

Raindrop Process Cheat Sheet



Thyme

Thyme has a spicy, warm, herbaceous aroma that is both powerful and penetrating. Known since ancient times as a medicinal herb, thyme contains large amounts of thymol and is supportive of the body's natural defenses. It supports the immune, respiratory, digestive, nervous and other healthy body systems.



Oregano

One of the most powerful and versatile essential oils. It contains strong immune enhancing and antioxidant properties. Key oil for **Raindrop Technique**, it is designed to help electrical alignment in the body & supports the respiratory system. High in Carvacrol & phenolpropanoids which help cleanse cellular receptor sites.

Raindrop Process is a powerful, non-invasive tool for assisting the body in correcting defects in the curvature of the spine. It integrates VitaFlex with the power of essential oils in bringing the body into structural and electrical alignment.

To register or request a Raindrop call or email me at the address below.



Basil

Inhaling basil can refresh the mind, restore mental alertness, and sharpen your sense of smell. Relaxing for fatigued or aching muscles (both voluntary & involuntary.) Voluntary muscles include all of the motor muscles of the arms, legs, back, abdomen, neck and face. Mentally energizing and invigorating. Provides support during anxiety. Improves senses of taste & smell.



Wintergreen

Contains methyl salicylate (phenolic ester), excellent for bones, beneficial in massage for soothing head tension & muscles after exercising because of its cortisone-like effect. Stimulates the body's own production of natural cortisone without the side-effects of synthetic counterpart. Supports joints & skeletal structure. Also have analgesic properties. Do not ingest.



Marjoram

Marjoram has a woody & spicy aroma. It has a calming & warming effect on both mind & body & soothes tense muscles after exercise. Beneficial for simple nervous tension. Relaxing to involuntary & voluntary muscles. Involuntary muscles include the heart, digestive tract, diaphragm & reproductive organs. Soothing to nerves & migraines.



Cypress

Supportive of the circulatory & lymphatic systems. Stimulates the body's natural white corpuscle production. Supports the body's natural response to irritation & injury. Composed with 76% monoterpenes & 14% sesquiterpenes which may assist in restoring proper cellular programming to restore health & maintain wellness.



Peppermint

Supports digestive, respiratory, and nervous systems. Peppermint is often used for anxiety. Research has shown that inhaling peppermint improves concentration and mental retention. Detoxing to the liver. A synergistic oil that supports and improves the beneficial actions of other oils used in conjunction.



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Energize Fortify Revitalize

NINGXIA

Use it to:

- Enhance Immune-Promoting Factors
- Promote Healthy Blood Sugar Levels
- Maintain Healthy Cholesterol Levels
- Support Optimal Respiratory Health
- Maintain Healthy Blood Pressure
- Support Normal Kidney Function
- Optimize Cardiovascular Health
- Support Healthy Liver Function
- Reduce Menopause Symptoms
- Strengthen Muscles and Bones
- Improve Athletic Performance
- Increase Energy and Strength
- Improve Lymphocyte Count
- Support Healthy Pregnancy
- Promote Bowel Regularity
- Combat Premature Aging
- Support Optimal Vision
- Fight Joint Discomfort
- Improve Memory

1 oz. of NingXia Red has the same amount of antioxidant levels as:

- 55.33 pounds of almonds
- 10.85 pounds of spinach
- 73 medium strawberries
- 22 medium carrots
- 59 broccoli florets
- 93 apples
- 100 oranges
- 130 tomatoes
- 814 Blueberries
- 34 large onions

NingXia Red® is a powerful drink that contains whole Ningxia wolfberry puree; a super blend of blueberry, aronia, cherry, pomegranate, & plum juices, natural stevia extract, grape seed extract, pure vanilla extract, orange, yuzu, lemon & tangerine essential oils. It's the perfect choice for optimizing wellness & stepping up to a new level of health.



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RainDrop Process

1 Helps prevent the bacterial & viral causes of spinal misalignment including scoliosis and kyphosis. VALOR: positively affects the limbic system & stimulates spinal re-alignment.

2 Helps improve immune function. THYME: Antiseptic supportive of the body's natural defenses OREGANO: Antimicrobial & cleanses cellular receptor sites.

3 Mixing oil is used to dilute the oils that are high in phenols. After applying oregano & thyme, it is best to use 10 to 15 drops of the V-6 mixing oil over the areas where the oils have been used.

