



Product Information and Traditional & Alternative Uses

Harvested from the organic dill seeds in the U.S.A., this essential oil has been showing, in a study at Cairo University, to be one of the best resources for stimulating the pancreas and liver and for promoting the proper production of insulin. Dill essential oil is also a natural preservative with antifungal properties. Its primary impact is on the endocrine system

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| 1 FEVER AND COLDS | 5 ARTHRITIS PAIN |
| 2 ANTI-FUNGAL | 6 COUGH |
| 3 GALLBLADDER COMPLAINTS | 7 REDUCE INFECTIONS |
| 4 DISINFECTANT | 8 REDUCE MOLD |

Primary Action - Relaxing & Detox:

ANTI-FUNGAL/MOLD/DISINFECTANT: Add five drops to Aeroma Plus diffuser or 10-15 drops to Aeroma Pure diffuser and diffuse throughout the day. Add 20-30 drops to a 8 oz spray bottle and spray on the area of mold.

FEVER & COLDS: Apply five drops dill, ten drops eucalyptus, four drops lavender in 8-12 oz warm water. Submerge wash cloth in water and mix it around to ensure the essential oils are thoroughly mixed. Wring it out and apply to the forehead. Apply multiple times throughout the day or as needed.

ARTHRITIS PAIN: Apply 2-3 drops directly to the area of discomfort.

