
TOP 10 USES FOR SIBERIAN FIR

- 1. Muscle & Joint Support:** Mix Siberian, Copaiba and Fractionated Coconut Oil. Apply to joints and muscles to ease discomforts.
- 2. Relaxation to Whole Body:** Siberian Fir directly affects, calms and soothe the central nervous system.
- 3. Circulation & Cardiovascular Support:** Apply on veins, muscles and on the feet. Rub over the heart and heart reflex. Siberian Fir supports better circulation in the body.
- 4. Normal Cell Function Support:** Siberian Fir and Frankincense used daily will help support cell function. You can use it topically and internally to help cells function optimally.
- 5. Cleansing and Balancing:** 1-3 drops in a capsule daily to support body systems. Siberian Fir is great for Cholesterol balancing and liver cleansing too. When the gut is healthy, you'll find you are more energized.
- 6. Digestion & Metabolism:** 1-3 drops in a capsule daily to support body to boost metabolism and digestion. You can also rub on feet and reflex points.
- 7. Respiratory:** Use in combination with Rosemary, Eucalyptus, Cypress or Lime for clarifying aroma and respiratory support. Soothe the airways, especially dry airways. Diffusing these oils will help clean the air too.
- 8. Tissue Support:** Mix with Melaleuca, Cedarwood or flower oils and dilute with Fractionated Coconut Oil. Apply to soothe skin irritations and blemishes. Apply to calm overactive tissues and ease discomfort.
- 9. Immune & Urinary Support:** 1-3 drops in a capsule daily. Also consider rubbing on your abdomen.
- 10. Hormone Balancing for Men & Women:** Rub on lower abdomen and ankles. Use alone or with other hormone balancing oils 2-4 times a day for at least 2 months.

*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.

