Application for all three oils:

**Topical:** Apply 2-3 drops *Coriander, Dill, Fennel*, equal parts, on the feet in the morning before launching into your days. At night apply these same oils on the pancreas area of your body with a warm compress. If it gets too hot, apply some Carrier oil to dilute the oils, and put the warm cloth back on.

**Supplement:** 2 drops each of *Coriander, Dill, & Fennel* in capsule, filled with carrier oil, take 1x a day. Research at Cairo University indicates that Coriander lowers glucose levels by normalizing insulin levels and supporting pancreatic function. (Can drop all EO’s on a spoon and swallow)
Most essential oils work best when blended with each other. The right combination will enhance the effects and power of the essential oils.

**Fennel Essential Oil** (*Foeniculum vulgare*) has a sweet, earthy, anise-like aroma that is energizing, vitalizing, and balancing. Fennel is stimulating to the circulatory, glandular, respiratory, and digestive systems and also may support feelings of well-being during the menstrual cycle.* Fennel has an approximate ORAC of 2,383,680 (TE/L). TE/L is expressed as micromole Trolox equivalent per liter.

**Historical Data:** For hundreds of years, fennel seeds have been used as a digestive aid and to balance menstrual cycles. It is mentioned in one of the oldest known medical records, Ebers Papyrus (dating from sixteenth century BC), an ancient Egyptian list of 877 prescriptions and recipes. Fennel was also listed in Hildegard's Medicine, a compilation of early German medicines by highly-regarded Benedictine herbalist Hildegard of Bingen (1098-1179). Ancient Romans and Egyptians used to wear necklaces of Fennel, because they believed that fennel gives them strength, courage and longevity. It has been used for thousands of years for snakebites, stave off hunger pains tone the female reproductive system, earaches, eye problems, lung infections and worms.

**Body Systems Affected:** Digestive and hormonal system

**Wellness Solutions:** Fennel essential oil supports the immune, circulatory, endocrine, and digestive systems. Fennel essential oil may be useful with colic, stimulating to the cardiovascular system. It relieves constipation, balances hormones, and supports the pancreas. Great for digestion (liver support) and increasing lactation. Fennel essential oil may break up fluids and toxins and cleanse the tissue. French medicinal uses include sluggish digestion, cystitis, gout, intestinal parasites, pre-menopause, and menopause problems.

**Properties:** Anti-parasitic, antiseptic, antispasmodic, anti-toxin, diuretic and expectorant.

**Aromatherapy Effects:** Fennel essential oil influences and increases longevity, courage and purification.

**Scent:** Sweet, somewhat spicy, licorice-like

**How to use:** Diffuse. Apply Vita Flex points and/or directly on area of concern. Dilute 1 part essential oil with 1 part organic vegetable oil and apply 2-4 drops on location,

**Dietary Supplement Uses:** For dietary or topical use. Dilution not required. When using as a supplement, dilute one drop in 4 fl. oz. of liquid such as goat's or rice milk or 1 drop in a tsp. of honey. Generally regarded as safe (GRAS) for internal consumptions by the FDA.

**Safety:** Repeated use can result in contact sensitization. Avoid using if epileptic or pregnant. Generally safe for children over 2 years of age, use at greater dilution.
Dill Essential Oil has a peppery/spicy, fresh scent that is stimulating, revitalizing, and balancing. Use dill essential oil for cooking or preparing food to enhance flavor. Dill has an approximate ORAC of 356,444 (TE/L). TE/L is expressed as micromole Trolox equivalent per liter.

**Historical Data:** The dill plant is mentioned in the Papyrus of Ebers from Egypt (1550 BC). Roman gladiators rubbed their skin with dill before each match. Listed in Dioscorides’ De Materia Medica (AD 78), Europe’s first authoritative guide to medicines, that became the standard reference work for herbal treatments for over 1,700 years. It was listed in Hildegard’s Medicine, a compilation of early German medicines by highly-regarded Benedictine herbalist Hildegard of Bingen (1098-1179). Dill seeds were reportedly chewed by early Americans to suppress their appetites during church services.

**Body Systems Affected:** Digestive System

**Wellness Solutions:** Dill essential oil may help bronchial catarrh, colic, constipation, flatulence, headaches, indigestion, liver deficiencies, lower glucose levels, normalize insulin levels and support the pancreas. Supports endocrine, immune and circulatory systems. Dill has also been researched at Cairo University for its effects in glucose and insulin levels and supporting pancreatic function. [Farag, RS, The Essential Oils of Coriander, Common Dill and Bitter Fennel and their Effects on Diabetic Rats, *Bull Fac of Agric*, University of Cairo, Vol. 43, No. 1 (Jan. 1992):31-44.]

**Properties:** Antispasmodic, anti-bacterial, expectorant and stimulant

**Aromatherapy Effects:** Dill essential oil calms the autonomic nervous system and when diffused with Roman Chamomile may help with fidgety children.

**Scent:** Fresh, sweet, herbaceous, slightly earthy

**Uses:** Diabetes, digestive problems, liver deficiencies. Dill may also help bronchial problems, headaches and nervousness. Dill may also help normalize insulin levels, lower glucose levels, promote milk flow in nursing mothers and support pancreatic function.

**Applications:** Diffuse, for dietary or topical use. Apply to temples, forehead, Vita Flex (feet) points, and/or topically on the abdomen... Possible skin sensitivity.

**Dietary Supplement Uses:** May be added to food or rice milk as a dietary supplement. When using as a supplement, dilute one drop in 4 fl. oz. of liquid such as goat's or rice milk or 1 drop in a tsp. of honey. Generally regarded as safe (GRAS) for internal consumptions by the FDA. Do not use on children under 6 yrs old. For children 6 years and older use with caution and greater dilution.

