and enjoying an evening glass of Merlot has gradually transformed your white and vibrant teeth into dull, stained, discolored duds. By understanding what caused your teeth to become yellow and brown, you can finally start to reverse the discoloration for good with our favorite natural teeth whitening device.

### **FOOD AND DRINKS**

Food and drinks are the most common culprits of staining the outer layer of your teeth. Coffee, wine, soda, and other dark-colored favorites easily stain tooth enamel and leave your smile looking unattractive.

## AGE

Age-related discoloration occurs when the inner dentin and outer enamel structures of the tooth both become discolored. It's hard to avoid, especially since enamel thins with age and allows discolored layers of your teeth to show through more distinctly.

## POOR HABITS

Of course, poor dental hygiene habits can make your smile look less than radiant. If you're not already brushing and flossing twice a day, start now! You can't change your poor habits in the past, but you can stop them now to help yourself in the future. You can quit smoking, cut down on sugar, and throw your teeth a lifeline.

## 5 Health Risks of Whitening Your Teeth

It's no secret that having pearly white teeth is a never-ending trend. It boosts confidence, glows, and often time impresses the ones around you. It used to be a way for people to show they were wealthy and cared greatly about their image. Unfortunately, no one focused on the risks "traditional" teeth whitening can cause.

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The *unfortunate truth* is that most commercial whitening systems make your teeth and gums vulnerable to severe damage that can't always be reversed.



## 1. HORRIBLE BLEACHING CHEMICALS

Carbamamide peroxide is the main ingredient in most standard teeth-whitening products. It breaks down into hydrogen peroxide to bleach the color of your teeth through chemical reactions. The ADA considers this a safe way to brighten teeth, but let's stop to think about it: we are bleaching our teeth and exposing them to the same type of chemicals we'd use to clean a dirty bathtub. That shouldn't be the standard for how to whiten teeth!

Research shows that strong whitening products, especially those containing between 30 and 35 percent of peroxide, can burn the soft tissue of the gums and create painful irritation. Many adults using at-home whitening kits have also reported systemic effects like an upset stomach and burning mouth and throat.

## 2. UNBEARABLE SENSITIVITY ISSUES

Tooth sensitivity is by far the most common side effect of traditional tooth whitening. You probably recognize sensitivity as that gut-wrenching zing you feel when you eat something hot or cold, feel cold air blow across your teeth, or accidentally touch a tooth too hard. Whitening causes painful sensitivity because the peroxide must penetrate your hard tooth structure and expose nerves in order to oxidize the molecules that cause staining.

## 3. GINGIVAL IRRITATION

Your teeth and gums go hand-in-hand, so of course when one hurts, the other suffers, too. Due to the harsh chemicals that are being used, it can cause harm to the gums. Typically, the irritation begins within a day of whitening and may last up to several days after the treatment. Healthy gums are usually moist and smooth, but whitening treatments can cause dehydration and demineralization so the teeth can appear whiter, causing the gums to suffer.

## 4. TOOTH STRUCTURE DAMAGE

When the teeth undergo an aggressive bleaching treatment, the structure becomes susceptible to damage brought by demineralization. There have been studies that show these treatments change the makeup of your tooth's surface, as well as the microstructure of enamel crystals. Whitening your teeth could lead to them looking worse when their structure gets damaged? Doesn't sound like a fair trade.

## 5. HARMFUL TO DENTAL RESTORATIONS

There is a chance the peroxide being used overpowers the amount of mercury found in the materials being used to fill cavities. Based on the age of the cavity filling, time of application, and concentration of peroxide, harm can be done to your previous dental work.

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## **Best Natural Teeth Whitening Options**

Don't worry, there are other methods to whiten teeth other than using peroxide and bleach. The following are a few old and new remedies that truly work! No more peroxide, no more bleach, and definitely no more pain when you use these natural teeth whitening options.

### **APPLE CIDER VINEGAR AND WATER SWISH**

Stubborn stains are the toughest to get rid of, but they're no match for powerful and natural ACV. Combine a teaspoon of ACV with a  $\frac{1}{2}$  cup of water. Simply swish for 30 seconds, spit and rinse. Just be sure to avoid overusing this natural remedy because ACV is highly acidic and can erode enamel if misused.

### **OIL PULLING**

Yes, oil pulling, another natural favorite! This traditional Indian folk remedy is more popular than ever before because it naturally improves oral hygiene, removes toxins from the mouth, and helps your teeth look a few shades whiter.

Oil pulling is simple — place a spoonful of coconut oil, sunflower oil, or another natural oil into your mouth and swish for 20 minutes. Once time is up, spit the oil into the trash and rinse your mouth. The gross toxins, bacteria, and debris in your mouth will be pulled out by the oil, leaving your teeth and gums healthier and brighter.

### **LED LIGHT**

LEDs, or "light-emitting diodes", produce light differently than a standard incandescent or fluorescent light bulb. Though LEDs release extremely bright light when an electrical current is present, they don't produce the wasted heat energy that other types of lights do. This makes it possible for LEDs to deliver total efficiency from the second they turn on.

LED light functions as a catalyst to the whitening process and accelerates the results of any natural whitening agent you apply to your teeth. Thanks to the power and efficiency of LED lights, you only need 10 to 20 minutes a day to see dramatic results.

The [V3 Real White Teeth Whitening System](#) offers an elite teeth whitening experience. Consisting of 3 treatment sessions – blue LED lights for teeth whitening, red LED lights for gum health, both lights for a 2-in-1 treatment – it takes your smile from "old and dingy" to "young and bright!"

## WHITENING AGENT MADE WITH ALL-NATURAL INGREDIENTS

It's important to remember that LED light technology can't really whiten your teeth on its own. You need to apply a whitening agent for the LED light to stimulate. You know to skip the harsh peroxide, but what should you use instead? Try a natural gel-like Real White Whitening Gel instead! It is formulated with the very best natural ingredients to help your teeth look whiter and feel stronger: extra virgin olive oil, bentonite clay, and essential oils.

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### IT'S SIMPLE AND SAFE

Using the LED and teeth whitening gel couldn't get any more easy, convenient, or safe. Follow these simple steps for the best results or click here to watch a how-to tutorial:

1. Apply Real White Whitening gel directly to dry teeth with your finger
2. Insert the LED system into your mouth and choose which treatment you desire
3. Let it rest on your teeth until the system turns off (it's only 16 minutes; it's done before you know it)
4. Once treatment is over, remove the system and rinse it with warm water (you can rinse your mouth, too if you'd like, but the gel is so safe it can be swallowed!)

The system is cordless and rechargeable making it perfect for on-the-go use! Whether you're doing laundry, cleaning the house, driving, or at your desk at work, you can whiten your teeth and support your gums.

## Regular Oral Health Maintenance

The importance of regular brushing and flossing can't be overstated. If you can diligently brush and floss every morning and night, you'll stop plaque and tartar from forming on your teeth and gums, which means you'll also stop stains in their tracks!

Just be sure to use the right oral care products. Instead of a conventional toothpaste loaded with toxins like fluoride, try using an all-natural cleaner like Dirty Mouth Toothpowder. A combination of bentonite clay, white kaolin clay, aluminum-free baking soda, and organic essential oils combine to re-mineralize your teeth, soothe your gums, remove plaque and bacteria, and give you a more confident smile. You can even make your own if you have the time.





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# PART TWO

## Must-Have Essential Oils

### SPECIAL PRICE JUST FOR NATURAL LIVING FAMILY READERS!

We knew it wasn't good for us...

Intuitively, before we knew anything about health, we knew that if something burned our mouths THAT bad when we used it AND it was colored a weird neon blue it couldn't be healthy.

Then, we learned the truth...



**FACT:** Listerine was NEVER meant to be put in your mouth.

In 1870... Listerine was used to treat STDs... and was also sold as FLOOR CLEANER!

Somehow the “marketing message” changed from being a helpful household floor cleaner to breath freshener and teeth whitener you use every single day.

Shockingly, dental institutions have found certain toxins in several popular mouth-washes are connected to mouth cancer.

→ **Go HERE to learn the Truth About Mouthwash (plus a simple trick to safely and naturally whiten teeth 6 shades in only 15 minutes)**

# CHAPTER 7

## Basil

Not just for mediterranean cooking, basil essential oil benefits your health in a variety of ways and should be a staple in your medicine cabinet. The protective effects include antimicrobial, anti-inflammatory, and even bug-repelling!

### **Basil as a Culinary Herb**

In a kitchen herb garden, basil is a staple for its delicious leaves both fresh and dried. In your local pizzeria, basil is a must for that distinctive herbed flavor. But what is basil doing when you add it to your favorite recipe?

There could be a lot more going on in your plate than you realized.

Even as a fresh cut or dried and powdered herb, sweet basil is a strong gastroprotective agent. A 1999 study indicated in animal models that the fixed oil (not essential oil) in basil has the ability to protect the stomach from ulcers triggered by various irritating factors. These include aspirin, alcohol, and stress.

Essential oil content is, of course, part of the whole herb, and it seems that the protective effects that basil exhibits overall are concentrated with the distillation of the essential oil. More on this below. Note that holy basil is different entirely from culinary sweet basil, which will be the topic of discussion in this article.

Some safety precautions should be noted for internal use of the oil, but safe use should translate to effective use – and basil has plenty of effects to enjoy.

## Top 5 Benefits of Basil Essential Oil

Here are the top uses of basil essential oil that demonstrate its protective capacity.

### 1. POTENT ANTIBACTERIAL

The problem of antibiotic-resistant bacteria is ever-growing, with the potential to become a major threat to public health. The search for effective solutions has been ongoing for some time now, hoping that we can maintain the ability to combat bacteria before “superbugs” become a pandemic.

While many of us believe that a paradigm shift away from the germ theory needs to take place, there are also natural products that we can use to tackle harmful bacteria without being so harsh as to quickly develop resistance to OTC antibiotics. From the conclusion of an in vitro study conducted in 2003:

The chosen bacteria are widespread and pose serious therapeutic difficulties because of their high level of resistance. For this reason, the results obtained were considered encouraging.

Use of antibacterial essential oils like basil can extend from topical healing to preventive cleansers and internal use.

