



360 Homeopathy, LLC

Lora Roberts — Classical Homeopath
 6117 Monona Drive Suite 5
 Monona, WI 53716
 (608) 222-0321

If you were able to join us on December 14, 2013 for our essential oils class (which focused on fighting off colds and flu with essential oils), thank you for coming! It was great to see everyone!

If you missed it, we still want to share some invaluable information that was presented during the workshop.

Below you will find notes from the class, and [we're always available](#) if you have any follow up questions!

Cold and Flu Remedies with Essential Oils (DECEMBER, 2013)

Notes from the class offered at 360 Homeopathy by instructor Angie Roherty, LMT, Aesthetician

HOW TO USE ESSENTIAL OILS to prevent and fight sickness

- Daily topical application of E.O.- along spine, bottom of the feet, ears
- Diffuse
- Neti pot
- Internal Use- add to water, capsules, suppositories
- Cleaning your home
- Empty spray bottle- 24 oz: 1-2 cap fulls Thieves cleaner; optional-1/4 c vinegar, E.O. drops, fill with water

IMMUNE BOOSTING OILS in starter kit

- **Thieves** - Common cold, flu, airborne pathogens
- **Frankincense** - Immune boosting, respiratory infections
- **Lavender** - Fever, respiratory infections, rashes/skin conditions
- **Lemon** - Immune stimulant, bacterial infections, clears phlegm, digestive upset.
- **Peppermint** - Respiratory or viral infections (bronchitis), fungus or candida, digestive upset, headache, nausea, aches and pains, fever(w/ lavender)
- **Purification** - Supports immune function, colds/flu, neutralizes odors and toxins

OTHER GREAT OILS

- **Breathe Again Roll-On** - Colds, respiratory infections, eases breathing, decongestant
- **Chamomile** - Flu, digestion/nausea
- **Egyptian Gold** - Stimulates immune and respiratory systems
- **Exodus II** - Immune boosting, decongestant
- **Ginger** - Flu, nausea/digestion
- **Immupower** - Strengthens immunity, fights colds/flu/infections
- **Melaleuca** - Respiratory/sinus infections
- Myrtle - Colds, flu, sinus and lung congestion, phlegm production, skin irritations
- **Oregano** - Respiratory, infectious diseases
- **Raven** - Respiratory infections (tuberculosis, influenza, pneumonia)

- **RC** - Colds, bronchitis, sore throats, sinusitis, coughs, decongestant (respiratory infections/congestion).

OTHER IMMUNE BOOSTERS

Nutrition, exercise, Vitamin D, Raindrop Technique/body therapies, Ningxia Red, supplements

HERBAL PREPARATIONS to boost immunity

- **Ginger:** Slice 6-10 dime sized slivers of fresh ginger root and place in mug. Add boiling water, steep for 10-15 minutes. Strain and drink (add raw honey if child is over 2).
- **Raw Apple Cider Vinegar:** 1-2 Tablespoons in mug, (add raw honey if child is over 2) add warm water and serve you/your child are prone to catching every bug that comes around (do this daily)
- **Elderberry:** Boosts immune system, coughs, colds, flu, bacterial infections, viral infections, tonsillitis. Elderberry tea or lozenges.
- **Echinacea root:** Boosts immune system and can be administered as a tea when sick, stop drinking when feeling better as you do not want to over-stimulate
- **Tumeric:** Antioxidant, anti-inflammatory
- Garlic, onion, other herbs/oils
- Supplement with Vitamin D