

MASSAGE THERAPY AND YOGA WITH BODY-FEEDBACK AND YOUNG LIVING

PART 1.1: INTRODUCTION TO BODY-FEEDBACK FOR MASSAGE THERAPY AND YOGA

1. Why incorporate Body-Feedback into your massage or yoga practice?

- To know the best essential oils to use that will immediately release the surface layers of tension and muscle knots
- To increase the effectiveness of the massage and yoga poses by safely and quickly moving to deeper levels
- To ensure clients are using the best possible self-care between appointments with the knowledge to monitor their own health

2. How do essential oils support the muscular-skeletal system?

- They target specific layers of the body, including the tendons, ligaments, muscles, bones, nerves, and cartilage
- They support the normal and healthy inflammatory cycle for tissue repair through the immune and lymph systems
- They enhance both athletic performance and everyday exercise to encourage optimal health and faster recovery times

3. Essential oils support a normal and healthy inflammatory cycle:

- Essential oils contain high levels of enzymes that initiate different functions of a healthy inflammatory cycle
- Essential oils support the removal of old damaged cells
- Essential oils contain plant hormones that provide the raw materials to promote new tissue growth and support the nerves
- Essential oils contain DNA and influence healthy DNA replication

Hormones that support regeneration:

- Testosterone, progesterone, cortisone, and human growth hormone
- The stress hormone cortisol will deplete these reserves

4. Specific muscles correspond with the acupuncture meridian system:

- Massage therapy and yoga provide insights to where stress, tension, and weakness most affect the muscles, connective tissue, and corresponding acupuncture meridians
- By identifying weak or tight muscle groups, and combining this information with the Body-Feedback questionnaires, you can identify how to best support the muscular-skeletal system and healthy aging for yourself and your clients

5. Example case study:

- A client has tight hamstrings, weak upper arms, and wakes with low back pain
- The hamstrings and low back are the referral areas for the large intestine meridian and the deltoid muscle is the referral area for the lung meridian
- The highest scores on the questionnaire are in the lung and large intestine meridians, which create the metal element pair
- Helpful oils and supplements can balance and strengthen these meridians and support the associated body systems (the immune, respiratory, and digestive systems)

MASSAGE THERAPY AND YOGA WITH BODY-FEEDBACK AND YOUNG LIVING

PART 1.1: INTRODUCTION TO BODY-FEEDBACK FOR MASSAGE THERAPY AND YOGA

6. Example case study continued:

- The Aroma Siez™ blend tests the best and can be used in a variety of ways that will strengthen the weak muscles, loosen the tight muscles, and restore balance to the meridian system
- By researching the properties of the individual oils in the Aroma Siez™ blend, (basil, marjoram, lavender, peppermint, and cypress) a deeper understanding of the possible triggers or lifestyle factors can be addressed

Where to research essential oils:

- The Higley Reference Guide for Essential Oils (online app and book)
- Essential Oil Reference Guide by Life Science Publishing
- How to Use Essential Oils of the website

7. How to use Young Living's Aroma Siez™ blend with case study:

- A few drops can be added to a massage oil or lotion used during massage therapy sessions or at home to enhance stretching
- A few drops can be applied to the soles of the feet or diffused to enhance yoga poses and boost the immune system
- This blend can be applied to the low back at bedtime with extra lavender, marjoram, and a lotion or carrier oil for restful sleep

8. The benefits of using the essential oils with Body-Feedback testing:

- Increased flexibility of the muscles and connective tissue
- Deeper massage with less discomfort and resistance
- Deeper stretching and improved muscle strength encourages holding the yoga poses longer
- With use at home, your clients will continue to strengthen their constitution and muscular-skeletal system long-term

9. Teaching your clients how to monitor their own health:

- By showing your clients how to muscle test their own Body- Feedback Areas, they will learn what is improving their health and can then check foods, supplements, lotions, soaps, and detergents at home
- Your clients will notice that the benefits of their massage, yoga, and other therapies last longer and they feel physically and emotionally better

10. Increase referrals and add revenue streams to your practice:

- You can share the educational tools on the Body-Feedback website with your clients to build your Young Living business
- You have the opportunity to teach both Body-Feedback Self- Care and Make-and-Take Workshops
- Building a Young Living downline can be a natural extension of your massage therapy and yoga practices

MASSAGE THERAPY AND YOGA WITH BODY-FEEDBACK AND YOUNG LIVING

PART 1.1: INTRODUCTION TO BODY-FEEDBACK FOR MASSAGE THERAPY AND YOGA

11. The benefits of adding Body-Feedback to your practice:

- Confidently know which essential oils and supplements will benefit your clients the best and how to use them
- Attend the massage therapy and yoga clinic sessions to practice the Body-Feedback techniques under supervision and guidance
- Gain a deeper understanding on the body-mind-soul connection that is the basis of the meridian system and Chinese medicine

PART 1.2: HOW THE MERIDIAN'S INFLUENCE THE MUSCULAR-SKELETAL SYSTEM

1. Each meridian interacts with the muscular-skeletal system:

- Each meridian has several functions that influence and support different body-systems that the meridian interacts with
- Each meridian contributes to the physical, emotional, and spiritual (mental) health of a person and Chinese medicine believes these are interconnected and cannot be separated
- This class highlights general meridian information, the muscular- skeletal relationships, and the astrological correspondences
- When a meridian is out of balance, the symptoms and Body-Feedback Areas will worsen during the time of day and time of year the meridian is most active (the lung meridian is most active in early spring and between 3 a.m. and 5 a.m.)

