

THE HEALING POWERS OF ESSENTIAL OILS COMBINED WITH THERAPEUTIC BODY WORK

PROVIDED BY

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The Raindrop Technique

The Raindrop Technique was developed by Dr. Don Gary Young, N.D. Aromatologist. Dr. D. Gary Young is the founder of Young Living Essential Oils (YLEO), and is one of our country's foremost leading experts on the art and science of aromatherapy.

This technique or therapy, involves dropping specific essential oils six inches above the spine (like raindrops). These oils are then worked in along the spine, using light strokes with fingers. This increases energy flow throughout the entire body. The oils, and the procedure of applying them, will help reduce any inflammation, kill bacteria and viruses that hibernate along the spinal column and help correct any incorrect curvatures in or along the spine. This modality or technique will help the body heal on all three levels mind, body, and spirit. One individual session may only last 45 minutes to an hour but the treatment will keep working in the body for at least two to three weeks. The essential oils used in The Raindrop Technique are Energy (an energy balancing blend) Thyme, Oregano, Cypress, Birch (or Wintergreen), Basil (or Balsam Fir), Peppermint, Marjoram, and Muscle Soothe (a blend of essential oils used for muscle issues). Listed below are some of the different uses or benefits of the essential oils used in the Raindrop Technique.

- **Energy-** May help empower the physical and spiritual bodies, helps overcome fear and opposition, may help build courage, confidence, and self-esteem, brings out a feeling of calmness, peace and relaxation, helps with children's hyperactivity and ADD, helps to align the physical structure of the body-relieving pain along the spine, and also aligns electrical energies within the body. Energy is a blend similar to Valor from YLEO's. It is said that Valor has improved cases of Scoliosis. In one case there was improvement within 30 minutes, but most often it takes up to several months of application before Improvement is actually shown. According to The Reference Guide for Essential Oils by Connie and Alan Higley, "Valor has also been shown to change anaerobic mutated cells back to their aerobic natural state". The oil blend Energy contains the single oils Black Spruce, Rosewood, Blue Tansy, and Frankincense and works well for problems related to *muscles and bones, skin, the nervous system, and emotional balance.*
- **Thyme-** Possible uses include aiding with problems with/of anthrax, asthma, bronchitis, colitis (infectious), cystitis, dermatitis, dyspepsia, general fatigue, pleurisy, psoriasis, sciatica, tuberculosis, vaginal Candida, is a general tonic for the nerves and stomach, infectious bacteria, colds, circulation, depression, digestion, physical weakness after illness or flu, headaches, immunological functions, insomnia, rheumatism, urinary infections, viruses, along the spine, and wounds. It works well for any issue with the immune system, muscles and bones.

- **Oregano**-Is useful in cases of asthma, chronic bronchitis, mental disease, pulmonary tuberculosis, chronic rheumatism, whooping cough, colds, digestion problems, balancing metabolism, viral and bacterial Pneumonia, and to strengthen vital centers. It has positive affects on the immune and respiratory systems as well as the muscles and bones.
- **Cypress**- is useful in cases of arthritis, bronchitis, *circulation*, cramps, hemorrhoids, insomnia, intestinal parasites, lymphatic decongestant, menopausal problems, menstrual pain, pancreas insufficiencies, pleurisy, prostate decongestant, pulmonary tuberculosis, rheumatism, spasms, throat problems, varicose veins, water retention, asthma, strengthens blood capillary walls, reduces cellulite, colds, strengthens connective tissue, spasmodic coughs, diarrhea, edema, energy, fever, gallbladder, bleeding gums, hemorrhaging, influenza, laryngitis, liver disorders, lung circulation, muscle cramps, nervous tension, nose bleeds, ovarian cysts, increasing perspiration, skin care, scar tissue, whooping cough, and wounds. Cypress affects the cardiovascular system, muscles and bones. Cypress is also grounding.
- **Birch/Wintergreen**- both of these essential oils have properties of being analgesic, anti-inflammatory, anti-rheumatic, antiseptic, antispasmodic, disinfectant, diuretic, stimulant (bone) and warming. Birch is also a liver stimulant. With bone pains think of birch or wintergreen.
- **Basil**- Basil has been used for respiratory problems, digestive and kidney ailments, epilepsy, poisonous insect bites, fever, epidemics, malaria, migraines (especially from liver and gall bladder problems), mental fatigue, menstrual periods (scanty), aches/pains, anxiety, bronchitis, chronic colds, concentration, nervous depression, digestion, earache, fainting, mental fatigue, fever, gout, headaches, hemorrhoids, hiccoughs, soothing insect bites, insect repellent, insomnia from nervous tension, intestinal problems, poor memory, chronic mucus, muscle spasms, ovarian cysts, prostate, problems, rhinitis (inflammation of nasal mucus membranes), loss of smell, snake bites, vomiting, wasp's stings, and whooping cough. Basil essential oil is another oil that has positive affect on the cardiovascular system, muscles and bones.
- **Peppermint**- has too many uses to list them all. Peppermint has the following properties- analgesic, anticarcinogenic, anti-inflammatory (prostate and nerves), antiseptic, antispasmodic, and invigorating. This oil affects the digestive system, muscles and bones, nervous and respiratory systems and the skin.
- **Marjoram**- When you think muscle pains, think of marjoram. Marjoram has the following properties, anti-bacterial, anti-infectious, antiseptic, anti-sexual, antispasmodic, arterial, vasodilator, digestive stimulant, diuretic, expectorant, sedative, and tonic. Marjoram affects the cardiovascular system, muscles and

