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ORIGIN SERIES
Nature's Pure Essentials



Essential Oils Guide



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Brief History of Essential Oils

Essential oils have been utilized by humans dating back to ancient times. They are derived from plants, which were created on the third day of creation according to some beliefs. Essential oils have served as natural remedies for various ailments and have been used for healing and prevention by mankind throughout history.

When essential oils are applied to specific meridians and acupressure points, it provides a holistic way to help the body naturally achieve balance without the use of invasive tools. This allows the body to naturally heal itself without negative side effects, while also offering relaxation and the advantages of aromatherapy.



Traditional Oriental Medicine History

The history of Traditional Oriental Medicine dates back at least 3000 years, tracing back to the Yin and Shang dynasties. Particularly, more than 20 disease types were recorded in the inscriptions of the Yin Dynasty (1600 BC–1046 BC).

Traditional Oriental Medicine is a practice defined by the holistic concept of “harmony between man and nature.” Thus, it encompasses cognitive activity from the perspective of attribute and relationship, use of the natural resources inside and outside the human body, and the regulation and balancing of the body.

Traditional Oriental Medicine introduces various philosophical concepts such as “qi,” “yin and yang,” and the “five elements.” Viscera (the large internal organs of the body) is also considered a functional system instead of an anatomical. It is defined by the unique theory of zang-fu organs: the five zang-organs of liver, heart, spleen, lung, and kidney and the six fu-organs of the gallbladder, small intestines, stomach, large intestines, stomach, and the triple burner (the upper, middle, and lower regions of the torso).

The twelve meridians, and hundreds of acupressure points in Traditional Oriental Medicine do NOT refer to the anatomical location of organs. Rather, they refer to a system of human physiological functions based on the human physiology and attributes of the human body.

Essential oils are derived from a compound of the plant that releases quickly into the air and evaporates. It's important to note that there are other components of a plant (i.e. non-emitted gas compounds), that do not evaporate. These plant compounds are not included in the final essential oil product after being steam distilled.

Essential oils are complex and cannot be replicated in a laboratory as that would mean they are synthetic. True essential oils can only be derived using the compounds of the plant and that is what makes them 100% pure and natural.



Your Essential Oils Kit



Essential oils have been used by humans all over the world for thousands of years as part of alternative medicine. Currently, more and more people are adopting natural alternatives and remedies over synthetic ones. Essential oils offer a new, organic, therapeutic, and safe alternative to relatively risky pharmacological agents.

Here are some of the **MUST-HAVES!**

Organic Lemongrass Oil



Lemongrass Oil

Lemongrass offers many benefits for your own health and your environment.

Properties

Studies indicate that lemongrass possesses various pharmacological activities such as anti-amoebic, antibacterial, anti-diarrhea, antifungal, and anti-inflammatory properties. Various other effects like antimalarial, antimutagenicity, antimycobacterial, antioxidants, hypoglycemia, and neuro-behaviors have also been studied.



Lemongrass Oil

Topical Uses:

Apply lemongrass oil directly on affected area with a carrier oil (such as coconut, argan, or jojoba oil), for the following:

- Boils
- Acne
- Inflammation
- Fleas
- Lymphatic drainage
- Muscle strain
- Varicose veins
- Bee stings
- Bugs bites

Environmental Uses:

One favorite way to use lemongrass is by diffusing it, for its benefits and protection from:

- Air pollution
- Airborne bacteria
- Purification
- Mental fatigue
- Chronic fatigue
- **Diffuse in diffuser** at your home or workplace.
- Add a few drops of lemongrass oil in a spray bottle and add clean water. **Spray in the air.**

Organic Peppermint Oil



Peppermint Oil

From alleviating bad breath to soothing stomach pains and headaches to relieving muscle aches and more!

CONTRAINDICATED IN PREGNANCY

Properties:

Analgesic, antibacterial, anticarcinogenic, anti-inflammatory, antiseptic, antispasmodic, antiviral, and invigorating.

** Peppermint oil has been found to affect esophageal, gastric, small bowel, gallbladder, and colonic physiology. Placebo controlled studies support its use in irritable bowel syndrome, functional dyspepsia, childhood functional abdominal pain, and postoperative nausea.*



Peppermint Oil

Here are some of the many reasons why you must have peppermint oil on hand!

- Peppermint oil is affective for many digestive problems, such as stomach pains, indigestion, nausea, Irritable Bowel Syndrome (IBS) (when applied topically)
- Sinus infections and sinus congestion
- Pain: Relief from headaches, muscles cramps and joint pain, when used topically. Apply it to your skin on its own or if you have sensitive skin, use it with a carrier oil (coconut, argan or jojoba oil).

- Upper Respiratory Infection (URI) Symptoms: Peppermint oil is great for treating coughs and colds. It helps by reducing tightness in the chest and easing chest pain.
- Great for improving mental function and for supporting clear cognition.



Topical Uses:

- **For pain**, you can apply Peppermint oil directly to your skin if not sensitive, or you may use it with a carrier oil (coconut, argan, or jojoba oil). Apply to areas of pain like the abdomen for stomachaches, or to any areas of muscle/joint pain.
- **If fever or any heat symptoms**, you can apply the oil to the bottom of your feet where the base of the 2nd and 3rd toes meet the heel (**K1, see page 31**). You can also apply it on the back of your knees, in the middle of the crease at the back of your knee (**UB 40, see page 32**). Additionally, you can apply it on the back of your neck.
- For a chest cold, use on center of chest, sternum area (**K127, see page 33**).
- **For headaches**, use one drop and rub on temples, back of neck (occipitals), and areas of pain. Just be careful with eyes and any orifices. You can apply pressure to the points located on your temples, just a little away from the outer corner of your eye. These points are called Tai-Yang (**M-HN-9, see page 34**). You can also apply pressure to the points to the back of your neck. Specifically, between the muscles on the side and back of your neck. These points are called the occipital points (**GB 20, see page 35**).
- **For sinus congestion**, apply a drop of peppermint oil, along with eucalyptus (optional) on the sinuses and rub. Be careful around your eyes! It can be applied to all the points along the nostrils.

Organic Lavender Oil



Lavender Oil

Properties:

Lavender oil has a variety of therapeutic and curative properties, from relaxation to treating parasitic infections, burns, insect bites, and muscle spasms. There is growing evidence suggesting that lavender oil may be an effective treatment for several neurological disorders. Several animal and human studies suggest it helps with anxiety, mood stabilizing, sedative effects, analgesic, and as a neuroprotective.



