

## Product Information and Traditional & Alternative Uses

This medicinal herb has been used as a medicinal herb since ancient times. It supports the immune, respiratory, digestive, nervous along with other body systems, and is one of the best-kept secrets to help balance hormones. Ideal for women with menstrual and menopausal symptoms. Thyme protects the body from dangerous diseases and ailments, such as stroke, arthritis, fungal and bacterial infections, and skin conditions.

- 1 RESPIRATORY CONDITIONS
- 2 BACTERIA AND INFECTIONS
- 3 TEETH HEALTH
- 4 INCREASES CIRCULATION
- 5 BALANCES HORMONES
- 4 FOOD ADDITIVE

### Primary Use - Immunostimulant:

**BACTERIA/INFECTIONS:** 1 drop with three drops of carrier oil. up to 2 times daily

**TEETH HEALTH:** Mix thyme essential oil, baking soda, and coconut oil and rub on your teeth for 2 minutes and then rinse.

**ORAL BACTERIA:** Make a mouthwash by adding 4-6 drops to 8oz of warm water. Gargle for 30-45 seconds.

**FOOD ADDITIVE:** When cooking use 1/2 to 1 drop. Best to dip the tip of a toothpick. (Be Young Loyol essential oils are very concentrated for many recipes one drop may be too much). Add at the very end of cooking to keep it from flashing.