2. The lung meridian's influence

- Most active from 3 a.m. to 5 a.m. and during early-spring
- Supports the immune, cardiovascular, and respiratory systems
- Supports the natural and healthy inflammatory cycle to remove damaged cells and complete the healing cycle
- Influences the integrity of the blood vessels and oxygenates the blood
- Supports a healthy histamine response, a balanced immune system response, and protects the body's borders
- The sign of Aries (March 21st through April 20th) corresponds with the lungs in Chinese medicine and the head in Western astrology

3. The large intestine meridian's influence

- Most active from 5 a.m. to 7 a.m. and during mid-spring
- Supports the immune, digestive, and detoxification systems
- Support the ligaments (bone to bone connections)
- Influences the Iliotibial (IT) band, hamstrings, and hip joint
- Works with the gallbladder meridian to align the hips and legs
- Supports healthy digestive flora and carbohydrate metabolism
- Influences the health of the gums and the lower sinuses
- The sign of Taurus (April 21st through May 20th) corresponds with the large intestine in Chinese medicine and the throat in Western astrology

MASSAGE THERAPY AND YOGA WITH BODY-FEEDBACK AND YOUNG LIVING
PART 1.2: HOW THE MERIDIAN'S INFLUENCE THE MUSCULAR-SKELETAL SYSTEM

4. The stomach meridian's influence

- Most active from 7 a.m. to 9 a.m. and during late-spring
- Supports the digestive, immune, and endocrine systems
- Influences mineral absorption into the bones
- Directs energy flow downward to move food through the intestines
- Supports metabolism and the initial stages of digestion
- Supports the thyroid and parathyroid
- Influences the gums, eyes, and the lower sinuses
- The sign of Gemini (May 21st through June 20th) corresponds with the stomach in Chinese medicine and the arms, hands, and lungs in Western astrology

5. The spleen meridian's influence

- Most active from 9 a.m. to 11 a.m. and during early-summer
- Supports the endocrine, digestive, and immune systems
- Supports muscle strength and tone (including the heart)
- Directs energy flow upward to hold the organs in place
- Supports energy production, glucose and carbohydrate metabolism, and stable blood sugar levels
- Supports the pancreas and pancreatic enzymes
- The sign of Cancer (June 21st through July 21st) corresponds with the pancreas and spleen in Chinese medicine and the stomach and breasts in Western astrology

6. The heart meridian's influence

- Most active from 11 a.m. to 1 p.m. and during mid-summer
- Supports the cardiovascular, endocrine, and circulatory systems
- Influences the alignment of the jaw, shoulders, and sacrum
- Controls the release of cortisol in response to stress
- Influences the pituitary and the hypothalamus-pituitary axis
- Supports the circadian rhythm and the sleep cycle
- The sign of Leo (July 22nd through August 22nd) corresponds with the heart in Chinese medicine and the heart and chest in Western astrology

7. The small intestine meridian's influence

- Most active from 1 p.m. to 3 p.m. and during late-summer
- Supports the digestive, immune, and endocrine systems
- Supports the proper tracking of the knee cap (patella) and alignment of the knee through the quadriceps muscle group
- Influences the alignment of the jaw, sacrum, and knees
- Controls the abdominal muscles and digestive process
- Influences nutrient absorption, the hypothalamus, and mental health
- The sign of Virgo (August 23rd through September 22nd) corresponds with the small intestine and digestive system in both Chinese medicine and Western astrology

MASSAGE THERAPY AND YOGA WITH BODY-FEEDBACK AND YOUNG LIVING
PART 1.2: HOW THE MERIDIAN'S INFLUENCE THE MUSCULAR-SKELETAL SYSTEM

8. The urinary bladder meridian's influence

- Most active from 3 p.m. to 5 p.m. and during early-fall
- Supports the nervous, endocrine, skeletal, and immune systems
- Influences the alignment of the spinal column (side to side and front to back), nerve conduction to the organs, and brain function
- Influences mental health through processing nervous system activity
- Influences the alignment of the neck, sacrum, and ankles
- Supports the hypothalamus-pituitary-adrenal axis
- The sign of Libra (September 23rd through October 22nd) corresponds with the bladder in Chinese medicine and the kidneys and low back in Western astrology

9. The kidney meridian's influence

- Most active from 5 p.m. to 7 p.m. and during mid-fall
- Supports the nervous, endocrine, skeletal, and detoxification systems
- Supports healthy bones, cartilage, teeth, and the aging process
- Influences the alignment of the low back and spine
- Supports the reproductive organs and the adrenals
- Stores a person's life force and controls healthy cellular regeneration
- Influences the absorption of Vitamin D and minerals
- The sign of Scorpio (October 23rd to November 21st) corresponds with the kidneys in Chinese medicine and the genitals in Western astrology

10. The pericardium meridian's influence

- Most active from 7 p.m. to 9 p.m. and during late-fall
- Supports the digestive, endocrine, and cardiovascular systems
- Supports healthy progesterone, testosterone, and cortisol balance
- Influences the production and quality of blood and hormones through the digestive process by pairing with the liver meridian
- Influences the pituitary and the hypothalamus-pituitary axis
- Influences shoulder, hip, and ribcage alignment and the sciatic nerve
- The sign of Sagittarius (November 22nd to December 20th) corresponds with pericardium in Chinese medicine and the thighs in Western astrology

11. The triple burner meridian's influence

- Most active from 9 p.m. to 11 p.m. and during early-winter
- Supports the lymph, circulatory, skeletal, and immune systems
- Influences tissue regeneration and a healthy inflammatory cycle
- Influences the cerebral-spinal fluid to support the brain and nervous system functions
- Influences the synovial fluid to lubricate the joints
- Supports fluid metabolism and circulation throughout the body
- The sign of Capricorn (December 21st through January 20th) corresponds with the lymph system in Chinese medicine and the knees in Western astrology

