

# ESSENTIALS

*Your Guide to Essential Oils*

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DC







# ESSENTIALS

About Dr. Meghan	04
What are Essential Oils?	06
How to Use and Apply Essential Oils	08
How to Care for and Store your Essential Oils	12
Essential Oil Diffuser Recipes	13
Essential Oils for Aromatherapy	14
Essential Oils for House Cleaning	16
Essential Oils and Your Health	18
Oils to Use Daily for Well-being	20
Essential Oils for Pregnancy	22
Essential Oils for Skincare	26
How to Cook With Essential Oils	28
How to Get Started with Essential Oils	30
Essential Rewards	32
Resources	33
 <u>Essential Oils Recipes</u>	
Hot Peppermint Mocha	34
Guacamole	35
Veggie Filled Meatballs with Essential Oils	36
Lemon Ginger Gummies	37
Dark Chocolate Peppermint Cups	38
Lotion Bars	39
Whipped Body Butter	40
Facial Toner	41



## ABOUT DR. MEGHAN

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Hi, I'm Dr. Meghan. I'm a chiropractor, health coach and educator. I love natural health and healing. It's my hobby just as much as it's my career. My love of all things natural started many years before getting my degree. It started with food and a desire to fuel my body with healthier foods. It grew from that and now I am passionate about equipping and inspiring women to reach their full purpose and potential through focusing on taking care of their health, naturally. I want to see women empowered by the knowledge that our bodies were created to heal and choose to live life differently than the rest of the world because our health (and our families health) matters.

This guide is yours. I wrote it for you so you could learn more about the basics and beyond of Young Living Essential Oils. I am so happy and excited for you to dig into the amazing world of essential oils. I love essential oils and feel they are an amazing addition to a natural lifestyle. They can be used to boost your health in every aspect and can be used on kids and adults of all ages.

**Learn more about Dr. Meghan at**  
[www.meghanbirt.com](http://www.meghanbirt.com)



# WHAT ARE ESSENTIAL OILS?

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**Essential oils are aromatic, potent, highly concentrated botanical extracts that can be found in, flowers, trees, roots, leaves and seeds. They contain many healing and medicinal properties that can be used for healing in our bodies. The properties of the essential oils are the plants defense system, which allows the plants to survive and fight off diseases and is their protection. We can receive the benefits of the essential oils and feeds the life within our bodies. Essential oils are a lot more than something that only smells good. Essential oils can be used alone, as a single oil, or in a blend of different oils to increase their effectiveness.**

One of the most important pieces of essential oil information is that not all essential oils are created equally. You want to be sure you are using high quality essential oils. It is common practice for some companies to manufacture more inexpensive essential oils by using chemical extraction or a high heat distillation. These shortcuts will produce more oil more quickly. The downside is the medicinal properties of the oil will be compromised. You might be surprised to learn that the Food and Drug Administration only requires 10% essential oil in the bottle to be considered “Pure Essential Oil.” Beware of claims of FDA certification; the FDA has no certification or approval process for these products.

I use the high quality essential oils from Young Living. Find out more about where to purchase high quality oils [here](#).

Young Living extracts their essential oils from the plant with a low heat distillation, which preserves the medicinal properties of the oils. The exception is with citrus oils, which are cold pressed. This is the quality you want to use for your health and your family. Learn more about Young Living’s Seed to Seal process [here](#).

Essential oils are much more concentrated than dried herbs because of the distillation process. Unlike vegetable oils that can easily become rancid, pure essential oils do not become rancid. It takes many, sometimes

hundreds, of pounds of plant materials to make even an ounce of essential oil. This is why the prices of the different essential oils and blends vary so much because the price and quantity of the plant used to make each essential oil is different.

Essential oils are most commonly used to support a healthy body. They can support your immune system, nervous system, digestive system, respiratory system and so much more. Essential oils can also replace many products and chemicals that you often use in your home. You can use them to make healthy bath and body products, chemical free household cleaners and can even be used in cooking!



Often times we get stuck in knowing how to start in using the essential oils. If you are unsure about how an essential oil can help you and your family, there are countless books, resources and reference guides to learn how to use your oils. You can use these resources to understand their properties is look up how the particular plant that the oil came from is used for the health of the body. Each essential oil has unique and powerful properties for healing.



# HOW TO USE & APPLY ESSENTIAL OILS

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**Let's start with the basics:  
essential oils are not oily.**

They are greaseless, don't expire and will evaporate if you leave the lids off of them. Essential oils are the fragrant part of the plant that contains the natural constituents (or chemical compounds) of the plant that give the oil its therapeutic property.

Before we get into how to apply the essential oils, let's talk about carrier oils. A **carrier oil** is an oil such as coconut oil, grape seed oil, olive oil or sweet almond oil. They can be used with an essential oil to dilute the oil or to spread an Essential Oil on a larger area of your body like the legs or back. Carrier oils are great for kids because it dilutes the oil so it's not so strong when applied. I recommend diluting all oils on children. The oils that should be diluted on both kids and adults are hot oils, such as oregano, lemongrass and peppermint, because they can sting or start burning on the skin because they are so strong. When in doubt, dilute the oil.