bones.

- **Muscle Soothe (Compare to YLEO's AromaSiez)**- This blend was made specifically to relax, calm, and relieve, the tension of spastic muscles resulting from sports injury, fatigue, or stress. This blend may also help to relieve headaches. Muscle Soothe contains the single oils of Basil, Marjoram, Lavender, Peppermint, and Cypress.

In addition to the above oils I use a carrier oil usually coconut oil or grape seed oil. This is to dilute the essential oils when needed to make it more affordable and cause less skin irritations.

The Sundrop

The Sundrop is performed in similar fashion as the Raindrop Technique (with a different selection of essential oils). This technique is intended to aid in a lot of middle age ailments or complaints and is also intended to help prevent such. Like the Raindrop Technique, this modality will influence positive responses to every system in the body. The Sundrop Technique will help to heal the body, mind, and spirit; not just the body. Listed below are the essential oils used and their individual purposes.

- **Bergamont**- Abdominal cramping, Acne, Anorexia, Poor Appetite, Anxiety, Colic, Digestion (Improve), Emotional Problems (Aromatherapy), Flatulence (Gas), Immunity (Increase), Insomnia, Muscle Spasms, Tension, Nervous Tension, PMS (Pre-Menstrual Syndrome), Skin Problems (External Treatments), and Stress
- **Cinnamon Leaf**- Anorexia, Poor Appetite, Arthritis, Circulation (Improve), Colds (Common Cold), Colitis, Coughs, Depression, Diarrhea, Digestion (Improve), Dyspepsia (Indigestion), Fatigue, Flatulence (Gas), Flu (Influenza), Gastrointestinal Disorders, Gum Problems, Hair, Infections - Bacterial, Infections (Fungal), Joint Pain (General), Libido (Increase), Muscle Aches, Pulls, Sprains, Nausea (Vomiting), Nervous Exhaustion, Parasites, (Intestinal Worms), Pregnancy - avoid during, Rheumatism, Skin problems - external treatments, Stress, Teeth, toothache, and Wounds
- **Clary Sage**- Amenorrhea, Asthma, Candidacies, Depression, Dizziness (vertigo), Dyspepsia (indigestion), Emotional problems - aromatherapy, Estrogen alternatives, Flatulence (gas), Hair, Headache, Hormones - balance, Hyperactivity - excitability, Infections - bacterial, Infections - fungal, Insomnia, Libido

(increase), Menopause, Nervous tension, Panic attacks, PMS (Pre-Menstrual Syndrome), and Yeast Infection

