

## Staying Healthy in Unhealthy Times

IMPORTANT DISCLAIMER: We make no claims about Young Living or any other products reversing, healing, curing any viruses or diseases. Any course of action you choose to take regarding your health or that of your family must be made with help from a qualified, licensed medical professional. This information is not a replacement for medical advice from your doctor. Your health is solely your responsibility. Be wise and stay safe.

The information contained in this report has been compiled based upon our personal experiences over the past 22+ years. We are not licensed physicians. We are researchers and teachers and as such want to share what we believe to be helpful information.

George Koury & Rudy Hunter

The AromaGuys

[george@aromaguys.com](mailto:george@aromaguys.com)

[www.aromaguys.com](http://www.aromaguys.com)

**This report will cover two topics;  
protecting your health & building a strong immune system.**

Here's a powerful short list of strategies, tactics, preventative measure & amazing tools to help build your immunity...and that of your family.

IF you choose to stay strong NOW you dramatically increase your chances of staying safe & sound.

**NOTE:** All of the product items listed below are from the Young Living Essential Oil catalogue. They are accompanied by their product number for ease of ordering.

### **1. Get enough sleep**

Tired folks have lower immune responses.

Are you REALLY getting enough sleep?

Issues with sleep are often helped dramatically with

**Sleep Essence #4760** supplement from our product line...and even

just some of our **Lavender #3575** or **Tranquil #3533** essential oils on the toes at night.

## 2. Let go of stress

If it's high your immune response is low.

Do you know Young Living makes an amazing oil blend called **Stress Away #4630**? Three guesses what it's aimed at helping.

By the way, if you only put it on once a week it will NOT help you. Carry it in your chronically-stressed pocket and slather up 5 or 6 times a day with a palmful.

## 3. Stay hydrated

Dehydrated folks have lower immunity. Make water more fun with your current favorite oil or oil blend splashed in your good clean water. We love to put a few drops of **Lemon #3578** essential oil in our water. Drink up.

## 4. Protection

Here is one thing we do when we think we might be in a vulnerable environment. Take a bottle of **Thieves Fresh Essence Mouth Wash #3683** (one per family member).

We add some of Young Living's **Oregano #3605** essential oil, but we do it very carefully. To the bottle of mouthwash, we add one single drop of Oregano oil. We shake up the bottle thoroughly. We next take about ½ capful and gargle, swish it around the throat, then swallow. If we need to make it stronger, we add a single drop of Oregano at a time and test it, until we reach our “heat” limit.

WARNING: Oregano is a very “hot” oil. When doing this, we add only one drop at a time and test after each addition to be sure we are not over doing it.

By taking a tiny amount of **Rose Ointment #3709** and with a q-tip, apply some into each nostril before going into a vulnerable environment, you can add a valuable layer of protection.

## 5. Immunity

How is your direct physical immunity? If you are prone to colds, flus & infections you'll just need to be more thorough...but ALL OF US, given the current climate need powerful anti-bacterial and anti-viral support to help us out. Here is our favorite short list of supplements and single essential oils and essential oil blends we take in capsules a few times a day or week:

## **Supplements:**

**MultiGreens #3248** (One of the strongest green supplements we've seen. Good for thyroid balance, blood sugar balance energy and more.)

**Ningxia Red #3042** (Helps maintain healthy blood, heart, eyes. Can help give tons of energy.)

**Inner Defense #3295** (Young Living's great anti-viral, anti-bacterial and immune protection supplement. We are never without it!)

**JuvaTone #3214** (Our favorite liver cleanser. Removes toxins and gives energy.)

**Life 9 #18299** (The best probiotic on the planet.)

**Super C Tablets #3242** (We all need lots of vitamin C to stay healthy.)

## **Single Essential Oils**

**Clove #3524** (Kills pain & infection)

**Lemon #3578** (Disinfectant)

**Melissa #3589** (Very strong anti-viral)

**Oregano #3605** (Very strong anti-viral)

**Thyme #3650** (Anti-viral)

## **Essential Oil Blends**

**Believe #4661** (Anti-depressant)

**DiGize #3324** (Food poisoning, constipation, diarrhea)

**Melrose #3378** (Disinfectant)

**Thieves #3423** (Anti-biotic & anti-viral)

There are literally HUNDREDS of other choices in our line [aren't we lucky?] but this short list we **STRONGLY RECOMMEND** you have in your house for your family and **HAVE EXTRA** just in case you need it.

We also rely heavily on **Inner Defense #3295** and we can't suggest it strongly enough for you & to have extra at home for your family.