MASSAGE THERAPY AND YOGA WITH BODY-FEEDBACK AND YOUNG LIVING
PART 1.2: HOW THE MERIDIAN'S INFLUENCE THE MUSCULAR-SKELETAL SYSTEM

12. The gallbladder meridian's influence

- Most active from 11 p.m. to 1 a.m. and during mid-winter
- Supports the digestive, endocrine, and detoxification systems
- Supports the tendons (bone to muscle connections) and the fascia
- Supports the transformation of healthy fats into hormones and the detoxification of used hormone metabolites
- Influences collagen production, healthy scar tissue, and the regeneration of connective tissue (tendons and ligaments)
- The sign of Aquarius (January 21st through February 18th) corresponds with the gallbladder in Chinese medicine and the ankles in Western astrology

13. The liver meridian's influence

- Most active from 1 a.m. to 3 a.m. and during late-winter
- Supports all systems of the body and strongly influences the digestive, endocrine, and detoxification systems
- Influences the production of hundreds of enzymes
- Controls the general tautness of the muscles
- Supports a healthy inflammatory cycle and the removal of old cells
- Supports cleansing the blood of used hormones and toxins
- The sign of Pisces (February 19th through March 20th) corresponds with the liver in Chinese medicine and the feet in Western astrology

14. The governing vessel's (Du mai) influence

- Most active during the daytime and the spring and summer months
- Supports the endocrine and nervous systems
- Influences the alignment and development of the spine, the nervous system, the bones
- Supports healthy testosterone and progesterone production, muscle strength, and tissue regeneration
- Strongly influences childhood development and the elderly
- The natal sun corresponds with the spinal column in Chinese medicine and vital energy in Western astrology

15. The conception vessel's (Ren mai) influence

- Most active at nighttime and during the fall and winter months
- Supports the endocrine and nervous systems
- Supports the digestion and absorption of nutrients
- Supports healthy estrogen and follicle stimulating hormones in women and sperm production in men
- Supports healthy skin, hair, and nails
- Strongly influences reproductive years from around age 14 to 49
- The natal moon corresponds with the reproductive cycle in Chinese medicine and the fluids of the body in Western astrology

MASSAGE THERAPY AND YOGA WITH BODY-FEEDBACK AND YOUNG LIVING

PART 2.1: SINGLE ESSENTIAL OILS FOR BODY-FEEDBACK WITH MASSAGE THERAPY AND YOGA

1. Resources to learn more about the properties of the oils:

- Higley's Essential Oil Reference Guide and phone app available from Abundant Health - abundanthealth4U.com
- Young living's Desk Reference Guides (keep an eye out for the older Edition 3 that has extensive information on cancer) - discoverlsp.com
- The How to Use Essential Oils section of the body-feedback.com website
- The Raindrop Technique® video from Young Living

2. Young Living's Balsam Fir (all fir's in general):

- Targets and supports the nerves, bones, tendons, and ligaments
- Supports a healthy inflammatory cycle by providing plant-type hormones (human growth hormone) for regeneration
- Encourages the movement of blood and fluids to relieve tension, congestion, and cold dampness affecting the joints
- Warms the body and benefits conditions that feel better with heat
- Diffuse and apply to the spine, soles of the feet, or areas of congestion and dilute with long-term use or with sensitive skin

3. Young Living's Clove:

- Encourages the movement of blood and fluids to relieve tension, congestion, and cold dampness affecting the joints
- Supports a healthy inflammatory cycle by encouraging the release of old damaged tissue and cleansing the cellular receptor sites
- Strongly boosts the immune system and a strong antioxidant
- Heats the body and benefits conditions that feel better with heat
- Diffuse and apply to the spine, soles of the feet, or areas of congestion and always dilute with long-term use or with sensitive skin

4. Young Living's Copaiba:

- Targets and supports the skin, nerves, bones, tendons, and ligaments
- Supports a healthy inflammatory cycle by encouraging regeneration
- Enhances the effects of other oils in lower doses
- Encourages the movement of blood and fluids to relieve tension, congestion, and cold dampness affecting the joints
- Warms the body and benefits conditions that feel better with heat
- Diffuse and apply to the spine, soles of the feet, or areas of congestion and dilute with long-term use or with sensitive skin

MASSAGE THERAPY AND YOGA WITH BODY-FEEDBACK AND YOUNG LIVING

PART 2.1: SINGLE ESSENTIAL OILS FOR BODY-FEEDBACK WITH MASSAGE THERAPY AND YOGA

5. Young Living's Cypress (a vasoconstrictor and Raindrop collection):

- Targets and supports the tendons (bone to muscle connections)
- Supports a healthy inflammatory cycle by supporting the blood vessel and lymph vessel walls and enhancing circulation
- Strongly encourages the movement of blood and fluids to relieve tension, congestion, and cold dampness affecting the joints
- Warms the body and benefits conditions that feel better with heat
- Diffuse and apply to the spine, soles of the feet, or areas of congestion and dilute with long-term use or with sensitive skin

6. Young Living's Frankincense:

- Targets and supports the skin, nerves, bones, tendons, and ligaments
- Supports a healthy inflammatory cycle by providing plant-type hormones (testosterone) for regeneration
- Encourages the movement of blood and fluids to relieve tension, congestion, and damp heat affecting the joints
- Cools the body and benefits conditions that feel better with cold
- Diffuse and apply to the spine, base of neck, hairline, or areas of congestion and dilute with long-term use or with sensitive skin

