Read on for great blessings on how to enjoy each of these twelve powerful Biblical oils!

**Mark 6:12-13** tells us that healing should be accompanied with repentance, mentions the casting out of demons, says the disciples anointed many with oil that were sick and healed them. **James 5:14** says: “Is any sick among you? Let him call for the elders of the church, and let them pray over him anointing with oil in the name of the Lord.”

Our prayer for you…

“Beloved, I wish above all things that you may prosper and be in good health even as your soul prospers”. III John 2

**ENJOYING OUR JOURNEY OF HEALTH AND WELLNESS**

Karen Douglas,

Specializing in Nutrition and Therapeutic-Grade Essential Oils

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**Twelve Oils of Ancient Scripture™** contains the twelve most significant oils found in the Bible. Young Living’s wish in bringing them to you is that you will savor and enjoy the beautiful fragrances and intriguing histories of these precious pure essential oils. Gary Young draws on his travels to biblical lands and explains the twelve oils on an audio CD, also included in this collection.

**Contains: Twelve Single Oils (5ml bottles):** Aloes/Sandalwood (Santalum album), Cassia (Cinnamomum cassia), Cedarwood (Cedrus atlantica), Cypress (Cupressus sempervirens), frankincense (Olibanum -- Boswellia carterii), Galbanum (Ferula gummosa), Hyssop (Hyssopus officinalis), Myrrh (Commiphora myrrha), Myrtle (Myrtus communis), Onycha (pronounced oh-nigh-kah, Styrax benzoin), Rose of Sharon/cistus (Labdanum -- Cistus ladanifer), and Spikenard (Nardostachys jatamansi).

The number 120 in the Bible has significant meaning, and this Collection of 12 Therapeutic Grade Essential Oils are the most significant of the Biblical oil. Each one has meaning for every household. Enjoy the beautiful fragrances and intriguing histories of these precious Oils.

**HOW TO USE YOUR ‘TWELVE OILS OF ANCIENT SCRIPTURE KIT’:**

- **Dietary Supplements:** All single oils may be used as dietary supplements.
- **Diffuse:** All of the oils may be diffused. The diffuser from YLEO is a special air pump that is custom designed to disperse the oils in a micro fiber vapor. This allows the oils to stay suspended in the air to reduce bacteria, fungi and mold. Diffusing also freshens the air with natural fragrances, eliminating the need for synthetic, harmful air fresheners. The diffuser disperses the oils without heat, which could render the essential oils less effective.
Direct Application: All of the oils can be applied to the Vita Flex points on the feet, added to bath water (except Thieves oil) mixed with YLEO’s Bath Gel Base, applied topically or used with body and foot massage.

1. **ALOES/SANDALWOOD (Santalum album)** is the most valuable tree in the world. It takes 10 years for the sandalwood tree to form hardwood. Peak hardwood formation is achieved when the tree is between 40-60 years. King Tut’s tomb was filled with alabaster jars of aloewood / sandalwood oil which thieves later stole, leaving the alabaster jars behind.

Numbers 24:6 – “Like valleys they spread out, like gardens beside a river, like aloe planted by the LORD, like cedars beside the waters.”

John 19:39 – “He was accompanied by Nicodemus, the man who earlier had visited Jesus at night. Nicodemus brought a mixture of myrrh and aloe, about seventy-five pounds.”

Sandalwood contains 90% sesquiterpenes which depogram misinformation and carry oxygen to the cellular level.

* Medical Properties: Antitumoral, antiviral, immune stimulant.

**ORAC:** 160 uTE/100g

1. Diffuse or place a drop in hand, rub hands together, cup hands over nose, and breathe deeply at bedtime to enhance deep sleep.

2. Rub a drop above eyebrows in a wide circle around the eye 1-3 times daily to help with vision.

3. Use as men’s cologne. May combine with carrier oil if desired, also great as an aftershave.

4. Add 6 drops to running bath water to disperse or combine with bath salts for a relaxing bath.

5. Use a drop or two for dry chapped skin and wrinkled skin. May combine with carrier oil.

6. For acute or chronic diarrhea, rub on stomach area and feet vita flex points.

7. Apply one drop to a cold sore as soon it begins and repeat 5-10 times daily.

8. Massage in hair and on scalp to retard graying.

9. Ingest it in capsules in carrier oil either by itself or with other oils such as frankincense for health benefits.

10. Put a drop on an incision to speed wound healing.

2. **CASSIA (Cinnamomum cassia)** comes from a slender, evergreen tree which grows up to 20 feet tall. It is native to China. The oil is steam distilled from the bark. Cassia was an ingredient in the Holy Anointing Oil given to Moses. Rich Biblical History, mentioned in one of the oldest known medical records. Ebers Papyrus (dating from sixteenth century B.C.) an ancient Egyptian, has a list of 877 prescriptions and recipes.