4 Helps improve circulation. CYPRESS: Supportive of the circulatory & lymphatic systems.

5 Helps reduce inflammation. WINTERGREEN: Cortisone-like effect and analgesic properties.

6 Helps relieve stress. BASIL: Relaxing to both voluntary and involuntary muscles.

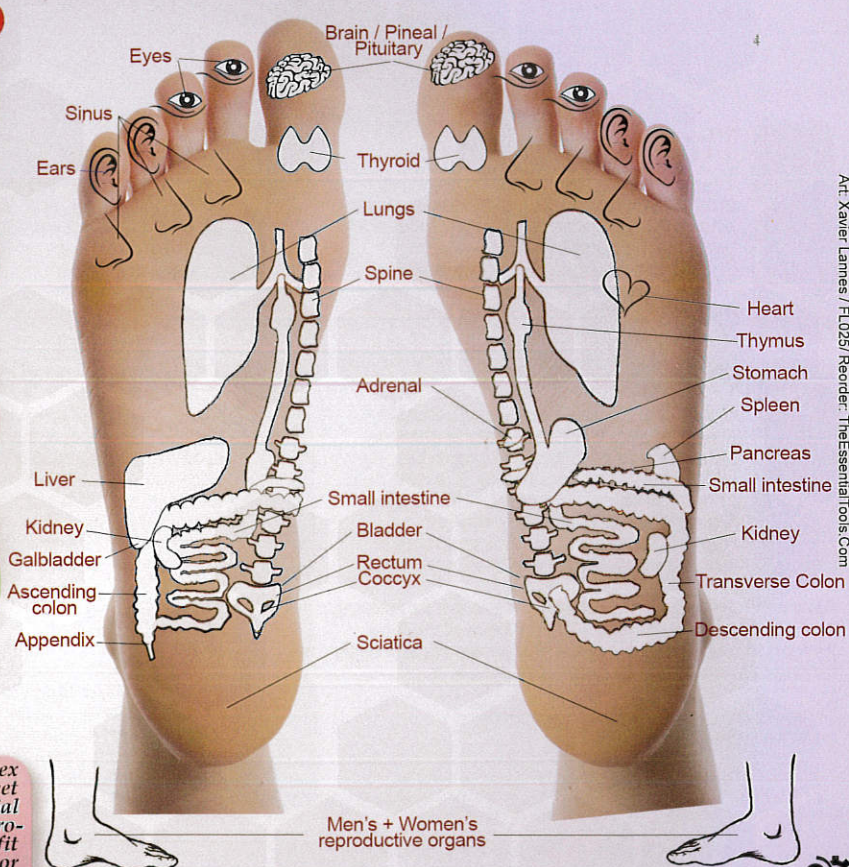
7 Helps releasing negative emotions. MARJORAM: Soothing to nerves, used for migraines. PEPPERMINT: Improves concentration and mental focus.

8 Helps reduce discomfort AROMA SIEZ: Calming, relaxing & relieves tension.

To register or request a raindrop, call or email me.

TIP Use Vita-Flex points on your feet to carry the Essential Oils through neuro-electrical pathways to benefit a specific area of the body or target a particular organ.

Vita-Flex Foot Chart



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NingXia Nitro Cognitive Fitness

NingXia Nitro™ combines 100% pure, therapeutic-grade essential oils with naturally powerful ingredients to lift mental clarity and focus while also providing a surge of energy when needed. Each box contains 14 single-serve tubes (20 ml each).

Primary Benefits:

- Increases mental fitness, cognitive alertness, and physical acuity.
- Enhances athletic performance and endurance.
- Boosts energy and serves as a daily pick-me-up.
- Natural alternative to caffeine, sugar & artificial energy drinks
- Healthy energy boost



How to Use

Consume NingXia Nitro™ directly from the tube or mix with 2-4 oz. of NingXia Red® or 4 oz. of water to enhance physical performance, lift mental fog, or anytime you need a pick-me-up. Best served chilled. Shake well before use.

