

8 WAYS TO LOSE WEIGHT FAST

Without Food, Exercise or Surgery



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*Since fat's where it's at I don't wanna get skinny. For what?
I LIKE the bigger heart that's within me!*

—Fat Albert

There's nothing wrong with a huge heart of love, but a heart that's grown steadily bigger to pump blood to more real estate of the body—that's another matter. It's a stressful matter—one that is not good for your health. My mother and her siblings had enlarged hearts, God rest their souls, but only Mom was obese. Perhaps this is why these weight reducing methods focus on *quieting the heart*... My suggestion should have the same effect. Here are the 8 WAYS TO LOSE WEIGHT FAST, Without Food, Exercise or Surgery:

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The premise is, if you're truly uncomfortable with your weight AND want to make changes that will lead to *transformation*, you know there's no one food or drink solution that can help. You've heard of most of them anyway. You've tried too many to count and nothing has changed.

Let's draw the line. If your life and health is compromised to the extent you can't enjoy your children, family and friends—because of your excess weight—you are *under performing* as a human being asset beloved of humanity. This list of the **8 WAYS TO LOSE WEIGHT FAST, Without Food, Exercise or Surgery** is especially for you.

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1. BREATHE PROPERLY

You've heard it many times—you must take longer, deeper breaths. The breath feeds oxygen to the brain, organs and body systems.

Breathing into the belly is how babies and toddlers breathe. Breathing into the belly ensures more complete oxygenation of your cells and molecules. Chest breathing expands the upper lungs and emotionally builds up courage. Your “gut feeling” needs expanding, too.

Qigong and pranayama are the best techniques for changing how you breathe.

Qigong is part of Traditional Chinese Medicine (TCM) and focuses the *qi*, breath or life force energy (aka chi) in a variety of unique ways. You may be standing, sitting or slowly-moving while focused on the breath. Here is a simple TCM, Taoist monk, breathing tradition:

- Take five belly breaths, deeply and slowly, before every meal.
- Take five belly breaths, deeply and slowly, after each meal.

Pranayama means breath control in Ayurveda, the traditional health wisdom of India. It is often taught as part of yoga and meditation practice. According to *Secrets of Ayurveda*, “good health is only possible when we breathe fully and freely. We need plenty of oxygen... to purify our blood and to burn up waste matter... [S]hortness or shallowness of breath often denotes anxiety or emotional unease.”

“Right breathing” reconciles the opposites of human nature. The right nostril is connected to our active, rational side, while the left nostril is a link with our passive, emotional side. Through alternative nostril breathing, to counts of four inhaling, holding and exhaling, we can bring the two sides into harmony. You can work up to a count of eight.

You may feel light-headed but oh-so-good and energized, ready to take on everything on your Ta-Da list. *Sluggish* will be a foreign word to you after incorporating proper breathing into your routine.

Consider taking a class at a yoga studio or, for qigong, at a dojo, to learn the many techniques associated with these breathing systems. Remember to ask if the instructor teaches meditative breathing as part of the class or if the center offers a stand-alone breathing course.

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2. SLEEP DIFFERENTLY

Whatever you're doing now to NOT get enough rest, stop it ASAP. You know the list—eating late at night, wolfing down the food (we dealt with this in #1), over-eating, eating emotionally, totally focussed on feeding others to drown your own emotions, etc.

Studies show that lack of sleep leads to increase in inflammation, which is usually the byproduct of stress gone crazy. The newest research correlates inflammation with almost all disease and the inability of the body to digest food and host inflammatory digestive conditions instead.

The bottom line is, you are truly hungry and tired because you're not getting nutrients and the body is working too hard. Fat cells are created for a perfect fallback system—they store energy for emergencies. However, if you slow down and rest, the body will do as you intend and perform its scavenging, cleansing and immune-building duties.

Scrutinizing your sleep pattern is one of the best initial steps to take towards manifesting your ideal weight and size. This has nothing to do with Hollywood, Seventh Avenue or the runways of Paris; these have been shown to be the bane of women and men everywhere.

