



Essential Oils: More than Incredible Fragrances... Truly Powerful Medicine



Ahhh.... The savory scent of the culinary herbs filling the home from cooking the Thanksgiving stuffing, the crisp uplifting pine needle scent of a fresh cut evergreen tree brought into the home for Christmas, the pungent warmth of a hot cinnamon spiced cider and pumpkin pie.... The senses of smell are stimulated in all this wintry holiday season.

Fragrances from plants that fill the air are volatile oils, also known as essential oils. These oils not only bring pleasure to our senses and lift our mood, they also have some powerful healing potential if used properly.

Essential oils are very complex mosaics of Mother Nature. A single plant's essential oils contains between 80-300 different molecular structures, some of them so minute, yet so powerful, they can completely alter the smell of the flower. Think how different a rose smells compared to other roses in a rose garden, each with their own unique identity.

The story of the Three Kings bringing gifts to the Christ Child is very interesting and of significant reference here- as both frankincense and myrrh are very widely used essential oils- and the main ingredients in my "Ancient Breeze". They not only behold a fragrance that transports one into a more pensive and peaceful state, they also are known for their very strong antimicrobial: anti-bacterial, anti-viral, anti-fungal, and anti-parasitic properties. Sounds like the perfect gift to offer a New Born King to protect Him from the world of infections.



Many of you know that I not only use laboratory testing and clinical studies to make my professional decisions but I also use the art of applied kinesiology muscle testing. *(I'm actually doing this testing for people again if you are interested please send an email)*. While testing patients in the clinic, I noticed that some oils were consistently being found favorable for particular conditions. Some oils were testing well for someone who had blood sugar imbalances, and others were chosen specifically for heart support, and others for joint pain, and others still for memory or mood imbalances. I started to take note of these patterns and what has resulted over the years are 30 essential oil blends that have very specific purpose for whatever a person may need to support. So, not only do they have a very beneficial effect on one's mood from the wondrousness of the fragrance, but they can also have just as strong healing effect as taking botanical herbal preparations orally.

I recommend only oils that are 100% from nature- nothing synthetic ever... as these synthetic fragrances, the kind that are added to your soaps, cleaning supplies, candles

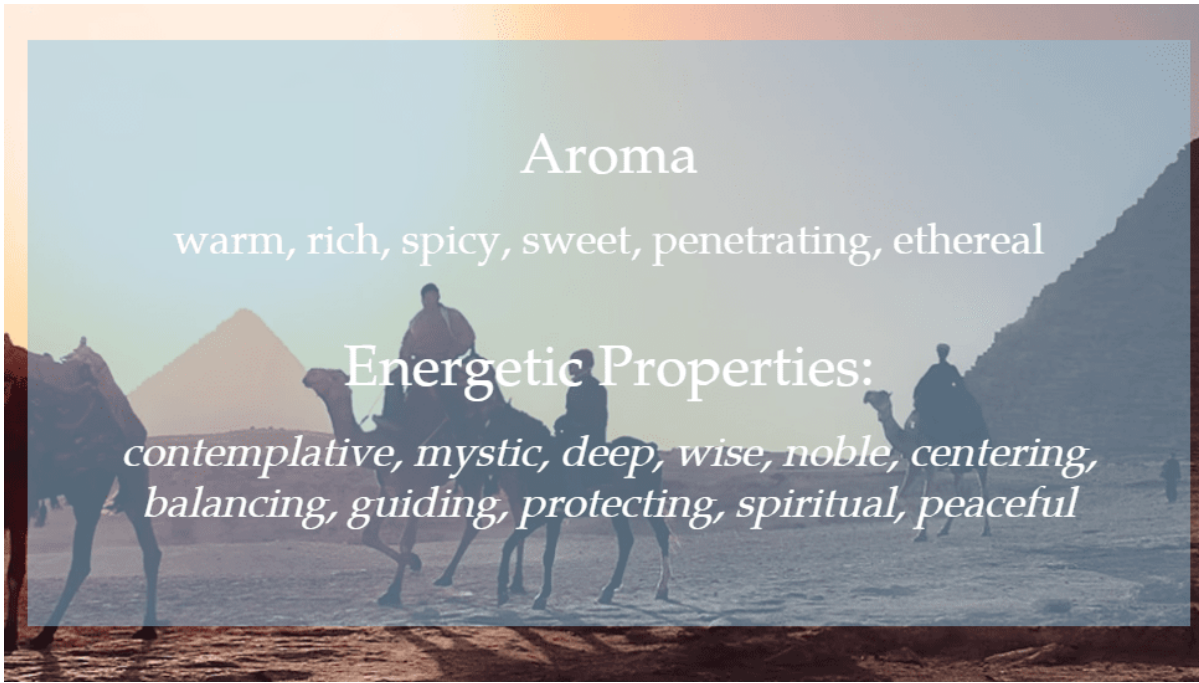
and air-fresheners... are actually quite toxic. I also recommend to use steam distilled oils, or mechanical pressed oils- nothing that uses extreme heats or chemicals to extract the oils as both denature and degrade the oils making them more harmful than helpful.