Ingredients:

Purified water, Nitro juice blend concentrate: Cherry, Kiwi, Blueberry, Bilberry, Black currant, Raspberry, Strawberry, Cranberry juices), Acerola puree, Coconut nectar, Nitro Energy blend (D-Ribose, Green tea, Choline bitartrate, B3, B12, B6, Mulberry leaf extract, Korean ginseng extract, Folic acid, Potassium iodide, Natural flavors, Pectin, Xanthan gum, Nitro™ Alert oil blend: Vanilla (Vanilla planifolia) oil, Chocolate oil, Yerba mate oil, Mentha spicata (Spearmint) oil, Mentha piperita (Peppermint) oil, Myristica fragrans (Nutmeg) oil, Piper nigrum (Black Pepper) oil, Wolfberry seed oil 100% pure, therapeutic-grade essential oil

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Vitality

Peppermint

Peppermint Vitality™ has a bright, cool flavor, with benefits that include gastrointestinal comfort & natural digestion support. Keep Peppermint handy in your pantry as a flavoring agent or a dietary supplement. Peppermint is a versatile oil with a rich flavor. As a dietary supplement, Peppermint can support healthy gut function & digestive efficiency.



Basil

Basil Vitality™ has a flavor that is sweet & warm. You can find it in a diversity of traditional recipes in Asian & European cooking. Thanks to its concentration, you'll get a sharper flavor than fresh herbs. Basil pairs better with savory foods, but you can also add its sweet, slightly peppery flavor to any meal.



Thyme

Thyme Vitality™ can easily be used instead of the fresh plants in your favorite dishes because it lasts longer & is always easy to keep on hand. Thyme includes the naturally occurring constituents thymol, para-cymene, & gamma-terpinene, which makes it perfect if you want to use it as a dietary supplement in your everyday lifestyle.



All Herbs Dietary Essential Oils

Vitality™

Spearmint

Spearmint Vitality™ has a unique minty flavor, helps to calm tummies & supports normal digestion. With naturally occurring constituents menthol, carvone, & limonene, it adds a cooling effect to foods that is both pleasant & beneficial. Thanks to a sweeter, softer mint taste than Peppermint, it is perfect for infusing beverages to help cool you down.



Rosemary

Italian food would not be the same without Rosemary. As a dietary supplement, Rosemary is loved for its naturally occurring constituents eucalyptol & alpha-pinene, which can help maintain overall wellness. Add 2 drops in a capsule or stir in a few drops of Rosemary to your tomato sauce to add an authentic, fresh taste.



Lavender

Lavender Vitality is included in the famous French "Herbes de Provence" along with spices such as marjoram, thyme, oregano, & rosemary. Use Lavender to create elegant dishes that will impress your family & friends. This herb has a sweet, slightly floral flavor that pairs well with both rich and light foods.



Lemongrass

Lemongrass Vitality™ not only supports wellness when taken as a dietary supplement but also invigorates senses with its bright, lemony aroma. You can incorporate its delicate citrus scent to many dishes. To keep hydrated, add a couple of drops to a glass of water or a hot cup of tea for a vim of flavor.



Oregano

Oregano Vitality™ may support a healthy lifestyle when taken as a dietary supplement. It's an easy way to flavor savory dishes. Middle Eastern & Mexican cuisine would not be the same without it since its distinctive, pungent taste makes it indispensable to those culinary cultures.



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Rebecca M
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Wonderful Essential Oils Kids Collection

ALL CITRUS OILS

Orange, Grapefruit, Mandarin, Tangerine
CITRUS OILS ARE MOOD-ENHANCING & KNOWN TO CALM OVERSTIMULATED CHILDREN SO REALLY THEY ARE MOOD-BALANCING OILS! TO PREVENT A FLASH OF PIGMENTATION OF THE SKIN, DO NOT USE CITRUS OILS WHEN EXPOSED TO DIRECT SUNLIGHT



LAVENDER
USED FOR CENTURIES FOR ITS THERAPEUTIC BENEFITS, THE MUST-HAVE OIL TO HAVE ON HAND AT ALL TIMES, USE IT TO SOOTHE SKIN IRRITATIONS, HELPS SKIN RECOVER QUICKLY AFTER BURNS, HELPS BOOST IMMUNITY, RELIEVES WORRIES & ANXIETY & IS THE PERFECT OIL TO USE FOR KIDS AT BEDTIME.



