

ABC's Quick chart Young Living Essential Oil Usage

ABCs with Young Living Essential Oils - oils for issues, some physical - some emotional (Not all-inclusive)

A is for	Air freshener	Thieves, purification, lemon, any citrus oil or other oil of choice
	Addiction	Peace & Calming, Black pepper, Raindrop
	Adrenal exhaustion	EndoFlex, Nutmeg
	Anger	Purification, Helichrysum
	Ants	Melaleuca alternifolia, Cedarwood, Citronella
	Arthritis pain	PanAway, Deep relief, Copaiba, Raindrop , Aroma Seiz, Frankincense, Ocotea
	Asthma/allergies	Dorado Azul, Eucalyptus Radiata, Frankincense, Eucalyptus blue, Ravintsara, Palo santo, RC, Breathe Again, Raven, Inspiration, Sacred Mountain, Lavender, Cypress, Raindrop
B is for	Baby -	All oils safe diluted, or direct on feet, Raindrop
	Baths	Lavender, Peace & Calming, Peppermint, ANY oil that appeals to you
	Bee Stings	Purification
	Boredom	Grounding
	Bravery	Valor
	Bitterness	Release, Forgiveness, Valor
	Bugs	Purification, Lavender, Peppermint, eucalyptus radiata, geranium, citronella
C is for	Cleaning	Thieves, Lemon, Orange, Tangerine, Grapefruit, Citrus
	Cancer	Frankincense, Citrus oils (for mood elevation), Raindrop
	Constipation	Di-Gize, Peppermint, Fennel
	Contentment	Copaiba, Humility, Release
	Cough	Lavender, Thieves, Lemon, Palo Santo, Myrrh, Clove, Ravensara
	Courage	Valor
D is for	Dogs	Peace & Calming, Lavender, Purification
	Diaper balm	Lavender, Gentle baby, Melaleuca, Myrrh
	Depression	Peace & Calming, Citrus oils, Lemon, Joy, Jasmine, Neroli, Raindrop , Frankincense, Lavender
	Deodorant	Lemon, Lime, Purification, Any that appeals to you
E is for	EVERYTHING!!!	Any, all, limited only by your own imagination, Raindrop
	Emotions	Citrus oils for uplifting mood, Lemon, Clary sage, Dragon Time, Neroli, Progessence plus for hormone related in women, Mister for men
	Entitlement	Lemon
F is for	Fleas	Black pepper, peppermint, oregano, orange
	Fear	Sacred Mountain, White Angelica
	Fibromyalgia	Aroma Seiz, PanAway, Deep Relief, StressAway, Citrus oils, Peppermint, Raindrop
G is for	Grief	Joy, Acceptance, Neroli, Raindrop

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	Gallbladder	Geranium, German chamomile, JuvaFlex, Juva Cleanse, Forgiveness, GLF, juniper, lavender, Release, rosemary, Surrender
H is for	Headache	Peppermint, Deep relief, StressAway, PanAway
	Happiness	Joy, Highest potential, Raindrop, Neroli
	Hearing	Helichrysum
	Herpes	Peppermint, Sage, Dorado azul, Ravintsara, Lavender
	Hives	Myrrh, German chamomile, Roman chamomile, Ravintsara, Eucalyptus Radiata, Melaleuca, RutaVaLa, Stress Away, Tranquil, Peace & Calming
I is for	Insomnia	Lavender, Peace & Calming, RutaVaLa, vetiver, valerian
	Injustice (feels not fair)	Sacred Mountain,
J is for	Jaundice	(See Liver)
	Joint pain	PanAway, Deep Relief, Frankincense, Idaho Balsam Fir, Copaiba, peppermint, wintergreen, Raindrop
	Jet lag	(See Tired)
K is for	Kidney	Myrrh, spikenard, lemon, Melissa, mountain savory, thyme, cistus, rosemary, clove, melaleuca, juniper, oregano, EndoFlex, RC, Melrose, Purification, Inspiration, Thieves
L is for	Love	Ylang Ylang, 3 Wise Men, Release
	Learning	Lemon, Peppermint, Brain Power, Clarity
	Liver	Juvaflex, Melrose, JuvaCleanse, Ledum, Lemon, cardamom, geranium, carrot seed, German chamomile, rosemary, orange
	Loneliness	White Angelica
	Lotions	Any oil that appeals to you, especially lavender, peace & calming
M is for	Mood	Citrus oils uplifting, especially Orange oil, Valor, peppermint, En-R-Gee, Peace & Calming
	Massage	Any oil that appeals to you or Raindrop
N is for	Nosebleeds	Geranium
	Nightmares	Purification, White Angelica
O is for	Oral care	Thieves, Peppermint, Spearmint, Wintergreen, Orange, Lemon, Lavender
	Obesity	Citrus Oils, Ledum, lemongrass, lavender, rosemary, thyme, sage, Ocotea
P is for	Perfume	Any oil that appeals to you, I LOVE Neroli & Ylang Ylang
	Pain	Peppermint, Wintergreen, PanAway, Deep relief, Copaiba, Idaho Balsam Fir, Frankincense, Helichrysum, Raindrop
	PMS	Progessence Plus, Clary Sage, Dragon Time, Lavender
	Poison Ivy	German Chamomile, Eucalyptus blue, myrrh, patchouli, rose, lemon, Idaho tansy, melaleuca, rosemary, basil, spikenard, Melrose, purification, RC, Juva Cleanse
Q is for	Queasy stomach	Peppermint, Di-gize