Here are seven ways to sleep differently:

1. Totally darken your bedroom; cover blinking or always on LED lights if possible. Electromagnetic frequencies (EMFs) make the pineal gland think you are awake. It doesn't shut down as it should for stage four REM sleep (rapid eye movement/dream state).
2. Stop Internet surfing and watching TV at least 30 minutes to an hour before bedtime.
3. Use tips from *feng shui* (wind-water placement optimizing). Learn your "best sleeping or health direction" and sleep with your head towards it, if possible.
4. Use tension to release yourself to slumber. If your mind chatters and wanders and you feel restless after laying down, simply clench your hands, feet, shoulders, jaw, face and body, as if you're raging mad (stay prone). Hold for a moment and then release. Do it at least twice. Not only will you feel sore muscles release tension, nerves relax, and maybe hear a few bones crack (ok, my experience); you just may find yourself awakening the next day, surprised you fell asleep so quickly.
5. Do not spend money. See a doctor if you cannot breathe well (after trying #1 and #2 tips above). Use free methods before splurging on a sleep-number bed; anti-EMF, crystal-embedded and earthing products; white noise boxes or an apnea machine. Beware.
6. Try not to work nights. Your natural rhythm is aligned to work during the day. If you must work nights establish a set bedtime, close the blinds, and turn off anything that would have you be alert.
7. Establish a regular pre-bedtime routine:
 - bath or shower at a relaxing temperature
 - dry brushing the skin (best for the AM but try it anyway)
 - self-massage, cuddling and/or sex
 - readings of a spiritual or inspirational nature

In addition to all of the above, I'd be remiss if I did not mention melatonin or valerian, or drinking a cup of chamomile tea. Concentrates and supplements are like food, however, and we said we'd avoid food on this list.

(A half stalk of celery totally calms me down before bedtime, especially if I've been "bad." I also love lavender, vetiver and petitgrain essential oils. for a good sleep, see #3, next.)

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3. ESSENTIAL OILS (Also see Bonus Section)

According to Dr. Josh Axe, grapefruit, cinnamon bark and ginger are the top essential oils for burning fat and losing weight.

Fat Burners/Metabolizers to which the body responds quickly are: grapefruit and citrus oils, peppermint, cinnamon, cardamom, spearmint, clove, fennel, black pepper, tarragon, ginger, nutmeg, juniper, lemongrass, anise.

“Quickly” means the oil is working and affecting you, even if you don’t immediately detect a physical change or feeling.

It cannot be over-emphasized that you must choose the purest oils possible—not a product that has been stretched with chemical additives. Besides smelling the aroma and affecting the limbic system of the brain (its emotional center), the skin absorbs oils while diffusing and topical and internal applications further require the best unadulterated oils.

Topical application requires that you *first inhale the oil deeply (a drop or two rubbed in both hands and cupped over nose)* and then apply on skin. Caution: Stay clear of the eyes. If an oil gets into your eye and it stings, *dilute with a carrier oil, NOT with water.*

1. If you have never used therapeutic (pure) essential oils before, be careful. Even those generally regarded as safe (GRAS) by the FDA may seem too strong at first. You may want to dilute. ALWAYS TEST FIRST inside the elbow or an unobtrusive spot.
2. Use organic, cold pressed oils for dilution. Try sesame, olive and almond oils, or shea butter. A basic ratio is 1:1. Rub blend on stomach, chest, temples, under feet, around wrists, ears, lobes, etc.
3. Place undiluted oil on soles of the feet. Massage in, especially the big toe (see #8 Way to Lose). You can layer the oils, but if you are new, up to three oils is enough, and only a drop. Less is more.

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Internal usage also requires that you *first inhale the oil deeply*. Here is Stephanie Tait's story from her website, "capsulizing" her secret weapon and preferred method for getting the oils into her body:

For you [skeptic] folks in particular, I'm about to share my secret weapon that changed my health and diet in ways I honestly thought fell under the heading of internet scam or too good to be true. ... [A]fter trying so many things that simply weren't working, I was desperate enough to give it a try. When my starter kit first arrived, ... I certainly didn't expect the oils to live up to the hype, but I was desperately hoping they would help even a little.

And man, did those little bottles exceed all of my hopes. Within a month we were successfully using oils to help everything from insomnia to viral infections to chronic pain to acne ... [Then] I heard about a trio of oils recommended for helping in weight loss.