Ezekiel 27:19 – “Danites and Greeks from Uzal brought your merchandise; they exchanged wrought iron, cassia and calamus for your wares.”
This exotic fragrance of vanilla/cinnamon might be similar in its aroma to cinnamon, but it is physically and chemically much different. Care must be taken in topical use as it may cause skin sensation.

* Medical Properties: Antibacterial, antifungal, anti-inflammatory, antiviral, and an anticoagulant.

**ORAC:** 15,170 uTE/100g

11. Put a scant drop on your tongue and enjoy the delicious taste!

12. Put a drop or two on your fingers and rub through the hair. Perfumed hair is good anytime, especially at night.

13. Diffuse or put a drop in your hand, rub hands together and cup over nose for a joyful, uplifting feeling.

14. Add a drop to water, swish in mouth, and gargle for a delicious and effective mouthwash.

15. Put a drop in a glass of water and shake it up (to disperse the oil) for a protecting & a refreshing drink. You may just find it curbs your desire for sugar! Also taking it internally may help with fungal problems!

16. Use it in cooking. For example, add a drop or two to yams.

17. Add a drop to hot chocolate and enjoy!

18. Add a drop or two to hot water, stir, and drink to take away the chill.

19. Dilute 50/50 and apply to area of concern and Vita Flex foot points to help with boils, ringworm, and fungal infections, (candida).

20. Combine with carrier oil and other oils such as Frankincense, Sandalwood, Myrrh, Hyssop, or Galbanum and wear as fragrance or put it on a handkerchief and carry with you or take to bed at night.

3. **CEDARWOOD (cedrus atlantica)** produced mainly in Morocco, it is the species most closely related to the cedars of Lebanon. King David and King Solomon used this wood for the construction of their palaces because of its aromatic oil content which lasts indefinitely. Used by the Sumerians and Egyptians more than 5000 years ago, Cedarwood essential oil is believed to have been the first oil to be obtained by distillation. It was known as the oil of gladness in ancient times, and was used for a variety of purposes including temple worship, mood elevation and mental clarity. It was used as both a traditional medicine and incense in Tibet. The Egyptians used it for embalming the dead.

Leviticus 14:49 – “To purify the house he is to take two birds and some cedar wood, scarlet yarn and hyssop.”

Numbers 19:6 – “The priest is to take some cedar wood, hyssop and scarlet wool and throw them onto the burning heifer.”
Of all essential oils, cedarwood is highest in sesquiterpenes which are oxygen delivering molecules capable of crossing the blood-brain barrier. Dr. Terry Friedmann MD found in clinical tests that this oil was able to successfully treat ADD and ADHA (attention Deficit disorders) in children.

* Medical Properties: It is recognized as being calming, purifying.

**ORAC:** 169,000 uTE/100g

21. Diffuse or inhale from bottle to enhance prayer and meditation.

22. Rub a drop of oil in your palms and then cup them over your nose and mouth, Inhale, breathing deeply to help with mental clarity.

23. Apply on location as an effective insect repellant. For those with sensitive skin, dilute as needed with V6 mixing oil or olive oil (organic, extra virgin is best).

24. Apply a drop to a cotton balls and place in drawers to repel insects and keep clothing fragrant and smelling refreshed.

25. Apply a drop or two to the soles of the feet to enhance the immune system and boost the body’s natural defenses.

26. 1-3 drops rubbed into the scalp may help to inhibit hair loss.

27. A drop or two rubbed on wounded skin may help to clean, disinfect and protect from infection.

28. Rub a drop or two on the chest area either diluted or full strength to help relieve symptoms of bronchitis.

29. To enhance deep sleep, inhale cedarwood directly from the bottle or apply a drop near the temples and the back of the neck.