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R is for	Raindrop and/or Vibrational Raindrop Technique	Basil, Cypress, Marjoram, Oregano, Peppermint , Thyme, Wintergreen, Valor , Aroma Seiz, Ortho Ease, Any other oil of choice (12 Ancient Oils of Scripture)
	Resentment	Lemongrass, Joy
	Rebellion	Release
S is for	Scent of course!	Any, ALL, Be sure to use your diffuser!! The Start up with Everyday Oils kit has a \$40 coupon towards one.
	Self-centered	Geranium
	Skin	Lavender , Helichrysum, Chamomile, Patchouli, Geranium, Lemon (photosensitive), Lemongrass, Melrose, Melissa
	Spiders	Peppermint
	Sore Throat	Thieves, Lemon
	Stress	StressAway, Peace & Calming , vetiver, Grapefruit, Raindrop
T is for	Tired	Valor, Peppermint, Thieves , En-R-Gee, EndoFlex, PanAway, Raindrop
	Trauma	Valor, SARA, White Angelica, Relieve It, Raindrop
U is for	Urinary tract infection	Myrrh, spikenard, lemon , Melissa, mountain savory, thyme, cistus, rosemary, clove, melaleuca, juniper, oregano, EndoFlex, RC, Melrose, Purification , Inspiration, Thieves, Raindrop
	Unreliable	Lemon
V is for	Vertigo	Frankincense
	Vaccine reaction	Legacy, Oregano, Raindrop , Balsam Fir
	Virus	Thieves , Melissa, Raindrop, Frankincense
	Viagra for Men	Sensation, Mister, Goldenrod, Frankincense , myrrh, ginger, nutmeg, jasmine, Ylang Ylang, valor, SclarEssence
	Viagra for Women	Sensation, Neroli, Lemongrass, Jasmine, Rose, Frankincense , Clary sage, Geranium, Ylang Ylang
	Vision - Physical	Frankincense , Rosemary, Cypress
	Vision - Emotion	Inspiration, Joy, purification , Transformation, Awaken, Dream Catcher, helichyrsum, palo santo
	Vomiting	Peppermint, Lemon
W is for	Window cleaner	Lemon, Thieves
	Weakness- Emotional	White Angelica
	Weakness - Physical	En-R-Gee, EndoFlex,
	Wounds	Lavender, Frankincense
	Workaholics	Clarity, Into the Future, Present time, Geranium
X is for	Xray damage	Raindrop
	Xenophobia(fear of strangers)	Sacred Mountain, White Angelica, Peace & Calming, Purification
Y is for	Youthfulness	Lavender , Geranium, Frankincense , Helichrysum, Clary sage, Myrrh, Rosewood, Lemon , Ylang Ylang, Jasmine, vetiver, patchouli, rose, sage, bergamot

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	Yeast	Melaleuca, lavender, oregano, Thieves, clove, lemon myrtle, mountain savory, peppermint, cinnamon bark, eucalyptus, rosewood, spearmint, Di-Gize, EndoFlex, ImmuPower, marjoram Melrose, rose, tarragon
Z is for	Zest for life	Citrus oils, En-R-Gee, peppermint, Valor, any that appeal to you in the moment, Inner child, Harmony
	Zits	Melaleuca, Eucalyptus, Purification

Resources:

- **Releasing Emotional Patterns with Essential Oils**, Carolyn L. Mein DC
- **Saving Face**, Dr. Sabina DeVita
- **Essential Oils Desk Reference, 5th Edition**
- **Reference Guide for Essential Oils**, Connie & Alan Higley 12th Edition
- **Gentle Babies**, Debra Rayburn
- **A Statistical Validation of Raindrop Technique**, David Stewart, PhD

Highlighted oils are in the Everyday Oils Kit

Raindrop Technique was created by Gary Young using Vitaflex and therapeutic touch in the application of a particular set of essential oils that are immune enhancing, and supportive of the circulatory, respiratory, endocrine, digestive and nervous system. **Vibrational Raindrop** incorporates the use of tuning forks helping to raise your frequency and drive the oils in faster and further.

Essential oils are the life force of the plants. They vibrate with the frequency of the earth, of man and of God. There are over 1,035 references in the Bible to herbs and trees and they are referred to as necessities and as medicines. Oils are able to penetrate the nucleus of the cell, repair & rebuild it. They do not carry the potential for side effects that synthetic pharmaceutical m

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“... And the leaves of the tree were for the healing of the nations.” Revelation 22:2

YOUNG LIVING
ESSENTIAL OILS
INDEPENDENT CERTIFICATION

Young Living is the only company that submits to AFNOR testing, and independently tests every batch of oils. They are involved in the process from the first seed of the plant all the way to the seal on the bottle.