According to the experts, an empty capsule taken each day filled with a mixture of lemon, peppermint, and grapefruit oils could help with weight loss in incredible ways. Peppermint would aid in digestive function, lemon would help detox and balance the system, and grapefruit would drastically curb sugar cravings and help speed metabolism....

I decided to give the oils for weight loss a try – and within 6 months I was 50 lbs lighter. When taking the oils I could feel a noticeable difference in my energy levels, in how quickly I felt full at meals (my portion sizes were dramatically reduced,) in how regular I was, and most noticeably in how much less I craved sugar.

At one point I even went off the capsules for 10 days to see if it was just placebo effect, and by the end of the 10 days I was swearing up and down I would never stop taking them again. When a sugar craving hits especially hard ... I put a little grapefruit oil directly on my skin like eau de toilette or diffuse it into the air, and the craving is noticeably eased....

Lemon, Grapefruit, and Tangerine have become my favorite oils to drink, and just a few drops make keeping up my water intake super easy and delicious, while also providing the health benefits of the oils themselves.

(**It's even more important to point out that not all essential oils are safe to ingest. In fact MOST essential oils are absolutely NOT. Please research all essential oils

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before you purchase or ingest... The only brand I can SAFELY recommend ... is Young Living, especially because of their Seed to Seal process.)

Stephanie recommends glass or stainless steel containers only for ingesting oils; plastic will leach and citrus oils actually eat plastic.

Similar to her, I take capsules when needed, and add a drop or several to juice, rice milk, creams and sauces (before serving /after cooking); even warm drinks.

To reiterate, the best oil for a feeling a fullness is peppermint. Smell the oil and/or place a tiny drop inside your cheek. Vanilla absolute and Roman chamomile are close seconds in terms of fullness.

Gone overboard? The best oil for correcting acidity is also peppermint. Massage a drop over the stomach and intestines. Grapefruit is also great for massaging the stomach and intestines.

(Drinking water with lemon oil drops before bedtime or on awakening helps me alkalize my digestive system. Some say a squeezed lemon is more effective; others add both to “lemon water.”)

The Mental-Emotional Impact. Thoughts and feelings have a huge impact on the ability to lose and manage weight. Many studies attribute obesity to emotional trauma causing mental and emotional imbalance and even depression. For women, childbirth, menses, the onset of menopause and traumatic events have a physical and metabolic effect.

Unexpressed emotions have been shown to disrupt the stomach and digestive system. The body learns to shield against perceived threats and may build reserves of adipose cells (layers of fat) as protection. To encourage mental clarity, harmony of emotions, and a balance of mind-body-spirit, diffuse and/or smell the following oils daily:

Frankincense encourages a spiritual connection and in so doing allows the emotions to plateau from highs and lows. This sense of alignment with the divine is grounding, centering and stabilizing.

Ylang ylang allows the expression of male/female aspects of the self, bringing into balance whichever aspect is excessive. It promotes intimate expression and facilitates the relaxing of the emotional shield described above.

Rose has the highest frequency of all oils and foods, measured as 320 megahertz. Its aroma promotes forgiveness and affection, eliminating insecurities and resolving disagreements.

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In addition, for women, **clary sage** has a mellowing effect and modifies hormonal influences. For men, **spruce** disperses emotional blocks and is stabilizing, while **balsam fir** stimulates the mind while relaxing the body.

With intention and commitment, a three-pronged approach incorporating topical application, diffusing and ingesting capsules is bound to impact your goal of reducing excess weight.

Please note: The FDA has not approved the promotion of these assertions and is still investigating the therapeutic influences of essential oils and the hundreds of scientific studies verifying and supporting these claims.

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4. AROMA FREEDOM TECHNIQUE

AFT is a new system developed by psychologist Dr. Benjamin Perkus, based on his book by the same name. The technique allows people to increase their life energy, flow and alignment by virtue of SMELLING ESSENTIAL OILS. Again, only the purest oils are used for best effects.

