



# THE POWER OF CITRUS OILS

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# Citrus Oils

and what they are capable of...



Citrus oils contain compounds that are potent free radical scavengers. Research suggests citrus essential oils provide equivalent or better free radical protection than vitamin E. By protecting against free radical damage, citrus oils may promote healthy cells, which leads to healthy tissues and organs.

Citrus fruits are yellow, green, orange and rose and everybody loves them because of their fresh taste and bracing smell. But not only their colourful appearance and lovely taste make them everybody's favourites...

Directly under the peel of the fruit lies a yellow or orange coloured texture. In this texture are the glands who contain the essential oil, which give these fruits their characteristic smell and have this amazing impact on the human being.

Citrus plants originate from India, China and the Malay archipelago. But soon they found their way all over the globe and since then belong to the world's most beloved fruits.

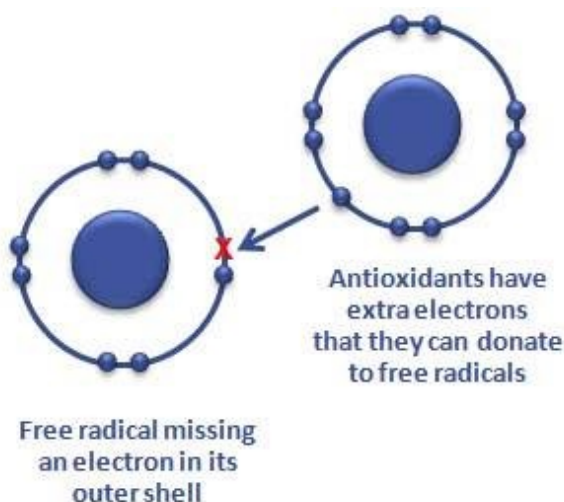
Citrus fruits belong to the worlds oldest fruit species, human beings started to cultivate them over 4.000 years ago. Alexander the great brought them in 334-324 A.D. from his trip to Asia back to the mediterranean area. Back in these old times people loved them for their essential oils, which was very much treasured, and because of their medical properties.

Citrus oils contain compounds that are potent free radical scavengers. Research suggests citrus essential oils provide equivalent or better free radical protection than vitamin E. By protecting against free radical damage, citrus oils may promote healthy cells, which leads to healthy tissues and organs.

Thirty-four kinds of citrus essential oils and their components were investigated for radical-scavenging activities by the HPLC method using 1,1-diphenyl-2-picrylhydrazyl (DPPH). To examine the oils' relative radical-scavenging activities compared with that of a standard antioxidant, Trolox was employed.

All of the essential oils were found to have scavenging effects on DPPH in the range of 17.7–64.0%. The radical-scavenging activities of 31 kinds of citrus essential oils were comparable with or stronger than that of Trolox ( $p < 0.05$ ). The oils of Ichang lemon (64.0%, 172.2 mg of Trolox equiv/mL), Tahiti lime (63.2%, 170.2 mg of Trolox equiv/mL), and Eureka lemon (61.8%, 166.2 mg of Trolox equiv/mL) were stronger radical scavengers than other citrus oils. Citrus volatile components such as geraniol (87.7%, 235.9 mg of Trolox equiv/mL), terpinolene (87.4%, 235.2 mg of Trolox equiv/mL), and  $\gamma$ -terpinene (84.7%, 227.9 mg of Trolox equiv/mL) showed marked scavenging activities on DPPH ( $p < 0.05$ ).

Keywords: Radical-scavenging activity; citrus essential oil; antioxidant; 1,1-diphenyl-2-picrylhydrazyl.



# I. Lemon (*Citrus limon*)

**Botanical Family:** Rutaceae (citrus)

**Extraction method:** Cold pressed from rind

Cold-pressed from lemon rinds, Lemon essential oil has a strong, purifying, citrus scent that is revitalising and uplifting.

It contains 68 percent d-limonene, a powerful antioxidant.



Lemon essential oil is very beneficial for skin care and is often used to enhance dishes. Jean Valnet MD estimated that it takes about 3,000 lemons to get one Kilo of lemon oil. In his book „the Practice of Aromatherapy“ he writes on lemon oil, that it is a tonic, to support the nervous system and the sympathetic nervous system.

The Romans used the **lemon rind** to ward off insects and freshen their clothes. Also, the lemon and its oil were symbolised by the Roman goddess of youth, Juventas. It is very uplifting to the body and mind. It is a very light oil, which may improve focus. Because it is cleansing to the mind and spirit, it will release patterning and open the heart centres. The result is joy and hopefulness with clear thought.

**Fragrant influence:** It promotes clarity of thought and purpose with a fragrance that is invigorating, enhancing and warming.

University researchers in Japan found that diffusing certain aromas in an office environment dramatically improved mental accuracy and concentration. Diffused lemon resulted in 54% fewer errors, jasmine 33% fewer errors, and lavender 20% fewer errors. When aromas were diffused during test taking, scores increased by as much as 50%.

Lemon oil has a approximate ORAC Level of 6,619 (TE/L)

*ORAC stands for Oxygen Radical Absorbance Capacity. It tells you the antioxidant capacity of a food item. This was developed by the USDA researchers. For instance: Oranges = 750; Clove = 1,078,700.*

Lemon Oil ist a must have for every new comer to the world of essential oils and no old stager would ever want to miss it!