**Thieves Waterless Hand Purifier #5142 & Thieves Household Cleaner #3743** are two amazing ways to protect your body and home. And remember that ALL our oils share the special ability to disinfect [all are anti-viral, anti-bacterial, anti-fungus to varying degrees] so be sure to take a few bottles of oil with you to the supermarket and outside so you will always have the ability to disinfect your hands and surfaces in an instant.

**Remember Your Feet:**

These oils on your feet [bottoms, tops and between the toes] creates a great way to get a lot of oil into your bloodstream easily. The feet also reflex ALL the points in the body [Reflexology]...so if you know that Respiratory Health is super-critical [it is!] along with rubbing oils on your chest and back each day be sure to slather between your toes. The more we cover, the more gets covered and protected. Slather up your tootsies!

**The One Drop Tragedy:** There are folks who insist on putting on one or two drops of oil in the belief that they will be amply protected with this amount. Would you ever eat ONE piece of broccoli and believe you've done yourself a health service? NO! It's tragic because they have the right tools...they are just holding back on using them well. Here's the BASIC AMOUNTS EACH DAY to aim for: Three times each day [more if you're exposed to cooties] put 5 to 10 drops of a couple of different Young Living Oils on your body [feet, hands, neck, chest, etc.]. To maintain strong immunity [which is our goal] you need to slather up...and slather up frequently enough. Don't hold back during tough times. Get those oils in liberally and frequently each and every day.

**Special Tip:**

Want to control the environment in your home...unlike our inability to control the outside world? DIFFUSE IN YOUR HOME all the time and you'll create a germ-killing safe-haven for your entire family. One of our favorite diffusers is the **Desert Mist Diffuser #21558**.

**Okay, where do I go from here?**

We've compiled a list of the things we use each month to protect ourselves and build our immune system.

**IMPORTANT:** Being healthy is a commitment to yourself. For example, we all know that vegetables are good for us, but if we eat one piece of broccoli do we feel any better? Does it change our life? Are we healthier? Natural health is no different, so it's important to try this for a few months.

The best way to buy, which is how we get our favorite Young Living products, is as an **Essential Rewards** Member. You get 24% off retail. Then you start earning points back on everything you order which you can redeem for free products. It is free to sign up. You can change your order each month. For each month you are in the program, you earn points toward free products. This is a great deal and one we participate in. You can also cancel the program at any time.

## Here are some sample orders:

### Good (Per month per person):

(This is something you can do on a budget, but it offers limited protection.)

1 bottle of **Inner Defense #3295**

1 bottle of **Thieves** (oil blend) **#3423**

1 **Basic Starter Kit #5460** (A one time purchase. Gets you the best prices.)

### Better (Per month per person):

1 bottle of **Inner Defense softgels #3295**

1 bottle of **Thieves** (Essential Oil blend) **#3423**

1 bottle of **MultiGreens Capsules #3248**

1 **NingXia Red 2 pack #3042**

1 **Basic Starter Kit #5460** (A one time purchase. Gets you the best prices.)

### Best: (Per month per person):

1 bottle of **Inner Defense #3295**

1 bottle of **Thieves** (Essential Oil blend) **#3423**

1 bottle of **MultiGreens Capsules #3248**

1 **NingXia Red 2 pack #3042**

1 bottle of **Thieves Fresh Essence Mouth Wash #3683**

1 bottle of **Oregano #3605** (Essential Oil)

1 bottle of **Melrose #3378** (Essential Oil blend)

1 bottle of **Lemon #3578** (Essential Oil)

1 bottle of **Super C Tablets #3242**

1 bottle of **Life 9 #18299**

1 tub of **Rose Ointment #3709** (Essential Oils in a healing salve)

1 **Basic Starter Kit #5460** (A one time purchase. Gets you the best prices.)

## How To Order:

In order for you to get our on-going help, you must place your order as instructed below:

Call **Young Living Customer Service** to place your order at **1-800-371-3515** or place it online at [www.YoungLiving.com](http://www.YoungLiving.com). It is crucial you ensure George Koury is both your “Enroller” and “Sponsor” [sorry for the lingo!].

**Please use the following number for both Enroller and Sponsor: 203630  
[This ensures you become part of the AromaGuys group. Yay!]**

**If you have been introduced by someone else it is imperative you sign up with them.**

**One last thing!**

**The Essential Oil Pocket Reference** (The BEST book on Aromatherapy)  
If you are serious about using this as a healing modality, this book is a vital part of your education.) Available from Life Science Publishing (800) 336-6308 and <https://www.discoverlsp.com/>

Much love,

George Koury & Rudy Hunter  
The AromaGuys  
[george@aromaguys.com](mailto:george@aromaguys.com)  
[www.aromaguys.com](http://www.aromaguys.com)