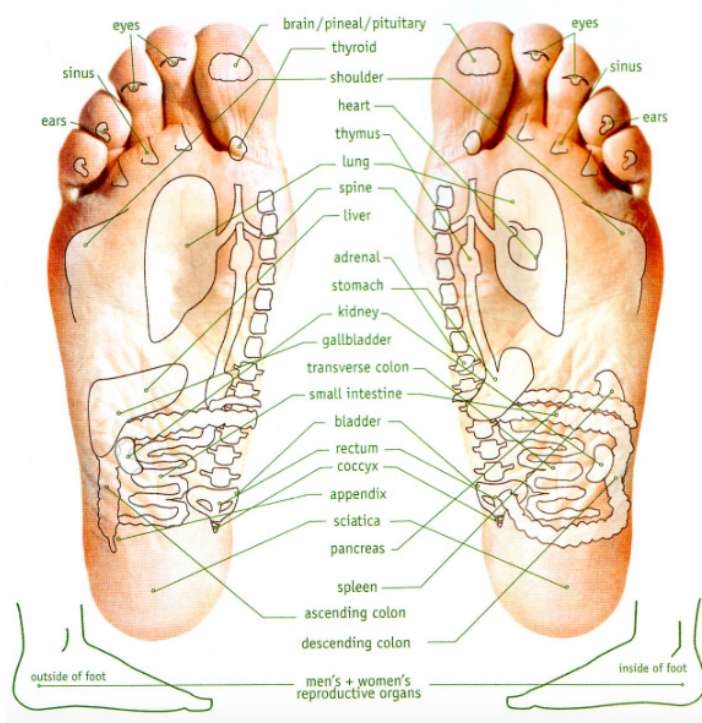
## TOPICALLY

The most common way you can apply essential oils is topically on your skin. Because of the molecular structure of essential oils they are absorbed rapidly on the skin and into the body. It literally takes seconds for the essential oil to get into your blood stream. More sensitive people can even taste the essential oil a few seconds after applying an oil to the bottoms of your feet. My favorite place to apply the oils is to the bottoms of your feet. You have the biggest pores on your feet and your feet will absorb the oils well. To see the various points of your feet, look at the Vita Flex Foot Chart. If you have questions about where to put each oil you can refer to the [Essential Oil Reference Guide](#), which is one of my favorite resources in how to use essential oils.

**Below are a few of my guidelines for direct application:**

- ◆ You can apply one to four drops of oil directly on the area of concern. More is not always better. My rule is less is more because large amounts of oil can trigger detoxification of the surrounding tissues and cause some discomfort. To achieve the desired results, one to two drops are typically enough. You can dilute it further by mixing the essential oil with a carrier oil.
- ◆ Our feet are the second fastest area of the body to absorb oils because of the large pores. If you are not sure where to apply an essential oil, go with the bottoms of the feet. The other place to apply the oils is to the area of concern. For example, if you are having tummy troubles, apply to the abdomen.

## Vita-Flex Foot Chart



*Topically continued...*

- ◆ If you are applying the oils to a large area of the body, dilute with a carrier oil. For infants, use one to three drops of essential oil to one Tablespoon of carrier oil. For children ages two to five apply one to three drops of essential oil to one teaspoon of carrier oil. The [reference guides](#) and the book [Gentle Babies](#) will give you more insight on using oils with infants and children.
- ◆ Essential oil blends are blended for a very specific purposes. You do not want to mix different oil blends. The chemical properties of the oils can be altered if mixed together which will also change the medicinal properties and could potentially cause a reaction. Instead of mixing blends you can layer single oils by applying one oil, rubbing it in, and then applying another oil. There is no need to wait more than a few seconds between layering because the oils are absorbed rapidly. You may apply the carrier oil on top if you desire. You can create your own essential oil blends by mixing different single oils in small [drams](#) or [roller bottles](#). My favorite oil to layer and add on top is Copaiba. It is known as the magnifier and can amplify the properties of the other essential oils when applied last (on top) of layering oils.
- ◆ Water helps to force the oils deeper in the tissues so baths work great for a topical application. To get the essentials oils to mix into the water better, use a handful of [Epsom salts](#) or bath or shower gel. You can also apply a warm compress over the area where you applied the essential oil to bring the oils deeper into the affected area.

## DIRECT INHALATION

This is a great way to use the oils and my favorite way when I need a quick brain break and a little time to relax. You put a drop or two of an essential oil on the palm of your hand and cup your nose and breath in the oil for 20 seconds. You can also hold the bottle of oil under your nose and breathe it in. If I need a super quick brain break from working I will use this technique and inhale the specific oil that will help me best in my work. (Some of my favorites are Peppermint, Highest Potential, Envision, Peace and Calming and Joy).

### Diffusing

Ah, diffusing. My diffuser(s) are running at our home on a daily basis. I love my diffuser. A home diffuser can cover 1000 square feet and is a way to clean the air in your environment. It can clean the air from toxins, chemicals, viruses and different pathogens. Diffusing essential oils can also be use to boost the mood in the room (Joy or Peace and Calming) or enhance

concentration (Peppermint and Lemon). The sky's the limit in terms of what essential oils to diffuse.

One of my favorite uses for a diffuser is just for the smell. I love fragrances, but I only use natural fragrances. I threw out all of my old and toxic fragrances. Did you know that the term fragrance could mean it can contain up to 300 chemicals. There are so many toxins in the products we use in our home and on our bodies. But Young Living oils are natural

(and healing!) and can be used as an air freshener in place of traditional, and very toxic, air fresheners. Young Living has many different types of diffusers to meet all of your needs.

When you are diffusing you use two to six drops of oil into the diffuser. I use less oil in my diffuser when I use it in a small room. You would also use less oil if you are more sensitive to smells. If you are diffusing in a larger area, you can use a few more drops of oils. You can mix any of the single oils together in the diffuser. You can also diffuse any oil blend plus any single oils. Do not mix two blends together in the diffuser.

### **Internally**

Internally using essential oils is an option for application. Oils need to be used with much caution when taken internally. Not all oils can be taken internally. They will say on the bottle or in the Reference Guide if they can be taken internally. Start very low and slow with oils internally. Use the oils internally with much caution and safety. If you are using citrus oils make sure you use glass or stainless steel bottles or containers. Don't use plastic (even a plastic straw) because citrus oils eat petrochemicals (plastics) and you don't want to use any type of plastic. Once again, use oils internally with caution. Though it may seem like a great option, taking an oil internally isn't always the best way to apply an oil. I rarely take my essential oils internally. It is often more effective to apply the essential oil topically or directly inhale the oils. If you want to learn more about internal essential oil use you can consult a certified aroma therapist for safe internal usage of oils.



### **CAUTIONS**

One word of caution when using the oils. Never put them in your eyes or ears. And if you accidentally get them in your eyes you can use olive oil or coconut oil to calm the burning down. Don't use water, that will make the burning worse as it drives the oils deeper into the tissues.



# HOW TO CARE FOR AND STORE YOUR ESSENTIAL OILS

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Once you have your essential oils and start to develop a collection of oils, there are a few things to know about care and storage. Following a few simple guidelines, you can create the optimum conditions for your essential oils to last a very long time. There is technically no expiration date on essential oils.

## 3 Things to Know

- ◆ Direct contact with sunlight affects the chemical composition of essential oils.
- ◆ Essential oils enjoy constant, cool temperatures.
- ◆ Oxidation occurs when an essential oil is exposed to oxygen. Keep your lids on tight.