*Indications: Healing balms, hand sanitizers, cleaning, diluted and careful ingestion.*

### 2. SYNERGETIC ANTIFUNGAL

The way that the compounds within a given essential oil combine to make effective structures is neat, but when two essential oils combine to be stronger than before, it is amazing. Beyond the delicious fresh herb, the uses for basil essential oil are profound.

The synergy between basil and peppermint was utilized to create an effective antifungal compound where there once were two mediocre compounds. Aromatherapy is often executed with blends of oils, and studies like these remind us why it's important. As you learn about an essential oil like basil, take notes about its properties so that you can quickly reference them and see where combinations could be made.

Note the uses and actions of your favorite scents, as well; you never know when they might combine into something bigger and better!

*Indications: Blends for topical healing; combining oils for culinary preparation*

### **3. ORAL HEALTH GUARDIAN**

As an effective antibacterial oil, basil found its way into a 2014 clinical trial of an essential oil blend for oral health mouthrinses. After three weeks of monitoring around forty participants, the results came with sparkling smiles.

Basil, combined with other oral health strengths in tea tree oil and clove, in a mouth rinse was able to inhibit plaque, gingivitis, and other dangerous microbes in the mouth. See more about basil essential oil's benefit for oral health in this study.

*Indications: Blends for regular mouthrinses; inclusion within DIY toothpaste formulas*

### **4. PROTECTIVE DIGESTIVE SUPPORT**

Just as the fixed oil has gastroprotective effects, the essential oil of basil retains some, as well. In fact, when tested under monitor of physicians and researchers, significant doses were able to protect against colitis and ulcer damage.

While we can't necessarily replicate the study at home, we can use safety precautions to begin including basil essential oil into our recipes and formulations. Essential oils exert great effects in small doses. Including it periodically can introduce the healing and protective abilities without worrying so much about estragole.

*Indications: Periodic culinary inclusion; specific formulation by an aromatherapist trained in internal use.*

### **5. A BUG REPELLENT THAT WORKS**

Basil essential oil takes protection to the next level by even keeping us safe from mosquitos. A common summertime frustration is the pervasiveness of mosquitos and bug bites; in many parts of the world, these irritating concerns of ours could be life threatening.

Basil essential oil compounds include many phytochemicals known to keep bugs away, and it blends well with other oils to create an effective spray.

*Indications: Outdoor diffusion; topical bug spray or cream. Use it in our natural mosquito repelling spray!*

## Estragole Caution

There have been some documented concerns with toxicity of one of basil's main compounds, methyl-chavicol (otherwise known as estragole). A public statement on the use of herbal medicinal products containing estragole by the European Medicines Agency states that the risks are in vulnerable populations (children, pregnant or nursing women) and with high volumes of the substance.

It would, therefore, be wise to restrict internal use to a minimum and preferably with oils that have been evaluated and have lower percentages of estragole/methyl chavicol.

## Recommended Blends Using Basil

Take advantage of basil's protective abilities by blending it with other antimicrobial and anti-inflammatory oils. As a herbaceous, slightly spicy smelling oil, it blends nicely with light- and fresh-smelling oils.

- Chamomile, lavender, and basil for healing
- Citrus, basil, and tea tree for cleaning
- Basil, eucalyptus, and cardamom as a bug spray
- Carrier-oil dilutions included in culinary recipes
- Clove, tea tree oil, and basil as a mouth rinse, with peppermint for good measure

Basil's flexibility in blending aromas, protective effects in nearly every way, and overall safe and simple application measures make it an underrated essential oil.

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# CHAPTER 8

## Cinnamon

Warm, spicy, fragrant, powerful, even dangerous? What comes to mind when you think of cinnamon essential oil uses? Even as a potentially sensitizing and irritating oil, we shouldn't make the mistake of avoiding cinnamon altogether. There are many benefits of this classic spice and essential oil.

### **Cinnamon Essential Oil Uses and Sources**

While we know cinnamon as simply sticks, powder, or oil, there is much more to it than a simple cinnamon source. The flavorful "sticks" we know are derived from the inner bark of a *Cinnamomum* tree, of which there are many different varieties. In fact, cassia essential oil comes from a cinnamon tree – *Cinnamomum cassia*. This is a different essential oil though with its own therapeutic benefits. This chapter is going to discuss cinnamon essential oil uses though and we'll save cassia for a different book.

As always, variety effects composition, and cinnamon essential oil most commonly comes from the *Cinnamomum zeylanicum* tree. From there, either the inner bark or the leaves can be harvested for distillation. This should be indicated as either "cinnamon bark" or "cinnamon leaf" on your bottle of essential oils.

And yep, you guessed it: the bark and leaf oils have their own composition, as well.

- Cinnamon bark essential oil, on the other hand is steam distilled from cinnamon bark, is reddish/brown in color and contains mostly cinnamaldehyde (63.1-75.7%) and much less eugenol (2.0-13.3%). It's a known sensitizer and irritant.
- Cinnamon leaf essential oil, for example is steam distilled from cinnamon leaves, is yellowish in color and contains high amounts of eugenol (68.6-87.0%) and some cinnamaldehyde (0.6-1.1%). It's not as common a sensitizer as cinnamon bark is, though it's still a known irritant.

Cinnamon leaf is typically more heavily filled with eugenol – used to relieve pain and inflammation and fight bacteria – while the bark is comprised more of cinnamaldehyde – potent as an antioxidant and antidiabetic.

## History of Cinnamon Essential Oil Uses

One of the oldest and most beloved spices, cinnamon was prized in ancient times as a costly and decadent substance, usually burned for its aroma. Biblical mentions include cinnamon as a “choice spice” and part of the holy anointing oil of Exodus.

Further east, cinnamon was used in medicinal preparations in the Ayurvedic model of medicine. It was thought to be “warming” and was used as an antimicrobial treatment or protective substance.

Over time, the spice trade waned and culinary preparations became standard, at least in the Western world. The ability to distill essential oils specifically has opened up another avenue of use for us, and extensive research on this ancient spice has confirmed both aromatherapy uses and medicinal whole-spice uses.

## Top 5 Cinnamon Essential Oil Uses

Because the leaf and bark oils work differently, I'll note where one is preferred over the other. The safest use for essential oil is aromatic, via sprays and diffusion or inhalation methods. Some internal and topical use can be utilized as well, though, as long as you carefully dilute and use appropriate amounts. With that in mind, here are the top 5 uses for your cinnamon essential oil.

### 1. ANTIBACTERIAL STRENGTH

Cinnamon oil is well known as antibacterial, and that is translating to varied uses as researchers begin to think outside of the box. In 2015, a couple of interesting studies were released for uses of cinnamon's antibacterial strength.

The first combined antibiotic doxycycline with isolated components of 3 essential oils, one of which being cinnamon – with all three components (carvacrol, eugenol, cinnamaldehyde) found in both cinnamon leaf and bark oils. The combination had a synergistic effect, which could imply some answers to the problem of antibiotic resistance!

The second addressed an issue on our minds for awhile now, that of oral health with natural products. Cinnamon oil on its own was protective against an array of oral bacterial colonies. The oils didn't contain prominent levels of cinnamaldehyde, indicating a potential preference toward leaf oil.

A much earlier study had confirmed more traditional uses for this antibacterial oil – relieving bacterial respiratory conditions. Of the essential oils tested in 2007, cinnamon and thyme rose to the top as most effective against respiratory infections.

*Indications: Diluted into alcohol for mouthrinse blends, cleaners, hand sanitizers, room diffusion, respiratory blends for inhalation.*

## 2. ANTIDIABETIC POTENTIAL

We know that cinnamon as a whole spice can be used for anti-diabetic purposes, helping to lower fasting blood sugar levels. Further research is diving into the way this works, and some studies have found specific compounds of cinnamon are responsible for the effect – compounds also found in the essential oil.

For example, cinnamaldehyde in animal models has been observed reducing glucose levels and normalizing responses in circulating blood. In 2015, researchers found cinnamic acid to improve glucose tolerance and potentially stimulate insulin production.

These results are promising, and it will be interesting to see how it ultimately plays out. Diabetes affects a large swath of the population, and natural remedies are needed now more than ever.

*Indications: One or two drops diluted in a lipid and included in recipes; inhalation or diffusion; whole-spice culinary inclusion.*

## 3. ANTIFUNGAL SYNERGY

Especially with such a strong and potentially irritating essential oil like cinnamon, blending and dilution are important. Fortunately, the oils seem to work even better that way. A 2013 study demonstrated the effects of synergy on fungal infections, with the lavender and cinnamon blend performing the best.

Incidentally, lavender soothes what cinnamon may irritate! When creating your blends, use small amounts of cinnamon to enhance the other oils in the combination for an overall effective result.

*Indications: Topical fungal infections, diffusion and sprays for in-home fungal growth.*

#### **4. GUT HEALTH PROTECTION**

Traditional medicinal uses of cinnamon essential oil include protecting the digestive system. The whole spice is still indicated for this purpose, but aspects of the essential oil are finding their way into studies on this topic, as well.

Eugenol, for example, found in the cinnamon leaf oil, was the subject of a study in 2000. It was found to have a protective effect on the mucosal lining against ulcers and lesions. More recently, in 2015, both eugenol and cinnamaldehyde were explored as additives in animal feed for intestinal protection.

Both cinnamon leaf and bark oils could be utilized here, though the leaf is much milder in taste and should contain the eugenol content that is recurring in studies.

*Indications: One or two drops diluted into a lipid and added to recipes; whole-spice use in culinary preparations.*

#### **5. CANCER FIGHTING**

Last, but certainly not least, is cinnamon essential oil's ability to fight cancer. Eighty studies to date have investigated cinnamaldehyde's ability to inhibit tumor cell proliferation via trigger cancer cell apoptosis ("programmed cell death") and other mechanisms and the research is clear: cancer patients should be encouraged that natural solutions truly do exist!

## Cinnamon Essential Oil Blends and Applications

For all of its known benefits, cinnamon oil is also known as a sensitizer. And keep to 1% max dilution and no more than 2 drops per culinary dish. Remember that oil and water don't mix, so dilution should happen first in a lipid like coconut oil or another carrier oil.

Use cinnamon oil in:

- Cleaners and sprays with clove and citrus
- Respiratory diffusions with eucalyptus and frankincense
- Culinary preparations with sweet orange
- Highly diluted topical treatments with ginger and lavender

Dilution is the key to unlock the many benefits of cinnamon oil!