PEPPERMINT

PEPPERMINT IS A DIGESTIVE AID, USED IN TOOTH PASTE & GUMS FOR ORAL HEALTH, HELPS TO ALLEVIATE UPSET STOMACH & HEALTHY RESPIRATORY FUNCTION. KNOWN TO HELP COOL DOWN KIDS (MAKE SURE TO DILUTE BECAUSE KIDS FEEL IT'S STRONG!) CONTAINS 1,8-CINEOLE*



FRANKINCENSE

EXPECTORANT, STIMULANT, & IMMUNE BOOSTER
USE IT TO CALM KIDS WHEN SICK, WORRIED, OR OVERWHELMED, HELPS WITH MENTAL CLARITY & IMPROVE FOCUS, RUB A FEW DROPS, DILUTED WITH A CARRIER OIL ON KIDS' CHEST, THEY ARE ALWAYS PEACEFUL AFTERWARD.



MELALEUCA

CAN BE USED TOPICALLY & DIFFUSED
MOST COMMONLY RECOGNIZED BY THE NAME TEA TREE OIL
THE LEAVES OF THE MELALEUCA TREE HAVE BEEN USED BY THE ABORIGINES FOR CENTURIES, TO HEAL CUTS, WOUNDS AND SKIN INFECTIONS, PERFECT FOR GROWING TEENAGERS.



SANDALWOOD
HIGH IN SESQUITERPENES THE CHEMICAL COMPONENT THAT STIMULATES THE PINEAL GLAND IN THE BRAIN
OFTEN USED FOR MEDITATION, THIS OIL IS UPLIFTING & RELAXING, GREAT HELPER BEFORE A TEST AT SCHOOL. IT IS ALSO VALUED IN SKIN CARE FOR ITS MOISTURIZING & NORMALIZING PROPERTIES.



EUCALYPTUS

PREFERRED CHOICE FOR CHILDREN
COOLING, REFRESHING & ENERGIZING, SINCE IT IS NONIRRITATING & GENTLE, IT IS SUITABLE FOR TOPICAL USE, DIFFUSING, & DIRECT INHALATION. WELL-KNOWN FOR RESPIRATORY DISORDERS, HAS NATURAL INSECTICIDAL PROPERTIES, CONTAINS 1,8-CINEOLE*.



YLANG YLANG

HAS SESQUITERPENES FOR MEDICINAL PROPERTIES
YLANG YLANG IS VERY EFFECTIVE IN CALMING & BRINGING ABOUT A SENSE OF RELAXATION, & IT MAY HELP WITH RELASING FEELINGS OF ANGER, TENSION, & NERVOUS IRRITABILITY. IT HAS A LONG HISTORY IN SKIN & HAIR CARE PRODUCTS, PARTICULARLY IN ASIA, WHERE IT IS USED TO PROMOTE LUXURIANT HAIR.



Eight mild essential oil for kids ages 2-12 years. Do not ingest. Keep out of reach of children. Statements not evaluated by the FDA. Information for educational purposes only & not meant to substitute for medical care or to prescribe treatment for any specific health condition. These products are not intended to diagnose, treat, cure or prevent any disease. *Indicates an essential oil high in 1,8 cineole & can potentially cause slow respiration in children under 2.



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Vitality

Black Pepper

Black Pepper Vitality™ is one of the most popular spices in the world. Its distinctive flavor makes it a common addition to many recipes, from appetizers to entrees. Use Black Pepper to spice up your favorite soup, rub, or marinade recipes. It is the most common & potent flavoring of the peppercorn family. Add this seasoning to your kitchen with a convenient bottle of Black Pepper Vitality™.



Cinnamon

Cinnamon Bark Vitality™ is a concentrated & potent flavor that complements a variety of classic culinary treats. Not only is Cinnamon Bark used for its unique & spicy notes in recipes, but it's also a great dietary supplement. Using Cinnamon brings a warm taste & sensation to your favorite dishes.



Clove

Clove Vitality™ is the concentrated distillation of the same distinct, spicy cloves that have been used in kitchens for thousands of years. Perfect for adding flavor to both sweet and savory dishes, Clove includes the naturally occurring constituent eugenol. When taken as a supplement, Clove promotes a healthy immune response & may support overall wellness.



Ginger

Ginger Vitality™ has a wide variety of applications. Used as a flavoring or as a dietary supplement, Ginger is a versatile oil that's great to keep on hand. Ginger benefits are derived from its naturally occurring constituents zingiberene & beta-phellandrene. No matter if it's included in a sweet or savory dish, Ginger stands out from the crowd. Add a drop to your tea for a nice, soothing hot drink.