## How to Store Essential Oils

You will want to provide protection from damage caused by ultraviolet light by always keeping the essential oils in their dark colored bottles and storing them in dark place with a fairly consistent temperature. You want to avoid direct sunlight as well as extreme temperature changes.

If you are making your own oil blends or mixing them with a carrier oil use amber or cobalt glass bottles over a clear glass bottle. It will protect the essential oil. Never store essential oils in plastic because they are corrosive and will eat away at the container.

I store my essential oils in one of my kitchen drawers. It's not the prettiest display but it works and is a dark space that is easily accessible for me. I store my oils with the essential oil labels on the top of the bottles so I can find a specific oil quickly. You can purchase the bottle labels directly from Young Living.

## Special Considerations

Cold pressed or expeller pressed oils (like lemon, grapefruit, tangerine, bergamont, manderine, and lime) can be damaged at temperatures above 100°F. These oils should be stored at room temperature. These oils are also the photosensitive ones, so do not apply these oils and then go into direct sunlight, they will cause sunburn. Stay out of the sun for 24-36 hours after applying citrus oils to protect your skin from a burn.

If you dilute your essential oils or make your own blends by mixing them with carrier oils make sure to store them at room temperature. Carrier oils have a shelf life so if you need to store them for a longer period of time, store in the refrigerator.

The best thing you can do is use your oils. That's what they are there for and why you purchased them in the first place. Display and store your oils in a place where they are convenient and you will use them often. I have some oils in my night side stand, my office, my bathrooms and in a cute storage bag in my purse.

# ESSENTIAL OIL DIFFUSER RECIPES

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## RESPIRATORY SUPPORT

2 drops **Lemon** + 2 drops **Eucalyptus** + 2 drops **Peppermint**

## STUDY BUDDY

3 drops **Lemon** + 2 drops **Rosemary** + 2 drops **Basil**

## UPLIFTING BLEND

3 drops **Lemon** + 2 drops **Geranium**

## MENTAL CLARITY

2 drops **Lemon** + 2 drops **Rosemary** + 2 drops **Cypress**

## HAPPY MORNING

3 drops **Joy** + 3 drops **Lemon**

## AFTERNOON BOOST

3 drops **Grapefruit** + 2 drops **Peppermint**

## GOOD NIGHT

3 drops **Peace & Calming** + 2 drops **Lavender**

## STRESS BUSTER

3 drops **Frankincense** + 2 drops **Valor**

## SMELL BETTER BLEND

3 drops **RC** + 2 drops **Lemon**

## ENERGIZE

4 drops **Grapefruit** + 3 drops **Lavender** + 3 drops **Lemon** + 1 drop **Basil**

## AUTUMN BLEND

3 drops **Cinnamon** + 2 drops **Clove** + 2 drops **Orange** + 1 drop **Nutmeg**

## ORANGE SPICE

3 drops **Orange** + 2 drops **Cinnamon**

## CITRUS FOREST

2 drops **Lime** + 2 drops **Lemon** + 1 drop **Orange** + 1 drop **White Fir**



# BENEFITS OF AROMATHERAPY

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Many of us think of aromatherapy as a luxury that we experience on our occasional visit to a spa. However, when incorporated into our daily lives in a therapeutic fashion, we can experience tremendous healing benefits along with all of the relaxation benefits too.

Once you experience these benefits you will begin each morning by turning on your diffuser and enjoying the scent of the oil you have in there. I even travel with a USB diffuser so I can enjoy the benefits of the essential oils on the road too.

Different scents trigger different emotions and sensations. The scents and triggers may vary from person to person. We have all experienced this at one time or another. Just think of about a time when the smell of a certain food floods us with happy memories of our childhood.

The olfactory bulb is part of the brain's limbic system, an area so

closely associated with memory and feeling it's sometimes called the "emotional brain". Smell can call up memories and powerful responses almost instantaneously. Scents do not only bring on a flood of memories, they also influence people's moods and even affect their work performance. University researches in Japan found that when aromas were diffused during test taking, scores increased by as much as 50%.

This amazing ability for a simple scent to bring about both a mind and body reaction is something we can use to our benefit when we are considering natural methods of healing.

Most people find that aromatherapy is a very pleasant way to incorporate healing into their daily routine. Young Living has some amazing blends of essential oils that are specifically created to support your body. Just choose a specific scent based on your needs and let your nose and brain do the rest.







# ESSENTIAL OILS FOR HOUSE CLEANING

**According to the Environmental Protection Agency**, “air inside the average home is two to five times more polluted than the air outside, largely due to toxic household cleaners and pesticides.”

Often, when we think that we are working hard to make our homes cleaner, we are actually spraying hundreds of chemicals, if not more, all over our counters, windows and floors. Just the word “fragrance” on the label can include as many as 600 petrochemicals. Even the natural and organic brands can be loaded with questionable ingredients. Not only are we polluting the air that we breathe, these chemicals are also absorbed into our bodies and affects anyone living in the home like our children and pets.

A good example is cleaning the floors. Let’s say that you use the commercial chemical cleaner to clean your floors. Then we walk all over the floor with our bare feet. Did you know that the bottom of our feet are very porous?

When we walk on the floors the chemicals are absorbed into our bodies very quickly. A study by the Environmental Working Group found more than 200 chemicals in newborn infant cord blood.

One way to reduce this chemical exposure for our families is to cut out the chemicals in the home and switch to using essential oils as a staple for cleaning.

I know you may be thinking that creating your own cleaning products may be time consuming and complicated. Luckily, it takes no more time to whip up a bottle of homemade cleaner than it does to buy a store bought brand. If making homemade cleaners is really not your thing, Young Living has a wonderful line of non-toxic Thieves cleaning products you can use.



Essential oils are a great choice for house cleaning, as they have been shown to have antiseptic properties. **THIS** study showed that essential oils have anti-viral properties. **THIS** study showed that essential oils have anti-bacterial and anti-fungal properties. We are so conditioned to think that chemicals clean our home. But in reality there are natural products that are able to clean more effectively and are completely safe for your and your family.

**Lemon** (and other citrus oils) has a fresh and clean scent it is perfect for cleaning. It is a good disinfectant and is versatile and inexpensive. It is can be used as a degreaser. If you get a grease stain on your clothing, just add a few drops of lemon and toss it in the washer and it should completely come out. It also makes for a great hand sanitizer and all-purpose cleaner.