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# CHAPTER 9

## Clove

Primarily because of its eugenol content, clove essential oil benefits the body in powerful ways. Arguably one of the most antioxidant-dense substances in the world, it's a staple in alternative wellness remedies spanning cultures, generations and traditions.

### **Clove Spice Uses**

For millennia, clove has been used for fragrance and spice, making international interest a couple hundred years after the Chinese first documented its use.

Just as its parent plant is evergreen, thriving in every season, clove essential oil uses prove to be strong and adaptable. Clove's first form is the handpicked flower buds of the *Eugenia caryophyllata* of the Maluku Islands in Indonesia. Each bud is picked by hand, then dried until the pink blossoms have turned brown. From there, the dried cloves are ground and used in cooking or distilled for their clove essential oil benefits and content.

Clove's nutritional profile is impressive, as well. They are a good source of vitamin K, fiber, iron, magnesium, and calcium. Most impressively, two teaspoons of clove boast over 120% of our daily need for manganese, a mineral that is implicated in the prevention of osteoporosis, anemia, and premenstrual syndrome (PMS).

### **Antioxidant Power of Clove**

More and more, researchers are discovering just how powerful antioxidants are and how important they are for health. The National Institute on Aging developed a way for us to quantify antioxidant capability in the Oxygen Radical Absorbance Capacity (ORAC) system of measurement. Within the ORAC system, cloves come in as one of the highest valued antioxidants, towering over sorghum, the next on the list, by a difference of more than 50,000. This means that clove is a key ingredient for anyone who wants to detox and rid their body of harmful toxins. As a concentrated essential oil, there is simply no comparison. However, some sources claim the following:

Essential Oil Antioxidant Capacity		Foods Antioxidant Capacity	
Clove	1,078,700	Vitamin E Oil	3,309
Myrrh	378,800	Pomegranates	3,037
Coriander	298,300	Blueberries	2,400
Fennel	238,400	Kale	1,770
Clary sage	221,000	Xango juice	1,644
Marjoram	130,900	Tahitian Noni	1,506
Melissa	134,300	Strawberries	1,540
Ylang ylang	130000	Spinach	1,260
Wintergreen	101800	Raspberries	1,220
Geranium	101,800	Brussels sprouts	980
Ginger	99,300	Plums	949
Black Pepper	79,700	Broccoli florets	890
Vetiver	74,300	Beets	840
Basil	54,000	Oranges	750
Patchouli	49,400	Red grapes	739
White fir	47,900	Red bell peppers	710
Peppermint	37,300	Cherries	670
Dill	35,600	Yellow corn	400
Lime	26,200	Eggplant	390
Cypress	24,300	Limu juice	305
Grapefruit	22,600	Carrots	210
Thyme	15,960		
Oragano	15,300	Essential Oil Antioxidant Capacity	
Cassia	14,800	Frankincense	630
Cinnamon bark	7,100	Spearmint	540
Wild Orange	1,890	Lavender	360
Lemongrass	1,780	Rosemary	330
Helichrysum	1,740	Roman Chamomile	240
Lemon	660	Sandalwood	160

*Disclaimer: once hosted by the USDA website, a peer-reviewed table of ORAC valued peer-reviewed resources is not available. The above chart is from BioSource Naturals.*

## A Note about ORAC Values in Clove

While the ins and outs of free radicals and antioxidants aren't necessary to commit to memory, it's important to acknowledge the healing power that antioxidants carry and to become familiar with antioxidant levels in foods and substances. The stronger the antioxidant level, the more you want to utilize that food, spice, or essential oil.

To break antioxidants down to a basic level, they are, on a molecular level, able to target and eliminate free radicals, then reverse the damage that has been done. Free radicals are also molecules, but they set in motion a cascade of cellular problems that can lead to cell death and even cancer. The cellular-level repair that antioxidants are able to accomplish is well-studied, with research connecting it to slowed aging and inhibited disease processes.

In short, antioxidants are a wellspring of healing, and clove essential oil has some properties that are potential sources of antioxidants. Eugenol is the primary constituent of clove essential oil so let's examine what benefits it holds more below.

## 3 Common Clove Essential Oil Benefits

With all of that antioxidant healing power of eugenol in clove essential oil (CEO), you probably already have a feel for the potential that it carries. With great power comes great responsibility, though, and clove essential oil carries as much potential for damage as it does for healing.

A recent study, published in the *Journal of Immunotoxicology*, demonstrates this balance between effectiveness and caution. After investigating the effects of eugenol – CEO's most prominent property – on the liver, they discovered two sides of one coin. Eugenol in low doses protected the liver, not only against at least one cause of liver disease but also against inflammation and cell death. On the other hand, "a larger dose amplifies the liver injury via oxidant and inflammatory effects."

This is both good news and a warning:

1. CEO is a powerful substance.
2. Powerful substances should be handled carefully, under the guidance of knowledge, wisdom, and common sense.

With this caution in mind, we can explore the clove essential oil benefits when used safely and appropriately – and there are many benefits!

We've already seen clove essential oil uses related to anti-inflammatory capability, and with inflammatory illness so heavily plaguing our society, you can imagine the implications that has. There are other effects of eugenol that make CEO beneficial for disease prevention and oral health. Let's explore just a few of these properties in light of current research regarding clove essential oil uses.

## 1. ANTIBACTERIAL

Clove essential oil is widely understood to be generally antibacterial, but the University of Buenos Aires took the time to pinpoint bacteria that clove was especially able to target. They found that *E. coli* was particularly susceptible to CEO, followed by *Staph aureus* and *Pseudomonas aeruginosa*. With all of these connected to significant illness, skin infections, and pneumonia, CEO is a valuable tool for disease prevention.

## 2. ANTIFUNGAL

Candida is a devastating, pervasive problem in our culture, and one that remains a personal soapbox of mine. Our diets high in sugar and acidification kill beneficial gut microbes and colonize Candida. In mainstream medicine, nystatin is used to manage yeast infections, though it never addresses the root causes and can bring side effects of its own. Published in the journal *Oral Microbiology & Immunology*, researchers weighed the effects of clove essential oil against nystatin in vitro, finding it just as effective, but as a natural substance rather than synthetic chemical concoction.

## 3. ANALGESIC AND ANTISEPTIC

Clove essential oil is a longtime dental remedy, dating back to 1640 in French documentation "Practice of Physic," and beyond in Chinese tradition. To this day, clove remains a go-to for dental needs.

The *Journal of Dentistry* published a comparison between CEO in a gel and benzocaine, the topical numbing agent the precedes needles in dentistry. In over seventy participants, no difference was recorded between benzocaine and CEO gel, indicating the same numbing effects.

Aside from pain relief and numbing, CEO's dental benefits extend to slowed decay and remineralization. Underscoring this point, the Indian Department of Public Health Dentistry conducted a controlled study to evaluate clove essential oil, its lead molecules, and fluoride against decay caused by apple juice. CEO emerged as a promising mineralization tool, "significantly" decreasing decalcification, and promoting the remineralizing teeth.

As a side note, I find it interesting that fluoride is so heavily used and recommended when there are clear, natural alternatives. It's one more reason to immerse ourselves in the ancient wisdom of natural health and remedies!

## **Recommended Clove Essential Oil Uses**

Clove oil works well when blended with other oils. Personally, I enjoy an immunity blend of equal parts cinnamon, clove, eucalyptus, rosemary, orange and lemon essential oils. When using clove, be sure to always dilute! It will burn your skin if you don't and should always be used with much caution. With that said, don't be afraid of using it as clove is a highly versatile oil.

Here are some easy applications:

- Oil Pulling
- DIY Toothpaste
- DIY Mouthwash

# Immunity Boosting Shot

For antioxidant and immune support during seasonal threats, make my Immunity Boosting Shot!

## IMMUNITY BOOSTING SHOT

### Ingredients

- ✓ 1 serving Lyposomal Vitamin C
- ✓ 1 tsp. raw honey
- ✓ 1 tsp. unrefined coconut oil
- ✓ 1-2 drops Immune Boost Blend Essential Oils\*
- ✓ ¼ tsp. organic pumpkin pie spice
- ✓ Tiny pinch pink Himalayan salt



### Instructions

- Add 1-2 drops of Immune Boost Blend Essential Oils to the coconut oil and mix well, then add this mixture to the rest of the ingredients, mixing well again.
- Enjoy once or twice daily at the onset of a cold, or when exposed for prevention.
- Wash down with pure, filtered water.
- Be sure to not use for more than two weeks at a time.

#### \**Immune Boost Blend:*

Equal parts Cinnamon Leaf, Clove, Eucalyptus, Rosemary, Orange and Lemon Essential Oils

#### Note:

\* This can be enjoyed straight or with a little bit of water to wash it down. Alternatively you can mix it with a cup of warm tea. Depends on your palate.

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# CHAPTER 10

## Copaiba

Best known for its sweet aroma and often used as a lacquer or varnish, the many copaiba essential oil uses make it a must-have. It's renowned for healing, which has made it a great natural solution for pain relief, infection, and even skin care. You may be surprised to learn how far-reaching its health benefits can take you!

The key is to use the pure essential oil, making sure that you're not putting synthetic ingredients on your skin, inhaling them into your lungs, or ingesting them. Finding out Where to Buy Essential Oils (Choosing the Best Brand for You!) takes a little effort, but is worth the time!

### Copaiba Essential Oil Properties

Copaiba essential oil is steam distilled from the gum resin that is tapped from Brazil's copaiba tree. This tree grows upwards to 100 feet and produces yellow flowers and a reddish fruit. Interestingly, a single tree may offer up to twelve gallons of oil each season! Burned in ceremonies for physical and spiritual healing, the resin is used in a variety of ways and can be found in virtually every market in South America.

Like frankincense, there are a variety of species including *Copaifera officinalis*, *Copaifera langsdorffii*, and *Copaifera reticulata*. There are subtle differences in the chemical makeup of each and the research discusses most of them.

#### *Which one do you use?*

Practically-speaking, your favorite supplier will only sell one or two species and this will largely determine which one(s) you purchase. Personally, I have found the differences between species is minimal and I use them interchangeably. Ideally, like I do with frankincense, mix all the species you can find together to create a synergistic blend!