Lavender Oil

- Improves mood and reduces stress
- Calms anxiety
- Helps increase antioxidants activity
- Improves brain function
- Promotes healing of burns and minor cuts
- Promotes healthy skin and hair
- Improves sleep
- Relieves pain
- May help aid cancer patients to cope with stress, pain, and depression

Topical Uses:

- You can apply/rub the oil directly onto your skin, add 2–3 drops on your palms and then rub hands together. Inhale deeply. Then rub onto your skin or hair.

- To **help chest pressure or anxiety**, you can add the oil directly on the acupressure point Pericardium 6, which is located about 2 cm above the crease of your wrist, between two tendons called M. palmaris longus and M. flexor carpi radialis (**PC 6, see page 36**). You can also apply directly to the center of your chest, at the level of the fourth space between your ribs. This point is located midway between your nipples (**REN 17, see page 37**)
- Lavender oil makes for a great perfume (if your skin is sensitive, use a carrier oil).

Environmental Uses:

- Add 2–3 drops to a spray bottle with ½ cup of water. Shake the spray bottle, and then spray in the air, and inhale. You may also spray your pillowcases, bed sheets, or spray as a **toxic-free air freshener**, wherever you see fit.
- **Diffuse** lavender oil to create a relaxing atmosphere for meditation and mindfulness time.

Organic Tea Tree Oil



Tea Tree Oil

Tea tree oil, also referred to as melaleuca, is a strong germ-fighter that's great for treating wounds. This makes it one of the best antibacterial essential oils available. Studies have shown that it can kill many different strains of bacteria, viruses, and fungi.

Properties & Studies

Tea tree oil contains special components like terpene hydrocarbons, monoterpenes, and sesquiterpenes. These compounds give tea tree oil its antibacterial, antiviral, and antifungal properties.

Studies indicates that the hydrogen and carbon atoms found in tea tree oil are considered aromatic and are capable of traveling through the air, pores of the skin, and mucous membranes. This is the reason tea tree oil is commonly used aromatically and topically to kill germs, fight infections, and soothe skin conditions.



Tea Tree Oil

Topical Uses:

Use topically to heal skin issues and treat skin infections, wounds, cuts, dry scalp, acne, eczema, rashes, psoriasis

- Apply topically to your skin for any skin issues such as: skin irritation, dry scalp, or fungal infections. Can also be used to cleanse the skin. Can be applied with a carrier oil (coconut, jojoba, or argan oil) to prevent skin irritation.
- Can be used in homemade toothpaste or as a mouthwash, but **DO NOT INGEST.**

Environmental Uses:

Make homemade non-toxic cleaning products
It can be diffused to kill toxic mold and bacteria lurking in your home

- Diffuse 2-3 drops in a diffuser to purify the air and your home. With its **antiviral and antibacterial effects**, this oil contributes to clean air.



Organic Lemon Oil



Lemon Oil

Lemon oil has a purifying effect on the body, helping to protect against harmful pathogens and aiding detoxification of the liver and blood. Additionally, it stimulates lymphatic drainage, assisting the body to eliminate waste and toxins.

Properties & Studies

Studies have indicated that Limonene, a major component of lemon essential oil, has anti-tumor and chemotherapeutic effects. Lemon essential oil comes from cold-pressing the lemon peel, not the actual inner fruit. The peel is the most nutrient-dense portion of the lemon because of its fat-soluble phytonutrients.



Lemon Oil

Lemon oil has many great benefits:

- Decreases sun spots and scars
- Boosts immune system
- Improves digestion
- A strong antimicrobial
- Relieves cough

Topical Uses:

- **Use as a hand cleaner** for grease or sticky hands.
- **Apply topically** with a carrier oil (coconut, argan, or jojoba oil) to your neck and/or chest to help break up mucus, clear the lungs, and alleviate coughs.

Environmental Uses:

- **Natural cleanser and disinfectant:** Stay away from toxic chemicals! Use about 30 drops of lemon oil along with 15–20 drops of tea tree oil, water, and white vinegar in a spray bottle for a natural disinfecting cleaner. Can also be used for dishes and your dishwasher.
- **Diffuse:** Add 4–5 drops of lemon oil to a diffuser to help boost immunity, kill bacteria, or improve mood.
- **Use for laundry:** add a few drops of lemon oil to your unscented laundry detergent or your dryer balls. This will remove any musky smell and to help make your clothing smell fresh. It also is a great stain remover!

Organic Eucalyptus Oil



Eucalyptus Oil

Eucalyptus oil possesses many therapeutic and medical properties. It acts as a pain reliever, fights bacteria and viruses, reduces inflammation, and more. Originating from Australia, eucalyptus trees are cultivated worldwide. The medicinal properties come from the oil which is extracted from the leaf. The leaves are crushed, dried, and distilled to then be extracted and used for many different purposes.

Properties & Studies

Eucalyptus oil has a wide spectrum of antimicrobial, antifungal, and herbicidal properties. Research indicates that the oil extracted from the eucalyptus leaf exhibits antifungal properties.



Eucalyptus Oil

- Helps reduce fever due to its cooling effects
- Relieve headaches
- Cleans and disinfects wounds
- Reduces general pain, muscle pains, as well as joint pains and arthritis
- Helps clear ear infections
- Use to keep lice and bugs away
- Can help relieve shingles and cold sore pain when applied directly.
- Eucalyptus oil can help alleviate chest tightness caused by asthma and helps relieve cough and congestion by loosening mucus. You may inhale (you can diffuse the oil) or rub the oil directly to the chest.
- Use to purify air from air pollution



Eucalyptus Oil

Topical Uses:

- Eucalyptus oil will help with breathing and clearing the sinuses. Rub 2 drops of oil in your hands and inhale directly to help open sinuses and clear chest .
- Make a hair and skin treatment with carrier oil (coconut/jojoba/argan oil) to help with dry scalp or dry, itchy skin. Add 3-5 drops to a 4 oz bottle with a carrier oil of your choice. This treatment will help increase ceramide content in the skin. Ceramides are a type of fatty acid in your skin, responsible for maintaining its barrier and retaining its moisture.
- Apply to any painful or sore areas, to your muscles, or joints. You can follow that with a heating pad or an infrared heating pad for extra pain relieving effect.
- Use for chest tightness, coughs, congestion, and asthma. Apply eucalyptus oil directly to the chest and rub. You can also use acupuncture points, specifically those to help open chest and alleviate the symptoms mentioned above. Apply 2-3 drops of the oil on your hands and rub it into the area just below your collarbone, towards the sides of your body (**KI 27, see page 33**).
- Also, apply the oil on the center of your chest, moving up and down along the bone in the middle of your chest. Continue down until you reach a point between the fourth intercostal rib spaces, which is halfway between the nipples (**REN 17, see page 37**).
- You can also press and rub the oil on the outer upper points of the bone in the middle of your chest, at the level of the space between your first ribs. These points are located 6 cun (9 cm) away from the bone on both sides (**LU 1, see page 38**).

