

---

# TOP 10 USES FOR MYRRH OIL

---

- 1. Newborn Umbilical Cord Care:** Put a drop or two of Myrrh oil straight on the cut umbilical cord. For more information on Pregnancy, Birth, & Babies click here.\*
- 2. Bad Breath, Gum Problems and Fistula of Mouth:** Rinse with Myrrh 4 drops, Lemon 2 drops, Peppermint 2 drops. Try oil-pulling with coconut oil and these oils.\*
- 3. Groin Area Skin Care:** Myrrh 4 drops, Coriander 4 drops, blend and apply to affected areas. Consider putting it in a spritzer bottle and spraying it on.\*
- 4. Groin Itch Oil:** 2 tablespoons Fractionated Coconut Oil, Myrrh 2 drops, Thyme 3 drops, Melaleuca 3 drops; Gently blend and apply to the area of concern.\*
- 5. Groin Bath Blend:** 1/2 cup Epsom Salts, Myrrh 2 drops, Patchouli 3 drops, Wild Orange 2 drops; add oils to the Epsom Salts bath.\*
- 6. Congestion of Chest:** Myrrh 4 drops, Eucalyptus 3 drops, Lemon 3 drops, Basil 2 drops, Thyme 1 drop; gently blend and apply to sternum in an upward motion drinking lots of water.\*
- 7. Athlete's Foot Care:** Myrrh on the bottoms of feet nightly then apply Myrrh with Lemon for daytime.
- 8. Ovary Support & Balance:** Mix a blend of Myrrh, Patchouli and Marjoram equal portions and rub over vita flex points on ankles, bottoms of feet and over lower abdomen several times.
- 9. Skin Youth Restored:** Myrrh 3 drops, Sandalwood 2 drops, Frankincense 2 drops, Geranium 2 drops, Lavender 2 drops; gently mix together and apply to skin at night.
- 10. Relief of Oppressive Over-Attachment:** 2 Tablespoons coconut oil, Myrrh 2 drops, Frankincense 2 drops, Cypress 2 drops; gently blend and apply to bones behind the ears and rub hands together to inhale and choose a good feeling thought.

\*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.