7. Young Living's Sacred Frankincense:

- Targets and supports the skin, nerves, bones, tendons, and ligaments
- Supports a healthy inflammatory cycle by providing plant-type hormones (progesterone and cortisone) for regeneration
- Encourages the movement of blood and fluids to relieve tension, congestion, and damp heat affecting the joints
- Cools the body and benefits conditions that feel better with cold
- Diffuse and apply to spine, base of neck, hairline, or areas of congestion and dilute with long-term use or with sensitive skin

8. Young Living's Lavender:

- Supports a healthy inflammatory cycle by providing plant-type hormones (estrogen) for regeneration of skin
- Encourages a balanced histamine and immune system response
- Releases emotional resistance and tension from the muscles
- Calms the nervous system and supports healthy melatonin levels
- Cools the body and benefits conditions that feel better with cold
- Diffuse or apply to the spine, soles of the feet, or areas of congestion and dilute with long-term use or with sensitive skin

MASSAGE THERAPY AND YOGA WITH BODY-FEEDBACK AND YOUNG LIVING

PART 2.1: SINGLE ESSENTIAL OILS FOR BODY-FEEDBACK WITH MASSAGE THERAPY AND YOGA

9. Young Living's Spruce (Black and Blue):

- Targets and supports the nerves, bones, tendons, and ligaments
- Supports a healthy inflammatory cycle by providing plant-type hormones (testosterone and cortisone) for regeneration
- Encourages the movement of blood and fluids to relieve tension, congestion, and cold dampness affecting the joints
- Warms the body and benefits conditions that feel better with heat
- Diffuse and apply to the spine, soles of the feet, or areas of congestion and dilute with long-term use or with sensitive skin

10. Young Living's Lemongrass (a vasodilator):

- Targets and supports the ligaments (bone to bone connections)
- Strongly boosts the immune system and supports healthy flora
- Encourages the movement of blood and fluids to relieve tension, congestion, and cold dampness affecting the joints
- Heats the body and benefits conditions that feel better with heat
- Diffuse and apply to the spine, soles of the feet, or areas of congestion and always dilute 50/50 with carrier oil

11. Young Living's Marjoram (vasodilator and Raindrop collection):

- Targets and supports the tendons (bone to muscle connections)
- Simultaneously strengthens and relaxes the muscles
- Supports a healthy inflammatory cycle by enhancing circulation and supporting the walls of the blood and lymph vessels
- Releases emotional resistance and tension from the muscles
- Cools the body and benefits conditions that feel better with cold
- Diffuse and apply to the spine, soles of the feet, or areas of congestion and dilute with long-term use or with sensitive skin

12. Young Living's Oregano (Raindrop collection):

- Supports a healthy inflammatory cycle by encouraging the release of old damaged tissue and cleansing the cellular receptor sites
- Strongly boosts the immune system
- Encourages the movement of blood and fluids to relieve tension, congestion, and cold dampness affecting the joints
- Heats the body and benefits conditions that feel better with heat
- Diffuse and apply to the spine, soles of the feet, or areas of congestion and always dilute 50/50 with carrier oil

MASSAGE THERAPY AND YOGA WITH BODY-FEEDBACK AND YOUNG LIVING

PART 2.1: SINGLE ESSENTIAL OILS FOR BODY-FEEDBACK WITH MASSAGE THERAPY AND YOGA

13. Young Living's Peppermint (Raindrop collection):

- Strongly encourages the movement of blood and fluids to relieve tension, congestion, and damp heat affecting the joints
- Supports a healthy inflammatory cycle by providing plant-type hormones (cortisone) for regeneration
- Encourages a balanced histamine response and immune system
- Cools the body and benefits conditions that feel better with cold
- Diffuse and apply to the spine, soles of the feet, or areas of congestion and always dilute 50/50 with carrier oil

Peppermint will raise blood pressure with long-term use

Recommend substituting spearmint for anyone with high blood pressure or a family history of high blood pressure

14. Young Living's Spearmint (best with high blood pressure):

- Strongly encourages the movement of blood and fluids to relieve tension, congestion, and damp heat affecting the joints
- Supports a healthy inflammatory cycle by providing plant-type hormones (cortisone) for regeneration
- Encourages a balanced histamine response and immune system
- Cools the body and benefits conditions that feel better with cold
- Diffuse and apply to the spine, soles of the feet, or areas of congestion and always dilute 50/50 with carrier oil

Spearmint does not affect blood pressure, so it is best used with anyone with a history of high blood pressure

15. Young Living's Thyme (Raindrop collection):

- Supports a healthy inflammatory cycle by encouraging the release of old damaged tissue and cleansing the cellular receptor sites
- Strongly boosts the immune system and strong antioxidant
- Encourages the movement of blood and fluids to relieve tension, congestion, and cold dampness affecting the joints
- Heats the body and benefits conditions that feel better with heat
- Diffuse and apply to the spine, soles of the feet, or areas of congestion and always dilute 50/50 with carrier oil

MASSAGE THERAPY AND YOGA WITH BODY-FEEDBACK AND YOUNG LIVING

PART 2.1: SINGLE ESSENTIAL OILS FOR BODY-FEEDBACK WITH MASSAGE THERAPY AND YOGA

16. Young Living's Vetiver:

- Targets and supports the ligaments (bone to bone connections)
- Calms the nervous system, releases the cellular memories of trauma, and supports healthy melatonin levels
- Encourages the movement of blood and fluids to relieve tension, congestion, and cold dampness affecting the joints
- Warms the body and benefits conditions that feel better with heat
- Diffuse and apply to the spine, base of neck, hairline, or areas of congestion and dilute with long-term use or with sensitive skin

