

Essential Oil Therapies

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Idaho Balsam Fir soothes sore muscles, joints, respiratory systems and jangled nerves

It's as if the Young Living® Essential Oils company captured the peace of the winter forest inside each bottle of **Idaho Balsam Fir**. Harvested and distilled on Young Living's Idaho tree farm during the coldest days of the year, Balsam Fir is soothing and revitalizing at the same time. This valued essential oil—considered to have one of the finest coniferous scents—is renowned for its ability to relax sore muscles and joints, soothe and revitalize the respiratory system, calm anxiety and lift depression.^{1,2} Read on to learn how you and your family can benefit from Idaho Balsam Fir, one of the most versatile and widely-used essential oils from Young Living.



Essential Oil Profile - Idaho Balsam Fir

Plant origin—Young Living Farms, St. Maries, Idaho USA
Extraction method—Steam distilled from needles
Chemical constituents—monoterpenes
Main properties—anesthetic, antibiotic, antihistamine, anti-inflammatory, anti-rheumatic, expectorant, sedative.³

NEW Balsam Harvest DVD—Chainsaws, distillers, goosebumps—watch how this incredible essential oil is made, then listen to Dr. Young discuss how it works. Order your DVD today at crowndiamondtools.com.



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“Tennis elbow”

no match for Balsam Fir

A few years ago, a severe pain developed in my right elbow. It lasted more than a year and nothing gave me relief. It was so bad, I could only extend my arm about 50% of the way. At the time, I was at a Young Living event with Gary Young. He suggested that Idaho Balsam Fir could be applied topically for chronic pain like I had in my elbow. In 10 minutes, the pain was nearly gone and I could move my arm again.

When I woke up the next day, the pain was back. I applied Balsam Fir again. The relief lasted a day or two. This was very promising, so I began to apply Balsam Fir to my elbow three or four times a day for the next two and a half weeks. After that period, I had **full movement and no pain**.

It has been almost five years since I stopped using Balsam Fir on my elbow and the pain has not come back.

—Jay Leek, Silver

Ease the strain and pain of sore muscles & joints



Conifer oils such as Balsam Fir have traditionally been used for topical relief of rheumatism and arthritis.

¹ One reason Young Living's Idaho Balsam Fir eases sore muscles and joints so well is that it contains high levels of four important chemical constituents, some with the anti-inflammatory properties needed to combat inflammatory conditions such as arthritis.^{1,3} In fact, Dr. D. Gary Young—founder and President of Young Living Essential Oils—has found the limonene levels in his Idaho Balsam Fir (up to 30%) exceed those of common balsam fir (3-20%).⁴

Idaho Balsam Fir Soothes Body and Mind

Blend Balsam Fir to magnify benefits for strains, sprains and achy joints

Used alone, Idaho Balsam Fir essential oil is remarkably effective. When blended with other essential oils, its effectiveness is multiplied.

Strained and torn ligaments respond well to **Idaho Balsam Fir** mixed with **Lemongrass** essential oil. Blend 2-3 drops of each oil in the palm of your hand and gently massage on affected area 2-4 times daily. May dilute 50:50 with Young Living massage oils such as Ortho Sport, Ortho Ease or V-6 Mixing Oil.⁶ While Balsam Fir helps reduce the inflammation, Lemongrass promotes connective tissue repair.

For **torn or strained muscles**, blend 2-3 drops of **Idaho Balsam Fir** with **Marjoram**, as above. Gentle massage will help minimize further tissue damage and speed healing.⁷



Deep Relief essential oil blend

Dr. Young has created several exclusive essential oil blends to which Idaho Balsam Fir lends its properties. **Deep Relief™ Essential Oil Roll-On** was specially formulated to ease muscle discomfort. Packaged in a slim, glass wand with a spill-proof, roll-on applicator, Deep Relief makes natural relief available anywhere.

The Deep Relief blend includes Balsam Fir and several other powerful essential oils. Read below to learn how each oil relaxes tight, sore areas.



Known pharmacological properties of the essential oils in Deep Relief essential oil blend^{4,5}

Peppermint—for muscle and joint pain, anti-depressant, tonic, stimulant to nervous system.

Balsam Fir—anti-inflammatory, anti-rheumatic; sedative properties for trauma associated with pain.

Clove—for muscle and joint pain.

Vetiver—rubefacient, soothes arthritis.

Wintergreen—analgesic, anti-rheumatic, for muscle and joint pain.

Lemon—anti-depressant, uplifting.

Helichrysum—anti-inflammatory.

Copaiba—anti-inflammatory, antibiotic, anesthetic.

Balsam Fir helps relieve respiratory congestion

Ease the discomfort of sinus and respiratory congestion by diffusing and inhaling Balsam Fir with its expectorant and respiratory antiseptic properties.⁵ Add **Eucalyptus Blue** essential oil for additional soothing and clearing action. Blend 5-7 drops of each essential oil in the well of your diffuser, turn it on for 15-20 minutes and breathe deeply. Alternately, blend 2-3 drops of each oil in the palm of your hand, rub your hands together, cup them around your nose and inhale for five minutes. Repeat as needed.⁸

Soothe stress, anxiety and depression

The stress-reducing benefits of Balsam Fir can be of great value to those challenged by periods of anxiety and depression. According to Dr. Young, Balsam Fir's sedating properties and ability to reduce cortisol—the stress hormone—are what make it so effective.⁴

Idaho Balsam Fir uplifting

A relative of ours had been suffering with depression for some time. Idaho Balsam Fir became their favorite essential oil for relieving depression, relaxing and feeling at peace. Eventually, they were able to taper off their anti-depressant and ultimately, stop using it.

—Janie Leek, Silver

Young Living is the only source for therapeutic-grade Idaho Balsam Fir essential oil. Try it today and all the other products containing it: Deep Relief, Believe, En-R-Gee, Gratitude, Sacred Mountain, Transformation essential oil blends. Sacred Mountain bar soap, BLM.

Product Name	Code # Size	Prices Wholesale Pref Cust Customer
Balsam Fir essential oil	#3316 15 ml	\$59.75 \$69.18 \$78.62
	#3314 5 ml	\$24.75 \$28.66 \$32.57
Deep Relief Roll-On essential oil blend	#3534 10 ml	\$19.75 \$22.87 \$25.99
Lemongrass essential oil	#3581 15 ml	\$10.50 \$12.16 \$13.82
Marjoram essential oil	#3584 15 ml	\$29.75 \$34.45 \$39.14
Eucalyptus Blue essential oil	#3597 5 ml	\$11.75 \$13.61 \$15.46

Resources

¹ Young Living Essential Oils. Celebrate the Balsam Fir Harvest. March 2009.

² Lavabre, Marcel. Aromatherapy Workbook. Rochester, Vermont. Healing Arts Press. 1997. p. 77.

³ Lavabre. pp 37-39.

⁴ Young Living Essential Oils. Conference Call. February 18, 2009.

⁵ Lavabre. pp 37-39.

⁶ Essential Desk Reference. 4th ed. Utah: Essential Science Publishing. 2008. pp 376-377.

⁷ Essential Science Publishing. pp 426-427.

⁸ Essential Science Publishing. pp 453.

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