



## Product Information and Traditional & Alternative Uses

Lavender, one of the most used essential oil in the world. It is more popularly used as an aromatic oil for aromatherapy (please see our Aeroma lavender), but there are many strong and promising benefits for the use of lavender as a dietary aid. For instance, researchers discovered that lavender essential oil helps your body produce three of your bodies primary antioxidants, glutathione, catalase, and SOD within 22 hours of using lavender essential oil!

- 1 RELAXING
- 2 REDUCES CANKER SORES
- 3 IMMUNE STIMULANT
- 4 INCREASE GASTIC JUICES
- 5 INCREASE BILE
- 6 INCREASE URINE FLOW
- 7 ANTIOXIDANT

### Primary Use - Relaxing & Stimulant:

**RELAXING:** Make a relaxing lavender tea. Add one drop of lavender to a teaspoon of honey mix well. Add honey and lavender mixture to 8 oz of hot water.

**IMMUNE STIMULANT:** 1 drop directly under the tongue

**DIGESTIVE AID/URINE FLOW:** 2 drops by mouth up to 3 times daily or as needed