Carrot Seed

Carrot Seed Vitality™ provides a herbaceous, floral note to foods, making it a great addition to tasty dishes. Its complex flavor brings an earthy, delicious taste to your favorite recipes. With many of the same constituents as the carrots from which it's derived, Carrot Seed benefits may support health & well-being.



Celery Seed

Celery Seed Vitality™ brings a pleasant aroma & taste to pickling blends and brines. Celery Seed offers a flavor profile that is commonly described as earthy & grassy. It can add a unique depth of flavor to coleslaw & salad dressings & can also be used for seasoning poultry or by using a couple of drops in your rice water.



Dill

Dill Vitality™ has a fresh, pungent flavor & replaces fresh or dried dill in dressings & dips. Its flavor can be blended with Carrot Seed & Lemon as a flavorful ingredient for soups & stews. Dill is a key flavor in many traditional Russian, European, Mediterranean, Asian, & Scandinavian dishes. Dill can be a great way to lend a delicious flavor to a wide variety of cuisines!



Spice Dietary Essential Oils

Vitality™



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Constipation:

Ginger, mandarin, orange or rosemary. Dilute one of the oils and massage on stomach and feet.

Teething

Mix 1 drop of Roman Chamomile or Lavender with a tsp of quality carrier oil.

Colic:

Bergamot, ginger, mandarin, marjoram, roman chamomile, rosemary, or ylang ylang. Blend: Combine 2 Tbsp. Almond oil with 1 drop roman chamomile, 1 drop lavender, & 1 drop geranium. Mix and apply to stomach & back.

Cradle Cap:

Combine 2 Tbsp. of almond oil with 1 drop lemon and 1 drop geranium or with 1 drop cedarwood & 1 sandalwood. Mix and apply a small amount on head.

Croup:

Marjoram, ravensara, rosewood, sandalwood, or thyme. Dilute for massage or diffuse. Bundle baby or child up and take outside to breathe cold air.

Crying:

Cypress, lavender, frankincense, geranium, Roman chamomile, rose otto, or ylang ylang. Dilute for massage or diffuse.

Diaper Rash:

Lavender (dilute and apply). Blend: Combine 1 drop Roman chamomile and 1 drop lavender with vegetable oil and apply.

Teeth Grinding:

Lavender (rub on feet).

Digestion:

Lemon, peppermint or orange. Dilute and massage feet and stomach.

Dry Skin:

Rosewood or sandalwood. Dilute and apply

Over heat:

Lavender. Dilute in vegetable oil & massage baby or child (back of neck, feet, behind ear, etc.). Peppermint (diffuse only).

Hiccoughs:

Mandarin. Diffuse

Baby steps to Essential Oils

Ouch!:

If not enough carrier oil is used, the baby's skin may redden & become hot. Don't add water, just add more carrier oil.

Dilution chart

The safest dilution ratio for children under 6 years old is a .25% dilution. For children over 6 years old, the typical ratio is a 1% dilution.

Drops	Carrier	
0.25%	1	4tsp .01
1%	1	1tsp .02
2%	2	1tsp .03
2.50%	3	1tsp .04

Simple Children's Remedies Using Essential Oils

Nighttime Massage Oil

12 drops of Lavender essential oil in one ounce of sweet almond oil. Massage into skin before bed to promote a restful night's sleep.

Earache Oils

Put a few drops of Lavender, Melaleuca, or Melrose onto a cotton ball. Gently place the cotton ball in the edge of the ear. Don't push the cotton ball far inside the ear. Swap out for a new fresh cotton ball 2-3 times per day until the infection is gone. NEVER put these oils directly in the ear.

Congestion steam

10 drops of eucalyptus oil in a diffuser or in ¼ of hot water. Hold face over bowl with towel draped over bowl and head. Inhale steam deeply for 5-10 mn. Be careful of hot water & burns.

Energy Bath

Place 6 drops of Citrus essential oil in baby bath tub or 30 drops for full-sized tub. Mix well

When using essential oils on babies and children, it is always best to dilute 1-2 drops of pure essential oils with 1/2-1 tsp. vegetable oil. If the oils are used in a bath, always use a bath gel base as a dispersing agent for the oils.

Basil	Hyssop	Saffron
Birch	Lemon	Sage
Cassia	Lemongrass	Savory
Clove	Melissa	Turpentine
Ginger Lily	Myrtle	Verbena

Never use those oils on babies.

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