

Essential Oils

It is always recommended to run your other items, physical and others, along with reactive items from the Emotional panel and the Flower Essence panel and include those all in your Main Hold tray before going on to Progressive Insights. Essential Oils

Essential oils are powerful medicinals. In current practice, they are often combined with a carrier oil for external application or placed in a gel capsule for internal consumption. Oils carry a very high vibrational quality. When a person takes the oils in some form, they are ultimately entraining that oil into their field.

When you have oils come up for you, it indicates that they could be beneficial for you to use in their actual essential oil form. However, it also indicates that running that frequency in the Quick Zap or in the Multi Hold Tray is also very likely to have positive benefits.

These are likely benefits from using these oils. Remember not to make any claims of cure for any therapeutics or for biofeedback in general. When using these as frequencies, they can be very powerful. If you have a case of diabetes or high blood pressure, it is perfectly appropriate to seek these essential oils and use them in your balancing tray. It is your choice to use them even if they do not appear to have a red or blue score. It is still possible to use your cognitive skills to make that call. If you include them down in the Main hold tray, you will be able to retest them in Progressive Insights to see if they rise to the highest level of priority.

Basil - helps to harmonize infections, balance blood sugar, and adaptogen.

Bergamot - Citrus fruit, has limonene. Lift depression, clear liver stagnation, lift mood, stimulate digestive juices, balance insulin.

Birch - High in salicylates. detox, good for oral health, for infections, for migraines and headaches, respiratory health, kidney health.

Cardamom - Good for colds and flu, high antioxidants, increase circulation, creates a sense of calm, antimicrobial.

Cassia - Help with nausea and vomiting, lower body temperature in fever, viral infections, ease depression, decrease joint pain, antimicrobial, good for oral health

Cedarwood - Sedative, anti-fungal, diuretic, improves metabolism.

Chamomile - For migraines and headaches, calming, dental issues, insomnia, relieve muscle spasm.

Cilantro - antibacterial, analgesic, stimulant, lower lipid levels, oral health.

Cinnamon Bark - Very good for infections (viruses in particular), free radicals, relieves depression, stimulates the immune system, fights parasites.

Clove - Good for skin health, anti-candida, very high antioxidant content, digestive aid, protects gastric mucosa (stomach lining), antibacterial, immune system booster, may lower blood pressure.

Coriander - improves libido, treats spasms, good for digestion, purifies blood, cures fungal infections and nausea, aids in digestion and weight loss.

Cumin - Good for colon health, reduce inflammation, prevent asthma, boost immune system, support good pancreatic function, helps with high blood pressure.

Cypress - Diuretic, good for oral health including gums, helps reduce muscle spasms, reduces heavy menses, optimizes health of the liver, reduces stress.

Dill - Facilitates digestion, stimulates digestive juices, improves bile flow, reduces anxiety and depression.

Douglas Fir - Boosts mood, good for skin health, clears pathways for easy breathing.

Fennel - Excellent for digestion right after a meal, assists in the healing of wounds, may be a vermifuge (clear worms), purifies the blood, bladder/kidney cleanser.

Frankincense - one of the most powerful of the essential oils, it has many uses and benefits. Boosting the immune system, particularly those with cancer, may be one of the top uses this one is known for. Improves oral health, helps to maintain healthy cells (cancer preventative), acts as a tonic, helps to cleanse the bladder/kidney system, helps with bronchitis and congestion in the respiratory system. For women's health, it may reduce the chances of post-menopausal tumor or cyst formation in the uterus and in general, helps to regulate healthy female function.

Geranium - Relieves stress, reduces depression, improves the immune system. It is high in flavonoids including quercetin. Flavonoids have a stabilizing effect on vessels and are good overall for circulation. They are also helpful to reduce seasonal allergies. Geranium appears to have a powerful effect on the immune system; think about it for cancer prevention or cancer harmonizing.

Ginger - Digestive health, liver optimization, good for colds and flu (to overcome quickly). Ginger is an amazing ally for reducing inflammation. High antioxidants. May help with fatty liver disease.

Grapefruit - Excellent for weight loss. All citrus oils are good for cleansing in general and for supporting liver health. May help to reduce sugar cravings and addictions.

Helichrysum - Reduce inflammation, regulate adrenals, indigestion and acid reflux support, helpful for insomnia, reduces bloating, skin antibiotic and antifungal (try with carrier oil for skin), kidney stone reliever, pain reliever.

Jasmine - One of the most beautiful scents of all the essential oils, it is calming and soothing yet uplifting. A good antiseptic and disinfectant. Good for insomnia. Has affinity for the skin and can be used for eczema and dermatitis. Protects the uterus and may help to prevent maladies including cysts and tumors.

Juniper Berry - Juniper has a particular affinity for assisting the kidneys in cleansing and tonifying. In this way, it will act as a diuretic to clear waste from the kidneys and bladder. Improves the flow of bile. Juniper may act as a stimulant that can help to overcome the effects of fatigue. It reduces inflammation. Helps to strengthen gums and may reduce or help to heal tooth infections.

