
TOP 10 USES FOR GINGER OIL

- 1. Appetite-Stimulating Inhalant:** Ginger 3 drops, Peppermint 2 drops, Black Pepper 4 drops, Coriander 6 drops, Clary Sage 8 drops. Gently blend in an inhalant and use often during day to keep system working.
- 2. Inhalant Blend for the Sinus & Congestion:** Ginger 3 drops, Rosemary 2 drops, Eucalyptus 3 drops, Frankincense 5 drops; mix oils together & pour onto wick & close tight & inhale to relieve sinus infections & clear congestion.
- 3. Weight Management Inhalant:** Ginger Oil 3 drops, Fennel Oil 6 drops, Rosemary 2 drops, Black Pepper Oil 1 Drop; mix oils & pour onto wick & close tight & inhale a couple times an hour to decrease appetite & satisfy cravings.
- 4. Morning Sickness Inhalant Blend:** Combine Ginger 7 drops, Melissa 2 drops, Rose 2 drops into a small bottle or inhaler and inhale to fight nausea and reduce vomiting.
- 5. Motion Sickness:** Put a drop of Ginger on the bones on the back of the ears before long car rides, airplane trips, or before you go out to sea.
- 6. Sinus Steam Inhalation:** Mix 1 quart steaming water, ¼ cup Epsom salts, Ginger 1 drop, Melaleuca 1 drop, Thyme 1 drop, Eucalyptus 1 drop. Hold head over the bowl & drape a towel over head & the bowl. Breathe in.
- 7. Boost Immunity Tea:** Boil cup of water & let sit and cool for 5 minutes; then add 1 tablespoon of local honey with 1 drop of Ginger Oil already in the honey and stir and sip until dissolved.
- 8. Sinus Foot Bath:** 1/4 cup Epsom salts, Ginger Oil 1 drop, Siberian Fir 1 drop, Rosemary 1 drop; Mix & soak feet for 10-15 minutes.
- 9. Winter Chest Rub:** 2oz Coconut Oil, Ginger 2 drops, Oregano 1 drop, Thyme 1 drop, Frankincense 2 drops, Eucalyptus 2 drops, Siberian Fir 2 drops, Melaleuca 2 drops; Gently blend. And massage on chest & back.
- 10. Chest Rub for Occasional Coughs:** 2 ounces of Coconut Oil, Ginger 3 drops, Thyme 2 drops, Melaleuca 2 drops, Cypress 3 drops, Lavender 3 drops Lemongrass 1 drop; Gently blend and apply to chest or vital-flex points on the feet and hands to relieve Cough.



*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.