

Make the Switch Worksheet

Current FIRST AID Kit

Young Living FIRST AID Kit

Antiseptic Ointment.....	Tea Tree, Thieves, Melrose, Lavender, R.C., Rose Ointment
Antacid Tablet..... Digest + Cleanse SoftGels	Protein Complete, Balance Complete, Essentialzyme, ICP, Comfortone,
Athlete's Foot Ointment.....	Melaleuca ericifolia, Cypress, Lemongrass (always diluted), Lavender , Mountain Savory, Melissa, Melrose, Thieves, Purification, ClaraDerm
Bites/Stings/Rash Ointment.....	Purification, Melrose, Lavender, Rose Ointment, Thieves (stings)
Burns/Cuts/Scrapes.....	Lavender, Melrose, LavaDerm Mist, Rose Ointment
Cold & Flu Tablets.....	Ravensara, ImmuPro, ImmuPower, Exodus II, Thieves, Mountain Savory, Super C, ImmueTone, Super B, Exodus II, ParaFree
Cold Sore Ointment.....	Peppermint, Raven, Thieves, Inner Defense SoftGels, Melrose
Corn Medication.....	Myrrh/Cypress/Oregano/Basil (mix together, 1 drop topical, 2-3 times daily)
Cough Suppressant.....	R.C., Peppermint, Tea Tree, Lemon, Thieves, Frankincense, Mountain Savory, Cedarwood, Ravensara, Super C, Exodus, Longevity SoftGels, MultiGreens, ImmuPro, Omega Blue SoftGels
Digestive Tablets.....	Peppermint, Ginger, DiGize, Life 5, Di-Gize, AlkaLime, Royaldophilus, Cleansing Trio
Fever Reduction Tablet.....	Peppermint, Lavender, Super C, Exodus, ImmuPower, Melrose
Food Poisoning.....	DiGize, Thieves
Headache/Migraine Relief Tablet	Peppermint, M-Grain, PanAway, Lavender, Chamomile, Brain Power, Relieve It, MultiGreens, Power Meal, Essentialzyme,
Inflammation Ointments.....	Myrrh & Lavender (tissue damage), Chamomile & Meleuca (bacterial), Ravensara, Hyssop & Thyme (viral), ImmuPro, Clove, Nutmeg
Menstrual Cramp/PMS Tablets.....	Valerian, Dragon Time, Clary Sage, Aroma Seiz, Lavender, Mister
Mental Fatigue Tablets/Beverages.....	Peppermint, Clarity, En-R-Gee, Motivation
Motion/Sea Sickness Tablets.....	Patchouli, Ginger, Peppermint, DiGize, Life 5
Natural Sleep Aid/Stress Relief Tablets.....	Peace & Calming, Lavender, Valerian, Tranquil Roll-On, AlkaLime
Sinus/Allergy/Hay Fever Tablets.....	Chamomile, Polyzyme, RC, Raven, Harmony, Valor, JuvaCleanse, Sulfurzyme, Detoxzyme, Essentialzyme, MultiGreens

Sore Throat Lozenges..... Thieves, ImmuPower, Thieves Lozenges, Thieves Spray, Exodus II
 Sunburn Relief Ointment..... Lavender, LavaDerm Cooling Mist
 Toe/Finger Nail Fungus..... Melrose, Thieves