## **7 Copaiba Essential Oil Benefits**

This essential oil appears pale yellow in color and has a slightly bitter taste. The resin that makes the oil is extracted from has been used as a native folk remedy dating back to the 16th century. Although they seem almost limitless, I have found that these 7 copaiba essential oil uses top the charts.

### **1. ANTI-INFLAMMATORY & PAIN RELIEF HELP**

A go-to natural pain solution for hundreds of years, the fact that copaiba oil heals has drawn a lot of attention to it in the American essential oil community. Copaiba essential oil uses in Brazil include both an anti-inflammatory and an anti-septic. In fact, Amazonian traditional medical practitioners often prescribed the oil for its anti-inflammatory properties. One study published in *The Journal of Ethnopharmacology* revealed that the main compound found in this oil was beta-caryophyllene. Beta-caryophyllene is an anti-inflammatory agent that also has analgesic, or pain killing properties.

Another study looked at the influence of copaiba essential oil uses on rats in the repair of abdominal defects that were corrected mesh. Researchers found that those treated with copaiba oil showed an improvement in the inflammatory response. While another study found that copaiba oils have a peripheral and central antinociceptive effect, meaning that the oil blocks the detection of painful or injurious stimulus. These studies suggest that the oil is not only useful as an anti-inflammatory, but can also be used as a natural pain reliever.

### **2. PROTECT THE LIVER**

Not only does copaiba act as a pain killer itself, but it can also help reduce liver tissue damage that is caused by acetaminophens like Tylenol. One study measured the effect of copaiba oil in liver damage that was induced by acetaminophen in rats. In the study, researchers administered copaiba oil to the rats for 7 days. The study found that the oil reduced liver damage caused by paracetamol, or acetaminophen.

It is important to note, that if you are interested in copaiba essential oil uses for pain relief or to protect your liver due to routine acetaminophen use, it is vital that you follow safety guidelines. Taking too much of the oil can actually cause harm. In fact, in the rat study, large oral doses were shown to increase bilirubin, which is a sign of liver disease. Be sure to limit to 1-2 drops each dose and spread doses out to every 4 hours. The safest way to consume is in a gel capsule filled with olive oil, or you can dilute with some coconut oil and sweetened it up

with a little honey. Like any essential oil that you take orally, it is vital that you consult with your physician and never take more than the recommended dose.

### **3. PROTECTING THE BRAIN**

In addition to the oil itself, copaiba oil-resin has also been shown to work as a natural healing solution. Oleoresins are naturally occurring mixtures of oil and resin that are extracted from plants like the copaiba tree. These mixtures have been used in traditional healing and Brazilian folk medicine for years. However, recent studies have also shown that oleoresin treatment works as a neuroprotective (protects the brain).

A research study published in Evidence-Based Complementary and Alternative Medicine looked at how copaiba oil-resin (COR) could possibly be used as an anti-inflammatory and neuroprotective after neural disorders. The study used adult rats to investigate the anti-inflammatory and neuroprotective effects of COR after acute damage to the motor cortex. The results of the study suggested that "COR treatment induces neuroprotection by modulating inflammatory response following an acute damage to the central nervous system."

### **4. ACNE**

Many essential oils can be used to reduce the appearance of acne or help clear up other skin irritations. Copaiba oil is no exception. Its anti-inflammatory and antiseptic properties make it an ideal natural solution for those who suffer from acne. When extracted from the oil resin, copaiba essential oil can be used to effectively treat surface acne.

After distilling the essential oil through steam distillation and purifying it through freezing to remove remnant water, researchers then incorporated the essential oil into a gel to use for testing. The gel was applied to the areas affected by acne. The results showed that there was a highly significant decrease in the surface affected with acne in the areas that were treated with 1.0% copaiba essential oil preparation.

### **5. AUTOIMMUNE CONDITIONS**

The research on the use of copaiba oil for autoimmune conditions is still very new and experimental. However, it is interesting to note that research is being done to see how this essential oil might provide a natural treatment option for those who suffer from autoimmune diseases like multiple sclerosis.

In a recent study, researchers investigated how copaiba oil effected the immune system response in cultured cells from mice with experimental autoimmune encephalomyelitis (EAE). EAE is an autoimmune disease found in rodents that is used to study multiple sclerosis. The results of this study suggest that copaiba oil acts on the mechanism of development of EAE by modulating the immune response.

Again, this research is still very experimental, and more studies will need to be conducted to determine how the oil might impact immune system response in humans with autoimmune conditions. However, it is promising to see these results, which suggest the oil might also help those suffering from diseases like multiple sclerosis.

## 6. ORAL HEALTH CARE

Copaiba essential oil uses have also shown to be effective in oral health care. Though most essential oils can often be used safely on the skin when mixed with a carrier oil, many of these oils are not safe for use orally. However, copaiba oil is safe if used properly. A study that aimed to evaluate the cytotoxic effect of a Copaiba oil-based root canal sealer determined that the oil is not cytotoxic, meaning it is safe and useful as a root canal sealer.

Furthermore, another study showed that copaiba oil was a bacteriostatic agent when used against *Streptococcus mutans*, a bacteria commonly found in the human mouth that is a significant contributor to tooth decay. This means that it was able to stop bacteria from reproducing, suggesting that copaiba oil may be useful in preventing cavities. Consider adding a drop to your oil pulling mixture to improve the health of your mouth.

## 7. INFECTION

We have already looked at how copaiba essential oil uses can be used to treat different kinds of infections such as skin issues like acne and oral health problems like tooth decay. However, there is even more research out there regarding other types of infection that suggests copaiba oil may also be helpful in acting as a natural healing agent.

One such study looked at copaiba essential oil uses as a prophylactic or preventative approach for those with fecal peritonitis leading to severe sepsis. This study tested rats and measured their survival rates, comparing animals who were injected with copaiba before being infected with those who were infected afterwards. Interestingly, those animals that were treated with copaiba before

getting sick, survived considerably than those who were treated afterwards. Of course, more research needs to be conducted to make a hard conclusion, but this suggests that people prone to infection – for example, pre-surgery, pre-chemo and etc – could benefit from safe, internal use of copaiba oil.

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# CHAPTER 11

## Lime

Like many citrus oils, lime essential oil benefits your body in a myriad of ways. From reducing belly fat and preventing dental cavities to helping your anxious child get a good night's sleep there's a lot to know about its therapeutic efficacy!

Maybe you're like me, and you love the bright, sweet scent of lime essential oil. It's wonder it's a popular addition to many aromatherapy blends and air freshening sprays. But, most people don't know the benefits of using it far excel your sense of smell!

### **Historical Uses of Lime**

Lime oil can only be found in its rind, so many of the traditional uses for lime fruit and juice are not applicable when we discuss how to use the essential oil. Nonetheless, it's interesting to look back and see how the benefits of lime essential oil were *hinted* at throughout historic uses.

The original vitamin C supplement? British explorers frequently carried limes aboard ship to prevent scurvy. All citrus fruits are well known to protect against this unpleasant, but completely preventable disease. Some captains are said to have felt so strongly about the necessity of preventing scurvy that they ordered every crew member to eat a lime, including a bite of the peel on a fixed schedule. Most of a lime's volatile oils and vitamin C are in the peel, so this was a wise practice.

#### **1. DRIED LIME**

People in semi-tropical climates have long relied upon this food preservative and flavoring to help prevent food borne pathogens long before refrigeration was available. Whole limes were kiln- or oven- dried, then broken and crumbled onto meat as needed.

Dried lime has also been simmered in oil warmers for house blessing— this may have been the ancient precursor to modern essential oil diffusers. Lime is still used effectively to preserve food and to brighten the energy in our homes.

## 2. PRESERVED LIME

Crushed in a jar with salt and left to naturally ferment, or pickle itself, lactic acid preserved limes and lemons were probably the first foods ever cultured specifically for their probiotic benefits. When traditionally prepared by this method, limes (and lemons) and their peels lose their sharp bitter bite.

The flavors meld with the fruit into a slightly salty, mellow, sweet-tart condiment that is still popular worldwide today. Who knew citrus fruit could provide your daily dose of good bacteria?

## 3. NATURAL INSECTICIDE

Lime essence makes a note-worthy insecticide—it successfully kills the vermin responsible for grain damage among others, such as mosquitoes. When properly diluted and applied, steam distilled lime essential oil may be a good tool in your insect repellent arsenal.

### Properties of Lime Oil

Referred to in the scientific community as *Citrus aurantifolia*, lime oil is technically not an essential oil, but a "cold-pressed" oil similar to olive oil.

Primarily reserved for citrus peels, mechanical pressing (aka cold pressing) literally squeezes the volatile and non-volatile organic compounds out of the rind of the fruit. At one point in history, this was done by hand using a sponge to collect the oil, but those days are long gone. Citrus oils can also be steam distilled, but because of the extreme heat required to vaporize water and the plant matter, the aroma and chemical structures changes considerably and the therapeutic properties are much different than.

Lime oil is also becoming more popular as a CO<sub>2</sub> extract. CO<sub>2</sub> extracts are still experimental as few clinical trials have been conducted evaluating their safety and efficacy. That said, they are quite popular now in the aromatherapy community because, unlike with steam distillation, many more (medicinal) plant compounds are extracted during the process, no potentially harmful solvents are required, the oils are sometimes gentler to use on the skin, and their aromas are truer to the original plant than those of steam-distilled essential oils.

So, depending on the type lime oil you get, the chemical compounds will include a mixture of: alpha-pinene, beta-pinene, borneol, citral, cineole, d-limonene, geranyl acetate, linalool, myrcene, neral acetate and terpinolene.

## 6 Lime Essential Oil Benefits

Lime oil is safe to be used via inhalation, topically and ingestion if dosed and diluted properly. Try some of the recommendations below and be sure to consult with your physician if you're being treated for a medical condition or are currently taking pharmaceuticals.

### 1. REDUCE STRESS

Unless you live in a sequestered non-technological community, you have probably heard again and again about the importance of putting away all the electronics. Not only to avoid constant EMF exposure, but to learn to be present in the moment with your family, friends, and co-workers... and you probably read that apt reminder on a social media app while gazing at your electronic device!

We all know we desire more downtime; we want our children's lives to be at least a little more like our own internet-free childhood years. The screen-drain is real—we may feel frequently fatigued, even exhausted. But ironically, we may also feel too stressed or anxious to sleep well.