## Principal Constituents:

*Limonene (59-73%)*

*Gamma-Terpinene (6-12%)*

*Beta-Pinene (7-16%)*

*Alpha-Pinene (1.5-3%)*

*Sabinene (1.5-3%)*

## Household Tips:

- Use 1–2 drops to remove gum, oil, grease spots, glue or adhesive, and crayon from most surfaces.
- Combine 2–3 drops with water in a spray bottle to help cleanse and sanitise surfaces.
- Place a drop on oily skin or blemishes to help balance oil glands and minimise oil production.
- Add to water or a smoothie for a refreshing pick-me-up.
- Diffuse to help replenish your mind, body, and spirit.
- Place a few drops on a cotton ball and put in the refrigerator or trash can to help eliminate odours.
- Laundry – In case you leave your laundry sitting in the washer too long, just add a few drops of lemon EO and your clothes won't get that nasty smell.
- Teeth Whitener – Mix lemon essential oil, baking soda and coconut oil and rub on your teeth for 2 minutes and then rinse as a natural teeth whitener.
- Clean Hands – Got greasy hands from working on your car or bike and regular soap isn't doing the trick? No worries, just add a couple drops of lemon EO with your soap and get your clean hands back!
- Natural Disinfectant – Want to steer away from alcohol and bleach to disinfect your countertops and clean your mouldy shower? Add 40 drops lemon oil and 20 drops tea tree oil to a 16-oz spray bottle fill with pure water (and a little bit of white vinegar) for a traditional cleaning favourite.
- Face-wash – Lemon essential oil uses for skin can improve your complexion and leave your skin soft and supple. Lemon oil benefits skin by deeply nourishing. You can make lemon oil with baking soda and honey for a natural acne free face wash.

- Wood and Silver Polish – A lemon oil-soaked cloth will also help spruce up your tarnished silver and jewellery! Lemon oil for wood cleaning is also great.
- Goo-Be-Gone – Un-stick the sticky goo your kids leave behind with stickers and gum with lemon oil.
- Promotes Fat-Loss – Putting 2 drops of lemon oil in your water 3x daily can support metabolism and weight loss.
- Improves Mood – Diffusing lemon essential oil in the air can lift mood and fight depression.
- Immune Support – Lemon oil can support lymphatic drainage and help you overcome a cold fast, mix it with coconut oil and rub it on your neck.

## II. Orange (*Citrus sinensis*)

**Botanical Family:** Rutaceae (citrus)

**Extraction method:** Cold pressed from rind

*Roberta Wilson „Oranges are connected to lordliness and gratitude ever since. They are also called „golden apples“ and symbolises innocence and fertility“.*



Orange uses were first discovered by the Chinese centuries ago and since have remained as a vital part of Chinese culture. Traditionally they used orange to support healthy digestion, and bring good luck!

Orange Essential oil contains 85-95% limonene. It has the highest level of d-limonene next to grapefruit oil. D-limonene is contained in the peels of citrus fruits such as grapefruit, tangerine and lemon.

The simplest way to benefit from Orange is to use Orange Essential Oil. Orange oil is always available and it is simple to use!

The Orange was to Europe by Portuguese explorers in 1520. They brought it back as they were returning from southern China.

The Essential oil of Orange is refreshing and uplifting to the body and mind.

Orange uses include the spiritual and emotional realm as well. Orange releases self judgment, obsessions and fears so the emotional body can be restored and balanced. When we release these negative and highly charged emotions we can see clearly again and make better choices for our life.

It will lend support by uplifting and promoting a positive attitude while calming our spirit.

This oil will help those who tend to overwork, strive for perfection, but get aggravated quickly by intolerances or mistakes.

### Key constituents:

*Limonene (85-96%)*

*Mycrene (0.5-3%)*



The peel of organic oranges contain a natural bleacher, which can help to brighten the teeth. The essential oil of orange protects better from bad odour than chewing gum. Even though the rind (from organic oranges) is much more valuable than the pulp, they often get thrown away. There are many ingredients in a organic orange rind, which are most valuable for our human body.

They contain 60 different types of flavonoids, and more than 170 different vegetable nutrients, such as pectin, vitamins, minerals and fibres.

#### **A) Health fact 1: Orange peels protect from bad door**

Do you often experience problems with bad odour? - chew instead of chewing gum a piece of orange peel. This will not only keep your breath fresh, but also gently brighten up your teeth through the natural bleacher which is contained in the peel. But after enjoying orange peel, wait some time bevor brushing your teeth - the contained acid makes the gum mo

#### **B) Health Fact 2: Orange peel help with loosing weight**

Orange peel are very low in calories and contain lots of fibre. Spice up your pudding or salad with these tasty rasps of organic orange peel.

You will not only grab less calories in your day, but also support your body in burning more fat. Organic orange peel are a wise addition to fight over weight.

#### **C) Health Fact 3: Orange peel keep your intestine fit**

Wind, constipation and acid regurgitation can be very annoying and diminish the quality of life. Try orange peel! They consist among other things of non soluble polysaccharide, a group of edible fibres (pektine, tannine, hemicellulose). These see to a shorter retention period of food in the intestine, and so reducing flatulence and heartburn.

#### **D) Health Fact 4: Orange peel brighten skin in a natural way**

Especially teenagers know this problem: pimples and impurities of the skin often leave dark spots on the skin. Orange peels are filled up to the brim with vitamin C and when risked on the skin brighten brighten it up and make poor spots beautiful again.

#### **E) Health Fact 5: Orange peel helps the heart**

This underestimated peel can do even more. It can reduce the risk of getting a cardiac infraction and lowering the cholesterol level. This is due to the compound nobiletin, which has heart - protecting effects.

Sprinkle your food regularly with orange peel, in this way you do your heart a big favour.