17. Young Living's Wintergreen (Raindrop collection):

- Strongly encourages the movement of blood and fluids to relieve tension, congestion, and damp heat affecting the joints
- Supports a healthy inflammatory cycle by providing plant-type hormones (cortisone) for regeneration
- Encourages a balanced histamine response and immune system
- Cools the body and benefits conditions that feel better with cold
- Diffuse and apply to spine, soles of the feet, or areas of congestion and always dilute 50/50 with carrier oil

Wintergreen is a moderate blood thinner and should be used with caution with people taking prescription blood thinners and daily aspirin

PART 2.2: ESSENTIAL OIL BLENDS FOR BODY-FEEDBACK WITH MASSAGE THERAPY AND YOGA

1. Young Living's Aroma Siez™ Blend (Raindrop collection):

- Blend of basil, marjoram, lavender, peppermint, and cypress
- Targets and supports the tendons (bone to muscle connections) and strengthens and relaxes the muscles
- Supports a healthy inflammatory cycle and histamine response
- Cools the body and benefits conditions that feel better with ice
- Diffuse and dilute to apply to the spine, soles of the feet, or areas of congestion

2. Young Living's Deep Relief™ Rollon:

- Blend of peppermint, caprylic oil, lemon, Balsam fir, clove, copaiba, coconut oil, wintergreen, helichrysum, vetiver, and dorado azul
- Targets and supports all layers of the muscular skeletal system
- Releases the cellular memories of trauma and beneficial to apply over both old and new scars to release resistance and tension
- Supports multiple healthy hormone levels for tissue repair
- Apply before overuse activities that drain or strain the body
- Apply to the spine, back, and neck and any area of discomfort

MASSAGE THERAPY AND YOGA WITH BODY-FEEDBACK AND YOUNG LIVING

PART 2.2: ESSENTIAL OIL BLENDS FOR BODY-FEEDBACK WITH MASSAGE THERAPY AND YOGA

3. Young Living's Cool Azure™:

- Blend of wintergreen, peppermint, sage, copaiba, oregano, niaouli, lavender, blue cypress, elemi, vetiver, caraway, dorado azul, and matricaria
- Targets and supports all layers of the muscular skeletal system
- Releases the cellular memories of trauma and beneficial to apply over both old and new scars to release resistance and tension
- Apply before overuse activities that drain or strain the body
- Dilute and apply to the spine, soles of the feet, or areas of congestion

4. Young Living's Cool Azure Sports Gel and Pain Cream™:

- Cool Azure Blend with added ingredients – See YL website for other ingredients
- Targets and supports all layers of the muscular skeletal system
- Releases the cellular memories of trauma and beneficial to apply over both old and new scars to release resistance and tension
- Apply before overuse activities that drain or strain the body
- Apply to any area of discomfort or over use

5. Young Living's Panaway™:

- Blend of wintergreen, helichrysum, clove, and peppermint
- Targets and supports the bones and balances blood circulation
- Supports the nervous and cardiovascular systems
- Use at the first sign of minor bumps and bruises
- Combine with Valor to support spinal alignment and spinal nerves
- Apply before overuse activities that drain or strain the body
- Dilute and apply to the spine, soles of the feet, or areas of congestion

6. Young Living's Purification® Blend:

- Blend of citronella, rosemary, lemongrass, tea tree, lavender, and myrtle
- Targets and supports the ligaments and boosts the immune system
- Encourages the movement of blood and fluids to relieve tension, congestion, and cold dampness affecting the joints
- Heats the body and benefits conditions that feel better with heat
- Diffuse or dilute and apply the soles of the feet, ligaments, or areas of congestion

7. Young Living's Relieve it™ Blend (raises blood pressure):

- Blend of spruce, black pepper, hyssop, and peppermint
- Targets and supports the nervous system and the brain
- Encourages the movement of blood and fluids to relieve tension, congestion, and dampness affecting the joints
- Warms and cools the body for conditions that respond best to alternating heat and cold
- Diffuse or dilute and apply to the spine, soles of the feet, or areas of congestion

MASSAGE THERAPY AND YOGA WITH BODY-FEEDBACK AND YOUNG LIVING

PART 2.2: ESSENTIAL OIL BLENDS FOR BODY-FEEDBACK WITH MASSAGE THERAPY AND YOGA

8. Young Living's RC™ Blend:

- Blend of eucalyptus globulus, myrtle, pine, marjoram, eucalyptus radiata, eucalyptus citriodora, lavender, cypress, tsuga, and peppermint
- Dries and releases congested fluids and supports the respiratory and immune systems
- Targets and supports where the bone attaches to ligaments and muscles
- Supports a normal and healthy response to overuse or trauma affecting the bone, ligaments, and muscles
- Diffuse and apply to the spine, soles of the feet, chest and neck

9. Young Living's Sacred Mountain® Blend:

- Blend of black spruce, ylang ylang, Balsam fir, and cedarwood
- Supports healthy hormone levels for normal tissue repair
- Calms emotions and releases emotional tension and resistance
- Creates a sacred space for psychic protection
- For cycling women, best used the first half of a menstrual cycle
- Diffuse and apply to the spine, soles of the feet, or areas of discomfort and dilute with sensitive skin if needed

Sacred Mountain can be tested and used as an alternative to Valor or Valor II for the Raindrop collection

10. Young Living's Stress Away™ Blend:

- Blend of copaiba, lime, cedarwood, vanilla, ocotea, and lavender
- Supports balanced emotions and blood sugar regulation
- Encourages one to adapt to their surroundings
- Supports the endocrine system by calming the cortisol stress-hormone response
- Diffuse, add to a beverage or drop directly in the mouth, and apply to the spine or soles of the feet

Stress Away can be tested and used as an alternative to Valor or Valor II for the Raindrop collection and for cycling women in the second half of the menstrual cycle