- **Clove Bud-** Athlete's Foot, Brain Function, Bronchitis, Candidacies, Coughs, Diarrhea, Food Poisoning, Frigidity, Impotence, Infections (Bacterial, Fungal, Viral), Learning Problems, Libido (Increase), Memory, Muscle Spasms, Tension, Scabies, Skin Problems (External Treatments, Teeth (Toothache), Throat (Soreness and Infection, “Strep”)
- **Sweet Marjoram-** Abdominal (Bloating, Pain), Anxiety, Arthritis, Bronchitis, Colds (Common Cold), Colic, Constipation (Sluggish Bowels), Coughs, Depression, Dyspepsia (Indigestion), Emotional Problems (Aromatherapy), Flatulence (Gas), Flu (Influenza), Headache, Hypertension (High Blood Pressure), Infections (Bacterial, fungal, viral), Insomnia, Libido (Increase), Lymph Nodes, Menstrual Problems, Migraine Headaches, Muscle Aches, Pulls, Sprains, Muscle Spasms, Tension, Nervous Conditions, Nervousness, Nervous Tension, Neuralgia, Respiratory Congestion, Respiratory Disease, Rheumatism, Sinus Congestion, Sinus Infection, Skin Problems (External Treatments), Stress, Teeth (Toothache), Tuberculosis, Whooping Cough (Pertussis), and Wounds
- **Myrrh-** Aging (Appearance), Amenorrhea, Brain Function, Bronchitis, Canker Sores, Colds (Common Cold), Dysmenorrhea (Painful Menstruation), Eczema, Gingivitis, Gum Problems, Hoarseness, Infections (Bacterial, Fungal, Viral), Inflammatory Conditions, Laryngitis, Learning Problems, Leukorrhea, Memory, Menstrual Problems (Regulate cycles), Pyorrhea, Ringworm, Scars, Skin problems (External treatments), Uterus (Tonic), Wounds, and Yeast Infection
- **Patchouli-** Acne, Athlete's Foot, Depression, Eczema, Emotional Problems (Aromatherapy), Frigidity, Hair, Hemorrhoids (Piles), Immunity (Increase), Infections (Bacterial or Fungal, Insect Repellent, Libido (Increase), Lymph Nodes, Nervous Exhaustion, Nervousness, Skin Health, Skin Problems (External Treatment), Stress, Varicose Veins, Venous Congestion, and Wounds
- **Peppermint-** Arthritis (Rheumatoid), Brain Function, Burns (1st & 2nd Degree), Colds (Common Cold), Dizziness (Vertigo), Emotional Problems (Aromatherapy), Fainting, Fever, Flu (Influenza), Headache, Hypertension (High Blood Pressure), Infections (Bacterial and/or Fungal), Learning Problems, Memory, Menopause, Menstrual Problems, Muscle Aches, Pulls, Sprains, Nausea (Vomiting), Neuralgia, Radiation (Chemotherapy, Sinus Congestion, Sinus Pain, Sinusitis, and Skin Problems (External Treatments)
- **Pine Needle-** Addictions (Smoking), Adrenal Gland, Arthritis, Brain Function, Circulation (Improve), Colds (Common Cold), Cough, Dry, Emphysema, Fatigue, Hormones (Balance), Infections (Bacterial), Kidney Problems, Learning

Problems, Memory, Muscle (Aches, Pulls, Sprains), Nausea (Vomiting), Pneumonia, Respiratory Congestion, Respiratory (Disease, Infection), Rheumatism, Sinusitis, Tuberculosis, and Urinary Tract Infection

- **Respiratory Plus**

Contains: Eucalyptus 4, Ravensara, Pine, Lemon, Myrtle, Cypress, Lavender, Marjoram, Spruce tsuga, Peppermint, Wintergreen This respiratory blend contains powerful therapeutic-grade essential oils that are invigorating when applied, especially to the chest and throat area. It is a combination of deeply soothing therapeutic grade essential oils that will provide comfort when applied topically to the chest and throat or diffused. With the reputation of the oils in this blend, the combination should make it a cure-all oil blend!

- **Conquer/Total Conquer**

Conquer contains: Copaiba, Frankincense, Marjoram, and Balsam Fir! Total Conquer contains: Copaiba, Frankincense, Marjoram, Balsam Fir, Basil, and Valerian. Copaiba has the following properties- analgesic (pain reliever), anti-inflammatory (very powerful), antibacterial, antiseptic, and a stimulant (circulatory and pulmonary systems). It's common uses are for anxiety, muscles aches, and pains. According to the 2013 edition of the Reference Guide for Essential Oils by Connie and Alan Higley the oleoresin has traditionally been used for Inflammation (internal and external), skin disorders, respiratory problems (including bronchitis and sinusitis), and urinary tract problems (including cystitis and bladder and kidney infections). It has also been used for bleeding, gonorrhea, hemorrhages, herpes, incontinence, insect bites, pain, pleurisy, sore throats, stomach ulcers, syphilis, tetanus, tonsillitis, tuberculosis, and tumors.