### **F) Health Fact 6: Orange peel prevents cancer**

According to many studies on the topic, the consumption of orange peel can prevent breast cancer, bowel cancer as well as skin cancer. Orange peel can filter harmful ingredients from foods. In so doing they don't get into the circuit and can not damage cells. Tumors become due to cellular degeneration. Orange peel can act as a scavenger.

### **G) Health Fact 7: Orange peel keeps the respiratory system free**

Respiratory conditions such as asthma and bronchitis snatch away the breath of the person concerned. Beside medical treatment the consumption of orange peel can support the process.

Orange peel has a lung cleansing and mucolytic effect.

### **10 favourite uses for Orange Essential Oil:**

1. Inhale for a quick pick-me-up to start your day
2. Place drops on air vents to freshen a room.
3. Diffuse in a room to cheer up cranky kids.
4. Combine 24 drops with 4 ounces water. Shake well and spray on houseplants to discourage pests.
5. Use 1-2 drops to lift grease or glue from surfaces.
6. Place several drops in indoor garbage cans to improve scent and discourage bugs
7. Use with kosher salt as homemade fabric softener crystals.
8. Make a natural spider deterrent spray by combining 5 drops essential oil, 5 drops soap and 1 quart water.
9. Add a few drops into your body scrub and feel refreshed and awake as you step out of the shower each day.
10. Add 10 drops to a natural floor cleaner to make the whole house smell fresh.

### III. Grapefruit (*Citrus paradisi*)

**Botanical family:** Rutaceae (citrus)

**Extraction Method:** Cold pressed from rind

Grapefruit is a hybrid between *Citrus maxima* and *Citrus sinensis*).

Grapefruit (*Citrus × paradisi*) is a subtropical citrus tree known for its sour to semi-sweet fruit.

Grapefruit is a hybrid originating in Barbados as an accidental cross between two introduced species, sweet orange (*C. sinensis*) and pomelo or shaddock (*C. grandis*), both of which were introduced from Asia in the seventeenth century.

When found, it was named the "forbidden fruit" and it has also been misidentified with the pomelo.

Grapefruit was first bred in Jamaica by Captain Shaddock; therefore, it was called "shaddock" or "shattuck" until the 1800s. Then it was given the name grapefruit because it looks like clusters of grapes on the tree.

Some of the unique properties of Grapefruit are energising and purifying. Essential oil of Grapefruit is often used for cleansing and detoxification; satiety (feeling of fullness).

Its fresh and citrus aroma is very uplifting to the body and mind. Grapefruit is cleansing to the aura and mental body which helps release confusion and mental chatter.

Once this is cleared we can be more receptive to our inner voice and intuitive powers. So ultimately grapefruit helps us restore our own power and claim our own spiritual purpose.

#### Key Constituents:

*Limonene* (88-95%)

*Myrcene* (1-4%)



## Household Tips:

- Use in massage to fight cellulite, by adding it to your lotion and massaging it onto your body.
- Scent of Grapefruit can help improve digestion and metabolism. It can have a calming effect on the stomach, specially after heavy meals.
- Grapefruit can help you to get rid of toxins.
- In skin care it can help with oily skin and acne.
- In sports it can be very soothing for sore muscles.
- The scent of grapefruit can be very uplifting for mood and emotions, just put a drop in your hands, fold them over your nose and inhale the wonderful scent with deep breaths.
- Many people love Grapefruit essential oil as a hair tonic (just put a couple of drops in your Shampoo or apply it after washing).
- Grapefruit Essential Oil can be used as an air freshener. Just fill a spray bottle with water and add 10 to 20 drops of essential oil, or put a couple of drops in your Diffuser.



## IV. Tangerine (*Citrus reticulata*)

**Botanical Family:** Rutaceae (citrus)

**Extraction Method:** Cold pressed from rind



Tangerine (*Citrus reticulata*) is a calming essential oil with a sweet, tangy aroma, similar to orange. It helps with occasional nervous irritability. An excellent oil to help uplift the spirit and bring about a sense of security, tangerine is also rich in the powerful antioxidant d-limonene. Its an oil which elevates the mind and provides a feeling of security.

Tangerine is gentle and subtle oil that supports us to embrace change with enthusiasm and grace. It releases old programming that prevents us from obtaining our goals and instills confidence that we can obtain our new goals and dreams. It also asks us to be fully present so we may be consciously aware of our mental and emotional states.

Mandarin and Tangerine have very similar properties and are often interchanged; however, there are some differences in chemistry.

Mandarin essential oil contains esters while tangerine does not. Mandarin oil also has greater alcohol content.

Tangerine may support a healthy digestive system. It may have cleansing properties like grapefruit and lemon.

Tangerine comes from Tangier, Morocco which is the port that the first tangerines were shipped to in Europe

The simplest way to take advantage of the benefits of Tangerine and Mandarin every day is to use their Essential Oil.

### Key Constituents:

*Limonene (85-93%)*

*Beta-Phellandrene + Cis-Beta-Ocimene (2-5%)*

*Mycrene (1-4%)*

### ***Houehold Tips:***

- Put 1 drop each of Lavender and Tangerine on a handkerchief or cotton ball and put in your pillowcase so your head warms it all night.
- Put a few drops down a drain to help clean out grease and clear out bad smells.
- Mix with spice oils and diffuse or spritz a room to give a festive feeling.
- For anger or anxiety, diffuse Tangerine or place on a cotton ball and let the aroma fill the room. (The cotton ball is great to use in the car, too!)
- If you're experiencing constipation or gas, massage a a few drops over the abdomen.
- Citrus oils put in water and rinse veggies takes away any bad bacteria and also makes them keep longer.
- Use it in my dishwasher to cut through grease.
- Use it to get sticky labels off of my books and gum off of my carpet."

