

Health Concern	Natural Considerations (Oil blends = Doterra, Most supps = Standard Process).
Acne	Need to avoid food allergens and heal the leaky gut. May need to do a parasite cleanse. Oils: HD Clear blend, Arborvitae, Frankincense for healing.
Allergies	Need to fix dysbiosis in the gut. Acidify the gut. Antronex, Cal-Amo Need probiotics, fish oil. Need to heal the gut lining. Carbo-G, Enduragard Oils: Lemon/Peppermint/Lavender blend - diffused or applied topically.
Anxiety/Nervousness/ Worry	Need to strengthen the adrenals & thyroid and add calming minerals. Adrenal Dessicated, Organically Bound Minerals, Kava, Neva-ton, Cataplex G. Oils: Frankincense oil or Balance/Serenity blend.
Antibiotics	Gut Flora Complex Oregano oil or OnGuard oil blend Colloidal silver - use 10 ppm internally, or 250 ppm topically. Clear w/o debris.
Bleeding/Broken capillaries/Nosebleeds	Chronic - Need more vitamin C in the diet. Cyruta Plus & Chlorophyll Complex. Acute - Helichrysum oil with pressure.
Bloating	Upper abdomen = need upper digestive support. Zypan & AF Betafood Lower abdomen = gut dysbiosis. Zymex, Spanish Black Radish Oils: Digestzen blend.
Bruising	Need more vitamin C in the diet. Cyruta Plus & Chlorophyll Complex. Oils: Frankincense & Helichrysum Arnica gel
Burns	USF ointment by Standard Process. Lavender oil!
Chronic cough	Alli's homemade cough syrup blend Broncafect by Mediherb. Breathe and OnGuard cough drops by Doterra. Liquid tonic: Eyebright, Goldenseal & Echinacea Premium. Herbal Throat Spray.
Cold & Flu	OnGuard essential oil blend by Doterra, Cold & Flu oil blend by Pure Haven Eucalyptus Congaplex, Thymex, Andrographis, Cataplex AC, Antronex
Constipation	May need upper digestive and liver support. Zypan, AF Betafood, Carbo-G. May need to fix gut dysbiosis. Prosynbiotic or Zymex. Need to drink water with lemon. Need to eat red beets/beet greens.
Cuts & Wounds	Neem-O ointment by Pure Haven. USF ointment by Standard Process. Silver Edge colloidal silver ointment (250 ppm) Frankincense oil.
Depression	Need hypothalamus & adrenal support, EFAs & B vitamins. Citrus oils: lemon, orange, tangerine, lime, bergamot. Clary sage & Frankincense.
Diaper rash	USF ointment Pure Haven Essentials baby powder (no talc) Lavender oil diluted with coconut oil or another carrier oil
Diarrhea	Something toxic in the bowel. Cholacol II, Zymex II, Gastrex, Lactic Acid Yeast, Prosynbiotic
Earache	Get adjusted! Oils: Basil & Melaleuca behind the ears.
Fatigue	Need to evaluate adrenals, thyroid and immune burdens. Adrenal Dessicated, Eleuthero, Rhodiola & Ginseng, Astragalus Liquid tonic: Ashwaganda, Rehmannia, Echinacea

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Fever	Calcium Lactate
Gallbladder pains/ intolerance of fats	AF Betafood & Choline Need to eat red beets/beet greens every day. Eliminate canola & vegetable oils.
Gas	Lots of air = difficulty digesting carbohydrates, need enzymes. Lactic Acid Yeast, Carbo-G Smelly = difficulty digesting proteins, need HCl. Zypan, Apple cider vinegar in water DigestZen blend
Hangovers	Antronex. Drink more water with lemon. Digestzen on belly, Past Tense or Peppermint on temples and base of neck.
Headaches, Mild	Need to drink more water with lemon. Peppermint oil on temples or forehead.
Heartburn/Indigestion	Gastrex to calm stomach, HiPep for healing If no ulcer can use Zypan. With ulcer, use Multizyme.
Hemorrhoids	Collinsonia root! Lavender with coconut oil to soothe. Or Cypress with Geranium.
Histamine responses (Hives, Mosquito bites)	Eliminate triggers from food or the environment. Replace toxic fragrances/cleaners/soap/lotions. Use Antronex.
Hypoglycemia	Need to drastically reduce carbs and increase healthy fats & protein. Diaplex, Cataplex B, AF Betafood, Paraplex, Cataplex GTF, Fish oil
Insomnia/Sleep interrupted	Need to increase calming minerals. Coral Legend & Organically Bound Minerals Need to evaluate glycemic management & blood sugar swings & adrenal function. Eat protein before bed, more EFAs, less carbohydrates. Liquid tonic: Valerian, Chamomile Oils: Lavender, Roman Chamomile, Cedarwood.
Menstrual Cramps/ PMS	Need to do a purification cleanse to clear excess hormones or toxicity. Need to strengthen hormone signaling with glandular support for pituitary, ovaries, uterus. Sip on raspberry leaf tea with cramp bark powder & ginger Keep Crampex on hand. Use menstrual cramp oil blend or ice pack on belly. Eliminate processed foods, alcohol, meat, dairy & stress 3 days before start.
Migraines	Need to do a purification cleanse. Need to eliminate toxic influences and food allergens. Oils: Peppermint, Past Tense blend
Muscle aches & pains	Deep Blue oil blend, Aching muscles oil blend, Lemongrass, Marjoram Arnica gel CBD oil balm (swelling & inflammation)
Nausea	Need upper digestive support. Zypan & AF Betafood. Peppermint oil, Fennel oil, Ginger oil Sip on peppermint tea, ginger tea
Rashes	Need to fix the gut dysbiosis. Gut Flora Complex, Spanish Black Radish Need to eliminate food allergens and topical irritants Can use Lavender or Frankincense oils to ease itchiness Can use Pure Haven Dream Cream or Baby Cream to soothe dry/itchy skin
Sunburn	Aloe vera topically Lavender oil topically Make homemade sunscreen for next time Need to increase EFAs (Tuna Omega, Cataplex F, Cod Liver Oil).
Tooth pain/Cavities	Oil pulling - use coconut oil with a couple drops of clove oil or Onguard blend. For healing: BioDent, Probio DDS Use a nontoxic toothpaste without fluoride or make your own.
Yeast Infections	Lactic Acid Yeast (inserted at night), Gut Flora Complex, Spanish Black Radish