The 2013 edition of the Reference Guide for Essential Oils states-“All of these traditional uses have been verified by modern research” and gives other possible uses for Copaiba as it may help with colds, constipation, diarrhea, dyspepsia, edema, flatulence, flu, bacterial infections (internal and external), hemorrhoids, muscular aches and pains, nervous exhaustion, piles, poor circulation, stiffness, and wounds.

Frankincense -The 2013 edition of the Reference Guide for Essential Oils lists the properties of frankincense as anticatarrhal, anticancer, antidepressant, anti-infectious, anti-inflammatory, antiseptic, antitumoral, expectorant, immune stimulant, and sedative.

Marjoram- The 2013 edition of the Reference Guide For Essential Oils lists the properties of marjoram oil as antibacterial, anti-infectious, antiseptic, antisexual, antispasmodic, arterial vasodilator, digestive stimulant, diuretic, expectorant, sedative, and tonic.

Biblical Oil Therapy

The Biblical Oil Therapy is intended to work on the spiritual health of the body, to stimulate the mind, and aid the body in physical healing of the body. The Biblical Oil

Therapy will take approximately an hour and a half to complete. This modality was designed similar to the Raindrop Technique. In this Aromatherapy Technique we physically cover more of the body than what would be addressed in the Raindrop.

The essential oils with botanical references in the bible all contain sesquiterpene chemical constituents. Sesquiterpenes are anti-bacterial, anti-inflammatory, slightly antiseptic and hypotensive, and sedative. Some have analgesic or pain relieving properties, and some are highly anti-spasmodic. They are stimulating to the liver and glands. Studies show that oils with these properties increase oxygenation around the pineal and pituitary glands. Studies also show they have the ability to cross the blood-brain barrier leading to an increase in secretions of antibodies, endorphins, and neurotransmitters.

- **Cedarwood**- this cedar is supposed to be the species closest related to the biblical Cedars of Lebanon. The North American Indians traditionally used Cedarwood to enhance their potential for spiritual communications. Animals lay under the Cedarwood trees at night for the protection, recharging and rejuvenation the trees bring them. This oil is helpful for calming anger, arteriosclerosis, bronchitis, calming, cellulite, hair loss, nervous tension, tuberculosis, urinary infections, acne, anxiety, arthritis, congestion, coughs, cystitis, dandruff, psoriasis, purification, sinusitis, skin diseases, and water retention. It may also open the pineal gland, help reduce oily secretions, and is a diuretic.
- **Cinnamon** – arthritis, circulation, coughs, colds, depression, diarrhea, digestion, fatigue, flu, gas, gastrointestinal disorders, infections (bacterial or fungal), joint pains, libido (increases), muscle (aches, pulls, or strains), nausea, nervous exhaustion, parasites, rheumatism, skin and stress. (Cinnamomum Cassia was species of cinnamon mentioned in biblical times as Cassia. Cinnamomum zeylanicum has a lot of the same therapeutic properties, yet is less irritating on the skin.)
- **Cypress**- is useful in cases of arthritis, bronchitis, *circulation*, cramps, hemorrhoids, insomnia, intestinal parasites, lymphatic decongestant, menopausal problems, menstrual pain, pancreas insufficiencies, pleurisy, prostate decongestant, pulmonary tuberculosis, rheumatism, spasms, throat problems, varicose veins, water retention, asthma, strengthens blood capillary walls, reduces cellulite, colds, strengthens connective tissue, spasmodic coughs, diarrhea, edema, energy, fever, gallbladder, bleeding gums, hemorrhaging, influenza, laryngitis, liver disorders, lung circulation, muscle cramps, nervous tension, nose bleeds, ovarian cysts, increasing perspiration, skin care, scar tissue, whooping cough, and wounds. Cypress affects the cardiovascular system, muscles and bones. Cypress is also grounding.
- **Fir**- is helpful with bronchitis, respiratory congestion, energy, aches/pains from colds/flu, fighting airborne germs/bacteria, arthritis, asthma, blood support, bronchial obstruction, coughs, fevers, oxygenating the cells, rheumatism,

sinusitis, and urinary tract infections. Aromatically Fir oil is grounding/anchoring, and stimulating to the mind.