### **Citrus Air Freshener:**

- 50 drops Tangerine
- 35 drops Lemon
- 20 drops Grapefruit
- 15 drops Cedarwood
- 4 ounces purified water

*Fill a 4 ounce mist spray bottle. Shake well before using every time. Spray the mist into air.*

### **Romance Aroma Evening - Blend**

- 7 drops Sandalwood
- 7 drops Ylang Ylang
- 6 drops Tangerine

*Mix in your Diffuser and ENJOY!*

## V. Bergamot (*Citrus bergamia*)

**Botanical family:** Rutaceae (citrus)

**Extraction Method:** Cold pressed from the rind, rectified and void of terpenes. Also produced by solvent extraction or vacuum distillation.

It is said, that Columbus brought bergamot from the Canary Islands back to Italy, to a town in northern Italy, called Bergamo.

Bergamot (*Citrus bergamia*) has the fresh, sweet, citrus scent that is familiar to many as the flavouring in Earl Grey Tea. Uplifting and relaxing, it is good for building confidence and enhancing your mood. It has a long history of use for oily and troubled skin, and very beneficial for healthy skin. Bergamot releases the need to be in complete control so that we can flow with life more easily. When we can relax and trust the universe to handle details of any life situation, we release the fear of the unknown and become clear about our own mission. This is why Bergamot is helpful when dealing with dependency or compulsiveness that may be associated with smoking, drugs or alcohol.

100 bergamot Fruits will yield only about three ounces or 85 grams of bergamot oil.

Bergamot oil opens the heart chakra and is uplifting to the mind, which eases stress and tension in mind, body and soul. To release this patterning and embrace relationships apply some a drop on your spiritual heart.

### **Key Constituents:**

*Limonene (30-45%)!*

*Linalyl Acetate (22-36%)!*

*Linalol (3-15%)!*

*Gamma-Terpinene (6-10%)!*

*Beta Pinene (5.5-9.5%)!*



## Houshold Tips:

- Diffuse in the classroom, at work, or at home when stress levels or tension is high.
- Apply to the skin while showering and inhale deeply to experience its calming aroma while enjoying its purifying skin benefits.
- Change regular tea to Earl Grey with the addition of Bergamot.
- Apply to the feet before bedtime or use with Fractionated Coconut Oil for a calming and relaxing massage.
- Add one to two drops to your favourite skin care product for added cleansing properties.
- For SELF (worth, love, acceptance), inhale directly from a pendant or diffuser, apply several drops to the upper abdomen, or use on the soles of the feet 1-3 times a day.
- To diminish limited beliefs, inhale directly from the bottle several times a day, or apply 1-2 drops over the upper abdomen several times a day while you're moving through your inner work.
- Massage 1-2 drops of bergamot oil into the stomach as needed or with each meal to aid digestion.



## VI. Lime (*Citrus aurantifolia*)

**Botanical family:** Rutaceae (citrus)

**Extraction Method:** Cold expression from the rind of the unripe fruit

Lime essential oil has an invigorating and stimulating effect and is believed to be native of eastern Malaysia. The pleasant citrus aroma of lime may help mental clarity and encourage creativity.

Today, lime is best known throughout the world as a way to help support a healthy immune system. When taken internally, lime may provide antioxidant support and aid in weight management.

When applied to the skin, lime oil may also support healthy skin.



**Lime has an ORAC value of 26,200  $\mu$ TE/100g**

It is said, that the British Sailors used Lemons and Limes to Maintain Health on their long and arduous journeys across the sea. Lime essential oil is very relaxing and centering.

Supports healthy immune system; and natural weight loss when used in conjunction with a weight management program and/or exercise program. May aid in mental clarity and reduce stress. Healthy skin when used topically.

It is very uplifting to the body and mind. Very light and improves concentration.

Lime essential oil helps to relieve irritation, worry and stress that creates unhappiness. It also helps ground the body by pulling the energies inward and centering an individual—this is why it is so useful for stress and fear.

Emotionally, it's said to enliven a person's appetite for life and playfulness. It helps a person get out from under stagnant energies - including grief, despair, apathy, and more - and regain their courage to embrace their zest for the goodness Life offers.

It's an oil that couples well with the heart center, clearing trapped emotions and allowing a person to open up again.

It promotes sureness of self by cleansing the aura and releasing negativity in the mind; and facilitating the opening of the solar plexus and heart chakras where much of our personal power is held.

## Household Tips:

- Diffuse to cleanse the air and uplift your mood.
- Put some Lime on a cotton pad to help remove grease spots and sticker residue.
- Add 1 drop to your Shampoo for added cleansing properties.
- Because of the uplifting quality of citrus oils, diffusing lime can be beneficial for high-stress situations at home or work.
- Support the emotional and spiritual aspects of a person by diffusing lime, or using it topically or internally on a daily basis.
- Massage on legs or tired limbs on long flights
- Massage on muscles after workout
- Apply to daily beauty regimen for long health and youthful appearance
- Inhale for a minute instead of eating sugar or getting tired at work

**Good - mood blend for winter:**

You really can't help but be in a good mood with lime essential oil floating through the air.