Although I have 30 different blends available, I'm only releasing one third at a time so each formula can truly be appreciated and understood for its own magical benefits. Here is the link to see all the formulas in one page [Essential Oils – Dr. I The Herbal Guy](#) . Below are those newly released oils and simply what indications they were used in my clinic. I recommend applying the oils straight to the skin of the affected area and also to the back of the neck and the bottoms of the feet. Some oils require to be diluted with a little olive oil or avocado oil if they are not tolerated or if they burn when applied straight. Also, some people like to start with just infusing the oil in the home to change the “feeling” to whatever you are in the mood. The fun is endless- Enjoy these new oils! They make wonderful, unique and healthy, healing Christmas gifts for that special someone.

I've received so many compliments regarding the last newsletter "*plant infection protection*" as well as the previous "*EMF toxicity newsletter*". If you haven't yet seen them- here they are: [Newsletters– Dr. I The Herbal Guy . com](#)

Ancient Breeze Midnight Magic Mystic





Aroma

warm, rich, spicy, sweet, penetrating, ethereal

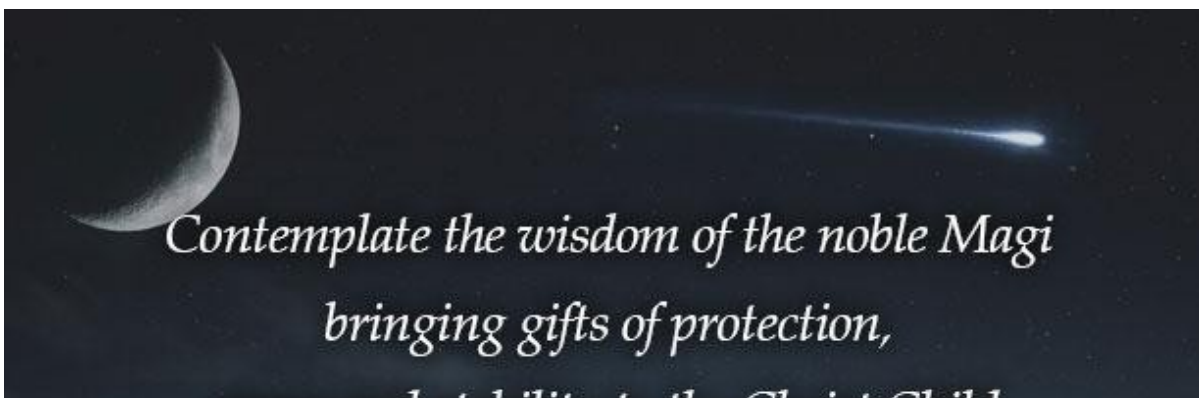
Energetic Properties:

*contemplative, mystic, deep, wise, noble, centering,
balancing, guiding, protecting, spiritual, peaceful*

Frankincense and Myrrh have been studied to promote brain health and have been used by herbal healers to boost immunity and support the body to fight a number of respiratory states such as cold, cough, bronchitis, asthma and pneumonia

Dr. I's clinical findings support Ancient Breeze Essential Oil for:

- *inflammation and pain pattern
- *joint health
- *bone health (repair and rebuild)
- *nerve & brain health
- *hormone balance (male & female)
- *immune deficiency & activation
- *immune balance (high or low)
- *cellular mutation prevention
- *lymph nodes, lymphatic system



Contemplate the wisdom of the noble Magi

bringing gifts of protection,

to bring the Christ Child

*peace and stability to the Christ Child
through the penetrating depths of these resins.*