- **Frankincense-** is a holy oil in the Middle East. Is helpful with asthma, depression, ulcers, ageing, allergies, bites (insects and snakes), bronchitis, cancer, carbuncles, catarrh, colds, coughs, diarrhea, diphtheria, gonorrhea, headaches, healing, hemorrhaging, herpes, high blood pressure, inflammation, jaundice, laryngitis, meningitis, nervous conditions, preventing scarring, sciatic pain, sores, spiritual awareness, staph, strep, stress, syphilis, T.B., tension, tonsillitis, typhoid, wounds, and warts. It may also help give one a better attitude which will help with strengthening the immune system.
- **Hyssop-** may be beneficial for anxiety, restoring appetite, arthritis, asthma, bruises, cleansing and purifying, colds, concentration (alertness, stimulating and clearing the mind), coughs, cuts, dermatitis, digestion, fatigue, fever, expels gas from intestines, gout, grief, regulating lipid metabolism, raising low blood pressure, clearing lungs, promoting and regulating, menstrual flow, discharging mucus, nervous tension, parasites, increases perspiration, rheumatism, preventing scarring, scar tissue, sore throats, stress related conditions, tonsillitis, discharging toxins, viral infections, and wounds.
- **Myrrh-** may be helpful with bronchitis, diarrhea, dysentery, hyperthyroidism, stretch marks, thrush, ulcers, vaginal thrush, viral hepatitis, appetite, asthma, athlete's foot, candida, catarrh (mucus), coughs, eczema, digestion, flatulence, fungal infections, gingivitis, gum infection, hemorrhoids, mouth ulcers, decongests prostate gland, ringworm, sore throat, skin conditions (chapped, cracked, and inflammation), wounds and wrinkles.
- **Myrtle-** may help with bronchitis, coughs, children's cough, flu, hypothyroidism, insomnia, ovaries (hormone-like effects), prostate decongestant, sinus infections, tuberculosis, ureter infections, anger, asthma, catarrh, colds, cystitis, diarrhea, dysentery, digestion(impaired), flatulence, hemorrhoids, support immune system, infections, infectious diseases, pulmonary disorders, skin conditions (acne, blemishes, bruises, oily skin, psoriasis, etc.) and sinusitis. Good remedy for children's chest and cough complaints.
- **Onycha (Benzoin)-** helpful with arthritis, asthma, bleeding (slows or stops), bronchitis, chills, circulation (poor), colic, cuts, flatulence, flu, gout, laryngitis, mucus (helps remove) nervous tension, rheumatism, skin (lesions, chapped, inflamed and irritated conditions), stomach (gripping pains), stress related conditions, urinary tract infections, and wounds.
- **Sandalwood (Aloes)-** is useful for chronic bronchitis, diarrhea (obstinate), hemorrhoids, impotence, supporting the cardiovascular system, removing negative programming from cells, relieving symptoms of lumbago and sciatic nerves, for acne, regenerating bone cartilage, catarrh, circulation, coughs, cystitis,

depression, hiccoughs, lymphatic system, meditation, menstrual problems, nerves, nervous tension, increasing oxygen around the pineal and pituitary glands, skin infections and regeneration, tuberculosis, and yoga (emotional balance).

- **Spikenard-** restores the skin from allergic skin reactions. It may also be helpful with allergies, candida, flatulent indigestion, insomnia, menstrual difficulties, migraines, nausea, rashes, staph infections, stress, tachycardia, tension, and wounds that will not heal.

Hearing and Ear Protocol

The Hearing and Ear Protocol is used to increase and restore hearing. In this procedure I use the following essential oils, Valor, Helichrysum, Purification, Juniper, Peppermint, Geranium, and Ravensara. These oils have the following uses,

- **Energy-** see Raindrop Technique above.
- **Conquer-** see Sundrop
- **Purify**
contains: Tea Tree, Citronella, Lemongrass, Rosemary, Lavender, Red Myrtle
- **Juniper-** is a detoxifier and cleanser. It has been used for acne, dermatitis, eczema, cleanse infections, to heal wounds, embalming, physical and spiritual cleansing/ purification, for liver, kidney, bladder and urinary tract issues, depression, headaches, coughs, energy, stones, aching muscles, nerve function and regeneration, rheumatism, water retention, obesity, and many other issues that deal with the digestive system, the nervous system, the skin and emotional balance.
- **Peppermint-** see Raindrop Technique.
- **Geranium-** has the following properties, anti-depressant, antiseptic, astringent, diuretic, insect repellent, refreshing, relaxing, sedative, and tonic. Geranium may be helpful with problems with the liver, circulation, diabetes, gallbladder, gastric ulcers, digestion, depression, menstrual problems, neuralgia, urinary stones, ringworm, shingles, skin, emotional balance, insomnia, sore throat, tissue and nerve regeneration, and more.
- **Ravensara-** Ravensara is a universal oil a lot like the essential oil Lavender. Ravensara is an anti-bacterial, anti-fungal, anti-infectious, and antiseptic, a powerful antiviral, and expectorant. *Note this oil is optional in this procedure; it may not be used every time.*