- 2 drops of Peppermint
- 2 drops of Frankincense
- 2 drops of Lime
- 2 drops of Orange

*Put in your Diffuser or blend with some water in a spray bottle.*

**Clarity Diffuser Blend**

- 1 drop of Wild Orange
- 1 drop of Lime
- 1 drop of Lemon
- 1 drop of Grapefruit

*Put in your Diffuser or blend with some water in a spray bottle.*

**Ginger Lime Body Scrub**

- 1/2 Cup Coconut Oil
- 1/2 Cup Brown Sugar or salt
- 15 drops of Lime essential oil
- 10 drops of Ginger essential oil

*Mix together; Store in an airtight glass container.*

**Meditation Roller Blend**

- 6 drops of Lime
- 6 drops of Grapefruit
- 6 drops of Bergamot
- 2 drops of Hawaiian Sandalwood

*Mix with fractionated coconut oil and store in an empty oil bottle.*

*Apply to wrists and behind ears for an uplifting and peaceful feeling.*

## VII. Yuzu (Citrus junos)

**Botanical family:** Rutaceae (citrus)

**Extraction Method:** distilled from the rind of the Yuzu fruit



Yuzu is a refreshing, small citrus fruit that grows on the cooler mountain slopes of Shikoku Island, Japan. In Japan, yuzu rinds are traditionally placed in warm bathwater as part of a relaxing bath. This is a beautifully hydrodistilled citrus essential oil—completely clear, yet invitingly aromatic. A key ingredient in NingXia Red®, Yuzu contains limonoids.

Yuzu is used in Japan in hot baths for over 100 years and is loved for its cleansing and anti-aging properties.

Yuzu is hydro distilled at 56 degrees C and low pressure.

Animal studies show that limonene (d-limonene) is a strong antioxidant. D-limonene is contained in the peels of citrus fruits such as grapefruit, tangerine and lemon. Like other citrus oils, Yuzu contains limonene. Limonoids are known to protect against free radicals.

Yuzu improves clarity yet is calming to the body. In Japan, it has been used to enhance relaxation in the bath and to promote sleep. Use to unwind before bed time, or to increase focus.

Yuzu grows in Japan. The tree originated from China and is now called ch'êng tzu. It also was called "*Chu gan tze*" or "*Maggot Orange*". *Chu* meaning bitter or bad smell and *gantze* meaning orange.

Yuzu essential oil is a fresh citrus aroma which is very relaxing to the body but provides clarity to the mind. Yuzu gently centers and softens the body and helps us to be present. It connects and opens the right brain vs. lemon which has more of an effect on the left brain. This allows us to be more in touch with our creative side.

It releases the emotions of unimportant, insignificant and worthless; and helps us to respect and value ourselves on a deeper emotional level. This will help those with addiction to drugs and those that have been abused verbally. It will help people find their own identity.

Yuzu is a wonderful oil for your pet. It's scent may help animals with abuse issues. It will help them understand their own place in the human world by helping them see their own self worth which will create their own sense of identity.



## VIII. Jade Lemon (*Citrus limon* L. var. Eureka)

**Botanische Familie:** *Rutaceae* (*citrus*)

**Extraktionsmethode:**



Jade Lemon oil is released only after the fruit is picked, giving it a richer and more fragrant aroma. It has a unique lemon-lime scent that invigorates and uplifts the senses.

Jade Lemon (*Citrus limon* L. var. Eureka) is grown in the warm, humid climate of southeast China.

While other lemons begin to release some of their oils aromatically as they turn yellow, the jade lemon fruit remains green even in maturity, allowing the concentration of oil to continue within the fruit. The oil is released only after the fruit is picked, giving it a richer and more fragrant aroma.

Essential oil of Jade Lemon contains high level of d-limonene, which helps invigorate, uplift and energise, as well as support clarity of thought and purpose.

This oil supports skin health, helps open and release emotional blocks; and is useful to clean, detox and purify.

A 1995 Mie University study also found that citrus fragrances include relaxation and invoke feelings of happiness.

Jade lemon is wonderful when you want to clean, detox, and purify.

### Household tips:

- Diffuse to uplift and stimulate the mind and body
- Add 10-15 drops to Young Living lotions and shampoos to energise the spirit
- Combine with sea salt, V-6 Vegetable Oil Complex, Ylang Ylang, Peppermint and Lavender to exfoliate the skin
- Use as a cleaner to remove stickiness or grease from surfaces; remove gum from hair, or remove crayon or permanent marker from walls
- Mix with citronella essential oil for a pleasant, citrus-scented insect repellent
- Add to dishwashing detergent for a spot-free rinse and to help clean your dishwasher.
- Use 8-10 drops with water in spray bottle to freshen the air
- Place a drop in the palm of the hand, cup hand over mouth and nose, and inhale deeply to enhance focus, improve clarity, and support concentration.

- Add 10–15 drops to Young Living Bath & Shower Gel Base for a refreshing shower or bath.
- Put a few drops on a cotton ball and dab on the inside of shoes to freshen them.

When children are back in school, and people are generally spending more time indoors with their windows shut—mood often drops because of the stuffy air indoors.

This means the official beginning of the stuffy indoor air season.

Diffusing is an excellent way to humidify dry air and brighten the atmosphere in a home or office.

Here are some invigorating blend ideas that can help you improve the indoor air, bring more freshness and clarity into your home office or school:

### **Jade LemonCabin Lite Blend**

- 6 drops Idaho Balsam Fir
- 2 drops Wintergreen
- 2 drops Eucalyptus Globulus
- 2 drops Jade Lemon™

### **Pick-me Up Blend**

- Citrus Fresh™
- Thieves®
- Jade Lemon

### **Uplifting Energy Boost**

- 4 drops of Jade Lemon
- 4 drops En-R-Gee

### **Refreshing Skin health**

- Mix Jade Lemon, Frankincense and coconut oil and use as a balancing facial moisturizer.
- Mix a few drops with 2 cups Epsom salts and stir into the tub for a relaxing bath.
- Mix a few drops with 1 cup Epsom salts or Magnesium Chloride Flakes in a foot bath and soak for 20 minutes.