Current Nutritional Supplements

Young Living Nutritional Supplements

Addiction Recovery..... Cleansing Trio, JuvaTone, Stevia Extract, NingXia Red juice
 Anti-Aging/Longevity..... Ultra Young+
 Antioxidants..... True Source, NingXia Red Juice
 All in One Vitamins/Minerals..... CORE Supplements Autoship Pack
 Bladder/Kidney Support..... K&B Tincture, MultiGreens, Sulfurzyme
 Calcium Supplement..... Super Cal, Mega Cal
 Digestive Enzymes/Probiotic...Life 5, Carbozyme, Essentialzyme, Detoxzyme, ParaFree, Lipozyme, Polyzyme
 Endocrine Support..... UltraYoung, FemiGen, ProGen, CortiStop, ClaraDerm Spray
 Energy Bar/Performance..... NingXia Red Juice, Wolfberry Crisp Bar, Power Meal, BodyGize, MultiGreens
 Essential Fatty Acids/Omega's..... Omega Blue
 Fiber/Colon Health..... 5-Day Nutritive Cleanse, Cleansing Trio, Comfortone, ICP, Essentialzyme
 Heart & Cardiovascular Protection..... Aroma Life, CardiaCare, HRT, Rhehemogen
 Immune System Support..... NingXia Red, Inner Defense SoftGels
 Joint Health/Pain..... Peppermint, Idaho Balsam Fir, Spruce, PanAway, Relieve It, Pine, BLM, Sulfurzyme, Mega Cal, Ortho Ease
 Liver Support..... JuvaTone, JuvaPower, JuvaSpice, NingXia Red Juice, Longevity SoftGels
 Menopausal Support..... Clary Sage FemiGen, Prenolone, Prenolone+, Progessence, Power Meal, ThermaMist, Lady Sclareolol, SclarEssence, DragonTime, EndoFlex, ThermaBurn, Be-Fit, BodyGize
 Mineral Supplement..... Mineral Essence, NingXia Red Juice
 Multi Vitamin Supplements..... True Source, NingXia Red Juice
 Muscle Building/Protein/Bone/Joint Health..... Power Meal, BeFit, BodyGize, Sulfurzyme,, BLM
 Natural Sweeteners/Sugar Alternatives..... Blue Agave, Stevia Extract
 Refreshing Drink/Soda Replacement..... NingXia Red, Water mixed with one drop of

Lemon, Lemon-Grapefruit, Lemon-Orange, or Peppermint or Spearmint: in a real glass drinking glass or bottle
(no plastic or styrofoam!)

Respiratory Function Support..... Inner Defense SoftGels

Sexual Vitality/Libido (men)..... Valor, Pine, Ginger, Ylang Ylang, Brain Power, Myrrh, Transformation, MultiGreens, ProGen, Sulfurzyme, Prenolone

Sexual Vitality/Libido (women)..... Clary Sage, Nutmeg, Joy, Geranium, Ylang Ylang, Jasmine, Rose Sensation, SclarEssence

Prostrate Health..... ProGen, Progessence Cream, Myrrh, Idaho Balsam Fir, Mister, EndoFlex, Australian Blue, Longevity SoftGels, PD 80/20, True Source Multivitamins

Skin/Hair/Nail Supplement..... Sulfurzyme, Frankincense/Lemon/Myrrh essential oils *(mix 2 drops each of essential oils with 2 drops Wheat Germ Oil apply on nails twice a week)*

Total Wellness Package..... CORE Essentials Complete Autoship Pack

Vitamin B Supplement..... Super B, NingXia Red Juice

Vitamin C Supplement..... Super C, Super C Chewable

Weight Loss..... Peppermint, Roman Chamomile, Nutmeg, Clove, Grapefruit, Valor, Juva Cleanse, ThermaBurn, Juva Power, Omega Blue SoftGels, Balance Complete, 5 Day Nutritive Cleanse, NingXia Red, Digest + Cleanse SoftGels, Progessence, Prenolone, Prenolone+

Yeast / Fungus..... Inner Defense SoftGels, Tea Tree/Mountain Savory/Melrose/Myrrh essential oils or Thieves Mouthwash *(dilute EO's w/carrier oil 80-20 on Tampon, 3 times a week)*

Current Personal Care

Young Living Personal Care

Antibacterial Hand Soaps/Cleaners.....Thieves Foaming Handsoap, Thieves Waterless Hand Sanitizer, Bar Soaps, Thieves Spray, Thieves/Lemongrass/ or R.C. essential oils *(dilute in spray bottle)*

