

Essential Oil and Supplement Daily Routine

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I believe that proper nutrition and exercise are all part of God's Health Care Plan. I believe that God created Adam and Eve with perfect bodies which were designed to live forever in a perfect environment. God gave them all the nutrition they needed through the plants He created. Until Noah's flood, which destroyed the perfect environment, many people lived over 900 years. Longevity decreased quickly after the flood. Due to many factors, including cumulative genetic defects, our bodies will eventually wear out, but plants still have the nutrition we need to live as healthy as possible. Before there were drug companies, certain people in many towns around the world knew which plants were best to use to treat specific ailments. Now, though, we have been conditioned to believe that drugs are better than natural cures. Drug companies even got a law passed which states that only drugs cure disorders. But drugs do not normally cure disorders; they just cover, or relieve, symptoms.

I also believe that God created the body with the ability to heal itself when it is given the proper nutrition and care. For several centuries plants have been used to help the body relieve symptoms and even heal itself (where possible). To help my body keep itself as healthy as possible, I quit taking my synthetic multivitamins in 2012 and started taking an all-natural, whole-food supplement called Juice Plus+ which provides multiple micronutrients (phytonutrients, vitamins, and minerals) giving my body what it needs in general to stay healthy. Later I also started using pure certified therapeutic-quality essential oils from specific plants to provide treatment and prevention of specific health issues. Visit <http://BrooksHarris.JuicePlus.com> to learn more about and order Juice Plus+, and for Essential Oils visit www.my.doterra.com/BrooksHarris. Also visit www.BiblicalReliability.com and see the "Wellness" tab for several articles on nutrition and exercise. Below is the routine which I have found to be helpful:

MORNING

Lemon &/or Melaleuca (2 drops each) – **Gargle & spit out** as needed for sinus congestion, mucous and sore throat
Lemon – **Drink** 2 drops in Water for energy, digestion and to help detox the body
Juice Plus (Orchard & Garden) capsules: contain Digestive Enzymes, Probiotics, Vitamins and Minerals with 17 Fruits & Vegetables - **Swallow** to protect cells, detox body, increase energy & immunity
Krill Oil softgel – for inflammation to stop knee & arthritis pain; to strengthen vessels and heart; for High Blood Pressure
Lemon – **Wrist & Inhale** for energy, digestion and to help detox the body
Peppermint or Eucalyptus – **Wrist & Inhale** for sinuses & to open air passages
On Guard Toothpaste – **Brush** for stronger Teeth & Gums
Lavender or Serenity – **Soles of Feet** for immunity and wellness, hormonal & brain support; to reduce High Blood Pressure
Lavender – **Mix in Lotion** to protect skin around Finger Nails, Hands & Face

LUNCH

Lemon – **Wrist & Inhale** for stimulant, to increase metabolism & reduce hunger and cravings
Peppermint, Breathe, or Eucalyptus – **Wrist & Inhale** as needed for sinuses & breathing
Juice Plus (Orchard & Garden) capsules: contain Digestive Enzymes, Probiotics, Vitamins and Minerals

BEDTIME

Lemon &/or Melaleuca (2 drops each) – **Gargle & spit out** as needed for sinus congestion, mucous and sore throat
Lemon or Wild Orange – **Drink** in Water for digestion
Magnesium & Vit. D – **Swallow** for High Blood Pressure (HBP) and to help sleep
Allegra or Benadryl as needed – **Swallow** for allergies to help breathing
Lavender – **Wrist & Inhale** to help sleep & general health, reduce Blood Pressure & Heart Rate, stress & headaches
Peppermint or Eucalyptus – **Wrist & Inhale** for sinuses & to open air passages
On Guard Toothpaste – **Brush** for strong Teeth & Gums
Lavender or Serenity – **Soles of Feet** for immunity and wellness; hormonal & brain support; to reduce HBP
Balance – **Soles of Feet** to thin blood and improve circulation
Melatonin – **Dissolve** in Mouth to aid long & deep sleep
Lavender – **Mix in Lotion** for around Finger Nails, Hands & Face; helps sleep and High Blood Pressure
Lavender or Serenity & Peppermint or Eucalyptus – **Diffuse** in air to aid sleep, breathing and HBP

SLEEP AIDS

Neck Roll – to reverse & prevent **sleep apnea**. Lie on back with a roll under neck, stiff enough to keep head off floor. Push forehead back as far as possible toward floor and push back of neck down on roll for 20 minutes (to restore positive curve in neck and open airway)

Eye Mask – as needed to **aid sleep** (darkness) and to keep **dry eyes** moist by creating a moisture chamber

Ear Plug(s) – to reduce noise to **aid sleep**

Pillows – Foam under knees and a "My Pillow" under head (head tilted back & mouth shut) to **aid sleep**

Uses of Essential Oil Introductory Kit

For more information on doTERRA Essential Oils and how to order, visit my.doterra.com/BrooksHarris. Research each oil for proper use to help with each disorder. The information below is not supported by doTERRA and has not been evaluated by the FDA. The FDA requires the following disclaimer: "these products are not intended to diagnose, treat, cure or prevent any illness or disease, nor is it intended to replace proper medical help." Essential Oils just help the body help itself.

LAVENDER

Acne
Allergies
Anti-Bacterial
Anti-Histamine
Anti-Viral
Aphrodisiac
Arthritis
Blisters/Rashes
Boost Immunity
Bruises
Bug Bites
Calming
Cold Sores
Cuts/Scrapes
Dandruff
Deodorant
Diaper Rash
Ear Infections
Eczema
Fabric Freshener
Use in iron water,
dryer & closet
Insomnia
Gall Bladder
Hair Growth
Hay Fever
Headaches
High Blood Pressure
Minor Burns
Motion Sickness
Nausea
Nosebleeds
PMS Symptoms
Psoriasis
Scars
Stretch Marks
Sun Burns

ACTS AS:

Aleve
Motrin
Neosporin
Sleep Aides
Tylenol
Tylenol PM

LEMON

Acne
Air Freshener
Antiseptic
Anxiety
Asthma
Blisters/Corns
Boost Immunity
Calming
Circulation
Cleaner of sticky stuff
Cleanses Skin
Colds/Flu
Concentration – Mental
Clarity
Detox
Digestive Problems
Disinfectant
Drains Lymphatics
Energy with Peppermint
Flavor Substitute
Hand Sanitizer
High Blood Pressure
Insect Repellent
Memory Aid
Mouth Wash
Nail Fungus
Odors
Parasites
Produce Wash
Sore Throat Relief
Swollen Glands
Urinary Infections
Varicose Veins
Vein Health
Warts/Calluses
Water Supplement
Weight Loss/Obesity

ACTS AS:

Immodium AD
Motrin
Mylanta
Pepto-Bismol
Throat Lozenges
Tums
Tylenol

PEPPERMINT

Alertness
Arthritis
Bad Breath
Brain Fog
Bruises
Cold Sores
Colic
Concentration
Congestion
Dandruff
Diarrhea
Energy
Fainting
Fever
Fungal Infections
Gas/Heart Burn
Headaches
Hot Flashes
Indigestion
Inflammation
Itching
Joint Pain
Memory Recall
Menstrual Cramps
Morning Sickness
Muscle Cramps
Nausea
Neuropathy
Pain Relief
Parasites
Poison Ivy/Oak
Rashes
Respiratory Infections
Stomach Discomfort
Stress
Travel Sickness

ACTS AS:

Claritin/ Zyrtec
Energy Drinks
No-Doze
Pepto-Bismol
Sudafed
Tums
Tylenol Cold