



ALLEVIATE YOUR
ANXIETY WITH
Essential Oils

ANXIETY AFFECTS MILLIONS

Did you know that **40 million American adults** have anxiety disorders?

That's **18% of our population**.

And who knows -- it could actually be much higher, but many people aren't aware their problem has a name, or they feel the need to hide it!

Because anxiety is so prevalent, I want to give you some information you can use in those moments of anxiety.

High-quality essential oils are key to experiencing a difference when you're using them. You don't want to get the cheapest you can find online.

At Key Cellular Nutrition, we work exclusively with Young Living for good reason.



"I am very grateful I found this program and Dr. Cole, as I've been struggling for a number of years and my health had continued to deteriorate. I've had some successes, lost 30 pounds that I have not been able to budge for several years, my anxiety is pretty much gone, and my focus and concentration are greatly improved."
-Wendy H.



WHY CHOOSE YOUNG LIVING?

**NOT ALL ESSENTIAL OILS ARE
CREATED EQUAL.**

Young Living doesn't compromise by adding synthetics, contaminants, cheap fillers, or by using unethical production practices.

Young Living products are tested in-house and also in more than a dozen independent, accredited labs with highly skilled and trained scientists that perform advanced product testing. With unyielding, stringent quality benchmarks, Young Living uses the purest, most genuine, and effective ingredients.

The quality control team uses a battery of physical, chemical, and microbiological scientific tests to measure the exact components and properties of the essential oils. Each test is repeated numerous times during the quality process, right up until the products are shipped to customers.



essential oils

ANXIETY

OILS FOR ANXIETY:

- Angelica
- AromaEase
- Australian Blue
- Frankincense
- Hinoki
- Idaho Blue Spruce
- Joy
- Lavender
- Orange
- Peace & Calming 1
- Peace & Calming 2
- Roman Chamomile
- Tranquil
- Valor
- White Angelica
- Ylang Ylang

DIFFUSER IDEAS:

- 2 drops Frankincense
 - 2 drops Joy
 - 2 drops Roman Chamomile
-
- 2 drops Lavender
 - 2 drops Roman Chamomile
 - 2 drops Ylang Ylang
-
- 2 drops Lavender
 - 2 drops Orange
 - 2 drops Ylang Ylang
-
- 2 drops Frankincense
 - 2 drops Joy
 - 2 drops Lavender

Oils can be diffused, inhaled, or rubbed on the soles of your feet.

— “ —

“I had massive chronic stress and anxiety. For the first time in over a year, my anxiety has subsided. I will always recommend this program. I feel better at 40 than I did at 30!”

-Adriane L.

— ” —





ANGELICA

Aromatic: Diffuse or inhale directly.

Topical: Mix 1 drop essential oil with 1 drop of carrier oil and apply on location of choice.

Dietary: Dilute 1 drop essential oil in a capsule with 1 drop of a carrier oil such as coconut oil, olive oil, or avocado oil. Take 1 time daily or as needed.



AROMAEASE

Aromatic: Diffuse or inhale directly.

Topical: Mix 1 drop essential oil with 1 drop of carrier oil and apply on location of choice.



AUSTRALIAN BLUE

Aromatic: Diffuse or inhale directly.

Topical: Apply 2-4 drops on location of choice. Dilution is not required, except for the most sensitive skin.

Caution: Possible sun sensitivity.



FRANKINCENSE

Aromatic: Diffuse or inhale directly.

Topical: Apply 2-4 drops on location of choice. Dilution not required, except for the most sensitive skin.

Dietary: Dilute 2 drops essential oil in a capsule with a carrier oil such as coconut oil, olive oil, or avocado oil. Take 3 times daily or as needed.



HINOKI

Aromatic: Diffuse or inhale directly.

Topical: Mix 1 drop essential oil with 1 drop of carrier oil and apply on location of choice.



IDAHO BLUE SPRUCE

Aromatic: Diffuse or inhale directly.

Topical: Apply 2-4 drops on location of choice. Dilution is not required except for the most sensitive skin.

Dietary: Dilute 2 drops essential oil in a capsule with a carrier oil such as coconut oil, olive oil, or avocado oil. Take 3 times daily or as needed.



JOY

Aromatic: Diffuse or inhale directly.

Topical: Apply 2-4 drops on location of choice. Dilution is not required except for the most sensitive skin.

Caution: Possible sun sensitivity.



LAVENDER

Aromatic: Diffuse or inhale directly.

Topical: Apply 2-4 drops on location of choice. Dilution is not required except for the most sensitive skin.

Dietary: Dilute 2 drops essential oil in a capsule with a carrier oil such as coconut oil, olive oil, or avocado oil. Take 3 times daily or as needed.



ORANGE

Aromatic: Diffuse or inhale directly.

Topical: Mix 1 drop essential oil with 1 drop of carrier oil and apply on location of choice.

Dietary: Dilute 1 drop essential oil in a capsule with 1 drop of a carrier oil such as coconut oil, olive oil, or avocado oil. Take 1 time daily or as needed.

Caution: Possible sun sensitivity.



PEACE & CALMING 1

Aromatic: Diffuse or inhale directly.

Topical: Mix 1 drop essential oil with 1 drop of carrier oil and apply on location of choice.

Caution: Possible sun sensitivity.



PEACE & CALMING 2

Aromatic: Diffuse or inhale directly.

Topical: Mix 1 drop essential oil with 1 drop of carrier oil and apply on location of choice.

Caution: *Possible sun sensitivity.*



ROMAN CHAMOMILE

Aromatic: Diffuse or inhale directly.

Topical: Apply 2-4 drops on location of choice. Dilution is not required except for the most sensitive skin.

Dietary: Dilute 2 drops essential oil in a capsule with a carrier oil such as coconut oil, olive oil, or avocado oil. Take 3 times daily or as needed.



TRANQUIL ROLL-ON

Aromatic: None

Topical: Roll directly onto location of choice.

Caution: *Possible sun sensitivity.*



VALOR

Aromatic: Diffuse or inhale directly.

Topical: Apply 2-4 drops on location of choice. Dilution is not required except for the most sensitive skin.



WHITE ANGELICA

Aromatic: Diffuse or inhale directly.

Topical: Apply 2-4 drops on location of choice. Dilution is not required except for the most sensitive skin.



YLANG YLANG

Aromatic: Diffuse or inhale directly.

Topical: Mix 1 drop essential oil with 1 drop of carrier oil and apply on location of choice.

Dietary: Dilute 1 drop essential oil in a capsule with 1 drop of a carrier oil such as coconut oil, olive oil, or avocado oil. Take 1 time daily or as needed.

PURCHASE OILS HERE

"In the past, I tried numerous ways to lose weight, get healthier, sleep better and feel better. Nothing worked.

Over the last few months, I lost 23 pounds, numerous inches, a hard belly, a lot of anxiety, and much of my inability to fall asleep. I gained HUGE insight into who I am and what I want and why I want it. I am so much happier now.

I want to thank Dr. Cole for doing research to cure himself and then sharing his knowledge with those who will listen."

-Monica H.



**HAVING TROUBLE
WITH BRAIN FOG?**



**WATCH THE
FREE TRAINING**

**& LEARN HOW TO
DECREASE BRAIN FOG**

key cellular
NUTRITION