- **Respiratory Plus – See Sundrop**
- *Conquer -see Sundrop*

Carpal Tunnel Therapy

The Carpal Tunnel Therapy is very beneficial to those who suffer from Carpal Tunnel Syndrome (CTS). Carpals are what most of us call wrist or wrist bones. The tunnel that runs through our carpals also has nerves that run through it. On the underside, of there is a tough membrane that holds and binds the bones together. This is a rigid environment, and if the tissues within this area swell for some reason, it will pinch the nerves. This causes a very painful and inflamed situation. There may be tingling or numbness in the palm or thumb and the first three fingers of the hand; causing a weak grip or impaired finger movement. This same ailment may occur in the elbow(Tennis Elbow) or ankle(Tarsal Tunnel Syndrome) as well.

*Note about 90% of people who think they have CTS, don't really have CTS. They actually have problems with neck and shoulder muscles. They sometimes can cause similar symptoms. These oils will help in either situation.

The Carpal Tunnel Technique involves the use of the following essential oils: basil, cypress, eucalyptus, lemongrass, peppermint, marjoram and oregano.

- **Basil, Cypress, Peppermint, Marjoram, and Oregano-** see Raindrop Technique.
- **Eucalyptus-** has too many uses to mention. This oil has the following properties- analgesic, anti-bacterial, anti-catarrhal, anti-infectious, anti-inflammatory, antiseptic, antiviral, diuretic, expectorant, insect repellent, and stimulant. Eucalyptus oil is especially good for the respiratory system, muscles, and bones.
- **Lemongrass-** is great oil for connective tissue regeneration and for repairing ligaments. Lemongrass works well with the lymphatic system. It has the following properties- analgesic, anti-inflammatory, antiseptic, insect repellent, revitalizer, sedative, tonic, and vasodilator.
- **Geranium-**See hearing ear protocol

There is an essential oil blend you can make at home if you have the essential oils. This blend is called Carpal Tunnel Blend. I pulled this out of the *Essential Oils Integrative Medical Guide*, by D. Gary Young, ND.

Carpal Tunnel Blend

5 drops of wintergreen or birch
3 drops of cypress
1 drop peppermint
2 drops marjoram
3 drops lemongrass

You can mix this blend and apply it neat (straight on the skin) or you can dilute it 50/50 with a carrier oil to make it go a little further. Apply to affected area (2-4 drops) 3-5 times daily. Apply cold compress on location 2-3 times daily.

In addition to the above, I believe also that the single oils of Helichrysum, Frankincense, geranium, and Sandalwood would also help with Carpal or Tarsal Tendon Syndrome.

The information in this pamphlet was obtained from the books *Reference Guide for Essential Oils compiled by Connie and Alan Higley*, and *Essential Oils Integrated Medical Guide by D. Gary Young, ND* and from *Heart on CD software by Herb Allure*.

In my own opinion, there is not any ailment or disease that essential oils will not help recover from. The word disease is really “dis-ease” in the body. In modern day, disease is a group of symptoms that have been given a name. True therapeutic grade essential oils are of a natural source and can help the body heal in a natural way. Some essential oils can penetrate the entire body within three seconds. The use of essential oils is biblical; there are over 188 references to these oils in the Bible.

There does not have to be an existing protocol to use essential oils in a massage. If you have an educated Body Work Practitioner or Therapist and essential oils and bodywork are how you wish to treat yourself; then a modality or protocol can be made or tailored to your situation.... to what suits you best...

Thank you for your time in reading this. I hope it gives you incite and/or knowledge that will help you or someone you know. It is my duty and as a Naturopath and a human being to help and educate others, to heal themselves. Thus going with the saying “physician heal thyself”.

Thank you
Perry T. Hopkins (Naturopath)