The beauty of it, and the main prerequisite, is you need uncut frankincense, lavender and the blend known as Stress Away (by YLEO, or something similar) to address emotional blockages. Other essential oils are recommended as the process unfolds—which may take as little as 15 minutes to an hour or a session or two.

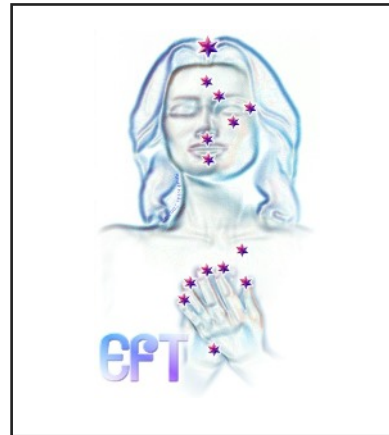
In the AFT Relationships class this past week, I used this technique and had immediate relief of shoulder and neck pain (from exercising and house painting I thought). I didn't know my emotional issue was directly related to the pain, but it was 95% gone afterward. Excess stress on top of a long-repressed memory must have made me more vulnerable and susceptible to the pain.

My subsequent revelation was so profound that I am still looking at how I missed it before, and how it has impacted my entire life.

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The impact of using AFT to reduce or manage weight can only be imagined. I am a witness that the technique can unearth hidden emotions blocking important health and life goals. My short review of the book with additional links may be found at TheHealMobile.com/blog/.

If you would like to be part of a study group to track weight loss using AFT, schedule a chat by visiting TheHealMobile.com



5. EMOTIONAL FREEDOM TECHNIQUE

EFT or “tapping,” is a Western form of acupressure that can help to relieve or address symptoms and long-standing health conditions. Healing can be accelerated by engaging in the process.

Also known as "meridian manipulation," tapping is done by using the fingers on one hand to tap on specific pulse points on the face, body and head.

Pulse points and the meridians (electrical lines) on which they are located are central to Traditional Chinese medicine (TCM) and can be used to address imbalance and dis-ease through acupressure, acupuncture and other methods.

The tapping process begins with a "set-up" statement and exploration of a person's feelings about the pain or thorny issue. The set-up and meridian tapping actions, taken together and repeated in rotation, cause the release of "blockages" in the normal flow of electricity traversing the body.

Nick Ortner is responsible for the feature-length film about tapping and for popularizing the technique: *The Tapping Solution*.

His sister Jessica Ortner has written a book describing her approach to weight loss using EFT: *The Tapping Solution for Weight Loss & Body Confidence: A Woman's Guide to Stressing Less, Weighing Less, and Loving More*. It's available on Amazon.

Dr. Norm Shealy has developed “transcutaneous acupuncture,” which combines acupuncture “rings” with tapping to dramatically alter the course of illness and presentation of physical disabilities. He explained his novel approach in an interview with the HealMobile on Aug. 30, 2015. (<http://thehealmobile.com/blog/chat-with-dr-norm-shealy/>)



6. HYPNOSIS

Hypnosis is an excellent method for changing your mind and meeting your goals. I was extremely skeptical of it, because of the “relaxed state of mind,” in which I’d be “more suggestible” scared me no end. Now I understand this was the TV/Hollywood version of hypnosis.

Fast forward to a course I took which changed my perspective. Once I learned to use hypnosis to educate my subconscious as to my intentions, and understood I could control and manage the process, I was all in.

I have listened to a variety of hypnosis audios and noticed how my attitude, perseverance, resolve, motivation and even commitment level changed dramatically. This was especially noticeable once I created by own hypnosis audios to help me with confidence and willingness to exercise.

How is hypnosis different from affirmations and guided meditation? Only hypnotherapy includes a deepening segment, to let your conscious mind totally relax and improve the receptivity of your subconscious. The tone of voice is decidedly monotone, to maintain a level of calm necessary to your inner self fully receiving the message.

The goal of hypnosis, according to hypnotherapist to the stars Steve G. Jones, EdD, is “to get yourself into a very light trance, also known as ‘Alpha,’” and then inform and educate the subconscious as to your readiness to fulfill intentions, reach goals, and reinforce your emotional sense of having achieved the goal.