Cellulite Reduction..... Cel-Lite Magic

Conditioner..... Lavender Volume, Lemon-Sage Clarifying, Rosewood Moisturizing Conditioners

Deodorant..... AromaGuard MeadowMist or MountainMint Deodorant

Exfoliator..... Satin Scrub-Mint

Eye Cream (dark circles)..... Wolfberry Eye Cream

Facial Wash/Cleanser..... ART Gentle Foaming Cleanser, Orange Blossom Facial Wash

Gingivitis/Periodontis Oral Care..... Thieves Ultra Toothpaste, Thieves Mouthwash, Clove, Mountain Savory, Peppermint, Thyme, Super C, Longevity SoftGels, Omega Blue, Inner Defense

Hand & Body Moisturizing Lotion..... Sensation Hand & Body Lotion

Insect Repellent.....	Palo Santo, Peppermint, Purification
Lip Balm.....	Cinnamint, Grapefruit, Lavender Lip Balms, Lavender essential oil
Lotion for Cracked Heels/Hands.....	Prenolone, Tender Tush, Melrose
Massage Oil.....	OrthoSport, DragonTime, V-6 Vegetable Oil Complex (use your essential oils with V-6 to enhance the massage)
Mouthwash.....	Thieves Fresh Essence Mouthwash
Moisturizer (Daytime).....	Essential Beauty Serums, ART Day Activator, Boswellia Cream, Sandlewood Moisture Cream
Moisturizer (Nighttime).....	Essential Beauty Serums, ART Night Reconstructor
Moisturizing Soaps.....	Peppermint-Cedarwood, Lavender-Rosewood, Melaleuca-Geranium, Morning Start, Sacred Mountain, Valor Bar Soaps and/or Shower Gels
Muscle/Joint Pain (Topical).....	PanAway, Idaho Balsam Fir, Palo Santo, Peppermint, Motivation, NeuroGen, Regenolone, Helichrysum
Shampoo.....	Lavender Volume, Lemon-Sage Clarifying, Rosewood Moisturizing Shampoos
Shower Moisturizing Liquid Soap/Body Cleanser.....	Bath & Shower Gels: Sensation, Morning Start, Evening Peace, Dragon Time
Toner.....	ART Facial Toner, Sandlewood Facial Toner
Tooth Paste / Mouthwash.....	Thieves Ultra Toothpaste (edible), Thieves Mouthwash
Wrinkle Cream.....	Essential Beauty Serums, Boswellia Wrinkle Cream

Current Children's Item's

Young Living's Nontoxic Products for Kids

Children's Multivitamin.....	KidScents MightyVites Chewable, MightyMist Oral Spray
Children's Digestive Enzymes.....	KidScents MightyZyme Chewable, KidScents Royaldophilus
Children's Bath Gel.....	KidScents: Bath Gel
Children's Lotion.....	KidScents Lotion
Children's Shampoo.....	KidScents Shampoo
Children's Diaper Cream.....	KidScents Tender Tush Ointment
Children's Tooth Paste.....	KidScents Tooth Paste
Children's Hand Sanitizer.....	Thieves Waterless Hand Sanitizer

Current Pet Care Items

Young Living's Nontoxic Pet Care Products

Pet Health Support.....	Peace & Calming, Lavender, Valor, Sulfurzyme, Raindrop Technique Kit
Pet Shampoo.....	Animal Scents Shampoo
Pet Skin Ointment.....	Animal Scents Ointment