Lime essential oil can help! It has the amazing ability to reduce feelings of distress, and promote better sleep. Even better, it's an appropriate essential oil for use with children.

Lime essential oil is known to be high in the d-limonene compounds that rat studies show can help with stress. It is difficult to be in the moment when the cares of the day will not leave your mind and body. We hold onto concerns and tensions, unfortunately, ending up with less connection and more stress-related health concerns.

Lime essential oil eases stressful transitions. Studies show pressed oil reduces muscle spasms so it's worth asking what benefits the essential oil may show in future studies on this topic.

All citrus oils are beneficial for mood and stress relief because of the d-limonene. While orange essential oil usually has the highest levels, lime essential oil should not be overlooked as a d-limonene rich option. This compound seems to protect us from stress at a cellular level, helping relieve the harm of stress on us physically.

*Application: Try putting 10 drops of lime, 5 drops of ylang ylang, and 5 drops of frankincense into an aromatherapy inhaler for instant, stress-reduction.*

## 2. BOOST MOOD & ENERGY

These affects and benefits of lime essential oil extend into mental health and mood support as well!

### ***Lime Essential Oil is Extremely Energizing***

Lime essential oil is an energizing essential oil, like many of the citrus family. In fact, you could combine lime and peppermint essential oils into a room spray to boost mood, energy, and concentration. Try mixing 10 drops of each in a 2 oz. spray bottle and top off the rest with 190-proof alcohol. The perfect afternoon pick-me-up spray!

This study shows the benefits of lime juice in energizing you, and we look forward to more studies on the benefits of lime essential oil. It may also improve energy and focus without the jittery feelings caused by drinking too much caffeinated coffee, tea, or soda. In fact, some people like to add a drop of high-quality essential oils (safe to take internally) like lime or key lime solubilized in a refreshing drink to replace caffeinated drinks while driving.

### ***Lime Supports Mental Health During Depression***

Depression effects many lives in ways that can be devastating, and not everyone finds relief in pharmaceuticals. Some people do find relief but suffer greatly from the dangerous side effects of prescription antidepressants. To support your self care efforts at home, try lime essential oil.

All citrus oils are great at combating depression, and lime is no exception. Lime and other citrus essential oils provide relief from acute feelings of anxiety, dread, and hopelessness. Obviously, if you have thoughts of self harm, contact your medical professional immediately, but for day to day dealing with depressive feelings, essential oil therapy is very effective. It is shown to work on brain chemistry directly to help address the cause, and not only the symptoms of depression.

### ***Other Citrus Oils Also Boost Mood***

Have you ever returned from work in a funk, only to find a sulky teen or grouchy grade schooler—maybe even an irritable spouse? This study shows how citrus oils can have a positive impact on mood overall. Diffuse some lime essential oil, and bring the family together for some revitalizing family time.

If your family practices “good morning do over”, this is a perfect oil to diffuse in the family room to set the cheerful tone while everyone goes back to their rooms and comes out again to restart the day with a new perspective.

*Application: Try 3 drops of each of lime and bergamot into your diffuser to change the environment in the air and enhance your mood!*

### 3. KILLS BACTERIA, FUNGI & VIRUSES

Lime essential oil kills the big three types of pathogens- bacterial, fungal, and viral, and it is an antiparasitic as well.

Dental caries or cavities are caused by a specific group of oral bacteria that are difficult to control—even with great dental hygiene practices. Researchers found that the best anti-cavity preparation they tested, including several fluoride products and even chlorhexidine (which is too toxic for daily use) was a garlic and lime juice solution. You know how much we love garlic here!

Lime essential oil is extremely effective at fighting bacteria in general and oral bacteria, specifically. We recommend it in our essential oil oral health mouthwash for this reason!

Immune protection is another benefit of using lime essential oil. Lemon is not the only citrus fruit that helps boost your immune system during cold and flu season. Add lime to your homemade hand soaps, gels, or lotions, and add it to your spray cleaners whenever the latest bug is going around. Lime essential oil is one of the best to add to your bathroom cleaner as it protects your immune system and fights so many pathogens.

Much mainstream research shows that lime and other citrus essential oils are highly antibacterial. Lime is proven to kill many gram-positive organisms (*staph* and *enterococcus*), gram-negative organisms (*e. coli*, *salmonella*, *citrobacter*, *serratia*, *shigella*, *klebsiella pneumoniae*, *pseudomonas aeruginosa*), fungi (*candida*, *aspergillus*), and anaerobic bacteria (*bacteroides*, *clostridium*, *porphyromonas*).

Research show citrus preparations such as lime essential oil to be especially powerful against fungal infections. Many parents use lime as a safe treatment for fungal skin overgrowths such as ringworm or athlete’s foot for the entire family—always dilute for use on skin, especially for children. You may wish to consult an aromatherapist when using essential oils with an infant.

Because of lime's reliability as an antimicrobial, combined with its safety for human consumption, lime is considered to be one of the best food-safe antibacterial preparations available. In addition, it imparts great flavor when used as a marinade or added to salsa. Yum!

*Application: trying mixing 6 drops of lime oil & 6 drops of geranium with 1 ounce of shea butter to make a body butter and apply on infected areas.*

#### 4. BURNS FAT & REDUCES CRAVINGS

Weight loss is an ongoing battle for an ever-growing number of American men and women. It is distressing that even our children are increasingly struggling to control their weight in a healthy, nurturing way. In addition to healthy eating habits, using essential oils can help.

You've probably seen the recommendations to drink fresh lemon or lime beverages to help lose weight. But lime essential oil is an even more concentrated, and, though it has a different chemical profile than the juice, may contribute to weight-loss efforts as well. It's one of my seven top essential oils for weight loss support!

Lime essential oil has been proven to help prevent weight gain in this murine study. In another study, subjects were given capsules with lime essential oil before lunch and dinner, and capsules of coriander seed after lunch and dinner. Even with no additional lifestyle changes, they showed significant weight loss in just a few weeks. Those who were given higher doses lost the most weight on average.

D-limonene was shown in this study to help prevent and treat high triglyceride (fat) levels, high cholesterol levels and in this murine study, helped balance high blood sugar levels. This was true even in subjects consuming a terrible diet and who already carried excessive weight.

This information obviously is not meant to encourage poor food choices, but rather to offer hope that essential oil therapy for weight loss can offer great results. Starting from where you are, even if you feel you haven't completely fixed your diet yet, is important. Make simple switches in your sweeteners, your meat, and look for healthy recipes your family will enjoy.

*Application: from the Essential Oils Diet, make our fat-burning roll-on...*

- *Add 4 drops lime, 3 drops peppermint, 3 drops grapefruit, 2 drops cypress, 1 drop eucalyptus, 1 drop cinnamon bark into a 10 ml roller bottle. Fill with fractionated coconut oil and apply on your abdomen or problem areas twice daily for one month.*

## 5. SOOTHE INFLAMMATION

Inflammation is a necessary part of healing, in fact, your body cannot heal without a degree of inflammation. However, chronic or excessive inflammation can cause numerous very serious inflammatory conditions, including:

- asthma
- atherosclerosis
- certain cancers
- Crohn's disease
- hay fever
- active hepatitis
- rheumatoid arthritis
- chronic peptic ulcer
- periodontitis
- sinusitis
- tuberculosis
- ulcerative colitis

Citrus oils such as lime essential oil are proven by peer-reviewed studies in mice to be active, safe, and effective anti-inflammatory agents. They seem to specifically address inflammation at its cellular source.

If you or a loved one suffers from an inflammatory condition, add lime essential oil to your daily diffuser blend, uplifting room spray, or pillow sachet to support healing.

*Application: trying mixing 2 drops of lime oil, 2 drops orange, 2 drops lemon, 2 drops grapefruit, 2 drops petitgrain and 2 drops of vanilla absolute with 1 ounce of a carrier oil and apply over your body after getting out of the shower for total body inflammation-soothing properties.*

## 6. ANTI-AGING & RICH IN ANTIOXIDANTS

Lime essential oil prevents and treats signs of aging such as dark skin spots, deep wrinkles, fine skin lines, skin dryness, and lack of elasticity. The high levels of antioxidants even help with brain fog and memory lapses. While no essential oil can turn back the clock two decades overnight, specific components in lime essential oil (such as limonene) are among the best sources of antioxidants safe for regular use.

This means, one of our favorite essential oil roll-ons not only treats visible signs of aging, but some of the physical deterioration as well if it is caused by oxidative stress. And of course the antimicrobial benefits makes it great for healthy homemade deodorants and other body-care recipes!

*Application: Make Mama Z's anti-aging, skin healing serum and add 5 drops of lime oil!*

## Other Health Benefits (Including Cancer!)

Lime essential oil doesn't just benefit sleep concerns and mild anxiety. Studies are showing health benefits and healing support for major medical issues too! Isn't God amazing?

**Cancer fighting.** Lime essential oil has been shown to fight cancer cells in general. Lime juice has also been shown in vitro to specifically target pancreatic cancer cells — among the most painful and difficult cancers to treat. Breast cancer cells are also destroyed by components present in lime essential oil.

**Fatty liver disease** (even the type caused by stress) is greatly improved by taking limonene found in lime essential oil and other citrus oils. Research confirms that limonene helps insulin resistance and liver injury that is caused by stress and an unhealthy diet.

**Alzheimer's Disease.** This is a devastating diagnosis as the personality of the patient slowly fades away. It's something that has touched our family personally. Essential oils for Alzheimer's patients provide promising treatment options. Lime essential oil may help by inhibiting cholinesterase, an enzyme responsible for damaging neurotransmitters in the brain and with its high antioxidant levels.

**Heart Disease.** Citrus consumption, including lime, may also have a direct impact on the incidence of heart disease. How much of this benefit translates to lime essential oil is something future studies will need to show, but lime essential

oil shouldn't be ruled out. When dietary and lifestyle changes can protect your heart, why take chances—try to add some citrus, whether from diffused oil, fresh fruit, or refreshing citrus water, every day.

**Gallstones.** The limonene present in lime essential oil is responsible for an impressive 48% success rate when used to dissolve gallstones in this trial. Others found partial dissolution. While gallstones may not seem as life threatening as heart disease or cancer, they are reportedly among the most painful of medical disorders, and if they cause a rupture, are just as dangerous.

