

When choosing an essential oil, it is important to find a source that offers **pure, therapeutic-grade** oils. Some essential oils are diluted or cut with a chemical or carrier oil to make them less expensive. Some essential oils have been improperly processed by manufacturers trying to cut corners. Oils such as these may be missing or have the wrong proportion of necessary constituents and may provide less than desirable results when used.

To learn more about pure, therapeutic-grade lemon and other essential oils, please contact the person who gave you this card, or the person listed below:

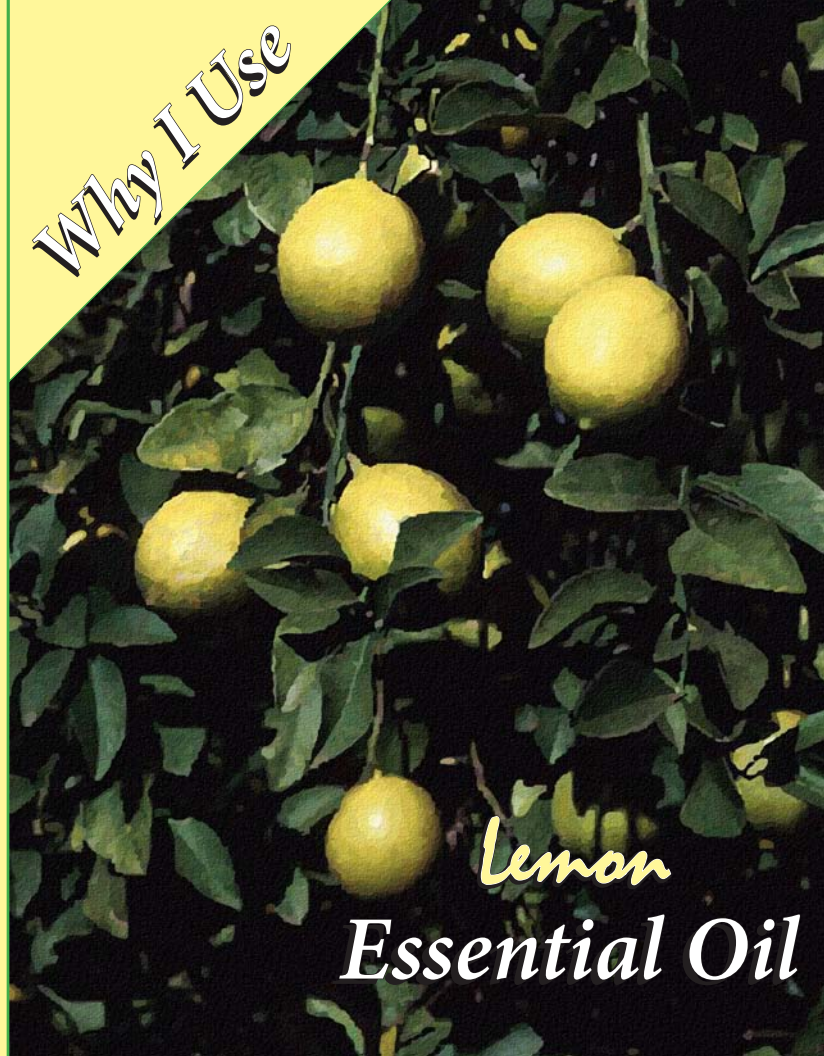


To order more copies of this card, please contact:



www.AbundantHealth4u.com
1-888-718-3068 • (801) 798-0642
©2007 Abundant Health, LLC

Why I Use



Lemon
Essential Oil

Why do I use lemon essential oil?

"Lemon is a great diffuser oil keeping my house smelling fresh while eliminating most germs. I also love sprinkling it on my kitchen countertops and wiping them down. The whole area smells like I deep cleaned."

Karen Thomas, Pennsylvania, USA

"Very uplifting, enjoyable scent that strengthens the immune system."

Cathy Poulin, Maryland, USA

"I drink it in water often. I use it for stains. Great taste and wonderful for ink stains on furniture, clothes, etc."

Suzanne, California

"I like to diffuse lemon in my kitchen especially in the winter. It cleans the counters in the kitchen and also takes stains out of cotton bibs, etc."

Barbara Lemke, Wisconsin

"I drink it in my water as I like the taste. I also like to diffuse it as it is a smell that most people are familiar with so they don't complain when it's in the air. I use it in my hair salon to destroy the chemical smells."

Barbara Anne Mills, Saskatchewan

"Lemon oil is wonderful in many ways. I travel internationally often and always keep my lemon oil with me to place a few drops in the water I drink. So far with all my travels, I have never been ill from the water: I also do not like to drink tea with out fresh lemon in the water. Therefore when traveling and I cannot have fruit, I add a couple drops of lemon to the tea and it tastes just as refreshing!"

Jeanette Jolley, California

"I spray Lemon oil (mixed with water) to diffuse in my classroom to kill germs and give my classroom a fresh scent."

Connie Jenkins, Missouri

"For swollen feet after standing for long periods."

Leler Murphy, Tennessee

"I use a few drops in the dishwashing liquid for extra sanitation."

Pam Jones, Arkansas

"I use it to improve circulation, immunity and for my skin."

Saralee Deacon, Arizona

"It's great for cleaning fruits and vegetables. I will place my fruits in a very large bowl with 3 drops of lemon oil to let them soak overnight. You will see all the grit and grim and who knows what else on the bottom of the bowl the next morning."

Rosie, Texas

"A drop of lemon is a delightful addition to a glass of water, and healthy, too!"

Joyce, Texas

"I love lemon for many uses—in my water for taste and alkalinity, on my throat to eliminate congestion and on my hands while traveling for its antiseptic qualities to cleanse my hands after using a public restroom (rather than antibacterial, chemicalized soaps)."

Jill Taylor, Indiana

"Lemon purifies. I put it in my water and use it when I wash my vegetables, fruit and various meats because it kills the bacteria."

Marsha, Nebraska

What are essential oils?

Essential oils are the volatile, aromatic liquids that can be distilled from plants. Each essential oil is comprised of many different constituents that work together synergistically to give the oil its unique properties. Many essential oils have been used for healing and pleasure for thousands of years.

How to use essential oils:

Massage:

Mix 5-10 drops of essential oil with 1 oz. of a pure vegetable oil and massage on the skin.

Inhalation:

Place 1-3 drops of essential oil on a tissue, cotton ball, or strip of fabric. Hold this close to your face and inhale, or attach it to a ceiling fan or air vent.

Room Spray:

Place 10-15 drops of the essential oil with 1 oz. water in a small spray bottle. Shake well and spray in room as desired.

Bath:

Mix 3-6 drops of essential oil with 1/2 oz. unscented shower gel or 1/4 cup Epsom salts and add to water while filling.