

Replacing Your Medicine Cabinet

<u>Oils</u>	<u>Uses</u>	<u>Replaces</u>
Lemon	Dry or sore throat, antioxidant, detoxifier	Chloroacetic, Sucrets
Peppermint	Mouth rinse, cool the body, headaches	Aspirin, Listerine
Lavender	Burn cream, soothes irritated skin and lips, calm bee stings or bug bites	Burn Cream, Preparation H, Blistex or Vaseline
Tea Tree	Skin blemishes (acne) & rashes, healthy scalp & hair, infections	Neosporin, Selson Blue, Clearasil
Oregano	Immune Support, GI Health, Warts & Canker Sores	Compound W
Thieves/Fighting Five blend	Immune Support	
Frankincense	Minor Cuts, Bites, and Sores, Coughs, Asthma, Immune Support, Moisturizer, Wrinkles	Neosporin, Robitussin, Wrinkle Cream