Some European countries report similar success with peppermint essential oil, and European doctors rarely remove a gallbladder from an otherwise healthy patient. The trial above injected the oil directly so it's not the same as topical application but the results are interesting.

## Risks & Contraindications

With all the remarkable and almost unbelievable applications for lime essential oil to improve your health, home, and life, you may rightly wonder whether there is any downside to using lime oil.

There is a lot of buzz in the essential oil world regarding photosensitivity of skin after using citrus oils. It is true that expressed citrus oils can cause you to be very susceptible to sunburn for hours after application, and they are really only appropriate for products that are well diluted, used in the evening, and washed off in the morning (or that are used on completely unexposed skin).

However, steam distilled citrus oils do not cause ultraviolet light sensitivity. Even pressed oils are typically safe if they are used in appropriate concentrations and diluted with care and common sense. See more about citrus essential oils and photosensitivity here!

So, there is no downside at all? Actually, there is one caveat. Here, kitty, kitty.

Some cats may be extremely sensitive to essential oils—especially citrus essential oils such as lime or key lime. See more about our recommendations for using essential oils for animals in this post with Dr Janet Roark.

The GRAS is always greener... the GRAS designation means that upon inspection for safety, a product or ingredient is Generally Recognized As Safe. Steam

distilled, fresh lime essential oil received the GRAS designation. Remember, we recommend diluting essential oils appropriately for maximum safety.

Additionally, most carrier oils help the essential oil penetrate and stick to skin for more effective use. Citrus oils like lime may deteriorate with time, ultra violet light exposure, and oxygen exposure. It's best to buy smaller quantities you will use up fairly quickly. Lime essential oil makes a great gift, especially if you include a card with fun and healthy ideas for how to use it!

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# CHAPTER 12

## Myrrh

Myrrh essential oil benefits are well-studied, and are incredible examples of how a historical plant based medicine is relevant today. So, forget about the Christmas story for a minute, myrrh should be on everyone's radar throughout the entire year!

### History of Myrrh

Gifted to the baby Jesus and remembered each year at Christmas, many of us may not realize that myrrh is actually used every day around the world. While most of our essential oils and herbal remedies come from leaves and flowers, myrrh is much more exotic. It is the resin, similar to a sap, of an African and Middle Eastern tree, the *Commiphora myrrha*, that is used to distill the essential oil.

We know that myrrh is of old thanks to the gifts of the Magi, but that's not the only documentation. Ancient Egyptians, as part of their intricate mummification process, utilized myrrh in their rituals. We have record from Herodotus that describes myrrh's use in approximately 450 B.C., though mummification was in practice for centuries prior.

Myrrh has been historically used as medicine in China and as part of Jewish anointing oils, and is still used to this day. Myrrh essential oil is an incredible example of the way plant based medicines connect us with history. This tree has stood where ancient Egyptians and Hebrews walked, and still stands today, sharing its healing resin with yet another era. Not all healing is sweet and pleasant, though. Myrrh is named for the Arabic word for "bitter": murr.

## Myrrh's Therapeutic Properties

Chemically, myrrh oil is comprised of terpenoids. Terpenoids have a reputation as potent healers, potentially because of their role in protecting the plant from oxidative stress. As we know, this kind of stress causes cell death, and it's not exclusive to humans.

After centuries of use in aromatic and medicinal forms, science is uncovering more and more of the healing properties of myrrh oil by the day. Some of the scientifically acknowledged properties include:

- Antiseptic
- Anesthetic
- Antitumor
- Antiparasitic
- Antioxidant
- Wound healing

These actions have been traditionally applied to skin infections, oral health, inflammation, intestinal health, and pain relief, all confirmed in some way by modern science.

The more research uncovers, the more we see stress in its various states as an underlying cause of so many illnesses and discomforts. It's no wonder that a powerful antioxidant would carry such varied benefits. And powerful it is! Myrrh extract exhibited an antioxidant effect strong enough that it can protect the liver – the “detox” organ that is bombarded with toxins every day – from oxidative damage.

Not only does myrrh utilize antioxidant properties to seek out free radicals and reverse oxidative damage, but it may be able to eliminate cancer cells, as well. Researchers in China recently published their findings on myrrh's cancer fighting abilities, after in vitro lab tests demonstrated the inhibition of cancer cell growth. As with most cancer research, the steps forward toward proven treatments are detailed and difficult, but the foundation is clearly there, and the potential is absolutely intriguing!

## **5 Benefits of Myrrh Essential Oil**

So how exactly does one utilize such a powerful, ancient, even holy substance? Honestly, however you'd like! The healing properties of myrrh oil have an increasingly well-studied background, and has been demonstrated as an effective remedy in more than one category. The myriad of myrrh essential oils benefits makes it one of my favorites.

### **1. ANTIMICROBIAL**

Microbes are all around us, in many shapes and forms both beneficial and deleterious. When we're thinking in terms of pharmaceuticals and traditional medicines, there are treatments for bacterial infections, another treatment for fungal infections, and still others for viruses. Instead of treating individual problems, myrrh essential oil is beneficial against a variety of microbes.

Natural antivirals, antifungals, and antibacterials exist, of course, with each substance carrying its own strengths and weaknesses. A strong antimicrobial, though, may have the ability to affect more than one category of microbes. Myrrh essential oil is one such antimicrobial substance and was even successfully tested against eleven strains of bacteria.

### **2. WOUND HEALING**

With these antimicrobial effects in combination with pain and inflammation relief, myrrh is an excellent wound healer. In an interesting study evaluating postpartum women who delivered vaginally with an episiotomy, myrrh oil in a sitz bath or soap application was actually shown to help the perineum heal by warding off the identified bacteria *Escherichia coli* and *Enterococcus faecalis*. The researchers concluded, "These findings indicate that postpartum aromatherapy for perineal care could be effective in healing the perineum." If you plan to breastfeed, however, some indications are that myrrh may impact milk supply.

### **3. ORAL HEALTH**

The mouth is a dirty place. We're exposed to so much through our mouths, making it a hotbed of microbes and potential illness. When we do get sick, our mouths often notice first – sore throats, phlegm, and other discomforts settle in as one of the first signs of many illnesses. What's more, diseases of the mouth and gums are all too common.

According to a review conducted by Egyptian researchers, myrrh oil "is one of the most effective herbal medicines in the world for sore throats, canker sores and gingivitis." And when it is combined with frankincense essential oil, a special synergy occurs. According to a recent South African study,

"Frankincense and myrrh have been used in combination since 1500 BC...When assayed in various combinations, the frankincense and myrrh oils displayed synergistic, additive and noninteractive properties, with no antagonism noted. When investigating different ratio combinations against *Bacillus cereus*, the most favourable combination was between *B. papyrifera* and *C. myrrha*."

Utilize its antiseptic, antimicrobial, and wound healing effects by mixing a drop into your toothpaste when you brush your teeth each night.

#### 4. ANTIPARASITIC ACTIONS

No one wants to think about parasite infestations, but what we really don't want is to be caught with a parasite and unable to treat it. Egyptian scientists tackled this issue, as well, working with patients who had signs of parasites in their stool. Antiparasitic treatments are often harsh and come with intestinal discomfort. After testing a treatment utilizing myrrh essential oil, "no signs of toxicity or adverse reactions" were a problem and the treatment was successful. This was against a specific parasite, of course, but the potential for improved treatment and even protection against infection exists!

#### 5. CANCER FIGHTING

Last, but certainly not least, the ability myrrh essential oil has in fighting cancer is becoming a popular topic in the industry. One of the most thorough studies on the topic was published in the journal Oncology Letters in 2013, and this is what they discovered about frankincense and myrrh oil:

*"The effects of the two essential oils, independently and as a mixture, on five tumor cell lines, MCF-7, HS-1, HepG2, HeLa and A549, were investigated using the MTT assay. The results indicated that the MCF-7 and HS-1 cell lines showed increased sensitivity to the myrrh and frankincense essential oils compared with the remaining cell lines. In addition, the anticancer effects of myrrh were markedly increased compared with those of frankincense, however, no significant synergistic effects were identified."*

Of course, no one is claiming that myrrh will cure cancer here, but as more research is conducted in this area, I hope to see more definitive recommendations on how to use it!

Recommendation: For a truly Biblical combination, use frankincense and myrrh essential oils together for a synergistic blend of antimicrobial benefits!

Notably, these two resins are generally prescribed simultaneously in traditional Chinese medicine. They are used primarily to treat blood stagnation and inflammatory diseases, as well as for the relief of swelling and pain. Even though there were no synergism noted regarding cancer, "A previous study identified that the combination of frankincense and myrrh oils exhibited synergistic effects on harmful bacterial infections *Cryptococcus neoformans* and *Pseudomonas aeruginosa*."

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# CHAPTER 13

## Peppermint

When we talk about peppermint essential oil benefits, we aren't talking about mints, gum, or candy canes. Really, it's quite fascinating – in a somewhat sad way – that peppermint is so commonly associated with sweet treats rather than profound medicinal benefits. Aside from lavender, peppermint essential oil uses may be the most varied of all our essential oils.

And yet we've limited it to Santa Claus and toothpaste! Is there any reason at all that we wouldn't stock our cabinets with peppermint essential oil? Our culture is seriously missing out!

### History & Composition of Peppermint

Peppermint (*Mentha x peperita*) is a hybrid combination of watermint and spearmint that grows prolifically – in fact, it can take over like a weed. The aerial parts – flowers and leaves – are harvested for essential oil production, which is conducted via steam distillation. At this point, active ingredients (1) typically include menthone at around 20% of the composition and menthol at roughly 40%, though these amounts may naturally vary. To get the most out of your preferred peppermint essential oil uses, choose a quality brand.

Typically, peppermint essential oil is used as an antiemetic (helps to prevent nausea) and antispasmodic (helps to prevent vomiting as well as any other harsh gastrointestinal contractions). It's a soothing digestive aid and beneficial during times of illness.

Historically, peppermint dates back as one of the oldest medicinal herbs used in Europe, an ancient remedy for both Chinese and Japanese cultures, and an Egyptian medicine in at least 1,000 B.C. When, in Greek mythology, Pluto pursued the nymph Mentha, he transformed her into an herb (guess which?) so that the generations to come would enjoy her just as well as he. Such a colorful legacy is contained well in this cool, accessible, effective substance.