30. Apply a small amount of oil over the sinus areas to help improve symptoms of sinusitis.

4. **CYPRESS (cupressus sempervirens)** The oil of Cypress has been used since ancient times for purification and as incense. The Phoenicians and Cretans used Cypress for building ship and bows, while the Egyptians made sarcophagi from the wood. The Greeks used cypress to carve statues to their Gods. The Greek word 'sempervivens' for which the botanical name is derived means "live forever." Legend says the cross of Jesus was made from cypress wood. It is often planted in graveyards.

**Genesis 6:14** – “So make yourself an ark of cypress wood; make rooms in it and coat it with pitch inside and out.”

Cypress is one of the oils most used for the circulatory system. Because it assists in moving stagnant matter, it actually assists many systems of the body.
* **Medical Properties:** Circulatory, digestive, urinary, and integumentary (skin). It helps with cellulite, varicose veins, hemorrhoids, fluid retention, constipation, edema, excessive perspiration, and hand and feet sweating. It is also effective for muscles and joints, the respiratory system, the reproductive system, and the nervous system.

**ORAC:** 24,300 uTE/100g

31. Use a drop or two of Cypress where you would apply a deodorant.

32. Equal parts Cypress and Tangerine mixed with a small amount of V-6 mixing oil makes a wonderful serum for skin toning and also aids with the healing of scar tissue. (Try five drops of each in a 5ml bottle and then fill the rest of the bottle with carrier oil.)

33. Mix several drops of Cypress with pure V-6 mixing oil and apply on location to help with arthritis discomfort. (Those with less sensitive skin may wish to try applying Cypress oil neat.)

34. Apply Cypress neat or diluted on location to ease cramping.

35. Apply a drop of Cypress to a minor injury to facilitate healing and prevent infection.

36. Rub Cypress around the nasal area to help control a nose bleed. (Avoid the eye)

37. Use several drops mixed with V-6 mixing oil and apply where needed as an insect repellent.

38. Diffuse Cypress, or inhale directly from the bottle to help with insomnia.

39. Help relieve acute chest discomfort and/or bronchitis by rubbing Cypress on the chest area.

40. Help strengthen blood capillaries and increase circulation by rubbing Cypress mixed with V-6 mixing oil on location. When used with Helichrysum oil, may help with varicose and spider veins.

**5. FRANKINCENSE (Boswellia carteri)** One of the gifts of the wise men to our Savior, frankincense would have been rubbed all over the body of the baby. Egyptian tradition says that “Frankincense is good for everything from gout to a broken head” or in other words “good from head to toe”..."used to treat every conceivable ill known to man."

**Numbers 16:46–48** – “Then Moses said to Aaron, ‘Take your censer and put incense (Frankincense) in it, along with fire from the altar, and hurry to the assembly to make atonement for them. Wrath has come out from the LORD; the plague has started. 47So Aaron did as Moses said, and ran into the midst of the assembly. The plague had already started among the people, but Aaron offered the incense and made atonement for them. 48He stood between the living and the dead, and the plague stopped.

**Matthew 2:11** – “On coming to the house, they saw the child with his mother, Mary, and they bowed down and worshipped him. Then they opened their treasures and presented him with gifts of old and of **frankincense** and **myrrh**.”
Frankincense was valued more than gold during ancient times, and only those with great wealth and abundance possessed it. It is mentioned in one of the oldest known medical records, Ebers Papyrus (dating from sixteenth century B.C.) an ancient Egyptian list of 877 prescriptions and recipes. Other names for frankincense are “olibanum” or “Oil from Lebanon”. If in doubt, use Frankincense.

* Medical Properties: Antitumoral, immunostimulant, antidepressant, muscle relaxing, and respiratory infections.

**ORAC:** 630 uTE/100g

41. Put a drop on an insect bite to help reduce swelling and speed healing.

42. Apply 1-2 drops of on temples and/or back of neck to help improve concentration.

43. Apply 1-3 drops on each foot to help strengthen the immune system.

44. Dilute 1 drop in 1 tsp. honey or 4 oz. rice milk and ingest daily for health maintenance.

45. Dilute 50/50 with V-6 Mixing Oil and apply to a blistered area 3-5 times daily as needed.

46. Diffuse or inhale from the bottle to help with mood elevation.

47. Dilute 50/50 with V-6 Mixing Oil and massage 6-9 drops onto each foot at night to help with sore feet.

48. Apply 1-3 drops to shoulders, stomach and bottoms of feet to help with low mood induced insomnia.

49. Apply 1-3 drops on nails and at base of nails, 3 times per week to help strengthen brittle or weak nails.

50. Rub a few drops on stretch marks 2 times a day.

6. **GALBANUM (ferula gummosa)** was valued for its medicinal and spiritual qualities. It was known as Moses' favorite oil.

