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# TOP 10 USES FOR TURMERIC<sup>®</sup> OIL

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- 1. Cellular & Autoimmune Support:** Dilute and apply this topically on focused areas or on the feet. Also take internally. Take 3-5 drops a veggie capsule and take 2-4 times a day.
- 2. Joints, Muscles, & Inflammatory Response:** Dilute and apply this topically on the feet. Consider mixing Turmeric with Copaiba, Lemongrass, Deep Blue, & Marjoram. Take 3-5 drops a veggie capsule and take 2-4 times a day.
- 3. Cleansing Out Environmental Threats:** Take 3-5 drops a veggie capsule and take 2-4 times a day depending on the severity of the health concern.
- 4. Brain & Blood Supply:** Apply 2-3 drops on the bottom of your big toes. Take 3-5 drops a veggie capsule and take 2-4 times a day.
- 5. Blood & Lymph Purifier:** Take 3-5 drops a veggie capsule and take 2-4 times a day depending on the severity of the health concern.
- 6. Intestinal Cleansing:** Take 3-5 drops a veggie caps & take 2-4 times a day.
- 7. Skin Cleansing:** Dilute with Fractionated Coconut Oil and apply topically. Take 3-5 drops a veggie capsule and take 2-4 times a day.
- 8. Coughs, Respiratory & Lung Support:** Take 3-5 drops a veggie capsule and take 2-4 times a day depending on the severity of the health concern.
- 9. Muscles & Cramping:** Dilute Turmeric Oil with Fractionated Coconut Oil and massage on location.
- 10. Oral Health Support:** Oil pull with Turmeric. Add 2 drops of Turmeric with a spoon of virgin coconut oil and swish around in your mouth for 5 minutes. Spit into garbage bin when done.



\*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.