

Radiant Health News

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If I didn't have Peppermint essential oil, I would be in bed with a migraine every week!!

I've had severe migraines for many years, ever since grade school. And they are getting worse, to the point where the pain is so great I have to stay in bed. I've tried every single over-the-counter and prescription migraine medication without success.

Recently, I've had migraine headaches every week, due to a very stressful new job with huge deadlines. One day, a friend suggested I massage **Young Living Peppermint essential oil** on my temples and the back of my neck. **In less than five minutes my migraine was GONE.** As a result, I ordered the **Essential 7 Kit** and **M-Grain** immediately. Now, I keep Peppermint and M-Grain on my desk and they've kept me migraine-free for weeks. These really are miracle oils!

Kristi Templeton, Kansas City, Missouri



Dee Oldham, B.S. RA Energy Kinesiology & Massage Therapy

PHONE (703) 243-3253

EMAIL deeoldham@verizon.net

WEB www.heart-touch.com

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Migraines Disappear in Minutes!

Migraines headaches are a serious, recurring medical condition that affects 28 million Americans. In fact, every 10 seconds, someone in the United States goes to the emergency room with a headache or migraine. Add that number to the 210+ million affected by tension headaches and you'll understand why over \$1 billion is spent annually on over-the-counter medications to treat headaches and migraines.

According to the American Headache Society, well over 100 medications are now being used successfully to help prevent headaches and migraine attacks. However, there is risk with chronic overuse of pain medications, as it can lead to rebound headaches and the development of chronic daily headaches.

Natural Alternatives for Migraine Relief

For those who don't want to take those health risks, Young Living offers several essential oils and blends to relieve pain from migraines and tension headaches.

M-Grain is a penetrating, soothing blend of Marjoram, Lavender, Peppermint and Helichrysum essential oils



M-Grain™ essential oil blend combines essential oils traditionally used to relieve headaches, nausea, depression and problems related to severe migraine headaches.

Most effective when inhaled, use M-Grain alone or with a companion oil. Rub 2 drops in palms, cup over nose and inhale. Massage along the brain stem. Apply on forehead, temples, crown, shoulders, back of neck and VitaFlex points on the feet.

Migraines Disappear in Minutes!

Migraines Under Control at a Fraction of the Cost

"I used to use a prescription that cost \$400 a month, and it didn't work for my migraines. Then, I switched to a bottle of M-Grain essential oil blend and was amazed at how much better it handled the pain and, once it was gone, it was gone. With the prescriptions, the headache would reoccur for the next couple of days.

M-Grain worked wonderfully. I applied two drops to the temples and three drops on the brain stem. It is such a relief to get these horrible headaches under control and I no longer am damaging my liver with the prescriptions."

Jan Doerr

Fast Fix for Tension Headaches

My personal, never-fail solution for tension headaches is a combination of **Peppermint** and **Lavender** essential oils. Combine a couple drops of each in the palm of your hand, apply to forehead, temples. Apply to back of neck and shoulders if they're tense. You'll feel a cool/hot sensation where you've spread the oils and soon, rapid relief. Every time I've used it, my headache is totally gone in less than five minutes.

Other Methods for Relieving Headaches with Essential Oils

Inhalation

Diffuse oil 15 minutes, 3-5 times daily or inhale directly from bottle 3-8 times daily.

Topical

Dilute 50/50 with V6™ Oil, apply 1-3 drops on back of neck, behind ears, on temples, on forehead and under nose. Be careful to keep oil away from eyes and eyelids.

Oral

Place one drop on tongue, then push tongue against roof of mouth.

Both Physical and Emotional Stress Can Cause Tension Headaches

Ninety percent of all headaches are classified as tension/muscle contraction headaches. These are a severe but temporary contraction of neck, face and scalp muscles brought on by stressful events. Physical postures that tense head and neck muscles - such as holding the phone between your shoulder and ear - can help create tension headaches.

Conflict Triggers Tension Headaches

Research has shown that for many people, chronic muscle-contraction headaches are caused by depression and anxiety. These people tend to get their headaches in the early morning or evening when conflicts in the office or home are anticipated.

Following are additional Young Living essential oils you can rely on to relieve your headaches.

Aroma Siez™

This special blend will help relax and relieve tight, sore muscles that result from sports injuries, fatigue and stress. Also great for tension headaches.



PanAway™

Formulated to help heal severe ligament damage, PanAway increases circulation wherever it is applied.



Peace & Calming™ helps reduce the tension that can cause headaches, as

it uplifts the spirit with a gentle blend of oils traditionally used to reduce depression, anxiety, stress and insomnia. It's very soothing when diffused or worn as perfume or cologne.



Essential 7 Kit

Young Living's Essential 7, the Headache Kit

If you're new to essential oils or never tried them for headaches, try the **Essential 7 Kit**, above. It includes four of the "headache" oils discussed in this issue, as noted below.

Joy	PanAway*
Lavender*	Peace & Calming*
Lemon	Peppermint*
	Purification

With hundreds of uses, Essential 7 makes a great starter kit and is perfect for travel. For more information, please contact me.

Migraine Headache Kit

Product Name	Code # Size	Prices Wholesale Pref Cust Customer
M-Grain oil blend	#3387 15 ml	\$44.75 \$51.82 \$58.88
Aroma Siez oil blend	#3309 15 ml	\$26.50 \$30.68 \$34.87
PanAway oil blend	#3390 15 ml	\$29.75 \$34.45 \$39.14
Peppermint essential oil	#3614 15 ml	\$19.75 \$22.87 \$25.99
Essential 7 Kit	#3120 7-5 ml bottles	\$68.75 \$79.61 \$90.46

Radiant Health News

editor Bonnie McDermid
phone (612) 920-9205
email info@RadiantHealthNews.com
website RadiantHealthNews.com
contributing editor Teri Secrest

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