Environmental Uses:

- Diffuse the oil: add 3 drops to your diffuser for bugs, to purify air, and for antiviral effects.

Natural Household Cleaner Recipe

Regular cleaners are filled with chemicals and are extremely toxic for your lungs and internal organs, as well as the environment. Instead, try this Homemade Lemon Household Cleaner for your home or office. It's made with only four ingredients and is easy and fast to make!

Tea tree oil and lemon oil naturally kill bacteria while leaving a refreshing aroma that can also improve your health.

** US researchers tested commercial cleaning products against alternatives like vinegar and bicarbonate of soda, and discovered that vinegar killed a wide range of household pathogens. According to research, vinegar can kill off the flu virus.*

[LEARN MORE](#)



DIY Recipe

As mentioned, this household cleaner contains just four ingredients, making it quick and simple to whip up. Here are the four main players:

- **Water** – Distilled water is the base of this recipe.
- **Lemon Oil** – A natural disinfectant and cleanser!
- **Tea Tree Oil** – A powerful antibacterial, antifungal, and antiviral.
- **White Vinegar** – Great for disinfecting and killing bacteria.

How to: Mix 1-2 teaspoons of white vinegar in an 8 oz GLASS spray bottle (this is important as the acidic ingredients will eat away a plastic bottle) and add 8-10 drops of each oil. Lastly, fill the rest of the bottle with the distilled water, shake, and use!

Natural Alcohol Free Hand Sanitizer Recipe

In a glass spray/pump bottle (can use any size: 4oz, 8oz, or bigger), use the following:

- **Water** – Fill about $\frac{1}{2}$ - $\frac{3}{4}$ of the bottle with distilled water
- **Lemon Oil** – Add 8-10 drops
- **Tea Tree Oil** – Add 5 drops
- **Eucalyptus Oil** – Add 8 drops
- And if desired, **Lavender Oil** for added scent, use 5-8 drops.

Add all ingredients together into the bottle, mix, and apply to your hands. Continue to rub hands together until hands are no longer wet.

** This recipe is made for a 4oz bottle, please adjust the amount of oil drops according to the bottle size you choose.*



Conditions Essential Oils May Treat*

- Acne
- Air Pollution
- Airborne Bacteria
- Antioxidant
- Anxiety
- Bee Stings
- Boils
- Brain
- Breath Freshener
- Bugs
- Bugs Bites
- Burns
- Calming
- Cancer
- Chronic Fatigue
- Cleaner
- Cognition
- Cough
- Cuts
- Depression
- Detoxification
- Digestion
- Fleas
- Hair
- Headaches
- Irritable Bowel Syndrome (IBS)
- Indigestion
- Immune System
- Inflammation
- Joint Pain
- Lice
- Lymphatic Drainage
- Mental Fatigue
- Mental Function

Conditions Essential Oils May Treat*

- Metabolism
- Mold
- Mood
- Muscle Cramps
- Muscle Strain
- Nausea
- Pain
- Psoriasis
- Purification
- Purify Blood
- Sinus Infections
- Sinus Congestion
- Shingles
- Skin
- Sleep
- Stomach Pain
- Stress
- The common Cold
- Thyroid Health
- Tooth Paste
- URI
- UTI
- Varicose Veins
- Wounds