## Top 3 Peppermint Oil Benefits

Stepping away from Greek literature and into the scientific realm, peppermint is found throughout databases of studies and reviews – even more so when we look at its specific component *menthol*. With hundreds and literally thousands of mentions, scientists are all over this remarkable herb. I don't make promises and guarantees often, but peppermint is almost a sure thing: add it to your daily regimen and your life will never be the same.

### 1. NAUSEA RELIEF

For example, while we all hope to avoid surgery, sometimes it is a necessary part of life – and a common part of surgery is unpleasant post-operative nausea, to the tune of  $\frac{1}{3}$  of surgical patients. In 2012, Clayton State University facilitated tests on peppermint essential oil's effects on this nasty phenomena. Moms who are in recovery from a Caesarean especially do not want to deal with vomiting and nausea on top of the mixed emotions of the joy of birth and pain of surgery, not to mention the time that could be spent bonding with their babies. So, moms were chosen for this study, with 35 respondents discovering "significantly lower" nausea levels with inhaled peppermint compared with standard treatments.

### 2. IRRITABLE BOWEL SYNDROME

The use of essential oils is sometimes underestimated when limited to the connotations of "aromatherapy." Topical and occasionally internal applications are relevant, as well. One drop mixed with one teaspoon of coconut oil, rubbed on the stomach or ingested in a spoon of honey, can calm an upset stomach or indigestion in a snap. This remarkable ability is being broached by researchers, marked by a systematic review of the literature that covers irritable bowel syndrome (IBS) and peppermint, though this treatment typically requires the use of peppermint encapsulated in enteric-coated capsules.

Nine studies were reviewed, spanning more than seven hundred patients, and the conclusion was clear – taking peppermint essential oil in enteric-coated capsules performs much better than placebo when it comes to pain and symptom management. In their conclusion, University of Western Ontario researchers stated that,

*"Peppermint essential oil is a safe and effective short-term treatment for IBS. Future studies should assess the long-term efficacy and safety of peppermint essential oil and its efficacy relative to other IBS treatments including antidepressants and antispasmodic drugs."*

### 3. BUG REPELLENT

One of my personal favorite benefits of peppermint essential oil is bug repellent – especially since I live in mosquito country!

In a comparison of seven commercial bug repellants, Terminix® ALLCLEAR® Sidekick Mosquito Repeller nearly topped the charts. If you aren't aware, this is an "all-natural" blend that lists cinnamon, eugenol, geranium, peppermint, and lemongrass oils. It was very close to a tie with OFF!®, the chemical-laden, DEET-filled commercial brand.

Although I don't recommend Terminix® ALLCLEAR® because I have little faith in a big name company to use true, pure, therapeutic grade essential oils, the lesson is the same. It underscores the efficiency of essential oils, no matter their quality. And an effective essential oil blend most definitely is preferred to harmful, toxic chemicals or nasty 'skeeter bites!

## 10 More Uses

1. **Ease Pain Naturally** – For a natural muscle relaxer or pain reliever, peppermint essential oil is one of the best. Try using it on an aching back, toothache, or tension headache.
2. **Clear Sinuses** – Diffused or inhaled peppermint essential oil usually clears stubborn sinuses and soothes sore throats immediately. As an antitussive, the results may be long lasting and beneficial when you're down with a cold, plagued with a cough, or struggle with bronchitis, asthma, or sinusitis. Use peppermint in a homemade cough drop recipe to capitalize on these benefits.
3. **Relieve Joint Pain** – Peppermint essential oil and lavender oil work well together as a cooling, soothing anti-inflammatory for painful joints.
4. **Cut Cravings** – Slow an out of control appetite by diffusing peppermint before meal times, helping you feel full faster. Alternatively, apply a drop or two on your sinuses or chest to keep the benefits to yourself.
5. **Energize Naturally** – Road trips, long nights studying, or any time you feel that low energy slump, peppermint essential oil is a refreshing, non-toxic pick-me-up to help you wake up and keep going without the toxins loaded into energy drinks.

6. **Freshen Shampoo** – A couple of drops included in your shampoo and conditioner will tingle your scalp and wake your senses. As a bonus, peppermint's antiseptic properties can also help prevent or remove both lice and dandruff.
7. **Ease Cough** – The antitussive effect of peppermint can help ease a persistent cough. Try using it in a diffuser or as part of this homemade cough drop recipe.
8. **Relieve ADHD** – A spritz of peppermint on clothing or a touch on the back of your neck can help to improve concentration and alertness when focus is needed.
9. **Soothe an Itch** – Cooling peppermint and soothing lavender combine again to soothe an itch from bug bites or healing sun burns.
10. **Block Ticks** – Stop ticks from burrowing with a touch of peppermint essential oil. Make sure you remove them by their head to lessen your chances of contracting Lyme disease!

## A Quick Word of Caution

Be sure to follow professional recommendations, healthcare provider advice, and common sense when using peppermint essential oil. While it is incredible versatile and relatively gentle, it is still a medicinal-quality substance and should be treated with care. As with all oils, make sure to always dilute with a carrier oil and, as always, listen to your body and the wisdom of those who have used aromatherapy before us: essential oils are best in small doses!

Also, don't consume neat. The University of Maryland Medical Center warns that peppermint essential oil can relax the esophageal sphincter and pose risks for those with reflux. Don't consume neat. Taking one or two drops of peppermint in a gel capsule can remedy this risk relatively easily.

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# CHAPTER 14

## Tea Tree

Antibiotics are falling worldwide creating SuperBugs resistant to drug but tea tree essential oil benefits show us that EOs may be the answer!

### Historic Uses

*Melaleuca Alternifolia* hails from Australia, and has been used as a traditional remedy on the eastern coast for centuries. Crushed tea tree leaves soothe cuts and wounds in medicinal poultices. Inhaled vapors treat respiratory illness and discomfort. Finally, in 1923, tea tree oil uses and antiseptic benefits were scientifically validated when Arthur Penfold discovered the essential oil was a dozen times stronger than carbolic acid!

With this knowledge in hand, Australians brought the benefits of tea tree oil with them as they fought in World War II. Around this time, pharmaceutical antibiotics came on the scene, disparaging the use of natural remedies. Just a few short years after Western science proved the efficacy of a centuries old traditional remedy, the same science threw it by the wayside. In the '60s, the disdain was so heavily felt that the tea tree oil uses and industry collapsed completely, only recently making its return to global popularity.

### Antibiotic Overuse – A Public Health Crisis

One word spoken by the World Health Organization (WHO) has rocked the health world, confirming what natural health practitioners have warned us about for years: superbugs.

The overuse of antibiotics and antimicrobial treatments is creating drug resistance, a public health threat in which bacteria, a fungus, or a virus can become completely resistant to drugs – a superbug that can withstand all treatment. The WHO statement on superbugs cautioned,

*This means that standard treatments no longer work; infections are harder or impossible to control; the risk of the spread of infection to others is increased;*

*illness and hospital stays are prolonged, with added economic and social costs; and the risk of death is greater—in some cases, twice that of patients who have infections caused by non-resistant bacteria.*

It's no wonder that the White House's National Action Plan for Combating Antibiotic-Resistant Bacteria report recently stated, "The development of non-traditional approaches that are less likely to drive resistance is an important step in breaking the cycle of drug development immediately followed by the development of resistance." Included in the list of proposed non-traditional therapeutic strategies were phytochemicals and essential oils.

When prescription medications are taken for their antibiotic, antiviral, and antifungal effects, far more than the targeted concern is destroyed. The gastrointestinal system probably fares the worst, with beneficial microbial life disrupted, destroying your natural gut health. To restore balance, energy and healing efforts are directed toward this damage, taking away from other healing and wellness efforts. Essentially, a spiral of insufficient gut flora reduces immunity, diverts restorative energy, and weakens the body, which is then susceptible to more infections that would need more treatment, and the cycle goes on. You can see how superbugs can quickly become lethal.

Superbug *H041* is a sexually transmitted disease that was discovered by public health officials in Japan in 2011. Researchers and natural health professionals agree that this is a frighteningly dangerous health threat. Professor Cathy Ison of the National Reference Laboratory for Gonorrhea expects that it will become untreatable soon. Health officials in the US called for over \$50 million in immediate education and awareness funding to help mitigate the dangers of *H041*.

This is just an example of superbug transmission that should concern us even if we aren't practicing unsafe sex, because it demonstrates the capability superbugs have to threaten public health.

## Many Uses for Tea Tree

Should they allocate more money to engineer even stronger, more potent antibiotics that will inevitably become useless or – worse- enhance the problem as bacteria evolve permanent resistance? Or, in a novel approach, could Congress approve measures to fund research toward the best ways to use natural, established, effective solutions like essential oils? I see much more long term potential in the latter, and here are some of the reasons why.

Slowly, science is catching up in explaining why tea tree oil uses are such an effective antimicrobial agent. Over three hundred studies have been done that refer to tea tree oil's antimicrobial benefits. We know that centuries of use were warranted, but now we are seeing reasoning for *Melaleuca*'s effectiveness in traditional remedies for conditions such as:

- Acne
- Bacterial infections
- Chickenpox
- Cold sores
- Congestion and respiratory tract infections
- Earaches
- Fungal infections
- Halitosis
- Head lice
- Psoriasis
- Dry cuticles
- Insect bites, sores and sunburns
- Boils from staph infections

And this list doesn't even include the tea tree oil uses in the cosmetic industry and general home uses, such as make-up removers, laundry detergents and deodorizers because of the antimicrobial benefits.

Although the scientific literature is very quiet regarding specific essential oil protocols, many people have found the following to be helpful:

1. Apply diluted tea tree oil on the bottoms of feet. Proper dilution depends on individual sensitivity: 2-3 drops each of oregano and tea tree oil per 1 Tablespoon of carrier oil as a good start for adults. For children use extra caution, and be sure to use even more carrier oil.
2. Put 1 drop of tea tree + 1 drop of oregano in a gel capsule filled with carrier oil and consume. For people battling a serious illness, consider taking up two capsules a day.

Returning to its basic foundation as an antibiotic, a 2013 *Phytomedicine* study weighed the safety factors involved with taking essential oils alongside traditional antibiotics. The essential oils, including tea tree oil, were safe and free of adverse reactions taken in conjunction with popular antibiotics ampicillin, piperacillin, cefazolin, cefuroxime, carbenicillin, ceftazidime and meropenem. If you absolutely must take an antibiotic course, it may be beneficial to add the benefits of tea tree oil alongside it.

