

# Irritated Skin

Resolve irritated skin issues permanently. The root of skin irritation issues are really a gut issue, toxin and stress issues. Use essential oils, probiotics, enzymes, & diet to cleanse the gut and overgrowth of candida fungus. Use only natural and safe products to reduce toxins in the body.

## BODY

### Topically:

5 drops Cedarwood  
5 drops Geranium  
5 drops Yarrow|Pom  
2 drops Helichrysum (optional)  
Fractionated Coconut Oil

Mix this blend in a 10ml glass roller bottle. Fill up bottle with Fractionated Coconut Oil. Roll on skin areas of concern 2-3 times a day. Consider applying on and then soaking in an Epsom salt bath.

### Internally:

- Take 2-3 drops of Lemon oil (or other citrus oils) to encourage release of toxins from the fat cells.
- Take 2 of each of PB Assist & TerraZyme twice a day. Enzymes can help break down foods for better absorption and repair the gut lining and tissues in organs.
- Use the Lifelong Vitality Supplements daily. Eat a clean diet. Reduce sugar, wheat, dairy, corn & soy.
- ASAP, do the 30-day Cleanse & Restore. Alternatively, take 2-3 drops of Thyme, Oregano, Turmeric oils in veggie capsules twice daily. [jadebalden.com/cleanse](http://jadebalden.com/cleanse)

### Reduce Toxic Load:

Replace toxic skincare, haircare, other personal care products and household cleaners with natural safe options.

## MIND & SPIRIT

### Resolve feelings of:

- Over-sensitive
- Feeling frustrated
- Unresolved hurt feelings
- Unresolved feelings of irritation
- Emotional insecurity
- Holding onto feelings/fears that go against you
- Not speaking your truth with love
- Unwilling to be accountable for own feelings
- Unresolved, deep-seeded hurt feelings surfacing

### Diffuse Daily:

- Balance Grounding Blend
- Lavender & other floral oils
- Serenity Relaxing Blend
- Wild Orange, Lime, Lemon, and other citrus oils

### Affirmations & New Beliefs:

- *I am tolerant of my humanity and that of others*
- *I calmly allow myself and others the freedom to make mistakes*
- *I am patient as the universe unfolds perfectly*
- *I trust myself and own my power to choose*