“Hypnotherapy involves four stages of consciousness: Beta, Alpha, Theta, and Delta,” says Dr. Jones. “In Beta, your brain is fully functional and in an alert state. It is paying attention to, and processing stimuli from the outside world.

In Alpha, you are slowed down slightly...more focused and able to dedicate your train of thought to one thing. Equate Alpha to the state you are in when watching TV, or when you have been driving for a lengthy period.... Alpha is a ‘not-really-here, not-really-out-of-it’ phase....”

It may be a relief to know you do not really “go under” and lose control of yourself when hypnotized. As a therapeutic approach, hypnotism for weight loss starts with regular visits to a hypnotherapist who can tailor the sessions to your needs. Whereas in traditional therapy the goal is to know yourself and why you act as you do, hypnotherapy goes straight for immediate results. The major drawback is weekly or twice weekly visits might be prohibitive.

Purchasing weight loss audios is the affordable option. You can listen daily, in the comfort of your own home. You have to be consistent, as with any other method.

Either way, the combination of ongoing hypnosis and therapy allow you to focus on behaviors and actions that will necessarily change since they are being addressed at the subconscious level.

If you eventually choose self-hypnosis, it will behoove you to visit or listen to a few different hypnotherapists. You’ll learn how to distinguish different parts of the session critical to effective results. These are induction, deepening, script, amnesia and termination.

The script makes suggestions for change while amnesia informs your conscious mind to forget the session. All hypnotherapists use these techniques, and as you develop your own audio, you can easily imitate, adapt or enhance the professional verbiage to match your needs. Pre-written scripts are available online.

How is hypnosis different from repeating affirmations or guided meditation? Meditation and hypnotherapy include deep breathing to facilitate relaxation. Good results from both may be expected by practicing at the same time daily, over at least 21 days.

Affirmations remind the conscious mind of your optimum goals and beliefs, and whether you repeat them day and night or write notes to yourself and place them around your house, you are not addressing your subconscious. This part of you actually controls your actions and choices, especially those of a longtime, habitual nature.

Only hypnotherapy includes the technique of deepening, which uses special talking points to let your conscious mind totally relax and enables your subconscious to receive and accept “affirmations.” Forcing the subconscious mind to pay heed to deep intentions is a critically important objective (and can be applied to any of these methods.)

This is also why *self*-hypnosis, listening to your own voice to affirm your vision and steps you need to take to realize it, is much more convincing and effective than listening to narrators who you do not know well, and will not, deep down, trust with your life.

7. ACUPUNCTURE



Acupuncture is perhaps the most popular Traditional Chinese Medicine (TCM) system that has been adopted by the West. In 2002, 8.19 million people had tried acupuncture, and in 2007, over 14M people had tried it.

Acupuncture is used for everything from muscle and joint pain to arthritis to diabetes to addiction and more.

Today, nearly one in 10 people has tried it, and TCM practitioners and acupuncturists are setting up shop in different neighborhoods outside of Chinatown. The first acupuncture school in the U.S. was established in 1975, and there are now 50 institutions offering master's and doctorate degrees, according to accreditor groups.

With this 5,000 year old technique, tiny but long needles are inserted at key points along the meridians of the body, and/or on the organs. Meridians are invisible pathways along which the flow of chi (life force) throughout the body gives vitality to all parts of the human being.

When combined with electricity, the technique is called electroacupuncture. Most acupuncturists perform electroacupuncture as a matter of course. For weight loss, this technique has been shown to give quicker results than regular acupuncture.

Electroacupuncture works by providing an electrical current between or through needles inserted at specific points on the body. Pulses of electricity stimulate the points and remove blockages, and the following benefits have been noted:

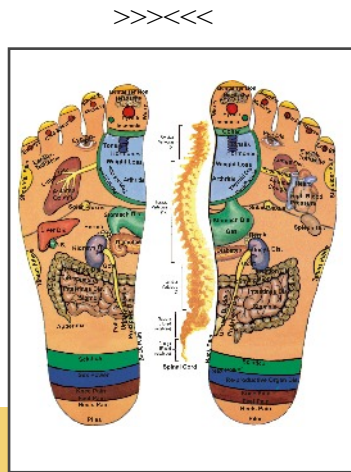
- Increase in the basal metabolic rate
- Suppression of appetite by affecting hormones related to obesity
- Creation of resistance to insulin (which affects the metabolism)
- Alters the activity of the nervous system and corrects the signal defect of insulin
- Decrease of fat in the abdomen

Although several sessions are required for a long-lasting effect, acupuncture is the most invasive technique on this list which can still give remarkable results.