** **Disclaimer.** These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*

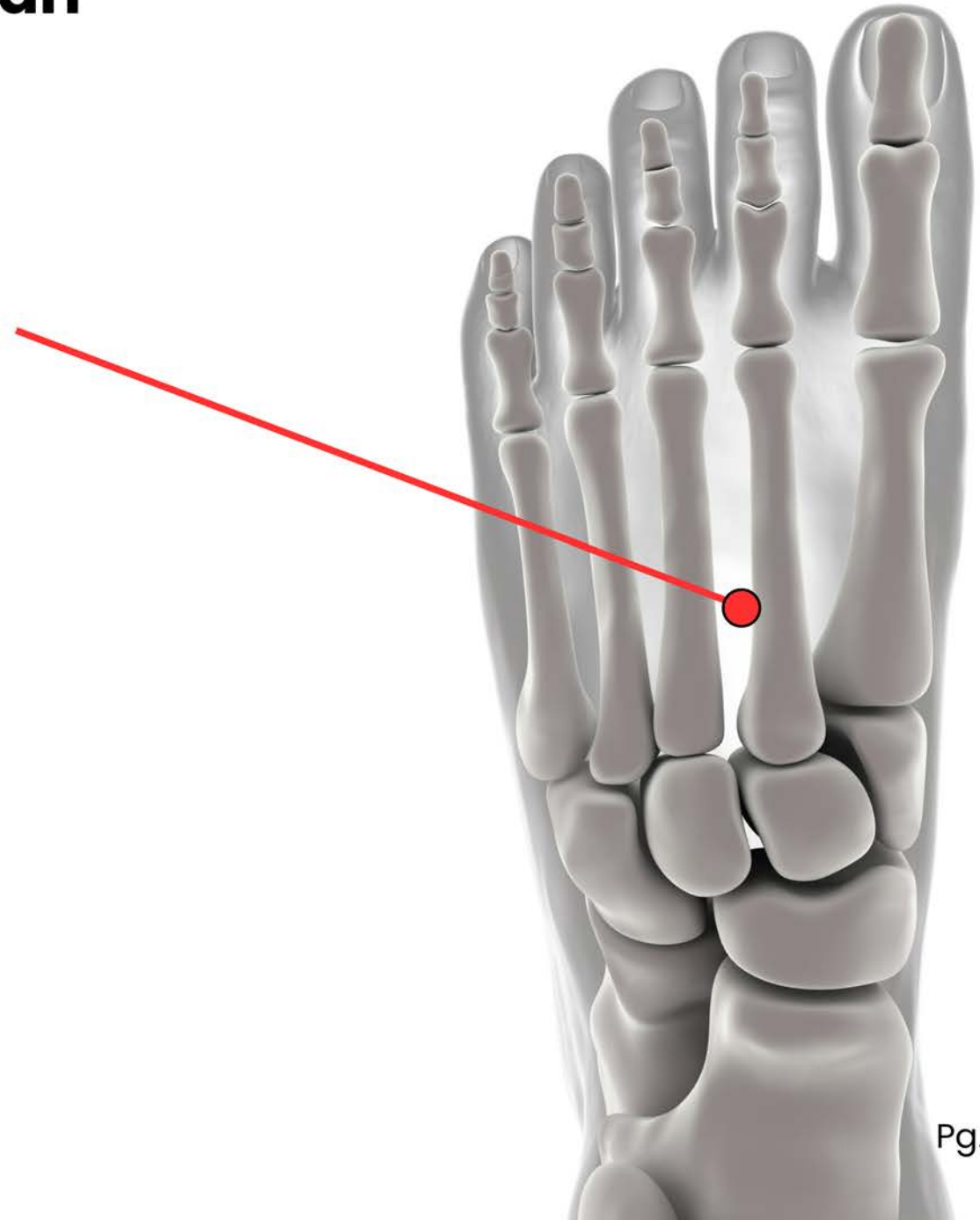
Acupressure Points



K1 - Kidney 1, Kidney Meridian

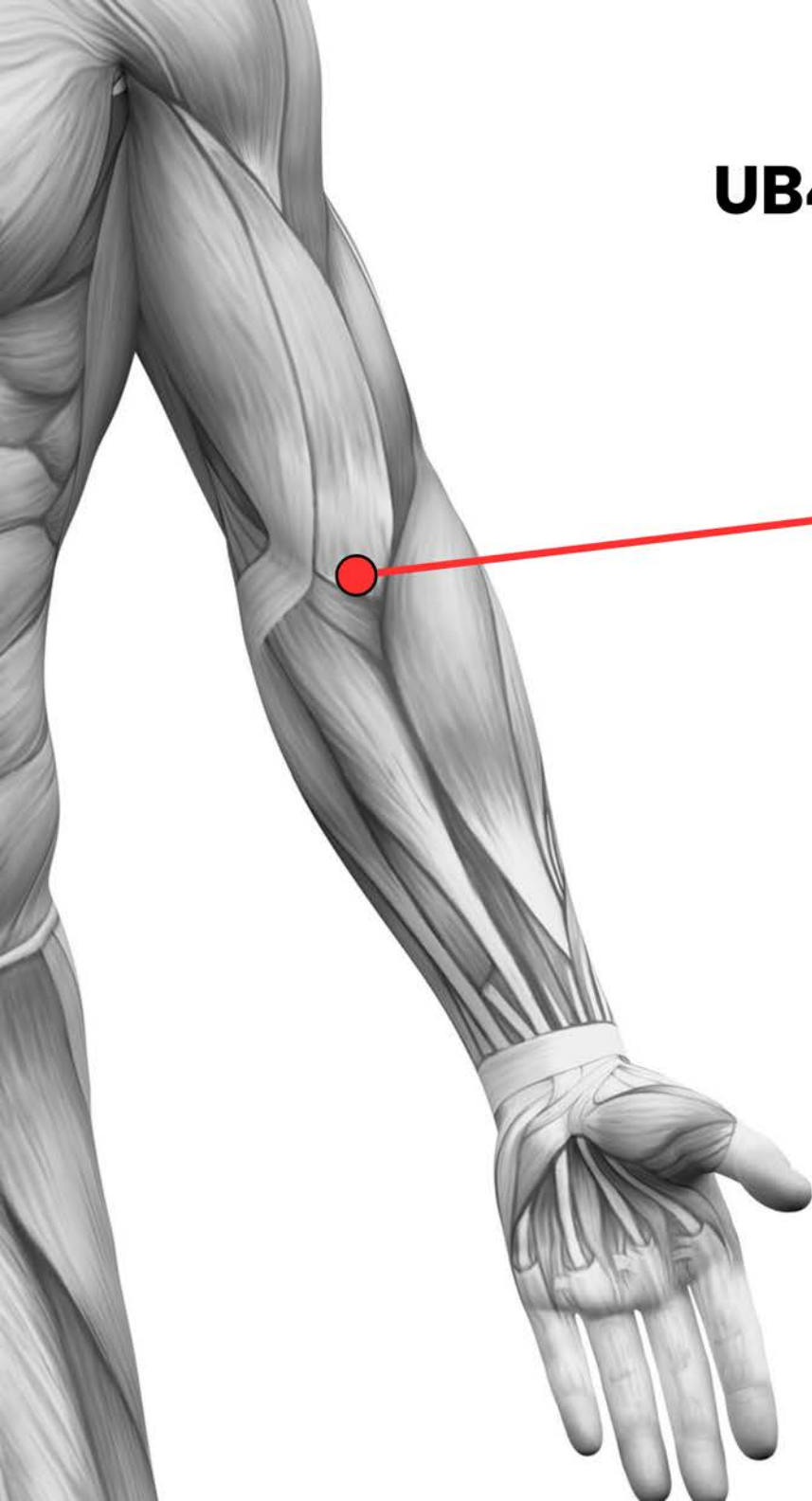
Also known in Chinese as Yong Quan.

Located on the sole, in the depression when the foot is in plantar flexion, approximately at the junction of the anterior one-third and posterior two-thirds of the line connecting the base of the 2nd and 3rd toes and the heel.



