



## Product Information and Traditional & Alternative Uses

Our premium Aeroma Birch is the best quality that exists across the globe and is very challenging to obtain. It should be your go-to oil for anything related to the skeletal system. Breaks, cracks, and weaknesses in the bones all benefit dramatically from this oil with additional benefits of pain relief to the bones, spine, and even the teeth. Enjoy its analgesic effects too while it encourages compromised bone to regrow properly and reduce inflammation.

- |                              |                              |                           |
|------------------------------|------------------------------|---------------------------|
| <b>1</b> DIURETIC            | <b>5</b> IMPROVE CIRCULATION | <b>9</b> ASTRINGENT/TONIC |
| <b>2</b> MUSCLE ANALGESIC    | <b>6</b> ARTHRITIC RELIEF    |                           |
| <b>3</b> BONE ANALGESIC      | <b>7</b> SKIN RASHES         |                           |
| <b>4</b> REDUCE INFLAMMATION | <b>8</b> INFLAMMATION        |                           |

### Primary Action - Analgesic & Tonic:

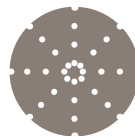
**ANALGESIC:** Apply 1-2 drops directly to the area of discomfort.

**INFLAMMATION/SKIN RASH/IMPROVE CIRCULATION:** Make an anti-inflammatory rub. 1/2 cup of coconut oil, 3/4 cup camelina oil, 1 cup grated beeswax. 20 drops of Aeroma bay laurel, 15 drops Aeroma birch, ten drops Aeroma cypress, five drops Aeroma peppermint. Add carrier oils and beeswax in a glass jar. Place in a saucepan with a couple of inches of water over medium-low heat. Allow oil and beeswax to melt. Stir to combine remove from heat allow to slightly cool and add essential oils.

**TONIC:** Add five drops to Aeroma plus or 10-15 drops to Aeroma Pure diffuser and diffuse throughout the day.

\*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.



**Try Me!**