Exodus 30:34–36 – “Then the LORD said to Moses, ‘Take fragrant spices – gum resin, onycha and galbanum – and pure frankincense, all in equal amounts and make a fragrant blend of incense, the work of a perfumer. It is to be salted and pure and sacred. Grind some of it to powder and place it in front of the Testimony in the Tent of Meeting, where I will meet with you. It shall be most holy to you.’”

* Medical Properties: Antispasmodic, anti-oxidant, antitumoral, anti-inflammatory, hemostatic (stops bleeding) antibacterial, antifungal, improves blood flow, liver and pancreas stimulant, dilates bile ducts for liver detoxification, helps cleanse oily skin; revitalized skin cells.

**ORAC:** 26,200 uTE/100g
51. Feeling overwhelmed put 2-3 drops of Galbanum on the bottom of each foot to help bring emotional balance.

52. For sore muscles apply a few drops to the affected area. If it is a large area, mix with a few drops of V-6 mixing oil.

53. For that time of the month when a woman needs a little up lifting or is cramping, put 3-4 drops on the bottom of each foot. Also inhale the oil.

54. If you can not seem to focus on what you are doing then put a drop in the palm of your hand and rub a little on each temple and on the brain stem. Cup hand over nose and inhale deeply.

55. For indigestion put a drop on your stomach.

56. During time of prayer apply to the bottom of feet and apply a drop in hands, rub hands together, cup over nose, and breathe deeply.

57. Combine with frankincense and diffuse for spiritual uplifting.

58. Diffuse or apply 2 drops to temples or message into scalp to relieve a headache.

59. Rub 2-3 drops over kidneys and/or on Vita Flex points of feet for kidney/bladder concerns.

60. Apply a drop over blemish to clear up acne.

7. **HYSSOP (Hyssopus officinalis)** has a very long history as a cleansing herb. Hyssop is a protective herb of the heavens. It is touched with the love and protection of the divine.

Psalm 51:7 – “Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow.”

John 19:29 – “A jar of wine vinegar was there, so they soaked a sponge in it, put the sponge on a stalk of hyssop plant, and lifted it to Jesus' lips.”

*Medical Properties: Mucolytic, decongestant, anti-inflammatory, regulates lipid metabolism, antiviral, antibacterial, and antiparasitic, respiratory infection/congestion, viral infections, and circulatory disorders.*

**ORAC:** 20,900 uTE/100g

61. Add several drops to a glass spray water bottle to clear a room of charged emotion or depression.

62. Rub a drop or two on shoulders to reduce tension.

63. To loosen up a tight chest, inhale; it’s highly expectorant.

64. 20th century physicians who used herbs in the United States used hyssop oil to soothe burned skin.
65. Apply in cold compresses as soon as possible after bruising to help reduce the bruise.

66. Hot compresses of hyssop oil are helpful for rheumatism.

67. 10 drops in a 1oz base of carrier oils can be used as a chest rub for respiratory conditions.

68. For the respiratory system, especially to help discharge toxins and mucus, diffuse, apply to throat and chest, and feet.

69. Add 5-10 drops to bathwater for nervous exhaustion, melancholy or grief.

70. Use a drop on injured area to help prevent scarring.

8. **MYRRH (commiphora myrrha)** has one of the highest levels of sesquiterpenes, a class of compounds that has direct effects on the hypothalamus, pituitary and amygdala, the seat of our emotions. Research in Italy demonstrated that myrrh has pain-relieving properties as well, which is probably why it was administered to Jesus prior to his crucifixion. The Arabian people used myrrh for many skin conditions, such as chapped and cracked skin and wrinkles. It was listed in Hildegard’s Medicine, a compilation of early German medicines by highly-regarded Benedictine herbalist Hildegard of Bingen (1098-1179)

Esther 2:12 – “Before a girl’s turn came to go in to King Xerxes, she had to complete twelve months of beauty treatments prescribed for the women, six months with oil of myrrh and six with perfumes and cosmetics.”

