

## Product Information and Traditional & Alternative Uses

Marjoram, also called “joy of the mountain” by the ancient Greeks. They commonly used it to create wreaths and garlands. The potential health benefits can be attributed to its properties to help reduce viral infections, muscle spasms, anaphrodisiac, lower infections, kill bacteria, relieve flatulence, digestive, diuretic, increase menstrual flow, expectorant, lower high blood pressure, and help calm pain from nerves.

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|-------------------------------|------------------------------|-----------------------------------|
| 1 <b>STIMULATING APPETITE</b> | 5 <b>PROMOTE CIRCULATION</b> | 9 <b>HORMONAL HEADACHES</b>       |
| 2 <b>WOMEN HORMONES</b>       | 6 <b>MOOD SWINGS</b>         | 10 <b>REDUCING GLUCOSE LEVELS</b> |
| 3 <b>RELIEVE SPASMS</b>       | 7 <b>NERVE TONIC</b>         |                                   |
| 4 <b>ASTRINGENT</b>           | 8 <b>REDUCE INFLAMMATION</b> |                                   |

### Primary Action - Relaxing & Detox:

**MOOD SWINGS/GLUCOSE LEVELS/WOMEN'S HORMONES/APPETITE:** Add five drops to Aeroma Plus diffuser or 10-15 drops to Aeroma Pure diffuser and diffuse throughout the day.

**RELIEVE SPASMS:** Apply 1-2 directly on the muscle spasm. For best result use muscle inhibition technique by flexing the antagonistic muscle to the one that is having the spasm.

**REDUCE INFLAMMATION/PROMOTE CIRCULATION:** Apply 1-2 drops undiluted directly to the swollen area and gently massage towards the heart.

**HORMONAL HEADACHE RELIEF:** Add five drops to Aeroma Plus diffuser or 10-15 drops to Aeroma Pure diffuser and diffuse throughout the day. Apply 1-2 drops to the bottom of the feet and uterine area.

\*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.

\*\*Consult your primary care provider before making any changes to your current dietary regimen. Many essential oils may enhance or decrease the effectiveness of prescription drugs.

