
TOP 10 USES FOR THYME OIL

1. Immunity Boosting: Rub it on the bottom of your feet daily. Add 2 drops to veggie capsules and take during times of need to support a healthy immune system. Thyme oil can get into the cell walls and assist your cells to eliminate viral damage. Use Thyme 2-3 days after you feel better. Add Thyme to On Guard for greater benefits.

2. Correct Cellular Misinformation: Like Oregano and Melaleuca, Thyme oil has a high ability to penetrate through and inhibit formation of biofilm surrounding microbes. This allows the body to correct cellular misinformation created by microbes. Remember when the body can cleanse fungus and other invaders, it will experience less inflammation which will reduce pain. It is found in the DDR Prime oil.

3. Fatigue: Add 2 drops to veggie capsules twice a day for 1-2 months. Cleansing out the gut will help reduce fatigue concerns. Energy should return to you the more you cleanse your gut.

4. Gut: Thyme oil is one of the oils in the GX Assist. GX Assist is wonderful cleanser for the GI Tract. [Click here to learn more about the 30-day Cleanse.](#)

5. Sleep: Mix 1-2 drops in a warm epsom salt bath to relax and prolonged reduce sleeplessness.

6. Snoring: Dilute 1:1 Thyme to Fractionated Coconut oil. Rub on and around the toes under toes and top of toes before bed each night.

7. Cough: Thyme & Wild Orange oil 1 drop of each in water gargle and swallow. Do this throughout the day.

8. Respiratory Support: Thyme can help support the body in cleansing and clearing the lungs.

9 Gardening: Put a few drops in a water bottle to spray in the garden to naturally repel insects. Thyme is great to mould.

10. Mental Stimulating: 1 drop of diluted Thyme oil and rub over sternum

*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.