11. Young Living's Thieves® Blend:

- Blend of clove, lemon, cinnamon, eucalyptus, and rosemary
- Supports a healthy inflammatory cycle and blood sugar regulation
- Strongly boosts the immune system and a strong antioxidant
- Encourages the movement of blood and fluids to relieve tension, congestion, and cold dampness affecting the joints
- Heats the body and benefits conditions that feel better with heat
- Diffuse and apply to the soles of the feet or dilute and apply to the spine and always dilute with long-term use or with sensitive skin

MASSAGE THERAPY AND YOGA WITH BODY-FEEDBACK AND YOUNG LIVING

12. Young Living's Valor® Blend (Raindrop collection):

- Blend of black spruce, camphor, ylang ylang, blue tansy, frankincense, and geranium in a fractionated coconut oil base
- Targets and supports spinal alignment and the spinal nerves
- Supports healthy hormone levels for normal tissue repair
- Calms emotions and releases emotional tension and resistance
- Promotes self-confidence and courage and feeling grounded
- Diffuse and apply to the spine, soles of the feet, or areas of discomfort and dilute with sensitive skin if needed

PART 2.3: YL MASSAGE OILS FOR BODY-FEEDBACK WITH MASSAGE THERAPY AND YOGA

1. Young Living's V-6 Massage Oil:

- Blend of fractionated coconut, sesame seed, grape seed, sweet almond, wheat germ, sunflower seed, and olive vegetable oils
 - Base for all other Young Living massage oils
 - Use as a carrier oil for custom essential oil blends and facial blends
 - Washes from sheets and clothes (add baking soda to wash) and absorbs quicker than other vegetable oils
 - Has a longer shelf-life than (2-3 years) than most carrier oils
 - Safe to take internally with internal use essential oil
- Carefully check for nut allergies (almond oil) and severe wheat allergies (wheat germ oil is gluten free however some people are still sensitive if highly allergic to wheat)

2. Young Living's Ortho Ease Massage Oil:

- Blend of Fractionated coconut, sesame seed, grape seed, sweet almond, wheat germ, sunflower seed, and olive vegetable oils (V-6) with the essential oils of wintergreen, peppermint, juniper, eucalyptus, lemongrass, marjoram, thyme, and vetiver
- Targets and supports all layers of muscular-skeletal system
- Supports the normal and healthy inflammatory cycle
- Juniper targets and supports the nervous system
- Supports the respiratory, digestive, and immune systems

3. Young Living's Ortho Sport Massage Oil:

- Blend of Fractionated coconut, sesame seed, grape seed, sweet almond, wheat germ, sunflower seed, and olive vegetable oils (V-6) with the essential oils of wintergreen, peppermint, eucalyptus, elemi, vetiver, lemongrass, and thyme
- Targets and supports the bones and ligaments
- Supports the normal and healthy inflammatory cycle
- Elemi targets and supports the skin
- Supports the respiratory, digestive, and immune systems

MASSAGE THERAPY AND YOGA WITH BODY-FEEDBACK AND YOUNG LIVING

PART 2.3: YL MASSAGE OILS FOR BODY-FEEDBACK WITH MASSAGE THERAPY AND YOGA

4. Young Living's Relaxation Massage Oil:

- Blend of fractionated coconut, sesame seed, grape seed, sweet almond, wheat germ, sunflower seed, and olive vegetable oils and essential oils of tangerine, lavender, spearmint, ylang ylang, peppermint, and coriander
- Relaxes the muscles and releases emotional tension
- Supports a balanced immune and histamine response
- Supports the digestive, endocrine, and nervous systems,
- Encourages a healthy metabolism rate

5. Young Living's Regenolone Moisturizing Cream:

- Contains pregnenolone and other plant-based hormones
- Provides a bio-identical hormone precursor that the body can easily convert into any hormone for regeneration of the nerves, tendons, ligaments, bones, and spinal column
- Best used with people over the age of 35 when hormones are naturally declining
- Apply directly to the targeted area
- Apply daily for a few months when over the age of 60
- Apply a few times a week when between the age of 35 and 60
- Use once a week under the age of 35 if needed

6. Young Living's Regenolone Moisturizing Cream Ingredients:

Water, (MSM), fractionated coconut/palm oil, sorbitol, pregnenolone, lecithin, wintergreen oil, shea butter, wolfberry, glyceryl stearate, aloe, Sodium PCA, stearic acid, calendula, Roman chamomile oil, Rosebud extract, green tea leaf extract, St. John's wort extract, ginkgo biloba leaf extract, grape seed extract, peppermint oil, algae, Douglas fir oil, oregano leaf oil, vitamin E, hydrolyzed wheat protein, locust bean gum, trace minerals, flaxseed oil, wheat germ oil, allantoin, wild yam root extract, eleuthero root extract, kelp extract, retinyl palmitate (Vitamin A), black and blue cohosh root extracts and ascorbic acid

PART 2.4: YL PRODUCTS FOR BODY- FEEDBACK WITH MASSAGE THERAPY AND YOGA

1. AgilEase™ Capsules:

- Blend of frankincense resin powder, collagen, hyaluronic acid, plant- based calcium, and the essential oils of wintergreen, copaiba, clove, and black spruce
- Targets and supports all layers of the muscular-skeletal system
- Supports a healthy inflammatory cycle and tissue regeneration
- Supports the immune, endocrine, and the nervous systems
- Best taken between meals (one hour before or after)

MASSAGE THERAPY AND YOGA WITH BODY-FEEDBACK AND YOUNG LIVING

PART 2.4: YL PRODUCTS FOR BODY- FEEDBACK WITH MASSAGE THERAPY AND YOGA

2. AminoWise™ Powder:

- Blend of branch chain amino acids, vitamins, minerals, wolfberry fruit, and the essential oils of lemon and lime
- Targets and supports the muscle and tendons
- Enhances muscle recovery, blood flow, and nitric oxide production
- Supports a healthy inflammatory cycle
- Reduces muscle fatigue, muscle catabolism, and lactic acid build up
- Best taken during or immediately following exercise