UB40 - Urinary Bladder, Channel Point #40

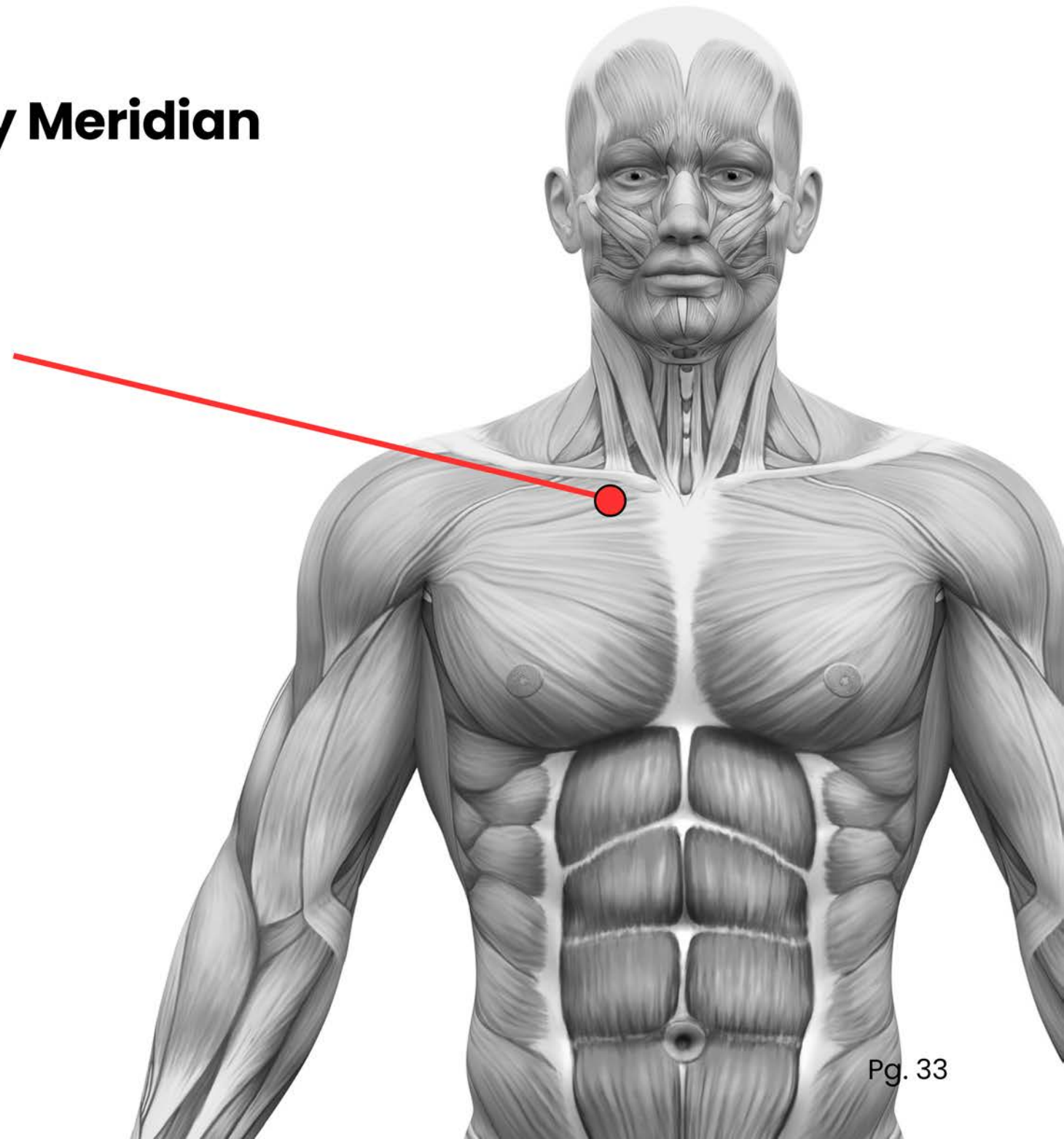
Also known in Chinese as Wei Zhong, located midpoint of the transverse crease of the popliteal fossa, between the tendons of m. biceps femoris and m. semitendinosus.



K127 - Kidney 27, Kidney Meridian

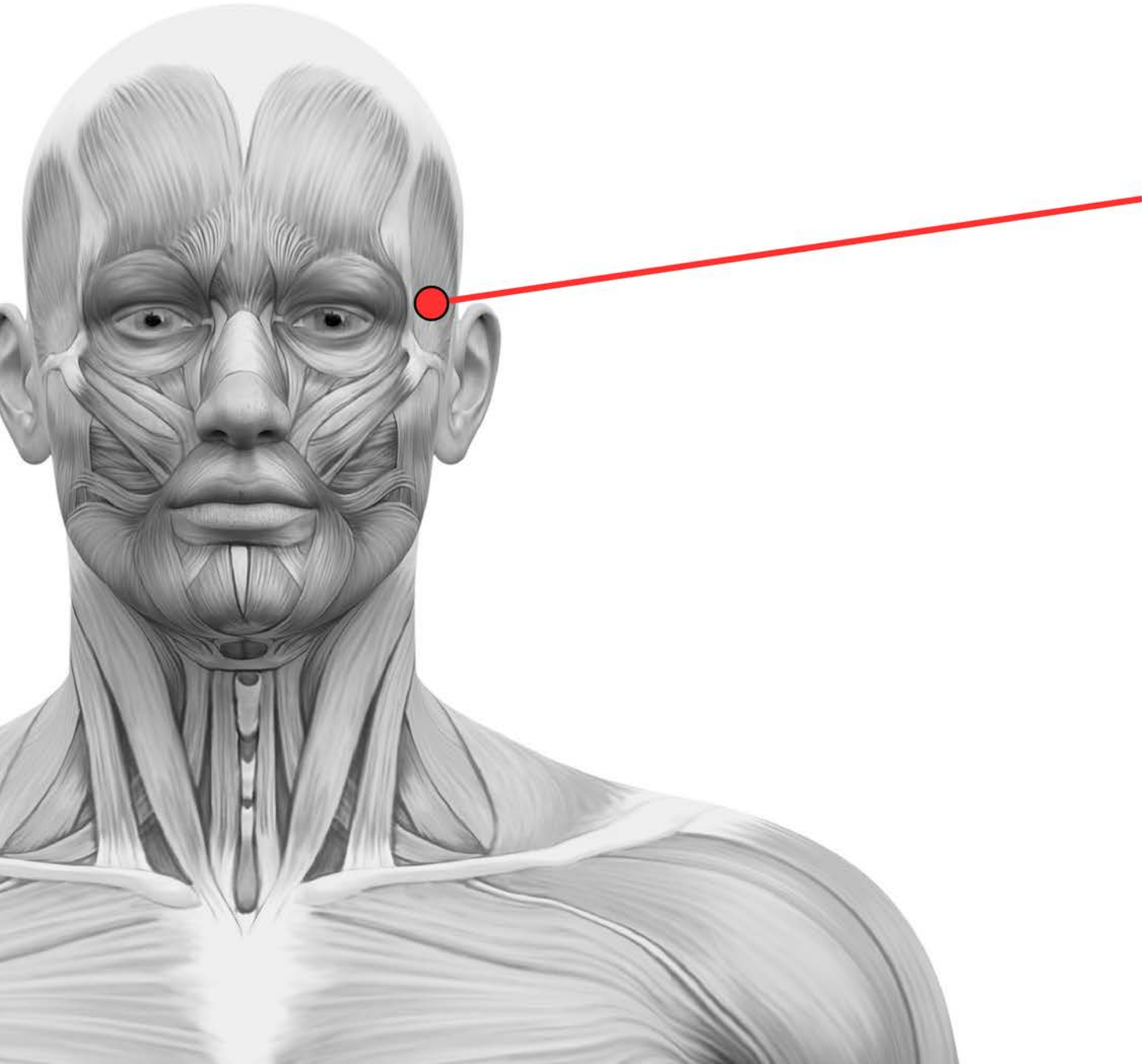
Also known in Chinese as Shu Fu.

