



# The Intuitive Connection

## Inside this issue:

Upcoming  
Events, Services  
& Referrals

4



## Oil Spotlight: On Guard®

The end of the year can be magical as the holidays approach; where family and friends gather together in celebration. We share memories, good food, exchange gifts, and share germs. Maybe the germs part isn't so magical, but unfortunately the end of the year also means it is cold and flu season. I don't know about you, but getting sick is not on my calendar of things to do during the holidays. Is there a way to help protect ourselves against seasonal threats? There's an oil for that.

Meet On Guard®, dōTERRA's Protective Blend. This is a proprietary blend of essential oils that provides a natural and effective alternative for immune support. One of dōTERRA's best-selling blends, On Guard® protects against environmental and seasonal threats by using essential oils known for their positive effect on the immune system. The blend includes Wild Orange, Clove Bud, Cinnamon, Eucalyptus, and Rosemary. But why is this blend so effective? Let's take a brief look at the science behind each individual oil and some of their therapeutic properties.



**Wild Orange:** This oil is rich in the chemical component d-limonene, and contains anywhere between 80- 97%. Through scientific research, d-limonene has been shown to have the following properties: activate white blood cells, analgesic (aka pain), anti-inflammatory, antibacterial, antioxidant, stimulates the immune system, and act as a surface cleanser. All of these make it a great candidate for immune support against seasonal threats.



**Clove Bud:** Clove is another major component in the fight against environmental and seasonal threats. This oil is rich in the chemical component Eugenol, found in the Phenol family. Eugenol has the following therapeutic properties: analgesic, antibacterial, antihistamine, anti-inflammatory, antioxidant, antispasmodic, antiviral, and it stimulates the immune system. These are all great properties to have, and Clove contains anywhere between 65-95% Eugenol.



**Cinnamon:** Packing a one-two punch, Cinnamon is rich in two chemical components: Cinnamaldehyde (45-80%) and Cinnamyl Acetate (2-15%). Cinnamaldehyde is antioxidant,

promotes healthy digestion, and supports cellular health. Cinnamyl Acetate is all about supporting a healthy colon and gastrointestinal tract.



**Eucalyptus:** Rich in the chemical component 1,8-cineole, Eucalyptus is another heavy hitter in the fight against seasonal threats. Approximately 55-85% of Eucalyptus is 1,8-cineole, which has the following therapeutic properties: airborne microbial, analgesic, antibacterial, anti-inflammatory, antioxidant, antispasmodic, antiviral, mucolytic (breaks down mucus), and surface cleansing.



**Rosemary:** Last, but certainly not least, Rosemary rounds out the list, bringing with it a triple threat of chemical components. Between 5-15% Camphor, it's therapeutic properties include: analgesic, antitussive (relieves coughing), and mucolytic. Alpha-pinene is the next component (between 5-20%), with its anti-inflammatory, antibacterial, antispasmodic, and antiviral therapeutic properties. The last major component found in Rosemary is 1,8-cineole (same as found in Eucalyptus), with anywhere from 30-60%.

These oils are potent and effective all by themselves, but combining them makes them even better. The good part is that they smell great, kind of like the holidays poured into a bottle. What's the best way to use this blend for maximum seasonal threat protection? One of the most effective ways is to take the oil internally before you get sick for a boost to your immune system. Add 1-2 drops in water and drink, or add 2-3 drops into a veggie capsule and take once daily.

If you don't like taking oils internally, instead apply 1-2 drops topically to the bottoms of your feet every day. Another great topical use is to add 1-2 drops to fractionated coconut oil and use as a hand sanitizer whenever needed. One cautionary note, if you have sensitive skin, you will definitely want to dilute with coconut oil or any natural organic oil before applying topically as there could be some skin sensitivity.

