

# All-Natural Cold and Flu Prevention with the Power of CPTG\* Essential Oils

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## Don't Let This Be YOU!

*Prevention is your first priority this season. Take a little time to be prepared with some basic supplies. Then when something hits, try the natural solution first. Then you won't necessarily have to run out to the drug store and load up on pharmaceuticals.*

*Here are a few things to have on hand to help you get better quickly and naturally.*

## Natural Remedies for Cold and Flu

1. Wash hands often! Try **On Guard Hand Soap** made with all natural ingredients and On Guard essential oil blend with natural antimicrobial properties from Clove, Cinnamon, Eucalyptus, Orange, and Rosemary oils.
2. Hand sanitizer – instead of the toxins and harsh chemicals found in many commercial hand sanitizers, try **Lemon Hand Spritz**.
3. Getting enough water for detoxification – Try the **Slim and Sassy** essential oil blend in your morning and afternoon water.
4. Restful sleep – Try **Serenity or Lavender** oils on your pillow or in your bath or night-time lotion for restful sleep.
5. Be prepared with the homemade **Flu Bomb**. Take it internally or put it on your feet and rub in several times a day until better.
6. Decongest naturally with the **Breathe** essential oil blend. Rub on chest or below nose for decongestion with no harmful side effects.
7. Good nutrition – Try recipes with essential oils and all natural ingredients in the **Slim and Sassy cookbook**.
8. **On Guard cough drops** ready when you need them.
9. Try the **Past Tense** essential oil blend for headaches and stress relief.
10. Take good vitamins – doTerra's **Lifelong Vitality Vitamin pack** comes with a money-back guarantee!

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**On Guard Hand Soap.** Mix liquid castile soap, a little vegetable glycerin, olive or almond oil, water, and On Guard essential oil in foaming soap container. Amounts can vary due to desired consistency.

**Lemon Oil Hand Spritz.** Add lemon oil and water to a small spray bottle. Spray down shopping cart handles, your hands, restaurant tables, etc. Great way to cleanse on the go. Also, takes care of any sticky kid messes great!

**Slim and Sassy Blend.** Simply add this oil blend to your drinking water – a few drops twice a day is all you need for gentle detoxification, appetite suppression, and a happy tummy.

**Lavender or Serenity blend oils.** In addition to antimicrobial health benefits, these oils calm and soothe tired minds and bodies. Put a drop on your pillow, massage into head and neck or feet, or pour into night-time bath for natural relaxation. Make sure to use high quality doTerra CPTG oils for maximum benefit.

## The "FLU BOMB".

4 drops Lemon  
2 drops Oregano  
2 drops Melaleuca  
2 drops On Guard

Place in an empty gel capsule and swallow. Or, you can add the drops to a roller bottle and fill it the rest of the way up with Fractionated Coconut oil. Apply it every hour or so to the bottoms of the feet. Try and take this as soon as you start to feel a little "off" and repeat it often until it's kicked.



**Breathe blend.** Add several drops of Breathe blend to a roller bottle and fill the rest of it up with Fractionated Coconut Oil for natural decongestion, sniffles, sinus pressure, etc.

**Healthy Eating.** The Slim and Sassy cookbook is available from AromaTools.com and has wonderful natural recipes that will fuel your body correctly to boost your immune system.

**Headaches and Fever.** Peppermint and Lime are great. Apply them down the spine, on the feet, and the back of the neck. This helps bring down fever. Remember, small amounts, applied often works best. Also for headaches, try Past Tense blend applied to temples (DON'T GET IN EYES), back of neck and forehead. Apply topically but don't forget to use them aromatically too. Sometimes, just inhaling the aroma is enough to help you feel better.