



13 Essentials Tools for Vibrant Living

by Holli Smith (2016)

I have been using essential oils, acupuncture, massage, nutrition, skin brushing, exercise and other healing modalities for a long time, and so have discovered a wide variety of healthy habits. It has taken me quite a while to build that list and I want to make it easy for you!

In this ebook I have put together some of my FAVORITE tips that have made a HUGE difference in my life here and hope you can use them to incorporate oils and routines into your life that will reduce the amount of chemicals in your environment and bring about positive change. As you do so, your health, outlook and attitude will transform for the better.

1. Breathe Healthier- My diffuser is going almost all the time that I am home. There are several great ones on the market. Get a smaller version for each bedroom and at least one large one for the main area of your home. Use essential oils in them according to your needs. I put about 15-20 drops and turn it on to a level that is acceptable for you and your family. It will lift your spirits and make your home smell wonderful!

- **Sleep/Calming-** Lavender, Peace and Calming, Valerian, Vetiver, Sandalwood, Dream Catcher, Valor, Citrus Fresh
- **Kill Fungus-** Cinnamon Bark, Clove, Lemongrass, Thyme and Basil
- **Kill Microorganisms-** Thyme, Clove, Oregano
- **Kill Helicobacter Pylori-** Cinnamon Bark, Lemongrass, Clove, Eucalyptus
- **Kill Respiratory Tract Bacteria-** Cinnamon Bark, Lemongrass, Thyme, Peppermint, Melaleuca (Tea Tree), Lavender, R.C.
- **Harmonizing Your Environment/Uplifting-** Lemon, Orange, Bergamot, Neroli, Ylang Ylang, Joy, Harmony, Geranium, Lavender

2. Spritz the Day Away- Invest in a stash of 2 ounce glass spray bottles, blue or amber in color. These are fabulous for creating sprays of many different types. I love my *Inner Child* spray, which I use for perfume. I also have them around the house to use in many different instances. Using distilled water and 10-15 drops of oil will give you a lovely scent, wherever it is needed,

and can be used for disinfecting countertops, cleaning fruits and vegetables, and keeping your pets healthy and your breath fresh.

- **Bathroom Spray-** Christmas Spirit, Purification, Thieves,
- **Disinfectant-** Thieves, Purification, Clove, Lemon
- **Breath Freshener-** Peppermint, Thieves, Clove, Lemon
- **Cleaning Fruits and Veggies-** Lemon, Peppermint

3. Take Charge of Toxins- Get rid of more toxic chemicals by using oils and some non-toxic substances (white vinegar, baking soda) to clean jewelry, ovens, trash cans and bathtubs. Create your mixture and wipe down or scrub the area, viola! Clean and shiny without the toxic fumes. When you put fewer toxins in, your essential oils have less to do to get them all out!

- **Jewelry Cleaner-** As you know, jewelry will lose its sparkle after numerous wears and it will collect dirt and grime from the environment around us. There are several oils that will bring back their fabulous luster very easily. Lemon and Thieves both work great with a soft towel just rub away the tarnish. You want to be careful with pearls, as they are extremely delicate. You can also use witch hazel or white vinegar with a couple of drops of tea tree oil. Soak jewels overnight then combine that mixture with a bit of baking soda and remove grime with a toothbrush. Yay for non-toxic and clean gems.
- **Oven Cleaner-** Commercial oven cleaner is one of the most toxic substances known, usually filled with ammonia and lye, which can actually eat away your skin. I guess that is why it takes off all of the baked grime in your oven. The fumes can penetrate your lungs and your home leaving residue for the long term and can get baked into your food..Yuck! Of course, this job will still take some scrubbing but using a combination of natural soap, baking soda, white vinegar and essential oils is way better for you and for the planet. Just create a paste out of these 4 ingredients and spread it over the inside of the oven, wait for a bit (about half an hour should be enough) and then get your scrubber out. Use some lavender in your mixture to keep you calm while you scrub, if it is really a chore for you. Viola! Clean oven with none of the chemical residue...
- **Trash Cans, Bath and Sink, Kitchen Counters-** Cleaning any surface in your home can be much easier than you think with an abrasive, baking soda is my favorite and essential oils. I use my Thieves cleaner with it and can get pretty much anything off or out of anywhere. I am almost never without my Thieves. You can use any of your favorite oils to add an additional zest and wonderful scent. I really love the fresh, woody scents of *eucalyptus and melaleuca (tea tree)* but *lemongrass* clears the room of odors like no other.
- **Thieves Cleaner-** As I said above, Thieves Cleaner is one of my favorite ways to keep my home clean and smelling fresh. I even use capfuls in each load of laundry to kill germs. You know you wash your undies with all your clothes, right? Bacteria can grow and spread easily from there. There is a very easy table for dilution for all types of jobs listed here:

Dilution Ratios:

Light Degreasing 60:1
Medium Degreasing 30:1
Heavy Degreasing 15:1
Floors 100:1
Walls 30:1
Upholstery, Fabrics, Carpet Spotting 40:1
Carpet 100:1
Glass 320:1
Pots and Pans 100:1
Hand Cleaner 1:1

Notice: Before cleaning upholstery, fabric or carpet, perform a spot test in an inconspicuous location. Discontinue use in the unlikely event of staining or skin irritation.

Click [here](#) to order.

4. Cut The Grease- Essential oils will also break through many petrochemicals around the house. Use the Thieves Hand Soap, Thieves blend or single oils of **lemon, orange or rosemary** on almost any greasy, sticky or just plain hard-to-get-off grime and you will be amazed at how easily it can be removed.

5. Skin Brushing (followed by a shower and self massage with a healthy oil)- Skin brushing has been used for thousands of years in many different cultures for building health in the body. Skin is a very important organ as it removes wastes, increases circulation, has similar respiration function to the lungs, helps to move the lymphatic system and is an important part in how well our immune system functions. Our skin needs fresh air, sunlight, moisture and nourishment to be completely healthy. Generally, we are wearing clothing, applying lotions, antiperspirants and cosmetics that can hinder the effective function of the skin.

Benefits of skin brushing include (but aren't limited to):

- Improved circulation, which can help break down cellulite deposits too.
- Increased lymphatic flow and drainage, which is imperative when detoxifying the body.
- Sloughing off of old, dead skin cells for more beautiful skin appearance and tone.
- Assists sweat and oil glands to release toxic residue.
- Tonifies skin's pores to create tighter and healthier looking skin.
- Increases strength of collagen and elastin to keep skin looking younger, longer.

Start off with a light stroke and then work up to a heavier, firmer touch as your skin gets used to the brushing routine. Begin each session with the armpit region in order to begin the movement in the main lymph area. Move through the chest, under the breasts and down the sides of the body. Then to the upper back, neck and throat. Use a softer bristled brush for the face and use

gentle circular motions, beginning on the chin and working your way up to the forehead, avoiding the eye area. Brush the sides of the head and then down the back. Use a circular motion on palms and fingers but up toward the heart on the back of the hands. Brush around the wrists. Move to the upper arm, always brushing up toward the lymph nodes and then do the lower arm. Release the lymph nodes in the groin area by using circular motions with pressure only when moving inward.

For the abdominal region, use a circular stroke, beginning at the navel and making the circle larger until you reach the sides of your body, then go smaller until the brush rests back at the navel. For the buttocks, begin at the back and move forward up over the hip. The lower back can be brushed upward toward the armpits to encourage flow toward the nodes under the arms.

On the feet, begin with the soles at the heel, using circular motion work up the foot and be sure to get the toes. Brush up the top of the feet and around the ankles, similar to the strokes on the wrists. Do the thighs next and brush upward again all around the entire thigh. Use the same stroke on the lower legs. Systematically working through the entire body, your skin will glow and your immune system will thank you! Try to complete this circuit in about 15 minutes and then follow with a warm shower and a food-grade, oil rub with an essential oil of your choice.

For an in-depth description of this skin brushing system, check out Dr. Berkowsky's work. He has been studying the positive effects of skin brushing for years!

6. What Goes On, Does Go In- Boosting your skincare regimen just got a bit easier. We know how important it is to clean your skin morning and night for optimal results, but adding just one drop of essential oil can work wonders too. Oils can oxygenate your cells and allow toxins to be removed, leaving your skin glowing. Adding them to your moisturizer or serum can also help those products penetrate the lower layers of skin and increase effectiveness.