3. Detoxzyme® Capsules:

- Blend of a variety of enzymes that target blood cleansing and the essential oils of fennel, cumin, and anise
- Targets and supports the blood and the joints in general
- Supporting the removal of cellular debris, fatty deposits, old protein deposits, and excessive calcium build-up
- Take one to three capsules with vitamin C once or twice daily
- Best taken between meals (one hour before or after)

4. MegaCal™ Powder:

- Blend of calcium, magnesium, zinc, manganese, vitamin C, xylitol, lemon essential oil, and fractionated coconut oil
- Targets and supports all layers of the muscular-skeletal system
- Supports the nervous, immune, and cardiovascular systems
- Combine with MultiGreens to enhance with naturally occurring trace minerals and amino acids for complete support
- Best taken between just before or with meals

5. MultiGreens™ Capsules:

- Blend of bee pollen, barley grass juice, spirulina, eleuthero root, alfalfa, kelp, and the essential oils of rosemary, lemon, lemongrass, and Melissa in a choline base with L-Arginine, L-Cysteine, and L-Tyrosine
- Targets and support the ligaments and collagen production
- Supports the immune, digestive, and muscular-skeletal systems
- Supports healthy liver and gallbladder function and enzyme production
- Enhances detoxification of heavy metals and environmental toxins
- Best taken 15 minutes or just before meals

MASSAGE THERAPY AND YOGA WITH BODY-FEEDBACK AND YOUNG LIVING

PART 2.4: YL PRODUCTS FOR BODY- FEEDBACK WITH MASSAGE THERAPY AND YOGA

6. Omegagize3™ Capsules:

- Blend of fish oil, tocotrienols (vitamin E), CoQ10 as ubiquinone, vitamin D, mixed carotenoids (vitamin A), and essential oils (clove, German chamomile, and spearmint)
- Targets and supports all layers of the muscular-skeletal system
- Supports the immune, digestive, cardiovascular, and endocrine systems, detoxification, energy production, and brain function
- Best taken 15 minutes or just before meals

7. PD80/20™ Capsules:

- Blend of 400 mg pregnenolone and 100 mg DHEA
- Provides bio-available hormones that naturally decline with age
- Targets and supports all layers of the muscular-skeletal system
- Supports the endocrine, nervous, cardiovascular, and immune systems
- Take one capsules daily between meals (one hour before or after)
- Combines well with Thyromin™ for thyroid support

8. Sulfurzyme™ Capsules:

- Blend of MSM (methylsulfonylmethane) and Ningxia wolfberry fruit
- Targets and supports the blood and the joints in general
- Supports the removal of cellular debris, fatty deposits, old protein deposits, and excessive calcium build-up
- Enhances nutrient absorption into the cells
- Take two to six capsules once or twice daily with one vitamin C
- Best taken between meals (one hour before or after)

9. Super C™ Chewable Tablets:

- Blend of acerola cherry, camu camu berry, rose hips, citrus bioflavonoids, and orange essential oil with other added ingredients including tapioca dextrose, sorbitol, calcium ascorbate, stevia, magnesium stearate, and milk derivatives
- Supports the immune, cardiovascular, and muscular-skeletal systems by enhancing enzyme activity in the blood
- Best taken with either Detoxzyme™ or Sulfuzyme™ between meals

10. Super C™ Tablets:

- Proprietary blend citrus bioflavonoids, rutin, cayenne pepper, ascorbic acid (vitamin C), calcium, zinc, manganese, potassium, magnesium stearate and the essential oils of orange, tangerine, grapefruit, lemon, and lemongrass
- Supports the immune, cardiovascular, and muscular-skeletal systems by enhancing enzyme activity in the blood
- Best taken with either Detoxzyme™ or Sulfuzyme™ between meals

MASSAGE THERAPY AND YOGA WITH BODY-FEEDBACK AND YOUNG LIVING

PART 2.4: YL PRODUCTS FOR BODY- FEEDBACK WITH MASSAGE THERAPY AND YOGA

11. Super Cal Plus™ Capsules:

- Blend of calcium, magnesium, vitamins D & K, and other trace minerals from plant sources with essential oils of blue spruce, black spruce, copaiba, vetiver, and peppermint and L-Lysine, L-Arginine, and other ingredients (see YL website)
- Targets and supports all layers of the muscular-skeletal system
- Supports the endocrine, nervous, immune, and cardiovascular systems
- Best taken between meals or before bed

PART 3.1: BODY-FEEDBACK TESTING OPTIONS FOR MASSAGE THERAPY AND YOGA

1. Ideas for Body-Feedback Areas to test:

- Start with an assessment form
 - Basic Assessment Form for general or emotional issues
 - Massage and Yoga Assessment Form for physical or athletic issues
- Check where stress or tension is held in the body
- Check any known areas of prior injury or general weakness
- Ask the client if there is an area they would like to focus on
- Check the Body-Feedback areas based on the astrological sign, time of day, or the time of year the meridians are most active

2. Options for choosing where to test oils and supplements:

- Check the Body-Feedback Master and Muscle Memory Areas both
- Use the Master Areas to check the oils and supplements first
- Then compare the best testing oils to other Body-Feedback Areas
- When dealing with a recent injury or an area stuck in the inflammatory cycle, check for reference at the beginning and end of the testing session and use other area to test individual items