Forest Breeze Earth Walker



Aroma

woody, earthy, piney, penetrating

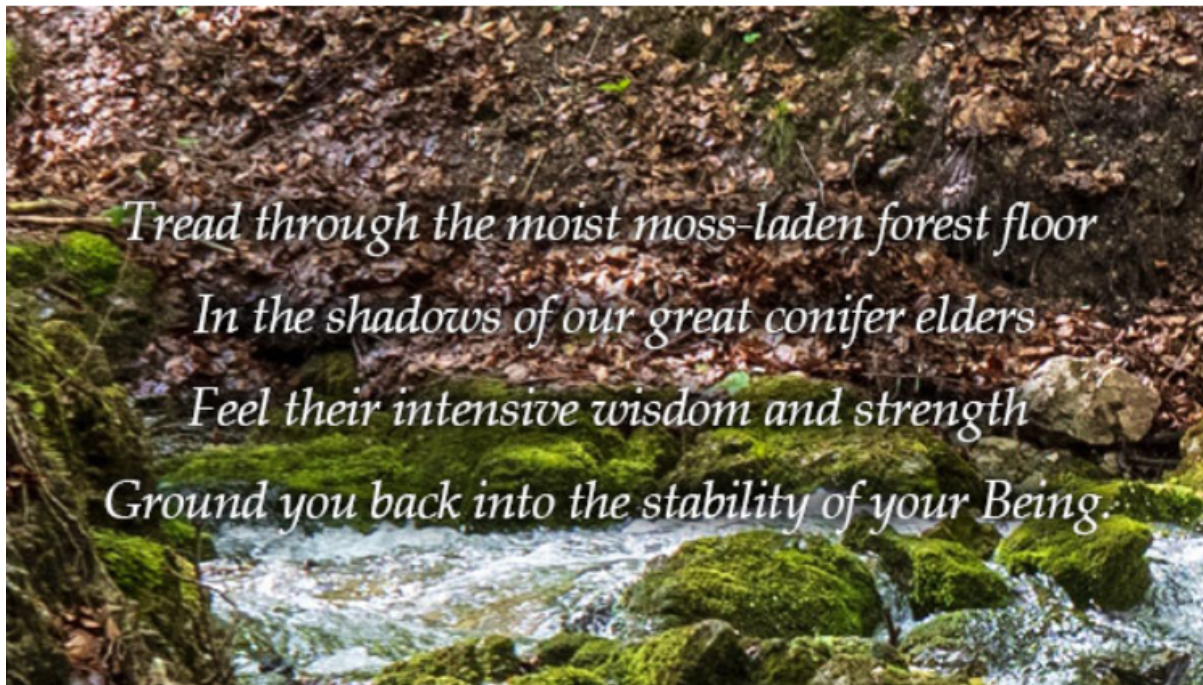
Energetic Properties:

grounding, stabilizing, centering, strengthening,
awakening, creative, empowering, earthy

Traditionally the conifers have been used for immune support and hormone support. Herbalists have given steam baths with these trees for their effect on the respiratory system to benefit cough, colds, flu, asthma, bronchitis, allergies and to break up mucous promoting lymphatic drainage.

Dr. I's clinical findings support **Forest Breeze** for:

- *adrenal & stress support
- *low energy, fatigue and weakness
- *sex hormone health (especially male)
- *nerve and brain health
- *mood balance (fear, worry, nervousness)
- *trauma/injury/accident/surgery support
- *liver health & detoxification



Peaceful Breeze
Serenity Whispers





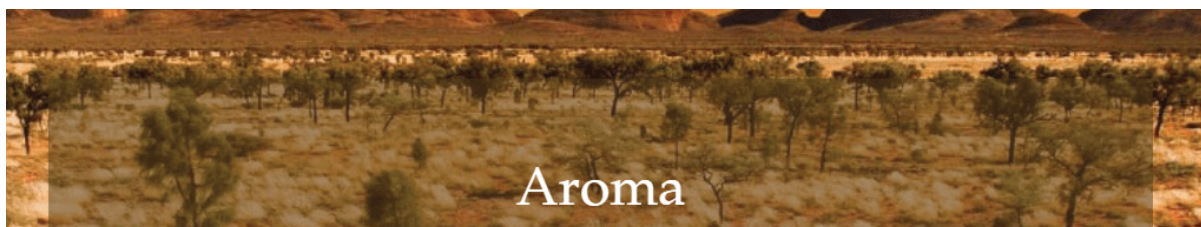
As the name implies, these plants have been used by healers and traditional herbalists for calming the body and bringing peace to the mind. Especially beneficial for palpitations, elevated blood pressure, nervous stomach, “butterflies” and all symptoms associated with stress, and nervousness. They have also used it to soften pain and promote restful sleep.