**Melaleuca or Tea Tree Oil** is highly regarded as an antiseptic essential oil and has long been

used to support a healthy immune system. You can make your own cleaner by mixing 10 drops of Melaleuca with ½ cup of vinegar and 3 cups of purified water in a **glass spray bottle** for a powerful and effective, all natural and non-toxic all-purpose cleaner.

**Thieves** is Young Living's most amazing blend of cleansing and purifying essential oils. A study that was conducted in 1997 showed Thieves essential oil blend to have a 99.96% success rate against airborne bacteria. Thieves can also be used to support your immune system. Thieves can be used in the same way as the Tea Tree Oil cleaner for a powerful and effective all purpose cleaner by mixing 10 drops of Thieves 1/2 cup of vinegar and 3 cups of purified water in a **glass spray bottle**.

**Purification** is a purifying blend that cleanses and disinfects the air and neutralizes mildew and disagreeable odors. Purification works incredibly well to diffuse after cooking, painting or stinky

shoes. You can also add drop of purification in smelly garbage cans or in your washing machine to freshen your laundry.

**Thieves Household Cleaner**  
Young Living has a whole line of Thieves products. They have a non-toxic, household cleaner concentrate makes about 28 bottles of cleaner. That's only about 75 cents per a bottle and you can't get too much cheaper than that. It can clean anything you want around the house.

Very effective all-purpose cleaners can be made in minutes by mixing vinegar, water and essential oils. They can be used on nearly any surface with the exception of marble. The acidic nature of vinegar and citrus essential oils can dull marble, so use with caution.

#### **A great cleaning tip for you:**

If you use apple cider vinegar you can reuse the 32 ounce glass bottles for your DIY cleaners. Spray tops from your store-bought cleaners should fit perfectly on these.



# ESSENTIAL OILS & YOUR HEALTH

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We all have questions on how to better use our Young Living Essential Oils for boosting health and healing in our bodies. First and foremost, there's no magic oil or oil blend for all of your health problems. Essential oils can and should be used in conjunction with other ways to boost your health naturally: nutrition, exercise, stress management, chiropractic care and supplementation. Once again I will state that essential oils are not a magic bullet. They assist in healing and any other ways you can learn to support the healing of your body the better.

One other thing I want you to remember is that nobody is an expert on essential oils. We all start from the beginning when it comes to gaining knowledge on the different oils and products and how to use them in our lives. The best thing is to start with the everyday oils in the starter kit and get an Essential Oils Reference Guide. After that the sky is the limit on how much you can learn and apply to your own health.

I believe that essential oils fit into an overall natural health lifestyle. They are a piece of the healing puzzle. We still need to eat well, move our bodies, get adjusted, think well and minimize our exposure to toxins. Young Living Oils are a needed and necessary piece of the puzzle that can be used nearly all areas of natural health. Let's dig into my favorite ways to use Young Living Essential Oils for Health.

**These are just a few oils you can start with in supporting a healthy body. Have fun with the learning process, it may seem daunting at first. Jump in, learn from others along the way. Know that you are helping yourself and your family even as you are learning.**



## SUPPORTING THE IMMUNE SYSTEM

My favorite oils for supporting a healthy immune system are thieves, frankincense, lavender and the supplement Inner Defense. I recommend applying the oils (dilute as necessary) on the bottoms of the feet, along the spine. Inner Defense is a product that Young Living makes that is a blend of thieves, oregano, thyme and lemongrass. This supplement is powerful and I recommend taking it if you think you are coming down with something or you are already sick. I do not recommend taking this supplement on a regular basis because the oils have the potential to throw off the delicate microbial balance of your digestive system or microbiome.



## SUPPORTING A HEALTHY DIGESTIVE SYSTEM

One of the most common symptoms we experience, as a culture, is digestive issues. Having oils that support the digestive system will be useful time and time again. Some of the best oils for digestion are Di-Gize, Peppermint, Ginger, Orange and Rosemary. Let me tell you, there are a lot of oils that can help digestion. My list is just a few to get you started. I recommend applying the oils onto your area of concern: stomach, small intestine or large intestine. You can also mix these oils with a carrier oil and massage the abdomen for increased digestive support. Essential oils will not heal your gut or repopulate your microbiome on their own. They are essential for using during gut healing through nutrition and supplementation.



## SUPPORTING THE HEALING OF HEADACHES

Headaches can be all too common place for some people. I hear testimony after testimony on the power of peppermint to minimize or eliminate a headache. Peppermint, Aroma Siez, Joy, M Grain and Deep Relief are some of the most common essential oils to support the body when you are suffering from a headache. Apply the oil to the area where you have a headache. You can also apply the oil on the neck to support the muscles of the neck during a headache.



## SUPPORTING THE BODY DURING TIMES OF STRESS

Study after study says that as much as 90% of our health issues are caused by stress. Stress is something that we often times can't avoid. We can work to minimize stress and support our bodies when we are stressed. Anything we can do to decrease our stress level is going to aid in boosting our health. My favorite stress-busting oils are Stress Away, Lavender, Peace & Calming and Joy. Apply to your wrists, neck or wherever you want to apply the oils.



Decreasing stress with different essential oils is really a personal choice. Apply the oils you love the smell of and apply the oils when you notice they decrease your stress level. Two of my personal favorite essential oils are Highest Potential and Envision. Have fun finding the perfect emotional boosting oil for you. It could be Believe, Sacred Mountain, Valor, Inspiration, the Feelings Kit or any of the oils that Young Living makes. Diffuse them, apply them topically and wear them in a diffuser necklace to get the benefits of these oils throughout the day.

# OILS TO USE DAILY FOR WELL-BEING

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## VALOR

Valor balances, energizes and instills courage, confidence and self-esteem. Some uses are to diffuse, directly inhale and add to bath water. Apply to wrists, neck, chest, spine and the bottoms of the feet.



## JOY

Joy produces a magnetic energy that brings joy to the heart, mind, and soul. Joy can support your body as we overcome grief, sadness and depression. Some uses are to dilute with a carrier oil and use in massage, diffuse, directly inhale and add to bath water. Apply over heart, temples, wrists, or use on vitaflex points.