Acupuncture in all of its forms has been found to enhance liver and kidney productivity by increasing the metabolic activity of these organs. This in itself is a boon to heavy people, whose systems are usually sluggish due to compromised kidneys and liver.

A course of treatment is decided on in consultation with a doctor of acupuncture, and a good diet and consistent exercise is recommended as part of treatment. A comprehensive, holistic approach reinforces the effects of opened acupuncture points, enabling the strong flow of chi throughout the body which increases your own personal energy and well being.

Fortunately, health insurance plans will sometimes cover acupuncture treatment, which means you may have to shop around for a practitioner who takes insurance for a course of treatment.



8. REFLEXOLOGY

Reflexology uses acupuncture points and regions, and is alternatively known as acupressure. Whereas most people identify it with a penetrating massage of the feet, reflexology manipulates pressure points on the feet, hands and other parts of the body including the face and ears.

Used in combination with any of the other methods on this list, reflexology is an excellent self-care approach. Massaging the spleen pressure point on your feet can help reduce hunger.

However, if you know you are challenged by an emotional issue, or that your organ or endocrine system should be addressed, reducing hunger may not be your focus.

Get a reflexology foot chart to treat yourself at home, and at the same time find a reflexologist who can give you a treatment. If you are obese, the ability to touch your feet in a concerted way may be a good short term goal for you.

The relaxed feeling you will get from deeply massaged feet is incomparable. Regular massage of your entire body is a close equivalent, but entirely different.

Reflexology will go a long way towards helping you reach your weight reduction goals, especially when combined with at least two other techniques on this list, and, again, applied consistently.



CONCLUSION



You now have your choices for holistic, self-care which, except for the last three recommendations, you can use all by yourself in the privacy of your home.

I suggest you first learn deep breathing and how to get a good night's sleep. After that, choose two of the six remaining methods to incorporate into your life.

I knew losing weight “fast” would attract readers, even though a lot of clearing of body, mind and spirit is needed for fast result. I’ve hinted at the emotional work required within these suggestions.

It is risky to ask for quick weight loss, when in all likelihood you didn’t gain weight quickly. *This does not mean you cannot achieve the goal of rapid weight reduction, if you so desire.*

It is almost like winning the lottery. The stories of people winning millions and squandering their winnings are legion. They were not prepared. This is analogous to you dropping pounds quickly and then gaining them back, and even more, because you were focussed on short term results and hadn’t prepared for the long haul.

What to do? Take your time, map out a plan, and take time to envision yourself as having achieved your goal.

The suggestions here are designed for the long haul, and for you to begin to self-generate your results. You can become responsible for making what you want to happen happen, and doubtless and faithful about manifesting the life and healthy body you’ll love.

The only prerequisite is that you traverse—process through—the subterranean landscape of your emotional resistance to shedding the excess pounds.

Your “self-healing power and therapy” as Dr. Bunseki Fu Kiau calls it, will triumph as an outcome of your best intention.

Additional Sources:

The Universe Will Take the Weight: 25 Ways to Give Back What You No Longer Need,
<http://thehealmobile/blog/the-universe-can-take-the-weight/>

Essential Oils Desk Reference, Fifth Edition, Life Science Publishing, 2011

The Secrets of Ayurveda, by Gopi Warriar, Dr. Harish Verma, & Karen Sullivan, Natural Health Magazine (London: Ivy Press Ltd., 2001)

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BONUS SECTION — Single Oils for Emotional Challenges

(Essential Oils Pocket Reference, Essential Science Publishing, 2008)

For your specific emotion described below, diffuse the oils for 1 to 2 hours nightly before bedtime. This will enhance the effectiveness of the techniques listed in this Ebook as well as the receptivity of your body-mind-spirit to eventually mirror your higher self.