Lavender - is very calming and a great sleep aid, as most people know who have ever used a drop of lavender oil under their pillow. It can also help with skin health, particularly for eczema and dermatitis. Good for hay fever and may help to heal cold sores.

Lemon - excellent for liver cleansing and promoting the flow of bile. Citrus is a powerful cleaner of the body. Cough relief, calms stomach, reduces nausea, improves digestion. Excellent assistant for weight loss! Helps to restore luster in dull skin! Citrus is calming and good for anyone with anxiety.

Lemon Balm - lower triglycerides, help with heart arrhythmias, candida, regulate blood sugar, lift the mood, reduce anxiety, assist with anxiety, aid digestion. It is a natural antibacterial (good for infections), helps to improve blood sugar regulation.

Lemongrass - Antifungal. Relieves muscle pain. Surprisingly nutritive, the oil has vitamin A, B1, B2, B3, B5, B6, folate and Vitamin C. It boosts energy. Helps reduce stomach aches. Good for hair health and may assist in reducing hair loss and improving hair overall due to strengthening the hair follicles. A stress reducer and sleep aid.

Lime - An excellent liver cleanser and assists in the flow of bile. Good for both viral and bacterial infections. Anti Candida. For urinary tract infections. Sinus infections and most upper respiratory infections.

Marjoram - Very calming and good for the nervous system. Hormonal balance (studies show promise for PCOS and infertility). Blood sugar balance. Digestive health. Cardiovascular health (reduce blood pressure), pain relief. Keeps the digestive system healthy through replenishing the gastric wall health. This may help in the healing of ulcers.

Myrrh - Myrrh is one of the top essential oils in terms of its ability to often assist with powerful healing. There are many uses/benefits. It is a good overall preventative for many diseases, including cancer. It is antimicrobial, antifungal, an immune booster, a circulatory tonic. It acts as an astringent to improve gum health. It can even strengthen the hair root and potentially prevent hair loss. Immune booster, particularly good for those with cancer or those that want to prevent cancer.

Orange - Circulation booster, liver/gallbladder cleanse. Immune system support. Assists with chronic fatigue. Possible help with cancer through the induction of Phase 2 carcinogen clearing enzymes! Induces apoptosis and growth regulating properties. Antibacterial. Reduces headache pain. Reduces PMS symptoms.

Oregano - Antimicrobial. Excellent overall for infections, it is also antiviral, antifungal, antiparasitic, and anti-inflammatory. Good for dental infections.

Patchouli - antidepressant, astringent, sedative, tonifying. May help with gout, indicating a positive effect on the kidneys. Improves circulation in the body. Anti fungal

Peppermint - Very good for soothing the stomach, antimicrobial, relieves headaches, improves mental focus, clears respiratory tract, boosts energy, releases tight muscles.

Rose - Among the highest frequency of all the essential oils. Antidepressant and tonifier of the nerves. Protects against viruses, wonderful for the health of the skin (boils, acne, helps with scars). High antioxidant value. Purifies the blood. Supports the liver. Relieves anxiety.

Rosemary - aids in digestion and good for stomach cramps and bloating. Rosemary stimulates hair follicles in order to make the hair grow stronger. Improves skin health and may eliminate eczema. Good for acne as well. Excellent for improving cognitive function.

Sage - Antifungal, antimicrobial, improves bile flow, helps the bile to move out of the gallbladder more efficiently, disinfectant, helps with any skin disease, helps to heal scars.

Sandalwood - One of the top essential oils in terms of benefits along with Frankincense and Myrrh. Normalize cholesterol, heal scars, strengthen gums, improves muscle tone, boosts immune system, helps with urinary tract infections, improves memory and concentration.

Spearmint - Speeds wound healing, relieves spasms, regulates stress, excellent for oral care. Spearmint contains limonene.

Tangerine - may work against sepsis via staph aureus. Helps to repair the regular wear and tear to the body. Excellent blood purifier. Helps with detoxification and improves digestion.

Tea tree - antiseptic. Both tea tree oil and frankincense oil have been proven to have anticancer benefits. Good for oral health. May assist with healing MRSA. For skin issues, such as psoriasis and eczema.

Thyme - Increases stimulation and increases healing and blood flow. Regulates blood pressure, boosts energy, detoxifies, decreases anxiety, helps to cleanse the kidney/bladder, helps to clear scars, reduces free radicals associated with aging.

White Fir - Excellent effect on respiratory tract, including lung and chest issues. Analgesic, antibacterial, antioxidant, decongestant, expectorant.

Wild Orange - cleansing, purifying, antioxidant, uplifting to the mind and body, immune system support, energizing, and improves mood.

Wintergreen - reduces inflammation, relieves pain, reduces swelling, improves digestion, clears skin irritation, treats cold, fevers and flu. Eases muscle and bone pain. Excellent headache remedy. Excellent for respiratory issues like asthma, colds and flu, kidney problems and heart disease.

Ylang Ylang - antiseptic, aphrodisiac, circulatory regulator, reduce depression, balance nervous system, hormonal balancer, regulate blood pressure, reduce stress, boost energy.