* **Medical Properties:** Very powerful antioxidant, antitumoral, anti-inflammatory, antiviral, anti-parasitic, analgesic/anesthetic, fungal infections, (Candida, ringworm, eczema) tooth/gum infections, skin conditions, (chapped, cracked, wrinkles, stretch marks, cancer, hepatitis)

**ORAC:** 379,800uTE/100g

71. Drop 2-3 drops on a dried log and allow time for oil to soak in before putting the log on the fire.

72. One drop of myrrh oil on your canker sores may help them to disappear.

73. Rubbing 1-2 drops on your gums may help heal gingivitis.

74. Mix 2 to 5 drops in water for a excellent mouthwash.

75. Use 1ml oil in 15ml carrier oil for bronchitis and colds with thick phlegm.

76. Mix 10 drops with 25ml of water, shake well and use externally on wounds.

77. Putting 1 drop on a blemish may help it to go away.

78. Adding 4 drops to 15ml carrier oil is good for calming.

79. Myrrh is extremely effective at killing **STAPHYLOCOCCUS**, (wound) bacteria.
80. Blend with sandalwood to help with vitaligo, a skin condition where there are patches of skin without pigmentation.

9. **MYRTLE (Myrtus communis)** The Hebrew name for Queen Esther was Hadassah which means myrtle. Myrtle oil is steam distilled from the leaves.

Isaiah 55:13 – “Instead of the thorn bush will grow the pine tree, and instead of briers the myrtle will grow. This will be for the LORD’s renown, for an everlasting sign, which will not be destroyed.”

* **Medical Properties:** Antimutagenic, a liver stimulant, a prostate and thyroid stimulant, a sinus and lung decongestant, and is antispasmodic.

**ORAC:** 25,400 uTE/100g

81. To balance hypothyroidism and normalize thyroid, apply on the thyroid and the parathyroid Vita Flex points on the feet. Mix with a bit of carrier oil and apply to base of neck just under the Adam’s apple.

82. For bronchitis, rub on bronchioles & Vita Flex foot points. Use in the shower at the first sign of attack.

83. Add one drop in a teaspoon of honey for a cough.

84. For a chronic cough, diffuse, apply to throat and chest area, and massage on vita flex areas on the feet.

85. For diarrhea, rub on stomach and Vita Flex points on the feet.

86. For prostate decongestant, apply a drop or two to inside ankle and heel.

87. For sinus, apply to Vita Flex points on feet and rub on each side of the nose.

88. For asthma, apply 2-4 drops to soles of feet 2-3 times daily. May also take in a 00 size capsule 2 times daily.

89. For hemorrhoid relief, dilute 50/50 and apply 3-5 drops on location. This may at first sting, but should bring relief with one or two applications.

90. Use for children’s coughs and chest complaints because this is a relatively mild essential oil. May dilute with carrier oil before applying to child’s throat and chest.

10. **ONYCHA (styrax benzoin)** (pronounced oh-nigh-kah, a very thick oil, remove the plastic orifice and warm the bottle in your hand so that the oil will flow.) Although onycha is only mentioned in scripture by name once, it holds the high position of being an ingredient of the holy incense (Exodus 30:34). Other names for onycha are “benzoin”, “friar’s balm” and “Java frankincense”.

Tincture of benzoin was an antiseptic used in hospitals for more than a hundred years (since the mid 1800s). Onycha may have been used in hospitals but it does NOT have a hospital smell. It contains vanillin aldehyde, which gives it the pleasant of vanilla.
**Exodus 30:34** – “Then the Lord said to Moses, ‘Take fragrant spices – gum resin, onycha and galbanum – and pure frankincense, all in equal amounts…”

*Medical Properties:* Valued anciently for its ability to speed healing of wounds and to help prevent infection.

91. Put a drop on a cut or scrape to speed healing and help prevent infection.

92. Place a drop on a wound to help slow bleeding.

93. Place a drop on each underarm instead of deodorant.

94. Dilute 1 drop in a tsp of honey or 4 oz. of rice milk and ingest to help with a cold, cough or sore throat.

95. Rub several drops on the stomach to help ease gripping pains.

96. Combine with rose and V-6 Mixing Oil for a full body massage to help elevate ones mood.

97. Mix with either lavender or peppermint and diffuse for a warming, soothing effect. (Note: do not diffuse onycha alone as it is too thick and resinous).