## HARMONY

Harmony promotes physical and emotional healing by creating a harmonic balance for the energy centers of the body. Harmony can be used to relieve stress and can amplify well-being. Some uses are to diffuse, directly inhale, add to bath water or dilute with a carrier oil for massage. Apply to wrists, neck, temples, or use on vitaflex points.



## STRESS AWAY

Stress away brings a feeling of peace and tranquility. It helps to relieve stress and nervous tension. Some uses for Stress Away are to diffuse, apply to wrists or neck or wear in a diffuser pendant necklace.



## PEACE & CALMING

Peace & Calming promotes relaxation and a deep sense of peace and emotional well-being. It can dampen tension and uplift the spirit. Some uses are to diffuse, directly inhale and add to bath water. Apply to wrists, apply to vitaflex points or use in a massage oil.



## FRANKINCENSE

Frankincense can be used to uplift spirits, improve attitude, and promote healthy skin. Some uses for Frankincense is to apply to vitaflex points, diffuse or inhale directly. You can also add Frankincense to your skin care regiment or DIY skin care products.



# ESSENTIAL OILS & PREGNANCY

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I have known many oily mothers that don't go without their essential oils during pregnancy or labor. I don't personally have experience with using essential oils during pregnancy but I wanted to include some of the most commonly used oils in pregnancy and labor. The best resource for essential oils in pregnancy, birth and babies is the book *Gentle Babies* by Debra Raybern.



## LAVENDER

Lavender is often called the Swiss army knife of essential oils because of its many uses. Lavender is awesome for helping calm a pregnant woman's anxiety and reducing stress. Lavender is also wonderful to add to a relaxing Epsom salt bath or to make into a linen spray to for sheets and pillows to support more restful sleep. Lavender can be added to any body butters to put on a growing belly.



## DIGIZE

DiGize is one of my favorite oils that Young Living makes. I am often thankful for this oil and is used to support a healthy digestive system. I've heard many testimonies that DiGize can help reduce heartburn and morning sickness while pregnant. It can also help some of those tummy upsets and bloating that so commonly come in the first trimester. I recommend using this oil topically and not internally in pregnancy because it is such a strong oil. It is most commonly suggested to apply to the ear lobe during pregnancy.



## PEACE & CALMING

Peace & Calming is very helpful in supporting a peaceful and calm emotional state. Peace and Calming should be in every pregnant mommy's purse. You can also use Peace & Calming essential oil with children. Diffuse this essential oil or apply topically for all of the benefits. Make sure to dilute with a carrier when using on children.



## FRANKINCENSE

Frankincense has been used for centuries. It can be used on the skin to reduce stretch marks and help soothe the skin. It can be used to support a healthy immune system and a healthy emotional state during any stage of pregnancy.

Pregnancy continued...



## VALOR

Valor is an essential oil that can help with some of the most common aches in pregnancy. It is also great for supporting a positive emotional state and sleep. Valor is also a necessary oil to keep on hand during labor and delivery because it helps increase feelings of courage.



## GENTLE BABY

Gentle baby has many uses and was created for use in pregnancy and for infants. Use it in a belly and breast cream during pregnancy because it is wonderful for the skin. This is another essential oil that can help support a healthy mood and those worries that can be associated with pregnancy and birth.



## NINGXIA RED

Just 1 ounce a day of Ningxia Red is said to hold the nutritional value of 42 heads of broccoli. It is an antioxidant and nutrient powerhouse. Ningxia Red can help balance their blood sugar and give the growing baby even higher amounts of nutrients. As a side note I have heard that mothers who drink Ningxia Red during their pregnancy have the most healthy looking placentas.



## FOR KIDS

KidScents Oil Collection is a comprehensive kit that addresses the most common concerns of childhood. This kit includes six, mild essential oil blends, formulated just for children: GeneYus, Owie, Bite Buster, TummyGize, SniffleEase, SleepyIze. This arsenal of proprietary blends has been formulated in the appropriate strength to meet the needs of children, and they are safe, natural alternatives to products found on many store shelves.

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With pregnancy, remember that a very small amount of essential oils go a long way so less is more. It is also very helpful to dilute essential oils with a carrier oil such as coconut oil, olive oil, or sweet almond oil if you are applying them topically. If you are nervous to apply topically you can always choose to diffuse the essential oils. If you have any questions about safety of their use during pregnancy, purchase the **Gentle Babies** book or consult a qualified health care professional.



# ESSENTIAL OILS FOR SKINCARE

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Certain essential oils work wonders for the skin, and can be used everyday to combat acne, aging, oiliness, and dryness. The best part is that it's all natural and toxin free.



## CARROT SEED

Carrot seed essential oil has a rejuvenating effect on the skin. It not only works to help smooth skin, but assists with cell regeneration. For this reason, it can help to fade scars and improve the tone of aging skin. I also use carrot seed oil mixed in coconut oil in the summer for a light sun protectant.



## FRANKINCENSE

Frankincense essential oil has anti-inflammatory benefits to the skin, making it ideal for acne-prone skin. It is also a natural toner, decreasing the appearance of pores and evening skin-tone. It is cytophylactic, which means that it helps protect existing cells and encourage new cell growth. For this reason, it helps reduce wrinkles, tighten skin, and reduce the appearance of scars. It also helps soothe chapped, dry skin.



## GERANIUM

Geranium essential oil helps regulate oil production and reduces acne breakouts. It also helps improve skin elasticity and tighten skin, reducing the appearance of wrinkles. It also promotes blood circulation to the areas where it is applied, helping to heal bruises, broken capillaries, burns, cuts, dermatitis, eczema and other skin conditions.



## LAVENDER

Lavender essential oil helps lighten the appearance of age spots and scars. It helps regenerate skin cells so is great for mature skin, sun spots, and scarring. Lavender is a great oil for all skin types and needs. You can't go wrong with using lavender on your skin.



## MYRRH

Myrrh essential oil greatly benefits aging skin. It can help improve skin tone, firmness, and skin elasticity, reducing the appearance of fine lines and wrinkles. Myrrh can also help heal sun damage, chapped skin, rashes, and eczema.

Essential oils used in skincare should be diluted in a carrier oil. Some of the most common carrier oils for skincare are coconut oil, sweet almond oil, jojoba oil and argan oils.