## IX. Neroli (Citrus Aurantium)

**Botanical family:** Rutaceae (citrus)

**Extraction Method:** Absolute Extraction from Orange Blossom Flower



Although the use of Neroli and orange blossoms go back to Ancient Egypt, the word Neroli was taken from a French born Italian princess, Anne-Marie de la Tremoille, who was the Countess of Nerola. She introduced the oil in 1670 and used it for perfume and cologne.

Neroli (*Citrus aurantium*) has a citrusy, floral scent and in ancient times was highly regarded by the Egyptians for its healing properties.

The essential oil Neroli is obtained from the flowers of this tree, where 1000 pounds of blossoms is needed to produce 1 pound of Neroli essential oil, and goes through a lengthy absolute extraction process. Making it is very expensive to produce, like jasmine and rose essential oils. However, the exotic and intoxicating fragrance is well worth the money!

Known for its transformational effects on the mind, body and spirit it is a highly regarded oil used in Ancient Egypt and other ancient high civilisations.

Its fruity and sweet aroma is very calming and relaxing. Neroli brings mental clarity and can help releasing fear. Neroli essential oil is all about staying in the present moment and not reminiscing of the past; or even worrying about the future. For us to manifest what we want, we must be completely in our power and be present energetically in the moment. Panic and fear are usually produced when we separate our mind and body. This is because we are literally in two different places. Neroli brings us back to one plane quickly and provides protection as well.

Neroli essential oil has been used for thousands of years to accelerate self-actualization by keeping us in the present, and gathering many of our scattered parts in the different etheric levels. It opens the heart and releases emotions of powerless and self imposed restriction.

Neroli oil is also widely used in the perfume and fragrance industry. In fact, Eau-de-Cologne, the famous perfume from Cologne, Germany, used this oil as its main ingredient. Today, neroli oil is added to various fragrances and perfumes. Not only does it complement other citrusy notes, but it also acts as a natural fixative that helps maintain the original composition of the oils without losing its true fragrance.

*Linalool (28-44%),  
Limonene (9-18%),  
Beta-Pinene (7-17%)  
Linalylacetate (3-15%),  
Trans-Ocimene (3-8%),  
Alpha-Terpineol (2-5,5%),  
Trans-Nerolidol (1-5%),  
Mycrene (1-4%)*

- Wet a cotton ball, add a drop of neroli oil, and lightly dab it on your skin to help treat acne or simply pampering your skin
- Mix with your favourite skin cream to help regenerate your skin
- Put a few drops in a diffuser
- Mix a few drops with a carrier oil and massage all over your body to help improve circulation and increase feelings of self love and romance
- Apply a few drops to a hot or cold compress
- Ease premenstrual discomfort by mixing a few drops in your bath water
- Neroli oil's pleasant aroma can also work as a deodorant to drive away foul odours. When used on the body as a perfume, or sprayed as an air freshener or diffused via a vaporiser in a room, the oil not only eliminates the odor, but also cleanses the air.

# After 125 yrs, secret Coke formula is out

TIMES NEWS NETWORK

Since it was first made in 1886, the Co-ca-Cola formula is one of the most fiercely guarded trade secrets of the corporate world. Many claimed to have found it, but the mystery of Merchandise 7X, the name given to the combination of secret ingredients which gives the soft drink its distinctive taste, has endured.

Now an American public radio show claims to have found the recipe kept in an

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Atlanta steel vault and which, it is said, only two employees at a time know how to mix. The two never fly together.

'This American Life', broadcast on more than 500 stations, said it found the recipe in a 40-year-old newspaper. Its website [thisamericanlife.org](http://thisamericanlife.org) said the Atlanta Journal-Constitution published the photo of a book containing a handwritten replica of the original recipe on February 8, 1979.



**MYSTERY MIX**

Fluid extract of Coca	3 drops
Citric acid	3oz
Caffeine	1oz
Sugar	30"
Water	2.5gallon
Lime juice	2pints & 1qt
Vanilla	1oz
Caramel	1.5oz

**7X FLAVOUR** Oz of flavour in 5 gals (approx)

Alcohol	8 oz
Orange oil	20"
Lemon oil	30"
Nutmeg oil	10"
Coriander	5"
Neroli	10"
Cinnamon	10"

\*Single  
approximate  
equivalency unless  
from the markings)



## X. Citrus Fresh

Citrus Fresh Essential Oil is a fantastic blend of citrus oils which freshens air from environmental impurities and support healthy skin tone.

It includes naturally occurring constituents limonene, beta-pinene, and linalol.



On the emotional end, it has a balancing effect; it can be very calming and relaxing and can help to relieve fear and to wind down before bed. Mentally it may aid in greater focus and alertness. Physically, it is a cleanser and helps with detoxification.

### There are six different oils in Citrus Fresh:

- **Lemon Essential Oil** (*Citrus limon*) consists of 68 percent d-limonene. It has cleansing and purifying properties. It takes 75 lemons to create one 15 ml bottle of lemon therapeutic grade oil.
- **Mandarin Essential Oil** (*Citrus reticulata*) is uplifting to the mind and body and brings happiness and peace. It eases stress, irritability and may help get a good night's rest when diffused.
- **Tangerine Essential Oil** (*Citrus nobilis*) contains esters and aldehydes that are calming. Rich in d-limonene it helps to maintain a healthy lifestyle regimen.
- **Orange Essential Oil** (*Citrus sinensis*) is rich in the d-limonene and may support cellular function. Also has calming effects and may be used for feelings of peace.
- **Grapefruit Essential Oil** (*Citrus paradisi*) Rich in d-limonene, it is nourishing to the skin; and may help with a feeling of satiety. Traditionally cleansing to the mind and body.
- **Spearmint Essential Oil** (*Mentha spicata*) Rich in carvone and d-limonene, may help calm occasional nausea. Blend with Peppermint oil for digestive system support. May support respiratory health.