Current Household Cleaning Products

Young Living's Household Cleaning

All Purpose/Floor Cleaner/Basin/Tub/Tile/Toilet Bowl Cleaner.....	Thieves Household Cleaner
Window Cleaner.....	Lemon Essential Oil (a few drops in a spray bottle), Thieves Household Cleaner
Air Freshener/Deodorizer.....	Thieves and any of the Essential Oils (used mixed with water in spray bottle or in a Cold-Air Diffuser to kill germs, bacteria, and viruses).
Antiseptic Hand Wipes & Soap.....	Thieves Foaming Handsoap, Thieves Wipes (<i>NOT Baby Wipes</i>)
Oven Cleaner.....	Thieves Household Cleaner
Laundry Detergent, Bleach, Fabric Softener.....	Thieves Household Cleaner (<i>3-4 capfuls in place of all other laundry products, the results are remarkable!</i>)
Dryer Sheets.....	If you use the Thieves Household Cleaner in place of your other laundry products you will NOT need a toxic dryer sheet! If you have 'static' problems, it is due to using too hot and too long a drying cycle, try setting it a pinch cooler or a little less time and this will remedy your problem.
Carpet/Fabric Stain/Spot Remover.....	Thieves Household Cleaner
Carpet Deodorizer.....	Purification, Melrose Essential Oils (mix several drops in a spray bottle of water or several drops in Baking Soda let sit for a couple days/sprinkle on carpet/let sit a little while and vacuum)
Bleach for Toxic Black Mold.....	Diffuse Thieves essential oil for 24 hours nonstop - to read details and science visit my Mold website to learn more: http://theveryessence.com/pdf/THIEVES_FOR_MOLD_BOOKLET.pdf
Water Filtration System.....	Home Water Filtration System
Cookware, Teflon Cookware.....	Titanium Cookware: High Rim Fry Pan, Fry & Sauce Pan, Steamer
Stain/Gunk Remover.....	Thieves Household Cleaner (undiluted), Lemon (on surfaces, test first)

Current Holiday/Personal Gifts

Young Living Holiday/Personal Gifts

Perfume.....	Joy, White Angelica, Rose, Jasmine, Sacred Mountain, Hope, Peace & Calming, Sensation
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Cologne for Men..... Abundance, Valor, Highest Potential, Chivalry, Motivation

Assorted Oils/Soaps/Bath/Kits/Books..... Essential 7 Kit, AquaEssence Bath Packs, Essence of the Season, Bar Soaps, Hand & Body Lotions, Oils of the Ancient Scripture Kit, Thieves Autoship Pack, Essential Oils, Cookbook 2nd Edition, *Essential Oil Desk Reference* (available at see below), and many others!

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The information in this handout only refers to Young Living's therapeutic-grade essential oils and products. Other brands may not be of the same purity or quality, thus may not produce the same results.

This handout provides you with an idea of which Young Living essential oils and products you might use for replacing toxic products in everyday life situations and does not cover the details of application.

For details on specific usages please refer to the *Essential Oils Desk Reference* 4th Edition – you will find all the details you need to know in regards to dilution and applications.

-- The Essential Oils Desk Reference can be purchased through --

<http://AbundantHealth4u.com> or <http://www.essentialscience.net>

These are just some of the nontoxic solutions Young Living products provide that you could be using daily.

When you are ready to begin switching over or have questions, please contact me at:

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email: TheVeryEssence@mac.com

Product website: <http://TheVeryEssence.com>
Essential Oil Blog: <http://TheVeryEssenceBlog.com>

For more information on how to use Young Living Essential Oils safely please read:

Essential Oil User's Guide at: http://theveryessence.com/pdf/Essential_Oils_Users_Guide.pdf

Disclaimer: the suggestions in this handout are for your better understanding of holistic healing and wellness. Information found here refers solely to products from Young Living Essential Oils and is for educational purposes only. It is not intended to diagnose, treat, cure, or prevent disease. We urge you to do the health related research necessary to learn what is right for you. Young Living uses only therapeutic grade oils. Perfume grade or poor quality oils may possibly be harmful due to unknown additives and poor plant or distillation conditions. US labeling for essential oils is governed by the Perfume Act, allowing labels to say "100%"pure essential oil" and by law contain only 5% of any grade oils. Please use common sense when using any alternative solution and see your primary care practitioner when you are experiencing discomfort or other problems as these may indicate something more serious.