Be sure to do a patch test to make sure your skin does not have an adverse reaction to the oils. The inner forearm is a great place to do a



### NEROLI

Neroli essential oil is great for oily, sensitive, and mature skin. It helps to smooth fine lines and tone sagging skin. This rejuvenating oil contains a natural compound called citral, which helps regenerate cells. For this reason, it is said to be very good at preventing and healing stretch marks, as well. Its antiseptic properties also balance oil production and shrink the appearance of pores without drying skin.



### PATCHOULI

Patchouli essential oil is particularly great for aging skin. It promotes new cell growth and can smooth the appearance of fine lines and wrinkles. Because it also has antiseptic, antifungal, and antibacterial properties, it can also benefit skin conditions such as eczema, dermatitis, psoriasis, and acne.



### MELALEUCA/ TEA TREE

Melaleuca or Tea tree essential oil is one of the more well-known essential oils for acne-prone skin. The properties in melaleuca helps ward off acne-causing bacteria. It also helps to regulate oil production, which can decrease the severity and incidence of breakouts.



### YLANG YLANG

Ylang ylang essential oil is a favorite essential oil because of its rich, floral fragrance. It helps to control oil production and minimize breakouts. It also helps regenerate skin cells, smoothing fine lines and improving skin elasticity. Ylang ylang is another great essential oil for every skin type.

# HOW TO COOK WITH ESSENTIAL OILS

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Did you know that you can use essential oils in cooking? I love using my oils in the kitchen. For me it is so much easier to add a drop of lemon or lime essential oil to my guacamole than to cut the lemon/lime, juice it and clean up. Plus, the citrus essential oil will help to prevent the guacamole from oxidizing (aka turning brown). But using essential oils in cooking is not all about the ease. You can also gain some of the health boosting properties of the essential oils by using them in your cooking.

## COMMONLY USED OILS IN THE KITCHEN

**Citrus:** Lemon, orange, grapefruit, tangerine

**Savory:** Peppermint, basil, black pepper, dill, fennel, lavender, ginger, marjoram, oregano, cinnamon bark, clove, coriander, nutmeg, rosemary, sage, spearmint, tarragon, and thyme

**Blends:** Citrus Fresh, Thieves

## HOW TO USE:

**Baked Goods:** Add to batters just before baking (typically 3-6 drops)

**Beverages:** Add a drop or two to a pitcher of water or sparkling water. If adding peppermint to coffee or hot chocolate, use the toothpick method. Stick a toothpick into the essential oil bottle and then stir the toothpick into your hot chocolate. It's the only way to get less than a drop in your drink and it won't ruin the drink because it's too strong.

**Sauces and dips:** Simply mix in with your dish and enjoy. You can use so many different oils here. Dill works great for a fun summer dip.

**Fish, poultry, and other meats:** You can be creative here. Add to soups, marinades, glazes, and sauces.

## RECIPES TO TRY:

### Brownies:

Use Peppermint, Orange, OR Lavender (not all 3 together, just pick one)

Directions: Mix up regular brownie recipe and at end drop in EITHER 3-4 drops Peppermint, 5-6 drops Orange OR 1 drop Lavender. Bake as usual.

### Lemon Bars:

Add 4-6 drops of Lemon oil to your lemon bar batter before baking.

### Marinara Sauce:

Add one drop each of Oregano, black pepper, and basil essential oil to your favorite sauce recipe.

### Guacamole:

Add 3 drops of lime essential oil to mashed up avocados and sprinkle with sea salt. You can also add chopped up tomatoes, garlic, onion and fresh cilantro.





# HOW TO GET STARTED WITH YOUNG LIVING ESSENTIAL OILS

**Are you ready to get started with Young Living Essential Oils?** You definitely want to start out with the everyday essential oils. It is a collection of the most popular and versatile essential oils and are ones that can easily be used on a daily basis. The everyday oils. Contains ten therapeutic grade essential oils of 5 ml each: Frankincense, Lavender, Peppermint, Lemon, Joy, Thieves, PanAway, Stress Away, Tea Tree Essential Oil (Melaleuca alternifolia) and Purification.

The Everyday oils come in the Premium Starter Kit. It's where I tell people to start when beginning with Young Living. You get the 5 ml bottles of the 10 oils. You also receive the home diffuser and a free bottle of Citrus Fresh. It's all valued at over \$280 but it's yours for \$150. It's like buying the Everyday Oils and getting the diffuser and Citrus Fresh for free. This is the best bang for your buck.

When I signed up for oils in 2012 I paid \$150 only for the Everyday Oils. I'm still thankful for signing up and getting my oils and also everything I've learned since signing up with Young Living. I tell you that because you get more for the same price because Young living wants you to have all of the opportunities to start using your oils once you receive them because diffusing is the easiest way to get started.



## JOIN MY TEAM

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- ◆ **Click on the sign-up page.** You will need a sponsor in order to get started. My member number is: 1378837 – You can place this in both top boxes.
- ◆ Check the “Member” box. This will make you a distributor, if you select customer you will not be getting the wholesale discount.
- ◆ The “Enroller ID” and “Sponsor ID” boxes should already be filled in for you. (You can enter 1378837 if nothing appears in the boxes mentioned)
- ◆ Fill out your name, billing address, shipping address, and contact info. (The reason you are asked to list your social security number is for tax purposes. If you make over \$600/year selling Young Living products, you will receive a 1099 form in the mail, as is required by law. Young Living will never share this info with anyone.)
- ◆ Create your password and pin which you will use to log in to your account and order your oils. These are good numbers to write down or memorize because you will use them a lot.
- ◆ Select your enrollment order. This is where you can specify which Starter Kit you would like, I always recommend the Premium Starter Kit (I have detailed why I love this kit the most above). You must sign up with a kit to become a Wholesale Member. To maintain your 24% discount going forward, you only need to spend \$50 each subsequent year with Young Living on any product in their store. That’s it! You can also purchase other items at this time if you wish. You will not have a monthly obligation to buy or sell ever.

