

MAKE THE SWITCH TO SAFE AND EFFECTIVE ESSENTIAL OILS!

By Dr. Cathy

Commercial Household Cleansers are a huge source of environmental toxins in your household. You could be exposing yourself, your family and your pets to unknown amounts of toxic chemicals that wreak havoc on hormones, lower your immunity and can cause disease. Check the warning labels and lists of unpronounceable compounds: it's amazing some of these things are sold at all! Going green is easier and more cost effective than you think and many pure therapeutic Essential Oils from Young Living™ are GRAS or Food Additives Approved by the FDA.

Absolute Health Chiropractic uses YL Essential Oils as daily cleansers for the office, bathroom and the massage room to disinfect, deodorize and create an uplifting and tranquil environment for our patients. Essential Oils are an easy to use, cost effective, safe & non-toxic, and eco-friendly alternative to honor the health and safety of your home.

To make the switch even easier, Absolute Health Chiropractic is giving you a

15% Discount on all Citrus Essential Oils

(Lemon, Orange, & Grapefruit)

for the Holidays!

Remember to bring or mention the [coupon](#) for big savings!

EASY AND EFFECTIVE ECO-FRIENDLY CLEANING SOLUTIONS USING YOUNG LIVING ESSENTIAL OILS

Fruit / Vegetable Wash – Use 1-2 drops of a citrus oil; Lemon, Orange, or Grapefruit in a 1 gallon distilled or purified water. Soak fruits or vegetable for 3 minutes to take off residues and fertilizers.

Surface Cleansers for Countertops and Furniture – Fill a trigger spray bottle with purified or distilled water and 3-5 drops of Lemon, Lavender and Pine Essential Oils with a squirt of dishwashing soap. Shake well and spray. A little goes a long way and smells wonderful!

Floor Cleaner and Degreaser – Citrus oils are highly antibacterial and acidic; perfect for cutting through grease and wax build up. Combine 1 gallon hot water with 2 tbsp liquid soap, 15 drops Orange Essential Oil plus 8 drops Lemon Essential Oil and go to work!

Room Deodorizer – instead of “covering” odors from kitchens and bathrooms, Essential Oils deodorize and clean the air and smell great! In a trigger spray bottle mix 1 quart of purified or distilled water with 2 drops Rosemary, 4 drops Lemon, 3 drops Eucalyptus and 4 drops Lavender. Shake well and spray the air, work areas, cupboards, sinks, tiles, etc.

Young Living Essential Oils can also be used for cooking. Try the [Orange-Cranberry Sauce](#) recipe containing Orange Essential Oil.

