COLD AND FLU PREVENTION USING ESSENTIAL OILS

*Essential oil can be harmful if applied undiluted directly to the skin or if ingested. Consult with your doctor before use. For more information about essential oils, click here.

- **EUCALYPTUS**: Opens nasal passages, stimulates circulation, and detoxes the body.
- **GINGER**: Antibacterial analgesic that can reduce fevers, relieve sore throats and break up congestion.
- **ROSEMARY**: Antibacterial properties help break up congestion in lungs, sinuses, and circulatory system.
- **LEMONGRASS**: Helps reduce fever and induce sweating. Can ease aches and pains.
- **PEPPERMINT**: Reduces inflammation and increases blood flow.
- **MELALEUCA/ TEA TREE**: Rapidly treats cold sores when used topically, soothes sore throats, and relieves congestion through inhalation.
- **CEDARWOOD**: Reduces runny nose, coughing, and watery eyes. Acts as a diuretic which helps remove toxins.
- **SWEET FENNEL**: Anti-inflammatory oil that helps reduce abdominal pain and flushes out impurities.

*EPIC WAY TO WELLNESS*

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