Dr. I's clinical findings support **Peaceful Breeze** for:

- *adrenal & stress support
- *low energy, fatigue and weakness
- *mood balance (sadness)
- *mood balance (compulsive, irritable)
- *mood balance (fear, worry, nervousness)
- *sex hormone health (female & male)
- *female associated symptom support
- *brain and nerve health
- *bone health (repair and rebuild)
- *bug bite/bee sting neutralization

*Pink and purple hues dance with shimmering star lights
The placid water reflects the tranquility
Of the moon and the peace of the night
The fair water whispers to the wind of the skies...
"Please take me in your arms once more so I can fly."*

Desert Breeze
Vision Quest Seeker



Aroma

deep, earthy, danky, rich, weedy, penetrating

Energetic Properties:

pensive, intuitive, contemplative, introspective,
centering, guiding, cleansing, renewingfl

Native and healers have traditionally given the desert herbs in time of loss, grief and suffering. They have been helpful to support the nervous system and strengthen the energy to overcome difficult times. They also have been helpful to strengthen the lymphatic system to remove congestion and debris that are associated with prolonged nervous stress.

Dr. I's clinical findings support **Desert Breeze** for:

- *mood balance (grief, loss, deep pain, sadness)
- *mood balance (instability, lost, seeking)
- *mood balance (fear, worry, nervousness)
- *clear unwanted energetic attachments
- *low energy, fatigue and weakness
- *adrenal & stress support
- *nerve and brain health

*Dank resinous waves
Of creosote gum, juniper pitch and sage
penetrate your soul of eternity
As you contemplate the unfolding destiny
Of your Vision Quest
Deep in the Silence of the Desert Breeze.*

Ocean Mist Breeze

Sea Spray California Bay



Aroma

fresh, spicy, medicinal, herbaceous

Energetic Properties:

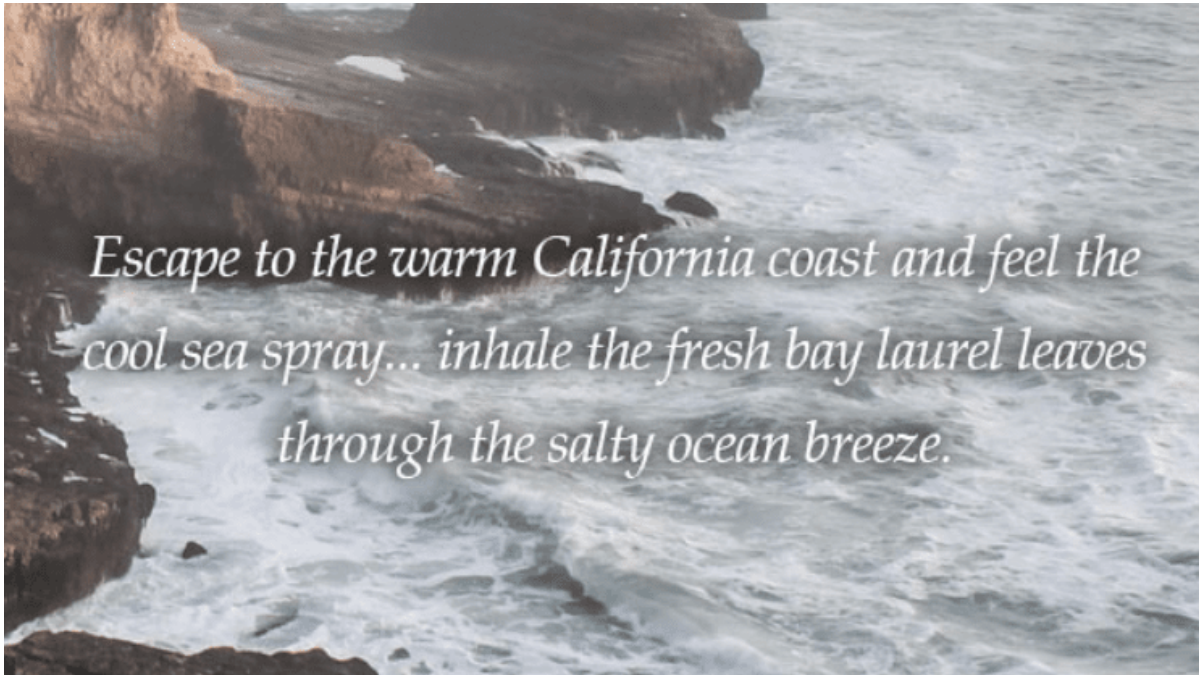
refreshing, cleansing, purifying, healing, balancing, rejuvenating, awakening, build courage and strength

These plants have been traditionally used by herbalists in steam inhalations to support the immune system's natural ability to fight tonsillitis, colds, flu, sinusitis, sore throat and acute and chronic respiratory infections. Traditional healers have used these plants to promote lymphatic drainage and to encourage sweating and the discharge of toxins and support the skin with acne, rashes, ulcers, wounds, and as an after shave.

