



# *Boost Your Energy With Essential Oils*

**key cellular**  
NUTRITION

WANT TO KNOW WHAT THE  
ABSOLUTE MOST COMMON  
SYMPTOM MY CLIENTS COME TO  
ME WITH IS?

## *Low energy.*

People are exhausted. Fatigued. Unable to work, or enjoy the things they used to. Parents and grandparents can't keep up with their family members. They're sitting on the sidelines of life, watching everyone else enjoy themselves.

*Does that sound familiar to you?*

If so, you want to know what you can do about it.

That's where this guide will come in handy.

Here, you'll find natural remedies created from high-quality essential oils. These blends can make a tremendous difference when you need to boost your energy.

Along with the recipes, you'll get an overview of each essential oil that is associated with energy and what, exactly, it can do for you.



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**I am 16 lbs. lighter** and the most amazing part is the leanness I'm starting to see. It's been 20 years since my legs looked this good!! **My sleep and energy have drastically improved.** So glad I started this journey to real health! **Thank you, Dr. Cole & staff!!**  
-Teri G

— ” —



# *essential oil blends*

## ENERGY

### GET UP AND GO BLEND

*Need to get moving? Place this blend in your diffuser and watch your energy soar.*

**2 drops Grapefruit**  
**1 drop Lime**  
**1 drop Peppermint**

### MOTIVATE ME

*Need a push to get things done? Diffusing this blend is all you need.*

**3 drops Frankincense**  
**2 drops Ginger**  
**2 drops Lime**

### SLEEPY NO MORE

*Struggling to wake up and start the day? Diffuse this blend while having your morning cup of joe and then take on the world!*

**1 drop Eucalyptus Radiata**  
**1 drop Lemongrass**  
**1 drop Rosemary**

### SPICE UP MY ENERGY

*Need to up the energy at a group event? Diffuse this blend and watch the party come alive!*

**3 drops Cinnamon**  
**2 drops Orange**  
**1 drop Ginger**



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

*For direct application, apply to the pain point.*

**YOUNG LIVING®**  
ESSENTIAL OILS

YL ID #: 4347346



## BASIL

**Aromatic:** Diffuse or inhale directly.

**Topical:** Mix 1 drop essential oil with 4 drops of carrier oil and apply on location of choice.

**Dietary:** Dilute 1 drop essential oil in a capsule with 4 drops of a carrier oil such as coconut oil, olive oil, or avocado oil. Take 1 time daily or as needed.



## BERGAMOT

**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.



## CINNAMON

**Aromatic:** Diffuse or inhale directly.

**Topical:** Mix 1 drop essential oil with 4 drops of carrier oil and apply on location of choice.

**Dietary:** Dilute 1 drop essential oil in a capsule with 4 drops of a carrier oil such as coconut oil, olive oil, or avocado oil. Take 1 time daily or as needed.



## EN-R-GEE

**Aromatic:** Diffuse or inhale directly.

**Topical:** Mix 1 drop essential oil with 4 drops of carrier oil and apply on location of choice.

**Caution:** Possible skin sensitivity. Avoid contact with mucous membranes or sensitive skin.



## EUCALYPTUS RADIATA

**Aromatic:** Diffuse or inhale directly.

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



## 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.



## GINGER

**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.



## GRAPEFRUIT

**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 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.



## LAVENDER

**Aromatic:** Diffuse or inhale directly.

**Topical:** Apply 2-4 drops essential oil directly to wrists, temples, neck, or desired location as needed. 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 up to 3 times daily.



## LEMON

**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 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.

**Caution:** Possible sun sensitivity.



## LEMONGRASS

**Aromatic:** Diffuse or inhale directly.

**Topical:** Mix 1 drop essential oil with 4 drops of carrier oil and apply on location of choice.

**Dietary:** Dilute 1 drop 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.



## LIME

**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.



## 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 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.

**Caution:** Possible sun sensitivity.



## PEPPERMINT

**Aromatic:** Diffuse or inhale directly.

**Topical:** Mix 1 drop essential oil with 2 drops of carrier oil and apply on location of choice.

**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.



## ROSEMARY

**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 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.



Lots of energy, weight loss, and sleeping great. Stopped my metformin and thyroid meds. Went shopping for clothes and realized I dropped 2 sizes! I'm thrilled to feel like my young self again. I've spent so much money over the years on diet plans and personal trainers with very little results, so I wanted to say thank you to Dr. Bill Cole, for sharing the knowledge to help so many of us.

*Sarah G.*

*We carry everything you  
see in this guide!*



*Order Young Living Essential Oils*

**HAVING TROUBLE WITH  
ADRENAL FATIGUE?**

**WATCH THE  
FREE TRAINING**

**& LEARN HOW TO REGAIN  
CONTROL OF YOUR HEALTH**

**key cellular**  
NUTRITION