



Physical harmony,
Cleansing
Chelation
Removing toxins
Stress reduction
Emotional clearing
Spiritual renewal

Alkalinity
Hydration
Healthy Foods
Restorative Sleep
Movement
Play

Antibacterial
Antifungal
Antiparasitic
Antiviral

Conscious
Language

Connect with
self

Promote Balance
BE
Joy

For more information:
Ilene Gottlieb
YL Member #162841
(561) 602-1989
Ilene@IleneGottlieb.com
www.IleneGottlieb.com

Immune Strengthening Oils

Essential Oils Guided by Wisdom
Inspired by Nature

There are many different essential oils and blends that one can choose from to support and strengthen the immune system. It is valuable to recognize that stress, whether it be physical, emotional, mental or spiritual, is a major cause for a weakened immune system. With this awareness, we are empowered to make conscious, life-style choices that can significantly reduce stress and strengthen our immune systems. These are only a few of the essential oils and blends and YL products available that can empower you to move forward in your journey of health and healing.

Physical

Frankincense – "... all clinical trials are showing that frankincense is the number one inhibitor of many cancers ...".*

Orange, Grapefruit, Tangerine – "... Citrus oils, high in d-limonene ... have been tested to have powerful, anti-cancer properties in all stages of cancer ...".*

Lemon & Orange – "... studies at Johns Hopkins University, have shown to substantially increase glutathione levels in the liver and colon, which have beneficial effects in detoxification ...".*

NingXia Red – "... Ningxia wolfberry is rich in polysaccharides that ... amplify immunity ...".* "... known as the most nutrient-dense food on the planet ... with the highest natural antioxidant levels, a complete protein profile ...".*

Immupower – A powerful blend for building, strengthening, and protecting the body and supporting its defense mechanism.

Alkalime – Precisely balanced alkaline mineral and essential oil powder formulated to safely balance the acidity of the digestive system. A balanced pH allows the body to maintain vigor and health on a cellular level.

Inner Defense – Oregano, Tyme and Thieves®, designed to support wellbeing when body is stressed by strengthening the immune system, protecting bioterrain, and energizing systemic defense.

Emotional

"... When essential oils are used as the basis of an emotional care program, they can have powerfully positive effects in improving the attitude and emotional well-being and potential outcome of the dis-ease ...".*

Valorll – Helps balance body energies and release fear, helping to give courage and self-esteem; A low vibrational blend that works within the body's frequency.

Joy - An exotic, luxurious blend that produces an uplifting magnetic energy and brings joy to the heart; can inspire romance and togetherness.

Harmony – Promotes physical and emotional healing with harmonic balance. Can be used on all chakras as a beginning to any healing process.

White Angelica, Peace & Calming, Release, Grounding, Inner Child, Trauma Life, Forgiveness, Common Sense, Hope, Believe, SARA – Additional oils to support a powerful emotional care program.

Mental

Clarity – Promotes a clear mind and alertness.

Present Time – Powerfully assists us in moving forward by BEing conscious & in the present.

Spiritual

Frankincense – Considered a precious holy oil in ancient times, it creates a beautiful doorway to one's spiritual connection.

*Essential Oils Desk Reference 5th Edition, Life Science Publishing 2011