**Safety:** Use with caution if susceptible to epilepsy. If pregnant or under a doctor’s care, consult your physician.

**Suggested Blending Oils:** Nutmeg and all citrus oils. Most essential oils work best when blended with each other. The right combination will enhance the effects and power of the essential oils.
**Coriander Essential Oil** has a sweet, warm, herbaceous fragrance that has soothing and calming properties. Coriander supports healthy digestive and circulatory system functions and has been studied for its support of the pancreas. Coriander has an approximate ORAC of 2,982,996 (TE/L). TE/L is expressed as micromole Trolox equivalent per liter.

**Historical Data:** Coriander seeds were found in the ancient Egyptian tomb of Ramses II. Chinese have used coriander for dysentery, measles, nausea, toothache and painful hernia. This oil has been researched at Cairo University for its effects in lowering glucose and insulin levels and supporting pancreatic function. It has also been studied for its effects in strengthening the pancreas. In the East, coriander has been used as an ingredient in curry. In traditional Chinese medicine, coriander was used to treat stomach ache and nausea.

**Other uses:** Coriander has been approved by the German Commission E for internal use in dyspeptic complaints (disturbed digestion) and loss of appetite. It is also used as a treatment for complaints in the upper abdomen such as a feeling of distension (uncomfortable fullness), flatulence (excessive gas), and mild cramps. The fruits are still used to relieve gas and in laxative preparations to prevent gripping (bowel or stomach spasms). Coriander oil is primarily employed as a flavoring agent in pharmaceutical preparations. Coriander is used as an aromatic herb in many foods from stews to cakes and breads. The young leaves are commonly used as a garnish in cooking; they are known as Chinese Parsley in Asian cuisine and cilantro in Spanish cooking. The seed is sometimes used in products that help with digestion and intestinal gas. In cosmetics, the oil can be found as a fragrance component in soaps, creams, lotions, and perfumes. The Young Living Coriander oil is also used in flavoring tobacco.

**Fragrance:** Woody, spicy, sweet, soothing and calming

**Body Systems Affected:** Digestive and Hormonal System

**Uses:** Coriander essential oil may help with anorexia, arthritis, colds colic, diarrhea, digestive spasms, flu, gout, measles, muscular aches and pains, neuralgia, poor circulation, skin impurities. Research at Cairo University indicates that Coriander essential oil lowers glucose levels by normalizing insulin levels and supporting the pancreas. Because of its estrogen content, Coriander essential oil may help with regulating and relieving pain related to menstruation.

**Properties:** Analgesic, anti-bacterial, anti-fungal, antioxidant and anti-rheumatic.

**Aromatherapy Effects:** Coriander is a gentle stimulant for people with low energy. It also has a relaxing effect during times of stress, irritability and nervousness. It may also be calming to someone suffering from shock or fear.

**How to use:** Diffuse. Apply to temples, forehead, Vita Flex points and/or directly on area of concern.

**Dietary Supplement Uses:** When using as a supplement, dilute one drop in 4 fl. oz. of liquid such as goat's or rice milk or 1 drop in a tsp. of honey. Do not use as an oral supplement for children under 6 years. Use with greater dilution for children 6 and over. Generally regarded as safe (GRAS) for internal consumptions by the FDA.

**Safety:** Use sparingly as Coriander can be stupefying in large doses.

**Suggested Blending Oils:** Bergamot, cinnamon bark, Clary sage, cypress, ginger, jasmine, pine, sandalwood, and other "spice" oils. Most essential oils work best when blended with each other. The right combination will enhance the effects and power of the essential oils.
Other suggested oils:

**Ocotea:** Helps to balance the pH of the body. PH is the acid-alkaline balance and is connected with immune function, high blood pressure, high cholesterol, diabetes, parasites, sugar cravings, and metabolism. Yes, it can even assist in weight loss for those who need to lose weight!!! Just 1-2 drops three times a day for an adult is sufficient. Children can take one drop in a glass of water 2 times daily. Can be taken sublingually (under the tongue) or in capsules, in NingXia Red or in water.

**Slique Essence:** Combines powerful essential oils such as grapefruit, tangerine, lemon, spearmint, and ocotea with stevia extract in a unique blend that supports healthy weight management goals. These ingredients work together to help control hunger, especially when used in conjunction with Slique Tea or the Slique Kit. Slique Essence was formulated exclusively by D. Gary Young and was first used at Young Living’s Nova Vita center in Ecuador. The pleasant combination of grapefruit, tangerine, and lemon essential oils adds a flavorful and uplifting element to any day, while the added support of spearmint may help with digestion.* Ocotea essential oil adds an irresistible, cinnamon-like aroma, and may help control hunger.* Stevia serves as an all-natural sweetener that provides a pleasant taste with no added calories.

**Cypress:** Another oil that helps diabetic neuropathy is Cypress. Apply 3-4 drops to the feet and lower leg, massage in, apply more if needed. Apply 1x daily.

**Cinnamon Bark:** Will assist in circulation, lowering glucose, strengthening the heart, and is an immune stimulant. Can make a tea by mixing 1-2 drops Cinnamon Bark oil, ½ cup warm water, and 1 tsp. Honey or stevia extract.

**Geranium:** Apply 1-2 drops Geranium oil to the bottoms of the feet to help with the emotional side of diabetes, as it will soothe anxiety and reduce stress. Geranium will also assist in lowering blood sugar levels and stimulating the immune system.