

How do we start getting health and maintain it?

- Spice for Life essential oil blend targets viruses
- Guardian essential oil blend targets fungi
- Defence essential oil blend targets bacteria

Question: I thought I had a bacterial infection, but Defence essential oil blend didn't work. Why? Because the bacteria was in the process of morphing into a virus or fungus so the Defence essential oil blend was unable to kill it. You need to cycle through the three oils because of this.

Stick to the following order:

- Spice for Life essential oil blend for breakfast
- Guardian essential oil blend for lunch (Fungus has a growth spurt in the early afternoon.)
- Defence essential oil blend for supper or before going to bed (Bacteria grows twice as fast at night as it does during the day! Bacteria have a very large challenge with sunlight.)

Dosages:

1 drop is generally ample for maintenance

2-3 drops for crisis

4-6 drops for acute

We suggest that you put the drop(s) in a capsule, fill with Grapeseed oil (or olive oil, or other consumable carrier oil). Spice for Life essential oil blend tastes pretty good, but the others aren't the yummiest.

- **Maintenance:** 1 drop, do daily for 2 weeks, then take 1 week off. If symptoms begin to return, go back on. (ie: 1 drop Spice for Life essential oil blend for breakfast, 1 drop of Guardian essential oil blend for lunch, and 1 drop of Defence essential oil blend before going to bed.)
- **Crisis:** 3 times a day (2-3 drops) for 5 days. (ie: 2-3 drops of Spice for Life essential oil blend for breakfast, 2-3 drops of Guardian essential oil blend for lunch, and 2-3 drops of Defence essential oil blend before going to bed.)
- **Acute:** take every 15 minutes (4-6 drops) for 2 hours—then revert to crisis dosage for 5 days—then revert to maintenance for 30 days AND DRINK LOTS OF WATER! We would also recommend that you do at least one soak in Healing bath salts and that you consume fresh ground flax (work yourself up to ¼ cup of flax a day). (ie: assuming you're starting at 10:00 am—take 4-6 drops of Spice for Life essential oil blend at 10:00 am, take 4-6 drops of Guardian essential oil blend at 10:15 am, take 4-6 drops of Defence essential oil blend at 10:30 am, ROUND ONE COMPLETE, repeat round one starting at 10:45 am (Spice for Life), 11:00 am (Guardian), and 11:15 (Defence). ROUND TWO COMPLETE, repeat, taking at 11:30, 12:00, skipping the third dose of Defence). The next day start the crisis dosage.

Make sure you take time off to give your body a rest.

You NEED to LISTEN to YOUR BODY! If you have any negative reactions you will need to retreat from the use of the oil, continue the Liver Cleanse, and re-visit it in two weeks.

A child under 2 years—75% dilution of essential oil.

A child between 36-24 months—50% dilution of essential oil.

Can the essential oils be used on location? Not Spice for Life. Yes Guardian and Defence.

To order, for class information, or if you have questions contact:

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