Located in the depression on the lower border of the clavicle, 2 cun/cm lateral to the anterior midline.



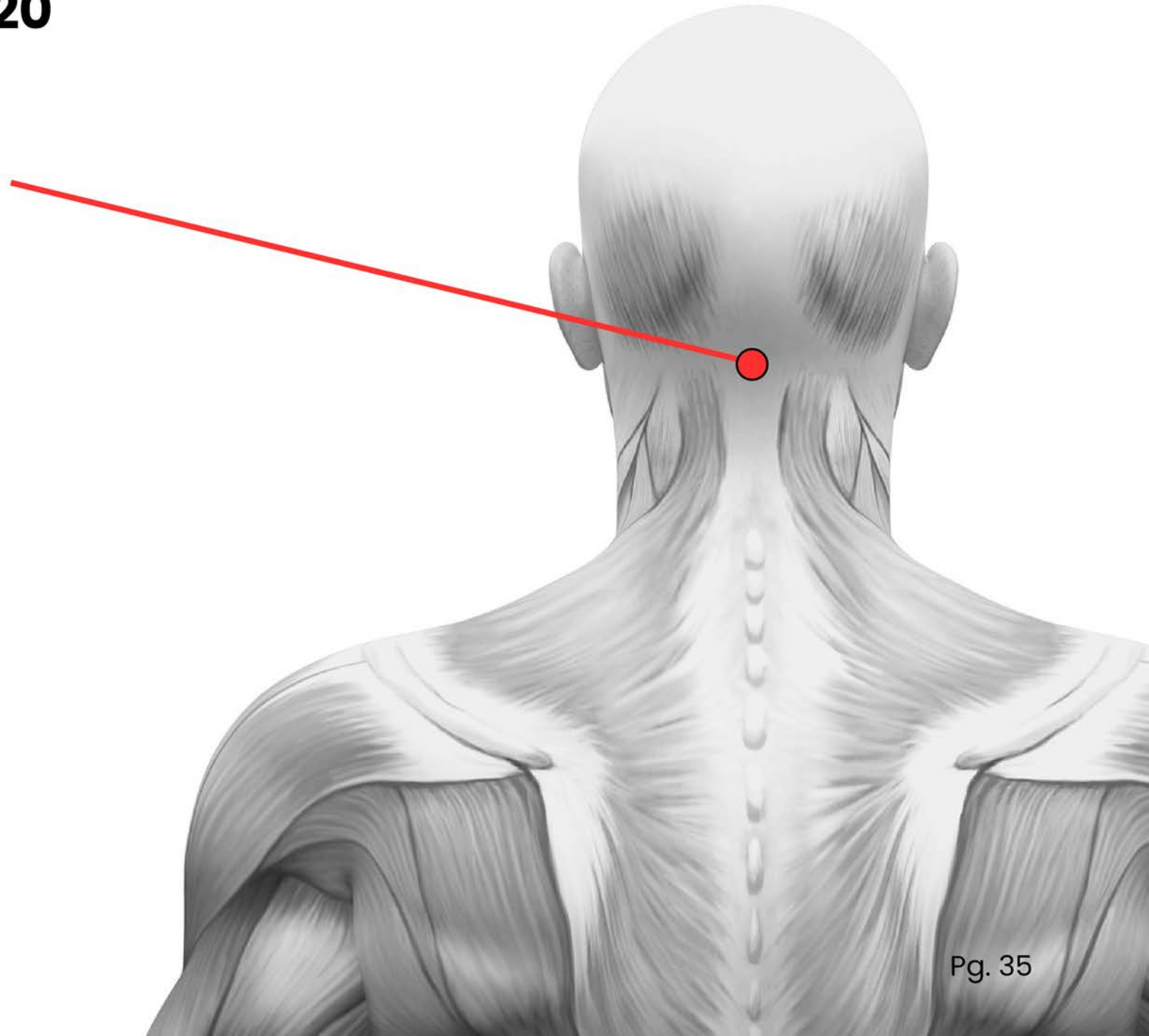
M-HN-9 - Tai Yang

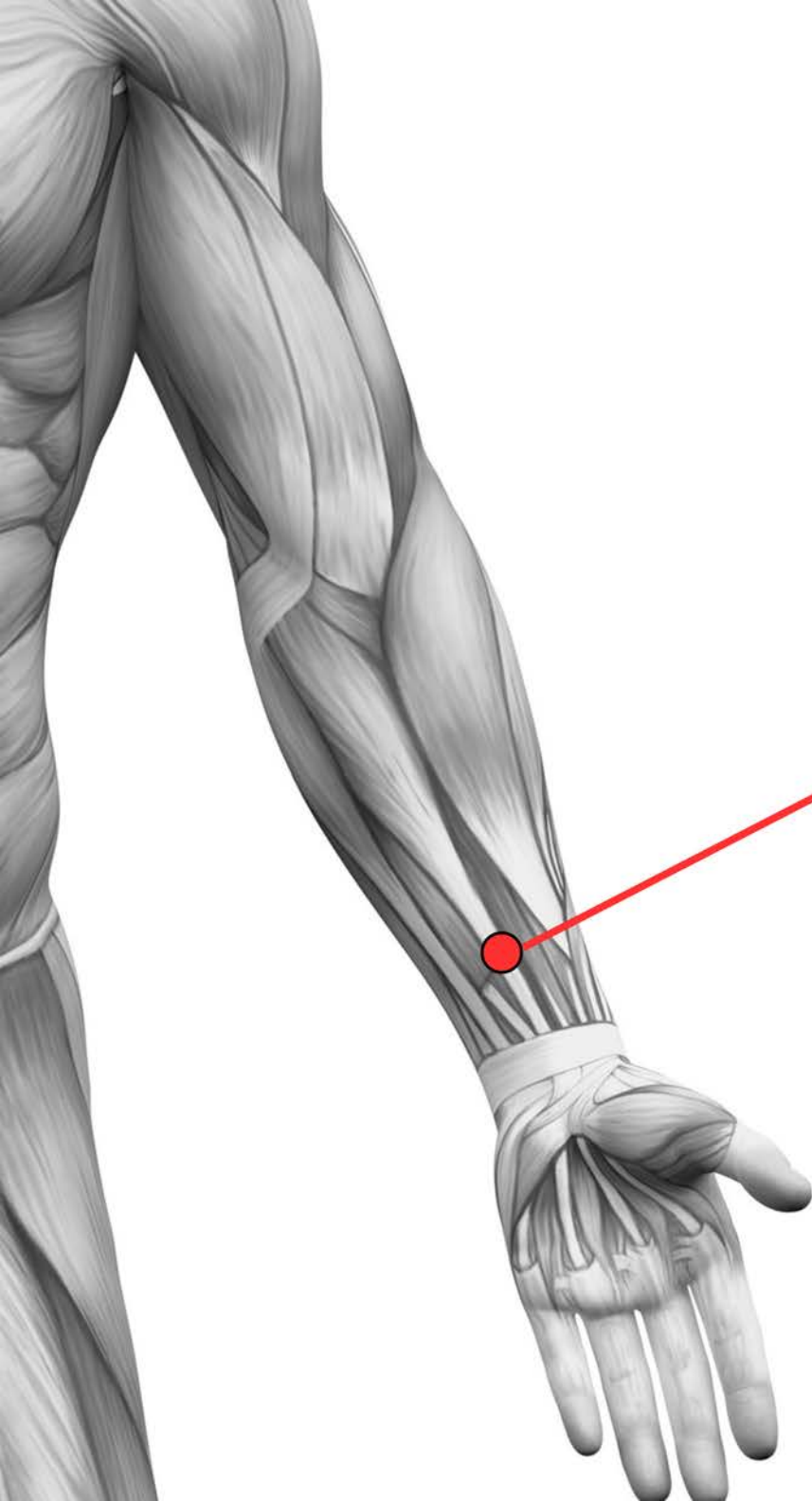
It is in the depression about one finger breadth posterior to the midpoint between the lateral end of the eyebrow and the outer canthus.



GB20 - Gallbladder 20