- **Skin Care (all types)-** Lavender, Frankincense, Geranium,
- **Dry Skin-** Cedarwood, Clary Sage, Lemon, Jasmine, Myrrh, Rosewood, Rose, Ylang Ylang, Sandalwood, Rose Ointment
- **Acneic Skin-** Cedarwood, Lemongrass, Lemon, Orange, Patchouli, Melaleuca (Tea Tree)
- **Oily Skin-** Bergamot, Clary Sage, Cypress, Helichrysum, Patchouli, Peppermint, Roman Chamomile, Rosemary, Melaleuca (Tea Tree)
- **Sensitive Skin-** Jasmine, Gentle Baby
- **Wrinkles/Elasticity-** Cypress, Helichrysum, Lemon, Myrrh, Rose Ointment

7. Drink Clean Water- Lots of it! Many of us do not get enough to drink throughout our day which can stagnate all of your bodily functions. The kidneys need an ample supply of water to be able to flush and remove toxins from our bodies. Lack can bring about kidney stones, failure and many other unwanted side effects. Stomach upset, heartburn, joint and muscle pain, headaches, depression, and fatigue can all be symptoms of dehydration so drinking enough is

VERY important. A good guideline is half of your body weight in ounces, per day (eg: *140 lb person would drink 70 ounces of water per day*). If you are on a detox program or trying to lose weight, drink up to your body weight in ounces. When you are drinking enough water, the essential oils you are using can release toxins and then they will be flushed from the body. if you aren't getting enough water, the residue can redeposit in a different area rather than removing it altogether. I use one drop of **lemon, peppermint or Citrus Fresh** (a blend of 5 citruses and a hint of spearmint) at least once a day to boost digestion, keep my body alkaline and give my favorite drink a bit more flavor..

8. Cleansing- The first item on this list is probably the most overlooked, and disregarded step in any cleanse and is also the most important if you want to cleanse your body. Pure filtered water. I know people who won't go near non-organic fruits and vegetables, but they constantly drink and cook with unfiltered tap water. You will need to drink more as you use essential oils to continually flush toxins being released.

Your local water treatment facility does not do an adequate job of providing you with clean, safe drinking water. The standard water treatment practice is to dump chlorine into the water to kill off the bacteria, and viruses. Chlorine is a poison, and has been linked to cancer. It's not good to consume this on a daily basis.

There's also the risk of chemicals from corporate waste, and farm runoff, as well as the sediment and toxic metals that are found in the pipes that bring the water into your home. Bottled water is not a good choice either. In addition to being very expensive, the manufacturing processes for bottled water are not tightly regulated. Much of the time the bottled water you buy is not any better than city tap water - and sometimes it is just plain city water!

- **Juicing-** Try to get to one day per week. Start slowly and always eat if you feel shaky, dizzy, or any other side effect. Listen to your body and discontinue your cleanse if you are feeling uncomfortable. I cannot stress that enough with any cleansing regimen. Check your local area for juice stores, cold pressed is best to preserve enzyme content.
- **Master Cleanse-** There's only a few ingredients you're going to need for the master cleanse, but it's important that you use these exact products without substitutions. Unlike other cleanses the Master Cleanse doesn't require any exotic or expensive ingredients. In fact it might be the most cost effective way to clean your body in history.

Main Ingredients for the Master Cleanse Recipe:

1. Pure Filtered Water
2. Grade B Organic Maple Syrup, Formaldehyde free
3. Organic Cayenne Pepper
4. Organic Lemons
5. Sea salt - Unrefined, (Not iodized) or Epsom Salt

Optional Ingredients: Laxative tea, Natural Herbal Tea (decaffeinated)

To make sure you get all the benefits you should make the lemonade with filtered water. You can find filtered water at most grocery stores, but a more convenient option is to own your own home water filter.

You have to be careful when shopping for a quality water filter because a lot of them don't do a good job of filtering out the contaminants found in today's drinking water, and some strip your water of beneficial minerals which is especially bad for growing children. Find a water filter that uses a combination of carbon filtration, ion exchange and sub-micron filtration to filter out chlorine, lead, VOC's, MTBE and Cysts (chlorine resistant parasites), and leaves in the natural trace minerals.

As for the other main ingredients they're pretty standard, and can be found at most grocery stores. A few things to keep in mind

- Use organic ingredients The goal of the Master Cleanse is to remove toxic substances from your body so stay away from ingredients that have been sprayed with pesticides
- Don't use concentrated lemon juice. If you have to, you can use non-organic lemons, but you cannot use concentrated lemon juice because It's filled with sugar and preservatives.
- Make sure the sea salt is Unrefined or Not iodized This will be used as a laxative, if salt intake is a problem for you I'll show you another type of laxative in the Optional Ingredients below

The first of the optional ingredients, the laxative tea can be used in place of, or in addition to the sea salt flush. The purpose of both of these items is to increase eliminations. Of the two the sea salt is the more effective, but if you take sea salt the laxative tea will work fine. The tea can be found in most grocery stores, and is sold under different brand names. The two I use are Smooth Move and Laxative Tea. The other optional ingredients will help add some flavor to the lemonade you're going to be drinking daily.

