
TOP 10 USES FOR CORIANDER OIL

- 1. Occasional Menstrual Cramps:** Rub on lower abs during that time of the month.
- 2. Natural Deodorant:** Rub diluted Coriander under the armpits. It helps calm excessive sweating.
- 3. Stool Softener Rub:** 4 ounces Fractionated Coconut Oil 5 drops Coriander 7 drops Wild Orange 4 drops Lemon 2 drops Ginger 4 drops DigestZen Apply clockwise around the belly...
- 4. Nausea:** Rub on tummy and inhale.
- 5. Digestive Concerns:** Indigestion, flatulence, and bloating. Extra Coriander makes DigestZen Blend work faster. Coriander is already in the DigestZen Blend. If DigestZen isn't working fast enough add a few drops of Coriander to it.
- 6. Fear-Less Personal Blend:** 2 tablespoons of Fractionated Coconut Oil, 2 drops Coriander Oil, 1 drop of Ginger, 1 drop Wild Orange, 4 drops of Sandalwood. Wear as a fragrance or inhale from the bottle as needed. (Dr. Sue Lawton)
- 7. Occasional dizziness:** Inhale to open up the larynx for more oxygen to allow more air to enter into the lungs.
- 8. Insulin Support Blend:** 2 drops Coriander, 2 drops Grapefruit, 2 drops Cinnamon, 1 drop Juniper Berry, mixed in a capsule and take 2-3 times a day. (Dr. David Hill)
- 9. Integrity:** Smell Coriander alone or add Coriander to Bergamot, Cassia or Clary Sage as you practice honoring and loving yourself. Affirmation: I love being me!
- 10. Balancing after a Heavy Emotional Confrontation:** 3 drops Coriander, 2 drops Patchouli, 2 drops White Fir, 2 drops Sandalwood. Mix gently and then apply to the back of the neck and inhale from cupped hands. (Dr.Sue Lawton)

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