Also known in Chinese as Feng Chi.
Located in the depression between
the upper portion of m.
sternocleidomastoideus and m.
trapezius. On the same level with
Fengfu (DU16).



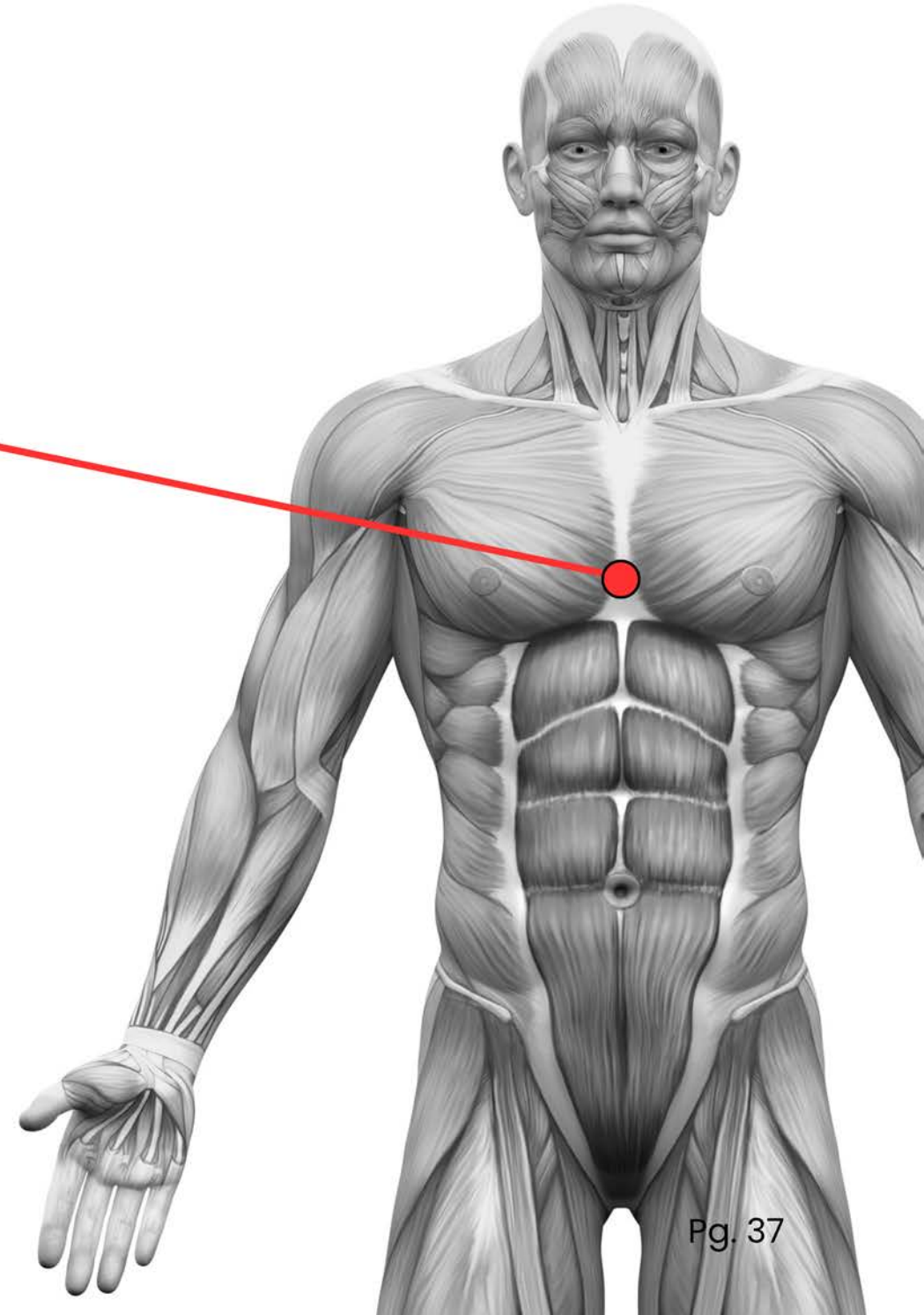


PC6 –Channel Point #6

Also known in Chinese as Nei Guan. 2 cun/cm above the transverse crease of the wrist, between the tendons of m. palmaris longus and m. flexor carpi radialis.