The beauty of the Master Cleanse lies in its simplicity. By going on this diet you allow your body to use the energy it normally spends on breaking down, digesting, and assimilating food to cleanse itself, so you add much to the Master Cleanse without taking away from its

effectiveness. But you can use herbal teas (decaffeinated) to help break the redundancy of drinking the plain lemonade all day long. These teas come in an assortment of flavors, and can really liven up the taste of the lemonade. Herbal tea can be found at just about any grocery store.

The Master Cleanse works just how it sounds; you consume primarily lemonade for the entire time you're on the diet. So the recipes for the diet itself are fairly simple. You should drink a minimum of 60 oz of lemonade a day, but can drink more if you like. You can also drink as much water as you want. It is suggested that you consume your body weight in ounces of water.

#1 (single serving):

- 2 Tablespoons of organic lemon Juice (about 1/2 a Lemon)
- 2 Tablespoons of Organic grade B maple syrup (not the commercial maple flavored syrup you use on pancakes)
- 1/10 Teaspoon Cayenne pepper powder
- Ten ounces of filtered water

There are a couple important things to remember when preparing the lemonade.

For one, the lemon juice used must be freshly squeezed. This cannot be emphasized enough. It is necessary to use fresh produce. Canned juice won't work and will erase most of the benefits of using the master cleanse diet.

Also, the maple syrup must be grade B maple syrup, not the sugar filled syrup that is used at the breakfast table.

The cayenne pepper might seem unnecessary, but it is actually very important. Not only does it help to add a bit of a kick, but the pepper helps to break up mucus and increases healthy blood flow. It also is a good source of B and C vitamins, commonly referred to as Super Vitamins due to their many benefits for the body.

Mixing teas with the recipe is one way to help modify things, just make sure It's decaffeinated tea because caffeine can restrict blood vessels and we want to keep your body passages as open as possible.

- **Liver flush-** The liver is the filter of all toxins for the body. It is key in helping you stay healthy.
 1. **Foods for Liver Health-** Start with 14 foods to cleanse the liver 1. Garlic 2. Grapefruit 3. Beets and Carrots 4. Green Tea 5. Leafy Green Vegetables 6. Avocados 7. Apples 8. Olive Oil 9. Alternative Grains (quinoa, millet) 10. Cruciferous Vegetables 11. Lemons & Limes 12. Walnuts 13. Cabbage 14.

Turmeric. Step up the frequency and amount that you eat these foods. Your liver will thank you!

2. **Juva Flex** is an essential oil blend that can be used as a compress over the liver to induce detoxing. Use 3-5 drops mixed with organic jojoba, coconut or almond oil. Rub it in on the right side, just under the ribs and then place a hot (without burning your skin), wet towel over the area. I will also then place a plastic layer on top so my heating pad doesn't get wet and sit with these layers on for 30-45 minutes, depending on the time I have available. Try doing this 3 days in a row and then wait a few days before repeating the cycle. Again, always listen to your body. If it feels right, your body will let you know. Tune in and really feel what your body is letting you know..
- **5 Day Nutritive Cleanse-** from *Young Living*..This is the one I use most. 5 days, with food/snacks and 3 shakes per day. They make it easy. All the foods, snacks and drinks are noted in a brochure and it tells you step by step how to go about this.

9. Digestive Health- Do you take a probiotic? So many of us have been on rounds of antibiotics in our lives but how do we get the good bacteria back, after it has been eliminated. Here are some incredible and tasty foods that can help; yogurt, kombucha tea, miso soup, sauerkraut, blue algae and even some dark chocolate can help! If you have a difficult time getting these foods into your routine, find a probiotic that has strains of bacteria that can live through your stomach acid. They can then make it to the intestines, where they do their work. I have used Life 5 from Young Living for many years and it is a great option. If I need an extra boost, Bio-K is available in the refrigerated section of many healthy food stores.

10. Move Your Body! I love my rebounder and walking/hiking with my dog. Please, find ways to spend some time every day(or close to it) to move your body in a way that you enjoy. It helps so much when you actually like/love what you are doing to create a routine that you can stick to and do regularly.