For an added immune boost and airborne cleanser effect, diffuse 4-8 drops (depending on how strong you like the smell) in a water based diffuser and run throughout the day. Or, try adding 5 drops to an 8 oz. spray bottle and use to clean your countertops, bathrooms and any other surface. Not only will your house, office, or car (yes, don't forget the car) smell amazing, you will be cleaning at the same time.

What if you are already feeling not-so-great? Use any of the above methods for added support to your immune system and to help speed up your recovery.

Even more good news...dōTERRA makes a whole line of On Guard® products. The line includes: On Guard® oil, Beadlets (small capsules you can take internally), Concentrated cleaner, Foaming hand wash, Laundry detergent, Natural whitening toothpaste, Throat drops, Sanitizing mist, On Guard® Touch (pre-diluted with fractionated coconut oil in a rollerbottle dispenser for easy application), Softgels, and Mouthwash which is their newest edition (will be available for purchase on 11/1/18). I use all of these products, and look forward to trying the mouthwash soon. Since moving to country property where we are on well water and a septic system, it is important for

me to use natural cleaning products to ensure that not only will my family remain healthy, but the land and water will remain that way too.

For more ideas on how to use On Guard®, see the list below courtesy of myoilcommunity.com.

## 20 DIFFERENT WAYS TO USE dōTERRA On Guard® ESSENTIAL OIL



1. Fill an 8oz spray bottle with water and 5 drops dōTERRA On Guard® to cleanse surfaces



2. Combine 1 cup water, 2 tbsp rubbing alcohol, and 5 drops dōTERRA On Guard® for a linen spray



3. Add to dishwasher fluid to remove water spots



4. Diffuse in the home, office, or classroom for an uplifting scent and to cleanse the air



5. Add 2-3 drops in a veggie capsule for a quick immune boost\*



6. Rub on the bottom of your child's feet during school season



7. Add one drop to 8oz water and use as a mouthwash



8. Add 2-3 drops to a bowl of hot water and breathe in to clear the airways



9. Add a couple drops to your laundry cycle to aid in cleaning clothes



10. Add to mop water for cleaner floors



11. Make a breath spray by adding 3-5 drops to a 5mL glass spray bottle, then fill the remainder with distilled water



12. Add 2 drops to a clothespin and clip to filters in the home



13. Add 1 drop to 1 tbsp honey and take to soothe a dry throat



14. Combine 8oz water and 5 drops dōTERRA On Guard® and spray to clean the interior of your car



15. Add 1-2 drops to your vacuum cleaner/steamer to sanitize the carpet



16. Make a gym spray by using 4oz water and 4 drops dōTERRA On Guard®



17. Add 1-2 drops to popcorn for a healthy treat



18. Soak your toothbrush in water with 2 drops dōTERRA On Guard®



19. Add 1-2 drops to a cloth and wipe down piano keys, doorknobs, telephones, computer keyboards, and other public appliances



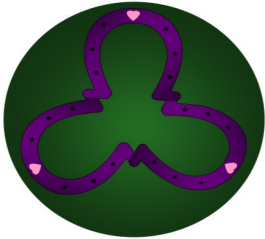
20. Combine a few drops with coconut oil for a natural hand cleanser

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Upcoming Events

### Prescott Valley Spirit Life Expo

The Event Spot  
6520 E. 1st Street  
Prescott Valley, AZ  
November 4th  
10:00–5:00



*Trinity Healing*

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## Services offered:

Animal Communication

Energy Healing

Sacred Healing Crystal Jewelry

Essential Oils/Consultations

Educational Workshops

*For your convenience, services can be scheduled  
in person or remotely*

### Referrals

Needing a service I don't provide? I recommend the following:

**Anne Angelheart**

Transformational Coach, Channeler, Author & Speaker

Website: [www.anneangelheart.com](http://www.anneangelheart.com)

Email: [info@anneangelheart.com](mailto:info@anneangelheart.com)

530-755-4767

**Kris Tondee**

Psychic Reader

Website: [readingsbykristondee.com](http://readingsbykristondee.com)

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