Please note the overlap among oils and uses. Essential oils are called “intelligent” because they are alive as “nature’s living energy.”

An oil pegged for one use may be substituted for a different use. If you do not have the oil indicated for a particular emotion, and like the scent of a pure oil you have, have no fear in using what you have for the purpose you intend.

Also note that the FDA wants to protect U.S. Citizens and is not set-up to approve this list of oils for your wellbeing and holistic health optimization. Consult your healthcare provider for any long-standing issues and stay positive.

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Abuse: geranium, ylang ylang (YY), sandalwood

Agitation: bergamot, cedarwood, clear sage frankincense, geranium, juniper, lavender, myrrh, marjoram, rosewood, rose, YY, sandalwood

Anger: bergamot, cedarwood, Roman chamomile, frankincense, lavender, lemon, marjoram, myrrh, orange, rose, sandalwood, YY

Anxiety: orange, R. chamomile, YY, lavender

Apathy: frankincense, geranium, marjoram, ~~jasmine~~ ^{text}, orange, peppermint, rosewood, rose, sandalwood, thyme, YY

Argumentative: cedarwood, R. chamomile, eucalyptus, frankincense, jasmine, orange, thyme, YY

Boredom: cedar wood, spruce, black pepper. R. chamomile, cypress, frankincense, juniper lavender, rosemary, sandalwood, thyme, YY

Concentration: cedarwood, cypress, juniper, lavender, lemon, basil, helichrysum, myrrh, orange, peppermint, rosemary, sandalwood, YY

Confusion: cedarwood, spruce, cypress, peppermint, frankincense, geranium, ginger, juniper, marjoram, jasmine, rose, rosewood, rosemary, basil, sandalwood, thyme, YY

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Day-Dreaming: ginger, spruce, lavender, helichrysum, lemon, myrrh, peppermint, rosewood, rose, rosemary, sandalwood, thyme, YY

Depression: frankincense, lemon, sandalwood, geranium, lavender, angelica, orange, grapefruit, YY

Despair: cedarwood, spruce, clary sage, frankincense, lavender, geranium, lemon, orange, lemongrass, peppermint, spearmint, rosemary, sandalwood, thyme, YY

Despondency: bergamot, clary sage, cypress, geranium, ginger, orange, rose, rosewood, sandalwood, YY

Disappointment: clary sage, frankincense, geranium, ginger, juniper, lavender, spruce, orange, thyme, YY

Discouragement: bergamot, cedarwood, frankincense, geranium, juniper, lavender, lemon, orange, spruce, rosewood, sandalwood

Fear: bergamot, clary sage, R. chamomile, cypress, geranium, juniper, marjoram, myrrh, spruce, orange, sandalwood, rose, YY

Forgetfulness: cedarwood, R. chamomile, frankincense, rosemary, basil, sandalwood, peppermint, thyme, YY

Frustration: R. chamomile, clary sage, frankincense, ginger, juniper, lavender, lemon, orange, peppermint, thyme, YY, spruce

Grief/Sorrow: bergamot, R. chamomile, clary sage, *Eucalyptus globulus*, juniper, lavender

Guilt: R. chamomile, cypress, juniper, lemon, marjoram, geranium, frankincense, sandalwoods, spruce, rose, thyme

Irritability: all oils except eucalyptus, peppermint and black pepper

Jealousy: bergamot, *E. globulus*, frankincense, lemon, marjoram, orange, rose, rosemary, thyme

Mood swings: bergamot, clary sage, sage, geranium, juniper, fennel, lavender, peppermint, rose, jasmine, rosemary, lemon, sandalwood, spruce, yarrow, YY

Obsessiveness: clary sage, cypress, geranium, lavender, marjoram, rose, sandalwood, YY, helichrysum

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Panic: bergamot, R. chamomile, frankincense, lavender, marjoram, wintergreen, myrrh, rosemary, sandalwood, thyme, YY, spruce

Resentment: jasmine, rose, tansy

Restlessness: angelica, bergamot, cedarwood, basil, frankincense, geranium, lavender, orange, rose, rosewood, YY, spruce, valerian

Shock: helichrysum, basil, R. chamomile, myrrh, YY, rosemary CT cineol

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