



Make the Switch!

Do you wish you had an all-natural home and lifestyle? The Common Scents Mom can help you make it happen!

Young Living has over 400 all-natural, organic, 100% pure therapeutic grade essential oils, supplements, and personal care products. And, although Young Living has awesome personal care products and an amazing household cleaner that contains the powerful essential oil blend, Thieves, I can also show you how to make many of your own natural cleaners and health & beauty products by using common household elements and just a few essential oils.

In addition, The Common Scents Mom created this easy to reference “first aid chart” to help get you started. Once you begin “reforming” your medicine cabinet and switching to all-natural products and essential oils, you’ll wonder why in the world you didn’t make the switch earlier!

Mom’s Natural First Aid Chart:

BITES / STINGS

We used to use: *Benadryl, Antihistamines*

Now we use: *Purification, Copaiba, or Lavender*

BURNS / SUNBURNS

We used to use: *Aloe Vera, burn ointment*

Now we use: *Lavender or Lavaderm Spray*

COLD / FLU

We used to use: *Nyquil, Vick’s, Robitussin, Tylenol Cold*

Now we use: *R.C., Raven, Thieves, Peppermint, Eucalyptus, Thieves Lozenges, Inner Defense (softgels), ImmuPower, Super C (chewable tablets), ImmuPro (chewable tablets), Super B (supplement), Frankincense*

COLD SORE OINTMENT

We used to use: *Lysine*

Now we use: *Melrose, Melissa, or Geranium (And still use Lysine)*

CUTS / SCRAPES

We used to use: *Antibacterial creams and sprays*

Now we use: *Lavender or Geranium*

ECZEMA / SKIN RASHES

We used to use: *Benadryl cream*

Now we use: *Lavender, Cedarwood, Bergamot, Rose ointment*

FEVER REDUCTION

We used to buy: *Acetaminophen, Ibuprofen*

Now we use: *Peppermint (several drops on soles of feet)*

HEADACHE / MIGRAINE RELIEF

We used to buy: *Acetaminophen, Ibuprofen, or Excedrin Migraine*

Now we use: *Peppermint, M-Grain, Deep Relief, or PanAway*

HEART BURN / INDIGESTION

We used to use: *Tum’s, Roloids*

Now we use: *AlkaLime (powder), Lemon*

INSECT REPELLANT

We used to use: *Off*

Now we use: *Palo Santo, Peppermint, Cedarwood, or Purification*

MENSTRUAL CRAMPS / PMS

We used to use: *Acetaminophen, Ibuprofen, Midol*

Now we use: *Dragon Time (best), Lady Sclereol, Frankincense, Clary Sage*

MUSCLE / JOINT PAIN

We used to use: *Advil, Icy Hot, Aspercream*

Now we use: *PanAway, Peppermint, Deep Relief, Ortho Sport Massage Oil, Ortho Ease Massage Oil, Idaho Balsam Fir, Copaiba, Wintergreen*

NATURAL SLEEP AID/STRESS RELIEF

We used to use: *Count Sheep*

Now we use: *RutaVala, SleepEssence (softgel), Dream Catcher, Sandalwood, Spikenard, Peace & Calming, Valor, or Lavender*

NAUSEA / DIARRHEA

We used to use: *Pepto-Bismol, Alka-Seltzer, Zantac, Imodium, various other brands*

Now we use: *Di-Gize, Peppermint, Ginger, Life 5 (probiotic), 5-Day Nutritive Cleanse (kit), Cleansing Trio (kit)*

SINUS / ALLERGY

We used to use: *Benadryl, Actifed, Sudafed, Claritin*

Now we use: *R.C., Raven, Thieves, Peppermint, Frankincense, Harmony and Valor (Used in combination: Harmony on sternum and valor on bottom of feet), Super C*

SORE THROAT

We used to use: *Throat sprays and various sugar-coated lozenges*

Now we use: *Thieves Lozenges, Thieves Mouthwash, Thieves spray, Lemon, Peppermint*

For more information, contact The Common Scents Mom | www.commonscentsmom.com | 309.740-2008 | YL #1137177