Diffusing Essential Oils

According to the Essential Oil Desk Reference (EODR), "A cold air diffuser is designed to atomize a micro-fine mist of essential oils into the air, where they can be suspended for up to several hours." Diffused oils alter the structure of molecules that create odors and increase oxygen availability, produce negative ions, and release natural ozone.

Research shows that cold air diffusing certain oils may:

- Reduce bacteria, fungus, mold, and unpleasant odors.
- Relax the body, relieve tension and clear the mind.
- Help with weight management.
- Improve concentration, alertness and mental clarity.
- Stimulate neurotransmitters.
- Stimulate secretion of endorphins.
- Stimulate growth hormone production and receptivity.
- Improve the secretion of IgA antibodies that fight Candida.
- Improve digestion.
- Improve hormonal balance.
- Relieve headaches.
- Safe for animals and effective (use Young Living oils)

Start by diffusing oils for 15 to 30 minutes a day. You can work your way up to the desire amount of time. For respiratory infections, you can diffuse all night. Most diffusers come with a timer. Great oils for the respiratory system are the tree oils including Eucalyptus, RC, Pine, Idaho Balsam Fir, Myrtle, Palo Santo, and Copahiba.   I have used Eucalyptus blue and Thieves for upper respiratory infections and it worked beautifully.   I slept with the diffuser in my room. Oils that eliminate and destroy airborne bacteria include: Lemongrass, Orange, Grapefruit, Tea tree, Eucalyptus, Lavender, Frankincense, Lemon, Purification, Melrose, and Thieves.
I diffuse daily in my dental office. The Orange and Lavender oil help with anxiety.

Air Freshener Recipe:
20 drops lavender, 10 drops lemon, 6 drops bergamot, 5 drops lime, 5 drops grapefruit.   Add one cup distilled water.   Diffuse as desired or mix in glass spray bottle to spritz the room.

A free diffuser is included in the "Starter Plus" kit from Young Living. Go to www.tawnyasessentialoils.weebly.com click order wholesale kit or call 1800 371 3515 and use member # 1034089.