## Household Tips:

- Mix 1:1 with Ledum and massage the soft parts of your body
- Diffuse, put on your feet or inhale to get into a great mood
- Mix 6 drops Citrus Fresh with 6 drops of Lavender and apply on big toe, belly, feet and neck for a deep, sound sleep.
- Diffuse while studying for a test to support memory recall and concentration.
- Diffuse Citrus Fresh for 20-30 minutes twice a day to create a cheery environment in your home or workplace.
- Apply a couple of drops to the ears, heart or wrists and wear as a cologne or perfume.
- Did someone wear those shoes that leave scuff marks all over your floor? Add a drop of Citrus Fresh to a cleaning rag and wipe them out!
- Mix several drops of Citrus Fresh in V6 mixing oil for a full body massage to support the overall wellbeing
- Blend 11 – 20 drops with bath gel base and add to bath water for a relaxing bath
- Freshen your carpet: Combine 16 to 20 drops of essential oils with 1 cup of baking soda or borax powder. Mix well and place in a covered container overnight so that the oil can be absorbed by the powder. Sprinkle over your carpet and vacuum up the powder immediately to infuse a rejuvenating fragrance into the room.
- Put a few drops of Citrus Fresh on a cotton ball hidden in inconspicuous places around the bathroom. Use this method also for cupboards, drawers, or any place else you might need/want a refreshing scent.
- Get rid of bad odours in the laundry: As the machine is filling up with water, add soap and a few drops of the Citrus Fresh.
- Remove sticky residue from stickers and bandages with a drop of Citrus Fresh.

**Citrus Oils are photo-toxic so don't apply them topically for 12 hours before going into the sun, before a radiation treatment, or a tanning bed.**

## XI. Slique

Slique Essence combines grapefruit, tangerine, lemon, spearmint, and ocotea with stevia extract in a unique blend that supports healthy weight management goals.

These ingredients work together to help control hunger, especially when used in conjunction with Young Living's Slique Tea or the Slique Kit.



The pleasant citrus combination of grapefruit, tangerine, and lemon essential oils adds a flavourful and uplifting element to any day with the added support of spearmint that may help with digestion. Ocotea essential oil adds an irresistible, cinnamon-like aroma to help control hunger, while stevia adds an all-natural sweetener that provides a pleasant taste with no added calories.

Slique Essence cleanses and purifies the body of emotions that no longer serve us by helping us digest what is “eating us”. It releases irritation and frustration that often comes up when we have been stuck and trying to break through to the next level. This oil has a way of pulling us through that while cleansing and uplifting the spirit.

### There are 5 different oils in Slique Essence:

- **Ocotea Essential Oil (*Ocotea quixos*)** is a unique therapeutic grade oil that helps aid the body's natural response to irritation and injury. From the cinnamon family, it may help to maintain blood sugar levels already in the normal range. Ocotea also has natural cleansing and purifying properties.
- **Lemon Essential Oil (*Citrus limon*)** consists of 68 percent d-limonene, a powerful antioxidant; and may be beneficial for the skin. It has cleansing and purifying properties.
- **Tangerine Essential Oil (*Citrus nobilis*)** contains esters and aldehydes that are calming. Rich in the powerful antioxidant d-limonene it also helps to release stress and occasional nervous irritability.
- **Grapefruit Essential Oil (*Citrus paradisi*)** The benefits of grapefruit detox and cleansing besides tasting great in water. Rich in the powerful antioxidant d-limonene, it is nourishing to the skin.

- **Spearmint Essential Oil (*Mentha spicata*)** has many benefits including boosting the metabolism and assisting with occasional digestive upset. A rich antioxidant, spearmint helps support the respiratory and nervous systems.
- **Stevia Leaf Extract (*Stevia rebaudiana*)** is a sweetener alternative that has zero calories and is a natural remedy for diabetes and hypoglycemia. Helps to regulate blood sugars and support pancreas natural function.

## 4 Steps to your dream figure with Slique and a healthy Lifestyle:

### Step 1: Commit to your weight-management program.

Any effective weight-management program should include a consistent routine of both exercise and healthy eating habits. Exercise not only helps you manage your weight, but it also improves mood, boosts energy, and promotes better sleep. For most healthy adults, the Department of Health and Human Services recommends getting at least 150 minutes per week of moderate aerobic activity. That's only 25 minutes per day, 6 days per week, and can include activities like brisk walking, swimming, weight training, or tennis.

Professionals also encourage us to create a meal plan. Eat wholesome, well-balanced meals and drink plenty of water throughout the day. Ensuring that your body receives all the nutrients it needs is an important component of a healthy lifestyle, especially if you are reducing your caloric intake.

### Step 2: Choose your Slique collection.

Young Living offers two different Slique collections, as part of their Slique line.

### Step 3: Set a goal using the SMART system.

Apply the principles of SMART goal setting to maximize your chances for success:

- **Specific:** Choose a specific goal; e.g., exercise 30 minutes a day rather than “exercise more.”
- **Measurable:** Determine how you will measure your goal; e.g., days exercised or miles ran in a week.

