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# TOP 10 USES FOR CLOVE BUD OIL

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- 1. Gum support:** One drop on toothpaste can help clean the teeth and gums while promoting fresh breath.
- 2. Oil Pulling:** Add 1-2 drops of Clove oil to 1 tablespoon of virgin coconut oil for oil pulling in the morning.
- 3. Toothaches:** Clove oil is the first choice for toothache!
- 4. Teething:** Dilute Clove oil with Fractionated Coconut Oil. Add 1-2 drops Clove oil to 1 teaspoon oil Fractionated Coconut Oil and rub on baby's gums or on the jawline.
- 5. Immunity:** Clove oil is one of the ingredients of On Guard Protective Essential Oil Blend. If you don't like taking Oregano internally, take Clove oil instead of Oregano. Diffuse Clove Bud oil with other oils such as Cinnamon and Wild Orange to clean the air.
- 6. Long-term cold feet:** Mix 3 drops Clove, 6 drops AromaTouch, 3 drops Lemon, 3 drops Cypress. Apply to feet and ankles every three hours. Wear warm cotton socks and remember to drink lots of water. (Dr. Sue Lawton)
- 7. Antioxidant:** Use Clove oil in one form or another daily. It is found in the Lifelong Vitality Pack, DDR Prime Blend, and On Guard Protective Blend.
- 8. Smoking Addictions:** Put 1 drop of Clove oil & 1 drop of Black Pepper oil on the tongue to reduce the urge to smoke.
- 9. Liver & Brain Support:** Clove oil is naturally detoxifying. Rub on the bottom of your feet and take internally on a regular basis.
- 10. Creating healthy boundaries:** Rub 1-2 drops of Clove oil & 1-2 drops of Melaleuca oil on the bottom of your feet. Say, "I have healthy boundaries."

\*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.