Dr. I's clinical findings support **Ocean Mist Breeze** for:

* adrenal stress, fatigue & weakness

- * nutrient deficiency, poor diet/excess blood sugar levels
- * lung health and respiratory system
 - * healing after injury or surgery
 - * inflammation, joint pain patterns
- * immunity, lymph node, infection, (virus/warts/shingles support)
 - * skin health
 - * heart & vascular health
 - * cerebral blood flow, brain health
- * flea & tick pet health- natural insect deterrent



Mountain Breeze

Achieving Powerful Heights

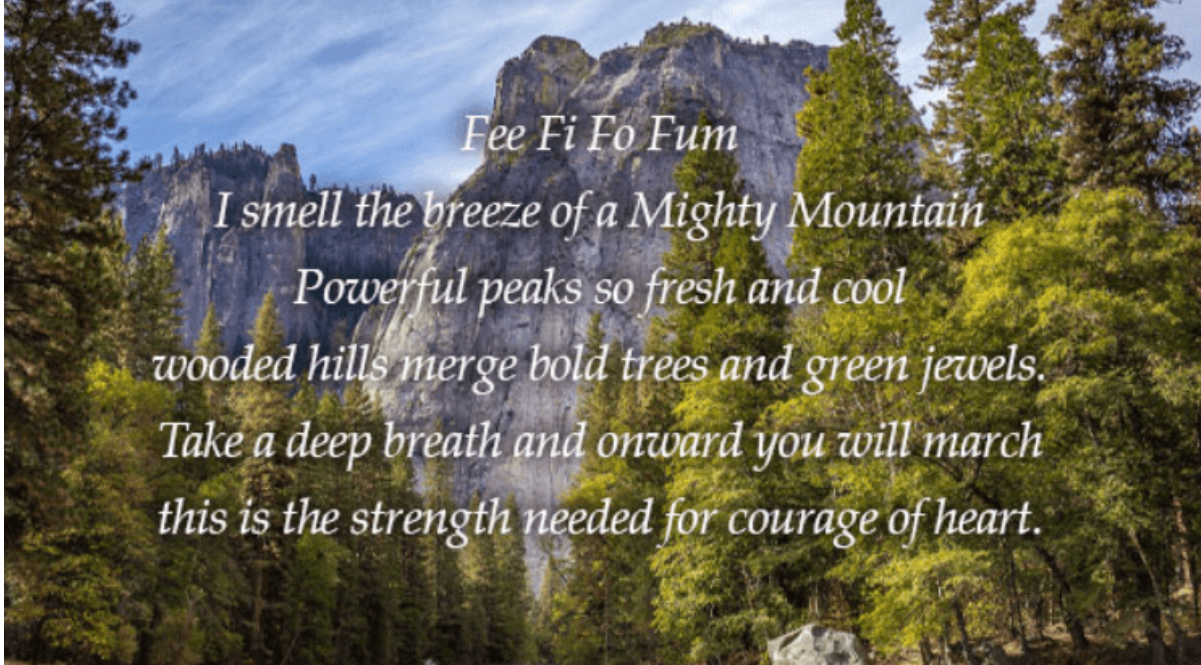




The analgesic and anti-inflammatory properties of these plants have been regarded by native healers to be beneficial for muscle and bone pain, aching joints, arthritis, and nerve pain, back pain, sciatica and migraine. They have used these plants to soothe overworked or tired muscles, tendons, ligaments, and joints.

Dr. I's clinical findings support Mountain Breeze™ for:

- *inflammation, pain pattern
- *joint health
- *brain and nerve health
- *thyroid health
- *adrenal & stress support
- *mood balance (fear, worry, nervousness)
 - * fear of speaking out (or in public)
- *trauma/injury/accident/surgery support
 - *cardiovascular support
 - *liver detoxification support
 - *allergy support
- *bug bite/bee sting neutralization



Thank you for reading. Try these incredible oils out for yourself- you will not be disappointed in how they carry you to a far-off land. Christmas is here, it would make wonderful gifts. Also, I received so many positive comments on the last newsletter on Toxic EMFs- here is the link in case you missed it:

[News – Dr. I The Herbal Guy . com \(dritheherbalguy.com\)](http://News - Dr. I The Herbal Guy . com (dritheherbalguy.com))

Also Grounding Mats are still available, very low stock, so act quickly- another great Christmas gift of health and healing.



Grounding PILLOW CASE, organic cotton

to diffuse unhealthy EMF and Cellphone frequency down into the ground while sleeping.



Grounding Mat to diffuse unhealthy EMF and Cellphone frequency down into the ground while working at desk or sleeping.



**Writing you from sunny South Central Texas~
Best in Health, Andrew Iverson**



DR. 
THE HERBAL GUY

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