- **Accountable:** Develop a way to be held accountable; e.g., share your goals with someone who will be supportive of you.
- **Realistic:** Make sure your goal is attainable; e.g., exercise 30 minutes a day rather than 2 hours per day.
- **Timeframe:** Establish a specific time in which you plan to accomplish your goal; e.g., 30 days, 60 days, etc.

#### **Step 4: Evaluate your progress.**

Maintain motivation by reviewing your goal on a regular basis. Ask yourself questions like “How am I doing with this goal?” and “Do I need to make any adjustments to my plan?”

After this assessment, continue to move forward and use the Slique collection that best matches your goals. You may also customise and supplement with other Young Living products, such as NingXia Nitro™ and BLM™, to help you on your way to success!

*\*These statements have not been evaluated by the Food and Drug Administration. The product is intended for use in conjunction with a healthy weight-management plan and is not intended to diagnose, treat, cure, or prevent disease. Consult a physician before starting any weight-management or exercise program.*

## XII. Orange - Lime

This is a perfect application for the cold days of the year, when sunshine becomes rare.

Apply each 1 drop of lime and orange 4x daily on your wrists, behind your ears and on the side of your neck.

Experience shows, that if you do this application for 4 Weeks, your glutathione levels in your brain rises about 800% and your blood reacts, as though you had eaten 20 million mg Vitamin C.



### What is Glutathione?

Glutathione is a substance produced naturally by the liver. It is also found in fruits, vegetables, and meats. Glutathione (GSH) is an important antioxidant in plants, animals, fungi, and some bacteria and archaea, preventing damage to important cellular components caused by reactive oxygen species such as free radicals, peroxides, lipid peroxides and heavy metals.

It's the most important molecule you need to stay healthy and prevent disease -- yet you've probably never heard of it. Glutathione is involved in many processes in the body, including tissue building and repair, making chemicals and proteins needed in the body, and for the immune system.

The good news is that your body produces its own glutathione. The bad news is that poor diet, pollution, toxins, medications, stress, trauma, aging, infections and radiation all deplete your glutathione. This leaves you susceptible to unrestrained cell disintegration from oxidative stress, free radicals, infections and cancer. And your liver gets overloaded and damaged, making it unable to do its job of detoxification.

Glutathione is a very simple molecule that is produced naturally all the time in your body. It is a combination of three simple building blocks of protein or amino acids - cysteine, glycine and glutamine.

The secret of its power is the sulfur (SH) chemical groups it contains. Sulfur is a sticky, smelly molecule. It acts like fly paper and all the bad things in the body stick onto it, including free radicals and toxins like mercury and other heavy metals.



Normally glutathione is recycled in the body - except when the toxic load becomes too great. And that explains why we are in such trouble. The genes involved in glutathione metabolism are also involved in producing enzymes that allow the body to create and recycle glutathione in the body. These genes have many names, such as GSTM1, GSTP1 and more.

We humans evolved in a time before the 80,000 toxic industrial chemicals found in our environment today were introduced into our world, before electromagnetic radiation was everywhere and before we polluted our skies, lakes, rivers, oceans and teeth with mercury and lead.

That is why most people survived with the basic version of the genetic detoxification software encoded in our DNA, which is mediocre at ridding the body of toxins. At the time humans evolved we just didn't need more. Who knew we would be poisoning ourselves and eating a processed, nutrient-depleted diet thousands of years later?

Because most of us didn't require additional detoxification software, almost half of the population now has a limited capacity to get rid of toxins. These people are missing GSTM1 function - one of the most important genes needed in the process of creating and recycling glutathione in the body.

Glutathione is critical for one simple reason: It recycles antioxidants. Glutathione is also the most critical and integral part of your detoxification system. All the toxins stick onto glutathione, which then carries them into the bile and the stool -- and out of your body.

And lastly, it also helps us reach peak mental and physical function. Research has shown that raised glutathione levels decrease muscle damage, reduce recovery time, increase strength and endurance and shift metabolism from fat production to muscle development.

It is critical for immune function and controlling inflammation. It is the master detoxifier and the body's main antioxidant, protecting our cells and making our energy metabolism run well.

## XIII. Lemon - Peppermint



### Application:

**Mornings:** 1 drop of Lemon essential oil

**In the afternoons:** 1 drop of Peppermint essential oil

- a) If you live in a non-european country, drink one drop each in still mineral water
- b) If you live in a european country, massage a drop on your reflex points, apply them on your wrists or simply inhale them.

Do this application at least 6 weeks, to get yourself an overall cleansing.

**A) Lemon:** Lemon is a very strong cleanser. If you drink lemon essential oil, it cleanses your body on a cellular level. Scum and deposits which accumulated in the cells get flushed out, and cell receptors get cleansed.

1 drop of lemon essential oil contains about 40 quintillion molecules, the human body contains about 100 trillions of cells. Thus every somatic cell is looked after by 40.000 molecules.

This application also cleanses the liver. To cleanse the liver you can also use Grapefruit essential oil.

**B) Peppermint:** Peppermint is soothing and helps digestion and excretion - helps to make you alkaline and completes the whole process which started in the morning with lemon.

In the case of obesity, toxins are often stored in fat cells since many years. So also the detoxification process will take its time. If the detoxification process was too fast, liver, kidneys and the whole body would be strained badly.

Essential oils are very gentle, and at the same time powerful. They are intelligent - like all of nature - and help the body to cleanse itself at its own pace.

**Attention:** Peppermint can be too cooling for some people. In this case you can replace it with lavender.