

Five Essential Oils for Preparedness



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Introduction

My name is Katey, AKA Mama Kautz.

I have been a Blogger for 8 years.

I have been a Prepper for 2 years.

I became interested in Essential Oils in January of this year.

I am excited to share what I have learned about oils and how they are a great item for our prep shelves.

This little e-book will be on the 5 oils I feel are essential for your preps.

I pray this e-book blesses you in some way.

Thank you for reading.

Mama Kautz

MydoTERRA store

Disclaimer

First and foremost I want to say I am not a doctor.

What you find in this e-book are merely suggestions of what might work for you.

The FDA will not claim essential oils are cures for anything.

The statements and suggestions given here have not been evaluated by the FDA. I am simply sharing ideas and suggestions on how to use essential oils in case of an emergency.

I assume no liability for your use of essential oils.

Please use common sense when using them.

How to Apply Oils

Aromatically/Inhaled

Inhaled via diffuser or cupped in your hand and placed near your nose

Steam tent:

Several drops of oil in boiling water

Hover over steam with towel over your head

Topically

Massage

Soles of feet

Back of neck

Abdomen if for stomach issue

Direct to affected area for pain

Never in eyes

Internally

Some oils are acceptable to take internally. Do your research before doing so. Not all brands are Certified Therapeutic Grade



Helichrysum

Used for:

- Cuts and wounds
- Bruising
- Burns
- Insect bites
- Sprains

(Use with carrier oil for sensitive skin)

Also used as:

- Analgesic
- Anti-fungal
- Anti-inflammatory
- Antioxidant
- Antiseptic
- Astringent
- Disinfectant

Cuts and Wounds

Will aid in stopping the bleeding.

Applied regularly to aid in healing and reduce scarring.

Bruising

Apply 1-3 drops of Helichrysum NEAT every few hours

Burns

To prevent infection

Insect Bites

Using a Q-tip dab on the bite, as needed, every 1-2 hours.

Sprains

The compress or bath should include the oil and the hot & cold should be repeated every 5 or 10 minutes, for 3 or 4 rotations. Then repeat the process every 3 to 12 hours as needed.



Lavender

The Swiss Army Knife of Essential Oils.

Used for:

- Calming
- Burns
- Bruises
- Cuts
- Insect Bites

Also used as:

- Analgesic
- Antibiotic
- Antidepressant
- Anti-inflammatory
- Disinfectant
- Sedative

Lavender is a great oil for promoting calmness. A must have for any stressful, emergency situation.

Burns

If skin is too sensitive to apply directly, make a spritzer with water and spray area.

Bruises

Used with Helichrysum it helps to restrict blood vessels.

Cuts

2-3 Drops NEAT to injury

An antibiotic to aid in healing, also pain relief.



Lemon

Used For:

- Allergies
- Colds
- Fever
- Water Purifier

Also used as:

- Antibacterial
- Antibiotic
- Antiseptic
- Antiviral
- Disinfectant

Allergies, colds, and fever

In warm water with honey for coughs and sore throats.

Water Purifier (1)

3-5 drops per 5 gallons.

1-2 drops per glass of water for added benefit energy and cleansing



Peppermint

Used for:

- Headaches
- Indigestion
- Nausea
- Stomach Ache
- Toothache

Also used as:

- Anti-inflammatory
- Antiseptic
- Astringent
- Expectorant
- Stimulant

Constipation, Diarrhea, Upset stomach

Rub on abdomen

Take internally with water or juice

Or in a Veggie Cap

Headaches:

A drop on each temple or on back of neck

Fever

Rub on soles of feet can reduce fever (not to be used with infants)

Indigestion

2-3 drops inhaled to help with indigestion and nausea

Homemade Mouthwash Recipe



Purify

A blend of Cilantro, Citronella, Lemon, Lime, Melaleuca and Pine and is an excellent surface cleaner.

- Bed Bugs
- Mold
- Mildew

Also used for:

- Disinfects surfaces
- Kills airborne pathogens
- Strengthens immune system

Bed Bugs Bites

Applied topically for itch relief

Spritz on bed to repel bed bugs and dust mites

Mold/Mildew

Add 2-3 Drops to 8 oz water as a surface spray

Dictionary

Carrier Oil - Used to aid delivery of essential oil. (I personally use coconut oil)

NEAT - Can usually apply the oil without dilution, directly to the skin. It is always a good idea to test your own skin first, as sensitive skin may react.

Veggie Cap - Used to make your own blends to take internally

References

(1) From Jean Valnet, MD; *The Practice of Aromatherapy*, page 154

The work of Morel and Rochaix on the bactericidal action of essence of lemon has demonstrated that:

a) vaporized lemon essence neutralizes meningococcus in 15 minutes, Eberth's bacillus (typhoid) in less than one hour, pneumococcus in between 1 and 3 hours, *Staphylococcus aureus* in 2 hours and hemolytic streptococcus in from 3 to 12 hours.

b) the essence neutralizes Eberth's bacillus in 5 minutes, staphylococcus in 5 minutes, Loeffler's bacillus (diphtheria) in 20 minutes and renders tuberculosis bacillus completely inactive at a strength of 0.2%.

A few drops will kill 92% of all bacteria in oysters within 15 minutes: Charles Richet.

Found here