# ESSENTIAL REWARDS

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**Essential Rewards is an autoship program through Young Living that you can become a part of once you become a distributor. It is a monthly autoship order where you can earn free product and reduced shipping. The Essential rewards program literally rewards you with points to be used on free product as you build up your collection of essential oils. Essential Rewards requires a minimum of a 50PV order per month.**

- ◆ Essential rewards offers a lower shipping cost option
- ◆ Change the shipping date each month
- ◆ Change your order each month to use with your favorites or to try something new
- ◆ Earn 10% of your orders PV (personal volume) in points for the first 6 consecutive months, 15% for the next 6 months and 20% after 13 consecutive months on essential rewards
- ◆ Receive one grace month per year (call and skip one month if you need)
- ◆ Can use Essential Rewards to order your 100PV to qualify for bonus and commission when you have others ordering under you
- ◆ Can cancel at any time (make sure to redeem your points first)
- ◆ Can use towards the monthly promotions for ordering 190PV, 250PV and 300PV

LEARN MORE AT  
[www.justenjoyfood.com/essential-rewards/](http://www.justenjoyfood.com/essential-rewards/)

# RESOURCES

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## How to Learn More

Learning more through Dr. Meghan's online classes

How to get Involved and Sign up

Young Living Product Catalog

Young Living Virtual Office (use for orders and account information once you've signed up)

Just Enjoy Food Essential Oil Facebook Group

Revolution Oils Learning Room Facebook Group

## BOOKS:

The Complete Book of Essential Oils and Aromatherapy

Reference Guide for Using Essential Oils

Gentle Babies by Debra Raybern

The Chemical Free Home by Melissa Poepping

The Chemistry of Essential Oils Made Simple by David Stewart ph.D.

Healing Oils of the Bible by David Stewart ph.D.

The Chemistry of Essential Oils Made Even Simpler by Michelle M. Truman, Ed. D.

## PRODUCTS:

Glass Spray Bottle for Cleaning

Small Glass spray bottle (used in facial toner)

Essential Oil Small Drams

Roller Bottle

Epsom Salt (20 lbs, best price)

Epsom Salt (6 lbs)

Shea butter



# RECIPES WITH ESSENTIAL OILS

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## HOT PEPPERMINT MOCHA

### Ingredients

2 shots of organic espresso or 2 cups brewed organic coffee  
1 Tablespoon cocoa powder  
2 Tablespoons heavy cream or canned coconut milk  
1/2 drop therapeutic-grade peppermint essential oil or 1/2 teaspoon peppermint extract  
plain stevia or liquid english toffee stevia, to taste

### Directions

- In a large coffee mug pour in the organic espresso or brewed organic coffee. If you are using espresso, fill the rest of the cup up with boiling water
  - Add in the cocoa powder, cream, peppermint and stevia and stir with a spoon until combined
- Enjoy your amazing peppermint mocha free of added sugars, artificial ingredients and pasteurized milk from unhealthy cows!



## GUACAMOLE

### Ingredients

2 avocados, seed and skin removed  
1 clove garlic, finely chopped  
2 Tablespoons red onion, finely chopped  
2 roma tomatoes, finely chopped  
3-5 drops lime essential oil  
4 stems cilantro, chopped  
salt and pepper, to taste  
1/8 tsp chili powder, optional  
1/8 tsp cumin, optional

### Directions

- Cut avocados in half, the long way, and take out the seeds
- Spoon out avocados into a large bowl (or Molcajete\*\*) and mash with a fork
- Add garlic, onion, tomatoes and stir to combine
- Add the lime essential oil, salt and pepper and spices (optional) to your flavor preference
- Serve Immediately or if you are going to store your guacamole, press down a layer of cling wrap to prevent oxidation and the mixture turning brown. You can also put the 2 avocado seeds back in the guacamole because that is also a great tool for keeping the guacamole from turning brown. Just make sure to take out the seeds before you serve. Refrigerate until ready to serve

\*\* If you do have a Molcajete you will make the guacamole in a different order. The reason you have the mortar and pestle is so you can crush the garlic and onion prior to adding the avocado. So take the garlic and onion and make into almost a paste in the Molcajete. Then add the avocado and the rest of the ingredients to make the guacamole. It adds more flavor, which is another main reason you would use a Molcajete.



# RECIPES WITH ESSENTIAL OILS

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## VEGGIE FILLED MEATBALLS

### Ingredients

1 pound grass-fed beef  
2 carrots, shredded or finely  
chopped  
1/2 small red onion, finely  
diced  
2 cloves garlic, finely chopped  
(or 1/2 teaspoon garlic powder)  
1 egg  
2-3 drops Basil Essential Oil  
2-3 drops of Oregano Essential  
Oil (can also be substituted for  
Thyme Oil)  
2 drops Black Pepper Essential  
Oil



### Directions

- Preheat the oven to 350 degrees
- In a small bowl lightly mix the beef, carrots, onion, garlic, egg and essential oils until combined. I usually mix this with my hands but you can also use a spatula if you are more comfortable with that route
- Form the meatballs with your hands or a cookie scoop in about 1-2 Tbs amounts
- Bake for 20-25 minutes or until done

Serve warm

## LEMON GINGER GUMMIES

### Ingredients

3 cups filtered water  
2 Tbs fresh ginger juice (or  
bought, check for added sugar)  
1 Tablespoon Stevita spoonable  
stevia (or to taste)  
3 1/2 Tablespoons grass fed  
gelatin  
10-12 drops lemon Young Living  
Essential Oil (find here)

### Directions

- In a medium sized saucepan heat the water and ginger juice on medium. Once warm, stir in the stevia until dissolved
- Fill a small bowl with the grass-fed gelatin and add 1/2 cup water to dissolve the gelatin. It should become very thick. Add more water if needed to fully dissolve the gelatin
- Heat the ginger water to a simmer. Do not boil or the gelatin will lose its ability to gel
- Stir the thickened gelatin into the ginger water and stir until combined. If there are still small pieces of gelatin you can blend together with an immersion blender. (I usually do this). If you don't have an immersion blender a regular blender will work too
- Remove from heat and add the lemon oil and stir to mix in
- Pour into a 8x8 pan or silicone molds and refrigerate until it gels

Store in the refrigerator





# RECIPES WITH ESSENTIAL OILS

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## DARK CHOCOLATE PEPPERMINT CUPS

### Ingredients

4 ounces unsweetened  
chocolate  
1 cup coconut butter (recipe  
here)  
1 Tablespoon Stevita stevia  
1 can (~2 cups) coconut milk  
1 Tablespoon grass-fed gelatin  
2 teaspoons raw honey  
(optional)  
10-15 drops peppermint  
essential oil (therapeutic grade  
where it's safe to take internally)