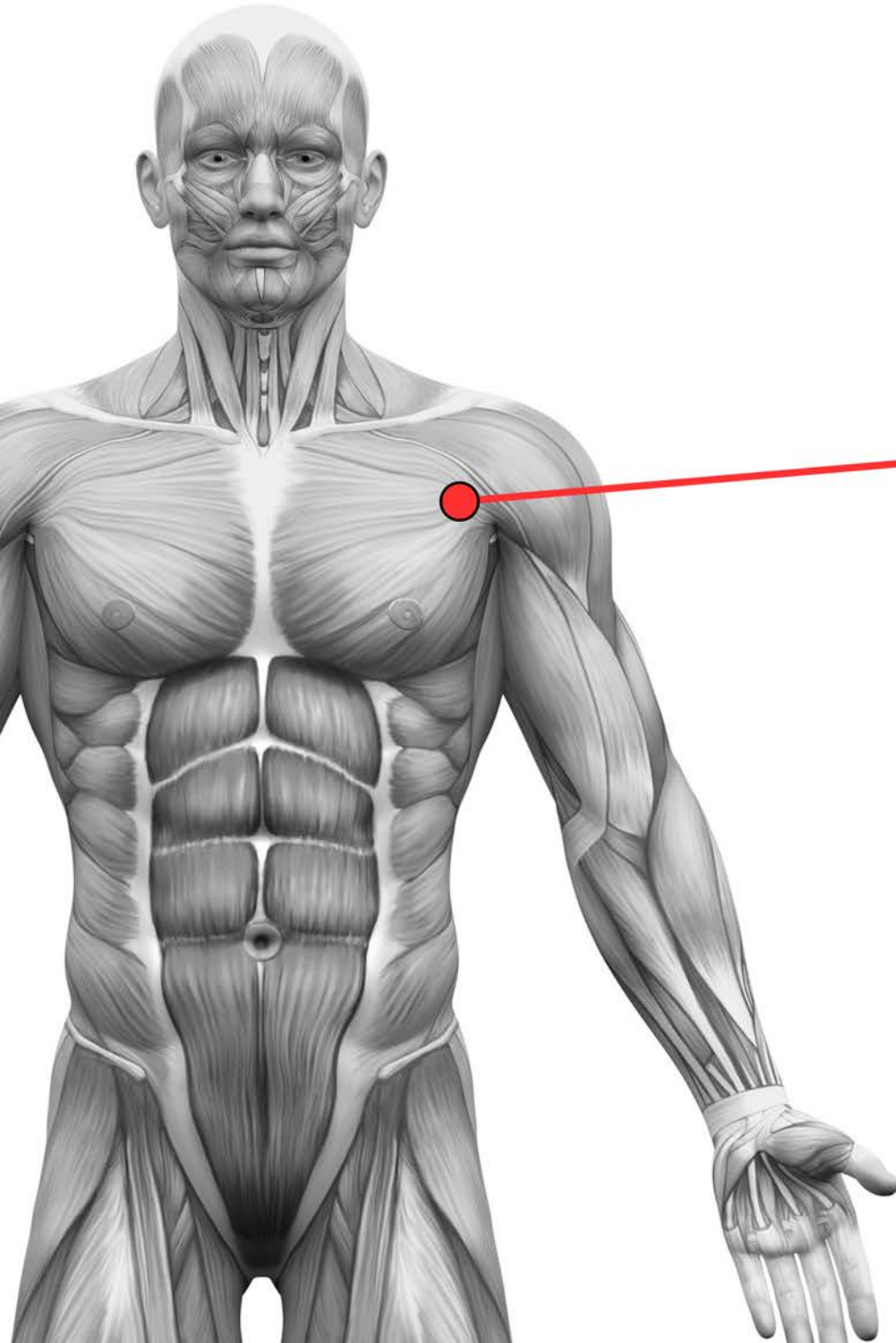
REN17 - The Ren Meridian

Also known in Chinese as Dan Zhong.
Located on the anterior midline, at the level with the fourth intercostal space, midway between the nipples.



LU1 – Lung 1, Lung Meridian

Also known in Chinese as Zhong Fu.
Located Laterosuperior to the sternum, 1
cm below Yunmen (LU 2), at the level of
the first intercostal space, 6 cun/cm
lateral to the anterior midline.



About The Author

Dr. Hadar Elbaz

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Director of Functional Medicine for The Wellness Company

Originally from Israel, Dr. Elbaz finished her military service there and then moved to New York and attended Hunter College to study Nursing. There she realized her calling in holistic healing. She then went on to complete her Master's in Traditional Chinese Medicine at Pacific College of Oriental Medicine in San Diego in 2006.

Dr. Elbaz has taken her education further, graduating as a Doctor of Acupuncture and Chinese Medicine from Pacific College of Oriental Medicine in April 2017.

Dr. Elbaz is extremely passionate and knowledgeable about Functional Medicine. This approach focuses on endocrine disorders such as thyroid, adrenals and hormone balance, gastrointestinal issues such as leaky gut, food allergies and sensitivities, and the immune system and how all these interact with the environment and our bodies. Dr. Elbaz is also committed to helping others with detoxifying the body from toxicity of heavy metals and chemicals found in food, water, vaccines, and the environment. She utilizes nutrition, herbs, supplements, and acupuncture injections to help facilitate pathways for effective cleansing and detoxification. By using specific lab testing and treatment programs, it helps get to the root cause of what's keeping us from feeling and looking our best.





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