

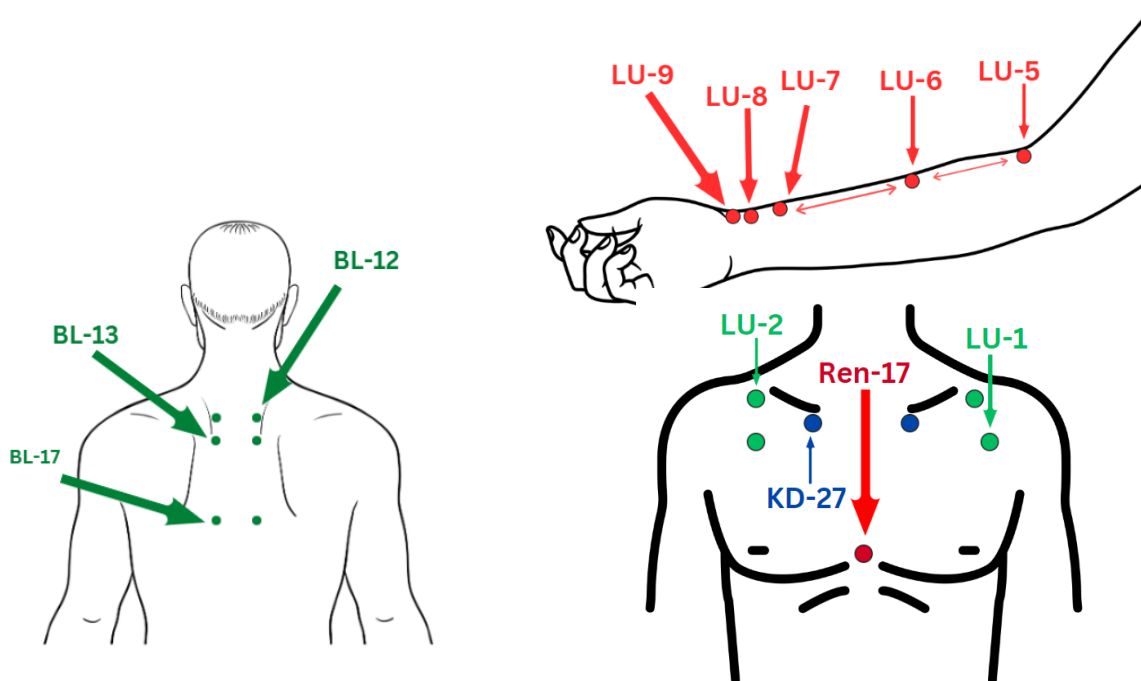


Asthma / Cough Blend

*Oils & benefits:

- **Peppermint:** decongestant, antihistamine helps relieve congestion. Peppermint inhibits the release of histamine.
- **Eucalyptus:** strong scent helps in decongesting airways. Oil contains eucalyptol and “cineole” which helps break up phlegm and mucus.
- **Rosemary:** helps fight infections with its antiseptic properties, uplifting and calming on the lungs, boosts mental activity, supports respiratory function. Breaks up mucous due to “cineole” which helps acute bronchitis.
- **Chamomile:** anti-spasmodic, relieves asthma by relieving muscle contractions that narrow bronchial passages, also has sedative properties that relax the body and tension in an attack.
- **Clove:** Very effective essential oil for asthma. Anti-spasmodic, analgesic, and anti-inflammatory. Helps in expanding constricted airways and relieving breathing difficulties in asthma.
- **Bergamot:** anti-spasmodic, relieves asthma by relieving muscle contractions that narrow bronchial passages, also has sedative properties that relax the body and tension during an asthma attack.
- **Frankincense:** Expectorant and anti-inflammatory. Helps to decongest lungs and nasal passages during asthma attack. Also helpful in relieving anxiety during an asthma attack.
- **Tea Tree:** effective expectorant, helps remove mucous that causes wheezing in asthma. Relieves coughing and bronchitis.
- **Oregano:** anti-bacterial, anti-fungal properties. Relieves breathing difficulties in asthmatic patients instantly when inhaled. Also effective in preventing respiratory tract infections.
- **Carrier Oil:** Pure Organic Fractionated Coconut oil

Examples of meridian/acupressure points for these oils:



Caution: When applying oils to the face/head area, use extreme caution around eyes, not to get oils into eyes or any open wounds, as it can burn or cause discomfort. Wash hands after application to prevent accidentally rubbing eyes etc. Please consult your physician for personalized medical advice. Always seek the advice of a physician or other qualified healthcare provider with any questions regarding a medical condition/concerns

**NOTE: Oil benefits noted above are examples of benefits from the book “Essential Oils Desk Reference”, by David Stewart and other various online sources*