### Directions

- Melt the unsweetened chocolate, coconut butter and stevia over medium heat in a sauce pan and stir with a spatula. Once everything is melted, turn the heat to low
- Add the coconut milk and stir to combine
- Add the Tablespoon of gelatin to a small dish and add 3 Tablespoons of cold water in the bowl. The gelatin will get thick. Once that happens add to the chocolate sauce and stir to break up the gelatin pieces
- Add the honey, if using
- Put the peppermint essential oil in the chocolate and mix with a spatula
- Transfer the chocolate sauce to a 4 cup glass measuring cup with a spout to make pouring into the cups easier
- On a cookie sheet lay out mini-muffin cups and fill 1/2-3/4 full with the chocolate (you can also use a mini-muffin tin)

Put in the freezer to set up. Serve cold and store in an airtight container in the fridge or freezer

## LOTION BARS

### Ingredients

2 ounces shea butter  
2 ounces beeswax  
2 ounces coconut oil  
30 drops Young Living Essential  
Oil or oil blend (I used 20 drops  
of Rosemary and 10 drops of  
peppermint)

### Directions

- Melt the shea butter, beeswax and coconut oil in a double boiler. You make a double boiler by lightly boiling about an inch of water in a saucepan and cover it with a stainless steel or heat proof glass bowl. It is very important to note that you will want to use a metal or glass bowl that you will mostly likely throw away after making the lotion bars. The beeswax sticks or adheres to the bowl. You may be able to clean it, but I ended up throwing the spoon I used to stir the bars, but also was able to clean out the glass bowl I used. Moral of the story, don't use anything nice when making the lotion bars.
- Stir the shea butter, beeswax and coconut oil until fully melted and take off of the heat
- Cool for 15 minutes and stir in the essential oils
- Pour into molds and let solidify at room temperature (it will take at least an hour)

Pop out of the molds and you have lotion bars. I store mine in an airtight sandwich bag



# RECIPES WITH ESSENTIAL OILS

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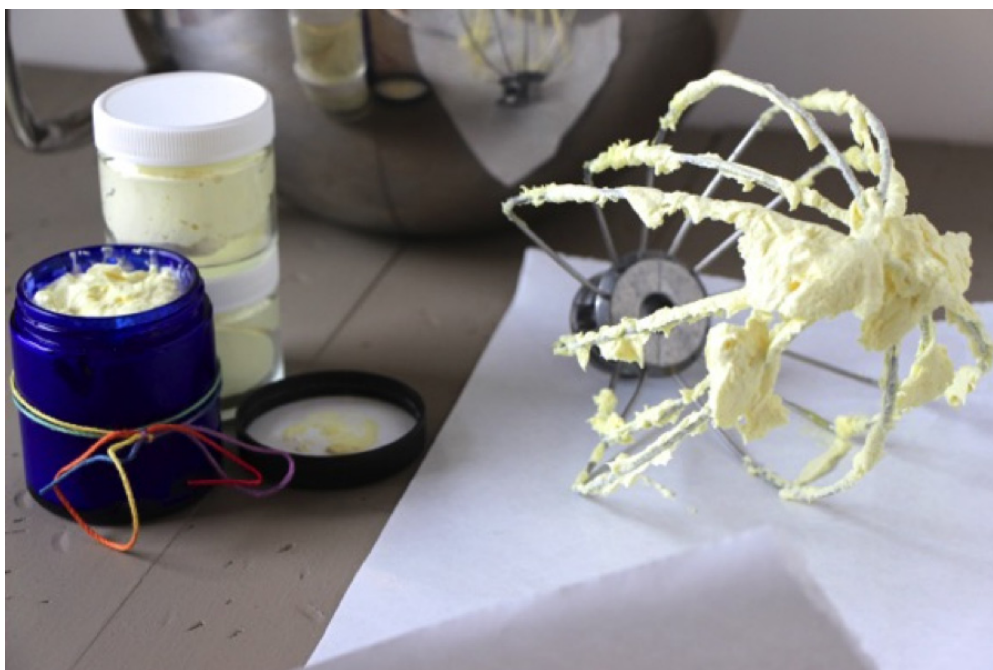
## WHIPPED BODY BUTTER

### Ingredients

1 1/4 cup raw shea butter (The brand I use)  
3/4 cup organic coconut oil (I love this brand and this brand)  
1/2 cup sweet almond oil  
15-40 drops essential oil of your choice. (I made one batch with lavender oil and the other one rosemary/ peppermint)

### Directions

- In a double boiler on the stove melt the shea butter and oils together until they are completely melted and mixed together. A double boiler is a saucepan with 1-2 inches of water that is barely boiling (I keep it on medium or medium-low) and a stainless steel bowl sitting on top of it with the oils in it. That way the bowl gets warm but the contents are not directly on the heat. Saves from heating unevenly and burning the oils. The double boiler is a very important step in the making of the body butter
  - Once the oils are melted put the bowl in the fridge and cool until the oils cool and turn opaque and almost solidified. That's when you know it is ready. This can take 2-3 hours. Don't rush this step or your body butter won't whip well (and you'll end up putting it back in the fridge to "set" it more anyways)
  - Put the almost solidified oil into a mixing bowl and add the essential oils
  - Turn the mixer on high and beat the oils until it starts to whip. It will look like a mixture between egg whites and whipped cream and it will lighten in color from when it was just the oil too
  - Either scoop into glass storage containers or fill the body butter in a quart sized storage bag, clip the end off, and fill smaller glass jars. When you pipe it out of the bag you don't get air bubbles in the body butter
- Store at room temperature or in the fridge. If the body butter gets too warm it will melt and un- whip. You can always re- whip it when it cools down.



## FACIAL TONER

### Ingredients

- 1/4 cup witch hazel
- 2 Tbs apple cider vinegar
- 2 Tbs purified water
- 1 teaspoon vegetable glycerin
- 10 drops lavender essential oil
- 10 drops frankincense essential oil
- 5 drops orange or geranium essential oil (optional)



### Directions

- Using a small funnel, mix all ingredients in a 4 ounce **glass spray bottle**
- Spray on a cotton ball, cotton pad or reusable facial sponge with facial toner and wipe over entire face, avoiding the eyes

# MEGHAN BIRT

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**Written by: Dr. Meghan Birt**

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