98. Put in some warm rice milk (4 oz) and gargle (then swallow) to help with a sore throat or laryngitis.

99. Rub a several drops on chapped or cracked skin to help speed healing.

100. Mix with V-6 Mixing Oil and rub on the chest to help break up mucous and ease a cough.

💡 **11. ROSE OF SHARON/CISTUS (Cistus ladanifer)** is also known as rock rose. This beautiful oil has a soft honey like scent.

**Genesis 43:11** “Then their father Israel said to them, ‘If it must be, then do this: Put some of the best products of the land in your bags and take them down to the man s a gift – a little balm and a little honey, some spices and *Rose of Sharon*(Cistus), some pistachio nuts and almonds.’” (*the translators used 'myrrh’ to represent the Hebrew word ‘ladanum’ in this passage, which is actually Rose of Sharon.)*

**Song of Solomon 2:1** “I am the Rose of Sharon, and the lily of the valley”.

*Medical Properties:* It has been studied for regeneration of the cells.

**ORAC:** 312,000 uTE/100g

101. Apply a drop or two to places of concern for arthritis.

102. Great for autoimmune challenges. Apply to areas, diffuse, and apply to Vita-Flex points on feet.
103. Apply to areas with inflammation alone or mixed with carrier oil.
104. Put a drop in the palm of your hand and rub hands together then cup over nose and inhale to help with stuffy nose.

105. Apply 4 or 5 drops along the spine to help with infection.

106. Dilute with v-6 mixing oil and apply to the face for wrinkles.

107. Put a few drops on chest with v-6 mixing oil for bronchitis.

108. For nervousness or uptightness apply to wrist, inside elbows, temples, soles of the feet, and inhale.

109. For a calming effect throughout the house diffuse 15 to 20 minutes.

110. Due to the phenol action of this oil it may strengthen and support the immune system. Apply 2-3 drops on the soles of the feet daily.

12. SPIKENARD (Nardostachys jatamansi) Spikenard has also been known as “nard” and “false Indian Valerian root” oil. It was prized in early Egypt and in the Middle East during the time of our Savior. Spikenard is 93% sesquiterpenes which have the ability to oxygenate the brain. The amount of Spikenard that was poured on our Savior before his death would be worth almost $2,000.00 in today’s currency...or a year's wages for a common laborer in that time. It was the one of the most precious oils in ancient times, used only by priests, kings, or high initiates. In the New Testament it describes how Mary anointed the feet of Jesus before the Last Supper.

Mark 14:3 – “While he was in Bethany, reclining at the table in the home of a man known as Simon the Leper, a woman came with an alabaster jar of very expensive perfume, made of pure spikenard. She broke the jar and poured the perfume on his head.”

* Medical Properties: Antibacterial, antifungal, anti-inflammatory, relaxant, immune stimulant, Insomnia, menstrual problems/PMS heart arrhythmias, and nervous tension.

ORAC: 54,800 uTE/100g

111. Dilute a few drops with V-6 Mixing Oil and apply to rough or wrinkled skin.

112. Dilute 50/50 with V-6 Mixing Oil and apply on location for help with hemorrhoids (this may sting initially).

113. Apply 2-4 drops at pulse points (wrists, inside elbows, base of throat) 2-3 times daily for help with cholesterol.

114. Apply 1-2 drops at forehead, temples and mastoids (the bones just behind the ears) to help vitalize your brain.

115. In India, one drop is taken near the end of a meal to calm the stomach. (Note: Spikenard is not considered a Food Additive or a Food Flavoring by the FDA.)
116. Apply a few drops on the stomach to soothe indigestion.

117. Diffuse or inhale directly from the bottle to help create an atmosphere of forgiveness.

118. Apply a few drops and wear as a perfume or use for a deodorant.

119. Apply a few drops to feet and crown of head to help ground and balance the mind and stimulate a feeling of courage and power.

120. Place a drop on a cut to help disinfect and speed healing.

NOTICE: Don’t expect the same results unless you are using Young Living Therapeutic Grade essential oils and supplements. Also each person is different so they may not work as well for you as it does for others so try another oil or supplement that would work better for you.

Essential oil testimonials are an effective way of learning and sharing. With this knowledge, we can take control of our own personal health. However, we are required by law to state:

“These statements have not been evaluated by the FDA. Products and techniques mentioned are not intended to diagnose, treat, cure or prevent any disease.”

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“Beloved, I wish above all things that you may prosper and be in good health even as your soul prospers”. III John 2