11. Set Your Daily Ph- Drinking water first thing in the morning is a great way to wake up and moisturize your digestive tract. In order to set your ph to a more alkaline state, add juice of half of a lemon, apple cider vinegar or a ¼ teaspoon of baking soda. I usually drink 3 glasses, or about 24 ounces, and then wait at least half an hour before I consume my breakfast protein.

12. Eat GOOD Fats- My favorite sources of good fats are coconut oil (use for cooking), olive oil (for dressings and uncooked or lightly-heated sauces) and avocados.

13. Use Essential Oils Daily- I want to be sure that the guidelines for safe use are noted here. It is EXTREMELY important that you treat essential oils with respect and as the highly-therapeutic, concentrated organic compounds that they are. With that being said, here are some very important things to remember when using essential oils...

1. Keep oils out of eyes, ears and mucous membranes. These areas are very sensitive and most essential oils will be too hot for these areas to handle.
2. Do not put any oils undiluted on broken skin. Mix with a carrier oil if you need to treat a wound. It will keep the oil from causing sensitivity in the future.
3. Always do a patch test before applying any oil neat on the skin. Wait a day or so to be sure that you do not have any adverse, allergic reaction before applying again. A reaction doesn't necessarily mean that you cannot use that oil but you may get better results using a carrier oil or just diffusing it in your home.

Patch Test Instructions:

- Place 1-2 drops of a diluted essential oil on the inside of your elbow. Never use essential oils undiluted on the skin for the test. It is best to also avoid essential oils that are known to cause sensitization/dermal irritation.
 - Apply a bandage. Do not get this area wet during the test.
 - If you feel the onset of any irritation or if any reaction occurs, immediately remove the bandage and carefully wash the area with mild soap and water.
 - If no irritation occurs after 24 hours, the essential oil, in its diluted form, is safe for you to use on your skin.
 - Even if a particular essential oil does not irritate you, it still can irritate someone else. Always keep that in mind.
 - Also keep in mind that if you are allergic to a particular plant, you are more likely to be allergic to that botanical's essential oil.
4. Make sure that your kids do not get ahold of oils without your knowledge or consent. It takes a lot of time to adjust and really know how to use oils. Kids' small bodies can be extra sensitive and until they are old enough to understand how to take appropriate safety precautions, only allow them to use them when applied by you. Always dilute oils with a carrier when used on kids, especially younger than 5, and use smaller doses. They can be much more sensitive and can have much more severe reactions to their surroundings.
 5. Be sure to consult your physician if using oils during pregnancy. There are some oils that you do not want to use during this time, including but not limited to; Clary Sage, Basil, Cassia, Cinnamon, Clove, Fennel, Nutmeg, Rosemary and Wintergreen. These oils can have effects on hormone levels that may increase tendency toward contractions or early labor.
 6. Less *IS* More. When using essential oils, use the smallest amount of essential oils that will get the job done. If one drop will get the job done, for example, don't use two drops.

I really hope that these tips help you to make your lives healthier, happier and more satisfying EVERY day! Many blessings to each and every one of you!

These statements have not been evaluated by the Food and Drug Administration. Essential oils and any of the items listed here are not intended to diagnose, treat, cure, or prevent any disease.

About Holli Smith

Begin here by taking a deep breath... Breathing is such an important part of life and very often we take for granted the fact that it comes naturally, most of the time, with almost no effort.



The process of breathing is a mechanical process of exchanging gases between an organism and its surroundings. It allows our body to take in oxygen and release metabolic waste on a continuous basis. What makes this so important is that the most effective way to maintain a healthy body is to keep it oxygenated, ph balanced, hydrated, and cleansed.

It has been a long process getting to where I am today and

I am so happy to be able to share this with you..

I want to let you know how and why I decided to take the time to compose my story, create a website, write a book and come up with my 7 week program (coming soon) to help you live your best possible life!

Short version... I know we all have busy lives to attend to..

I began having severe inflammation and pain in my wrists and hands at age 20. After seeing many medical professionals over 7 years time, I was finally put on chemotherapy drugs to treat symptoms of rheumatoid arthritis. This felt terrible to me and my health continued to decline. Over the next 4 years, I did get a brief respite from the intense pain but overall was doing much worse. Sick for months on end, rashes all over my body, debilitating joint pain and no energy for life whatsoever.. All at 30 years old!

I needed change, and fast.. I found essential oils at that time, thanks to some wonderful friends, and have never looked back. I am continually researching new ways to feel better, detox my body and bring vitality back to my existence.

If I can help you in some way, please reach out to me at essentiallove@gmail.com

Much love and many blessings,

Holli Smith