Not only does it indicate a promising natural alternative to antibiotics in terms of resistance, but as an affordable remedy and cost effective solution, as well.

## 8 Tea Tree Essential Oil Benefits

There are countless ways to enjoy tea tree benefits for your health and these eight top the list.

### 1. INFECTIONS AND WOUND CARE

Studies show that tea tree essential oil can be as effective in eradicating MRSA (methicillin-resistant *Staphylococcus aureus*) as commonly used antimicrobial drugs. Research has shown that a 5% tea tree oil solution has been shown (8) to be effective in removing MRSA on the skin.

*Application: Prepare a 5% remedy for cuts and scrapes as an antiseptic by adding 15 drops of tea tree oil in a 10ml roller bottle and filling the rest with fractionated coconut oil.*

## **2. CLEANING AND KILLING GERMS**

Since the 1940s, researchers have been looking at the antimicrobial powers of tea tree oil by testing it against several bacterial strains. The data shows that even a low dose of tea tree can kill bacteria and a stronger concentration is even effective against E. coli!

*Application: For every ounce of carrier or liquid, add 20 drops of tea tree oil to your DIY cleaning solutions to disinfect your home and homemade hand sanitizer recipes.*

## **3. GET RID OF FUNGUS**

Tea tree oil has been successfully tested on toenail fungus and athlete's foot, and the evidence demonstrates it may heal fungal infections in general. This oil is a safe bet to add to your treatments for ringworm, and impetigo as well!

*Application: For athlete's foot, mix ½ cup arrowroot and ½ cup baking soda and add 3 drops each of basil, tea tree, sage, and clove essential oils. Apply to your socks and shoes after laundering and apply to your feet before putting on your socks.*

## **4. MOLD BE GONE**

Struggling with nasty mold in your shower, dishwasher, or washing machine? Tea tree oil is the solution! Science has proven its effectiveness in blocking mold on produce used in commercial foods.

*Application: Add a few drops of this oil to your cleaning solutions or to your washing machine and dishwasher cleansing cycles.*

## **5. ACNE AND DANDRUFF**

If you are battling these conditions, tea tree oil can help. Research has found (14) that it is as effective as common acne treatments and it successfully treats dandruff as well. It also reduced scalp itchiness and greasy hair.

*Application: Be sure to add a few drops of tea tree into your shampoo recipes!*

## **6. ITCHY SKIN CONDITIONS**

Speaking of itchy skin, tea tree oil can help with eczema, psoriasis, and other skin conditions, including poison ivy rashes. Its anti-inflammatory powers have been proven to reduce psoriasis in the lab.

*Application: Add a few drops of tea tree oil to Mama Z's Skin Serum recipe to help heal these conditions.*

## 7. DEODORIZER

Because of its antibacterial properties, tea tree oil is an excellent deodorizer for everything from laundry to cleaning. Add 2-3 drops into your liquid laundry detergent, mixing well.

*Application: Its ability to combat body odor also makes it a great choice to add your homemade deodorant recipes!*

## 8. ORAL HEALTH

Because it doesn't taste great, you might not think of tea tree oil for your oral health. However, studies suggest that it is effective in fighting plaque and bad breath, as well as for sanitizing your toothbrush.

*Application: Add this oil to your homemade toothpaste or oil pulling routine, especially if you are fighting an infection.*

## A Note About Estrogen and Tea Tree

As with any strong oil, potency should be considered with regard to safety, and some have suggested that tea tree may be toxic and too strong to use. Officially, thanks to a study out of the *Journal of Ethnopharmacology*, researchers have deemed it non-genotoxic, and as centuries of wisdom and use have indicated it is safe when used correctly. Simple antibiotic safety principles should be observed, such as confirming bacterial infection before treatment, using only what you need, and protecting your esophagus by ingesting 1-2 drops in gel capsules with carrier oil.

The only reason why we're even having this discussion is because of a poorly researched 2007 *New England Journal of Medicine* article titled, "Prepubertal Gynecomastia Linked to Lavender and Tea Tree Oils." The long and the short of it is that three boys obscurely developed idiopathic cases of prepubertal gynecomastia (when boys experience enlarged, tender breast buds) for a short period of time (1 – 5 months).

It was determined that all three patients were using either a shampoo, lotion, soap or balm that included lavender oil and tea tree oil as ingredients. The researchers extrapolated that these essential oils were “estrogenic” based off of a preliminary *in vitro* evaluation. In their words, “On the basis of the three case reports and the *in vitro* studies, we suspect that repeated topical application of over-the-counter products containing lavender oil or tea tree oil was the cause of gynecomastia in the three patients.”

There are several epidemiological reasons why this conclusion is false and is out of the scope of this article to cover each one, but I'll leave you with this thought: just because lavender and tea tree oils were two common ingredients in the products that these three boys were using, does not prove that they were the cause. This is a classic statistics blunder that many make. “Correlation does not imply causation,” because there are countless other variables that not being considered (diet, environmental triggers, medicines, and etc.).

Suffice it to say that essential oils safety expert Robert Tisserand emphatically states that, “Lavender [and tea tree] oil does not mimic estrogen nor does it enhance the body's own estrogens. It is therefore not a 'hormone disruptor', cannot cause breast growth in young boys (or girls of any age), and is safe to use by anyone at risk for estrogen-dependent cancer.” And Tisserand’s conclusion has been supported by more recent research.

In 2013, for instance, the *International Journal of Toxicology* published a study confirming that lavender is not estrogenic, at least in female rats. Whether it is for humans remains to be seen, but there is literally no research to prove otherwise.

### GET A DEEP DISCOUNT FOR NATURAL LIVING FAMILY READERS!

*Get the best natural teeth whitening available, right in the comfort of your own home, at a Natural Living Family “Group Buy”: 55% off!*  
→ [Go HERE to get yours TODAY!](#)

# PART THREE

## Easy Quick-Start Recipes

### SPECIAL PRICE JUST FOR NATURAL LIVING FAMILY READERS!

We knew it wasn't good for us...

Intuitively, before we knew anything about health, we knew that if something burned our mouths THAT bad when we used it AND it was colored a weird neon blue it couldn't be healthy.

Then, we learned the truth...



**FACT:** Listerine was NEVER meant to be put in your mouth.

In 1870... Listerine was used to treat STDs... and was also sold as FLOOR CLEANER!

Somehow the “marketing message” changed from being a helpful household floor cleaner to breath freshener and teeth whitener you use every single day.

Shockingly, dental institutions have found certain toxins in several popular mouth-washes are connected to mouth cancer.

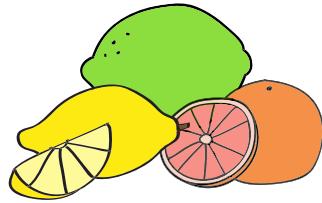
→ **Go HERE to learn the Truth About Mouthwash (plus a simple trick to safely and naturally whiten teeth 6 shades in only 15 minutes)**



## HOMEMADE MOUTHWASH

### Ingredients

- ✓ 1 cup of distilled filtered water
- ✓ 1 Tbl. [alcohol-free witch hazel](#)
- ✓ 1 tsp. of [baking soda](#)
- ✓ 1 tsp. [carrier oil\\*](#) (be sure NOT to use regular coconut oil – it can clog your drain pipes!)
- ✓ 10 drops of [essential oils\\*](#)
- ✓ [Mason jar](#) for storage



### Instructions

- In a small glass, mix essential oils with carrier oil, witch hazel, and baking soda.
- Fill glass with distilled water.
- Swish in your mouth for 10-15 seconds and rinse.
- Makes several applications.
- Store remaining mouthwash in mason jar.

### *Sample Essential Oils Blends for Mouthwash:*

- Lime, lemon, grapefruit
- Orange, clove, peppermint
- Cinnamon, clove, orange
- Chamomile, wintergreen
- Frankincense, myrrh

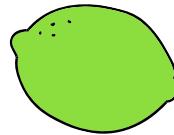
\* No matter what allergies you may have, there's a carrier oil that's right for you. You can use any, or a combination of these: Avocado, Fractionated Coconut, Grapeseed, Jojoba, Sweet Almond.



## HOMEMADE TOOTHPASTE POWDER

### Ingredients

- leaf ½ cup of Bentonite Clay
- leaf 1 ½ tsps. of stevia powder
- leaf ¼ tsp. of pink Himalayan salt
- leaf 3 Tbls. Mama Z's Oil Base or favorite carrier oil\*
- leaf 10 drops of essential oils\*\*



### Instructions

- Mix the dry ingredients in a food processor.
- In a separate container, add your chosen essential oils to the carrier oil and mix well.
- Add this mixture to the dry ingredients in the food processor gradually until well blended. Mixture should be granular and slightly damp.
- Store in a glass jar with a lid.

**Note:** This recipe is for tooth powder, but it makes a great toothpaste too! The color of your finished product may vary depending on the color of your clay and the essential oils used.

*To make toothpaste, once the tooth powder is complete, gradually add in water and more coconut oil, blending as you go, until you reach the desired consistency.*

\* No matter what allergies you may have, there's a carrier oil that's right for you. You can use any, or a combination of these: Avocado, Fractionated Coconut, Grapeseed, Jojoba, Sweet Almond.

\*\* Essential oils are great for oral health and these are some of our favorite blends:

- Lime (3 drops), lemon (4 drops), grapefruit (3 drops)
- Orange (4 drops), clove (3 drops), peppermint (3 drops)
- Cinnamon leaf (3 drops), clove (2 drops), orange (5 drops)
- Chamomile (5 drops) and wintergreen (5 drops)
- Frankincense (5 drops) & myrrh (5 drops)

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# About the Author



ERIC ZIELINSKI, D.C. has pioneered natural living and biblical health education since 2003. Trained as an aromatherapist, public health researcher, and chiropractor, Dr. Z started NaturalLivingFamily.com alongside his wife Sabrina Ann in 2014 to help people learn how to use natural remedies like essential oils safely and effectively. Now visited by more than six million natural health seekers every year, it has rapidly become the #1 source for Biblical Health and non-branded essential oils education online.

Dr. Z is an accomplished researcher with several publications, conference proceedings and is committed to sharing the healing power of natural therapies at churches and events across the globe.

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