

Essential Oils in Carrier Oil:

Rescue Me—Lemon, Copaiba Balsam, Bitter Orange, Peppermint, Turmeric, Ginger, Oregano, Basil, Chamomile, Helichrysum, Black Pepper Cilantro, Spikenard, Thyme.

Rescue Me Lite—Lemon, Copaiba, Peppermint, Ginger, Chamomile, Frankincense, Helichrysum.

Daily Digest—Sweet Orange, Copaiba Balsam, Bitter Orange, Turmeric, Cilantro, Basil, Fennel, Ginger, Tarragon, Oregano, Thyme, Helichrysum, Anise, Black Pepper, Chamomile, Spikenard.

Warrior Strong—Lemon, Eucalyptus, Ravensara, Copaiba Balsam, Helichrysum, Oregano, Hyssop, Thyme, Tea Tree, Chamomile, Spikenard, Turmeric.

Anointed—Lemongrass, Copaiba Balsam Cinnamon Leaf, Clove, Holy Basil, Cinnamon Bark, Helichrysum, Turmeric, Frankincense, Myrrh, Oregano, Thyme, Chamomile, Spikenard.

Balance—Pink Grapefruit, Clary Sage, Copaiba Balsam, Ylang Ylang, Bergamot, Turmeric Vitex, Helichrysum, Chamomile, Spikenard.

Valiant—Sandalwood, Copaiba Balsam, Clary Sage, Turmeric, Bergamot, Helichrysum, Spikenard, Chamomile.

Brain Power—Lemon, Copaiba Balsam, Vetiver, Turmeric, Helichrysum, Rosemary, Bergamot, Frankincense, Spikenard, Chamomile.

Calm—Lavender, Copaiba Balsam, Turmeric, Cypress, Helichrysum, Bergamot, Spikenard, Chamomile.

Renew—Lemon, Lemongrass, Copaiba Balsam, Lemon Balm, Turmeric, Helichrysum, Myrrh, Spikenard, Chamomile.

Peace & Joy—Sweet Orange, Copaiba Balsam, Ylang Ylang, Turmeric, Bergamot, Helichrysum, Clary Sage, Patchouli, Spikenard, Chamomile.

Muscle Up—Wintergreen, Lemongrass, Copaiba Balsam, Peppermint, Clove, Fir, Cypress, Turmeric, Camphor, Helichrysum, Spikenard, Chamomile.

Gentle Blends & Beauty Blends

*Best Application & May Support

Apply into naval or to bottom of feet daily—a.m.

Support biofilms, detox, inflammation, and digestive issues. Apply also to sinuses, forehead, base of skull, lymph, front of neck, outside of ear canals or area of concern. Support allergies, histamine, itching, rash, hives, asthma, headache, focus, energy.

Use as needed. Do not apply into naval during pregnancy.

Lighter version for small children/pregnancy. See above.

Apply into naval or to bottom of feet/area of concern—a.m.

For gentle long-term daily use. Use the Rescue Me first. Support inflammation, detox, digestion, cravings, keeping gut bacteria balanced. Optimal digestion supports optimal health!

Apply to front of neck/lymph or to area of concern—a.m.

Use daily 2-4 weeks. Repeat as needed. Use topically or 2 drops in nasal rinse. Support biofilms, immune, infections, gut, oral, skin, wounds, acne, sugar cravings, cold, flu, strep, ENT, UTI.

Apply to chest/front of neck/area of concern as needed—a.m.

Support biofilms, fever, viruses, parasites, bowel issues, lung, asthma, thyroid, kidney, heart health, blood pressure, blood sugar, cholesterol, weight management & wounds, skin, oral.

Apply as facial moisturizer or to front of neck—a.m. or p.m.

Hormone balancing, infertility, PMS, hot flashes, PCOS, mood, acne.

Apply as facial moisturizer or to base of skull—a.m. or p.m

Hormone support, strength, endurance, valor, calming, neurological/brain/nervous system support, sleep, anxiety.

Apply as facial moisturizer or to base of skull—a.m.

Use the Rescue Me blend first then rotate as needed. Neurological/brain/nervous system support, memory, EMF, focus, concentration, attention, heavy metal detox, energy

Apply as facial moisturizer, to base of skull or area of concern.

Use in the evening or any time for supporting anxiety, calming, deep sleep, PMS, cramps, pain, skin irritations, rashes, burns, fever.

Apply as facial moisturizer, to base of skull or area of concern.

Use in the evening or any time for supporting mood lifting, calming, thyroid, deep sleep, acne, age spots, scrapes, scars.

Apply as facial moisturizer, to base of skull or area of concern.

Mood lifting, calming, nervine, grief, loss, stress, deep sleep, EMF, acne, skin irritations, scrapes.

Apply to area of concern as needed.

Pain, injuries, sore muscles, ligaments, bones

See Website for details.



New Day Whole Health Feel Great

NewDayWholeHealth.com **Topical Use 100% Organic Essential Oil Blend Directions**

Essential oils have been used as medicine by traditional cultures around the world for thousands of years. A single drop of essential oil is equal to 10-40 cups of medicinal tea. When applied topically essential oils easily penetrate the blood stream and travel throughout the body. Studies show that essential oils help to break down biofilms that harbor parasites, yeast, mold, viruses, and toxins. They also help to relieve anxiety, depression, pain, stress, improve sleep, focus, concentration, support immune health, and more. They are not a “cure” but rather may be a great support when used along with healthy eating and lifestyle.

- *Apply 1-5 drops daily (1 full spray equals about 5 drops).*
- *Consistency is key for best results. Use as directed—SEE REVERSE SIDE ALSO.*
- *Essential oils are very potent! Start with just one drop. Titrate to 2-5 drops.*
- *For sensitive individuals dilute 2-3 drops into 1/3 oz. organic carrier oil. (Your starter pack comes with a 1/3 oz. roller bottle for diluting if desired).*
- *Incorporate only one new blend per day. Monitor results.*
- *Start with the Rescue Me Blend FIRST into the nasal.*
- *The Rescue Me Blend may also be applied to sinuses, forehead, or area of concern.*
- *Incorporate Warrior Strong next applied to the front of the neck.*
- *Rotate Warrior/Anointed/Rescue as needed for biofilms and immune support.*
- *May apply 2-3 times per day for ACUTE symptoms. Otherwise only 1x/day.*
- *Use a nighttime blend to support the Parasympathetic Nervous System.*
- *Use Daily Digest after the Rescue Me for long term daily digestive/detox support.*
- *Use 2-4 blends daily. Rotate blends as needed for different symptoms.*
- *For oral concerns rotate Warrior/Anointed/Rescue to jaw line outside of mouth.*
- *Allow oils to penetrate for a few minutes if using before showering.*
- *Do NOT ingest!! For topical use only. Patch skin test for sensitivity.*
- *Consult physician before use if taking medication.*
- *Most blends are child/pet safe if diluted. Consult Physician/Veterinarian.*

* These statements are not evaluated by the FDA. Our products are not intended to diagnose, treat, cure or prevent disease. Some oils are not safe for children or for people on medications, or during pregnancy/lactating. Information provided by Nancy Knudson is for educational purposes only and not meant to replace the advice of your doctor.