For example – for the client complaining of back pain and upper arm weakness, first assess these muscle areas and then test the oils and supplements to the Master Body- Feedback or Muscle Memory Areas and test the best ones at the end to the back and the deltoid muscles

3. Symmetry in nature:

- Symmetry is a reflection of and a result of synchronized qi or energy flowing in a balanced state
- Symmetry is easy to see in plants and flowers
- A study shows that bumblebees have a preference for symmetrical patterns, which are associated with higher pollen rewards¹
- Another study shows that flowers treated with viruses have distinctly different shapes than those not treated²

MASSAGE THERAPY AND YOGA WITH BODY-FEEDBACK AND YOUNG LIVING

PART 3.1: BODY-FEEDBACK TESTING OPTIONS FOR MASSAGE THERAPY AND YOGA

4. Symmetry in humans:

- Symmetrical growth and development occurs in all levels of the body including the skeletal system, the muscles, the connective tissue, the nervous system, and the cardiovascular system
- The body naturally strives for symmetry and feels comfortable when energy flows through the meridian system in a balanced way
- Symmetry is easiest to see in the face, head, neck, shoulders, hips, and feet when comparing one side to another

5. Common causes asymmetry:

- Scoliosis is the most common cause of asymmetry and include this on your intake forms
- Scoliosis can be caused by gene mutations or infections
- Unresolved trauma or severe trauma will cause asymmetry over time
- A long-term imbalance in an organ will cause the associated organ referral area to remain inflamed, and overtime will affect the muscle structure creating asymmetry (the most common is the liver)

6. Asymmetry formed during pregnancy:

- Asymmetry that affects the facial features is often caused from genetic issues or structural issues that began during pregnancy
- A pregnant mother that has an asymmetrical presentation is likely to pass that same presentation to the baby if left untreated
- Asymmetry during pregnancy usually causes increased pregnancy complications such as nausea, digestive issues, and a difficult delivery
- Asymmetry untreated during pregnancy often leads to a fussy baby

7. Asymmetry in the muscular skeletal system:

- Asymmetry causes imbalances in the shoulder and hip alignment, the leg length, and the foot and hand positioning
- Long-term asymmetry will cause the neck flexor muscles to develop with different thickness from side to side to accommodate holding the head straight to level the eyes
- Asymmetry causes the cartilage in the sternum and xiphoid process to remain tender and can be used for testing

Example of moderate scoliosis on X-ray to demonstrate the difference in spinal alignment

PART 3.1: BODY-FEEDBACK TESTING OPTIONS FOR MASSAGE THERAPY AND YOGA

8. Asymmetry in the muscular skeletal system:

- Asymmetry causes each side of the body to compensate for the other with different areas of tightness and weakness
- Asymmetry may require testing different essential oils and supplements to each side of the body
- In general, asymmetry affects between 50% and 75% of people
- Signs of asymmetry can improve when the most appropriate essential oils and nutritional supplements are used

Asymmetry responds best to applying diluted essential oils to the spine for long-term use to promote balance and symmetry

9. Start with visually inspecting for asymmetry:

- The easiest way to check for asymmetry is to stand at the head of the client and visually inspect the alignment of the shoulders, then hips, and then feet (If you are unable to stand at the head, then stand at the feet and look up the body)
- Inspect the neck flexor muscle definition
- Inspect the facial features for symmetry
- Inspect the shoulder to table distance/depth

10. Palpation techniques to identify asymmetry:

- Palpate the neck flexors for differences in thickness and resistance
- Palpate the xiphoid process or sternum for tenderness
- Lift the feet by the ankles and pull them together to see how the ankles line up
- Press on the highest point of the anterior superior iliac spine crest (ASIS) to check hip alignment

11. Palpation of the Body-Feedback Areas to identify asymmetry:

- The Body-Feedback Muscle Referral Areas and the Master Points will feel significantly different from side to side with asymmetry
- Palpate the Master Body-Feedback Areas and compare side to side
- Palpate the Body-Feedback Areas on each side that are identified on the Assessment Form looking for differences in muscle tension and development

MASSAGE THERAPY AND YOGA WITH BODY-FEEDBACK AND YOUNG LIVING

PART 3.1: BODY-FEEDBACK TESTING OPTIONS FOR MASSAGE THERAPY AND YOGA

12. The natural progression for improvements in asymmetry:

- The Body-Feedback Muscle Referral Areas and the Master Points will feel more alike from side to side with proper treatment
- The Master Body-Feedback Areas and especially the neck flexor muscles will have less resistance
- The leg length and shoulder to hip alignment will begin to even out
- The Muscle Memory Areas will begin to feel the same on each side
- Improvements in symmetry indicate improvements in overall health and a more balanced meridian system
- Share noticeable improvements with your clients for encouragement and positive focus

¹Plowright, Catherine M. S., Jeremy J. M. Bridger, Vicki Xu, Racheal A. Herlehy, and Charles A. Collin. "Floral guidance of learning a preference for symmetry by bumblebees." SpringerLink. August 30, 2017. Accessed February 19, 2018.

<https://link.springer.com/article/10.1007%2Fs10071-017-1128-0>

²Berger, Brent A. et al. "Geometric Morphometrics Reveals Shifts in Flower Shape Symmetry and Size Following Gene Knockdown of CYCLOIDEA and ANTHOCYANIDIN SYNTHASE." BMC Plant Biology 17 (2017): 205. PMC. Web. 19 Feb. 2018.

PART 3.2: BODY-FEEDBACK TESTING STEPS FOR MASSAGE THERAPY AND YOGA

1. Overview of the Body-Feedback testing steps:

- Test the essential oils first to balance and support the meridian system prior to testing supplements
- By checking supplements after the meridian system is balanced, the supplements that test positive will provide constitutional support for long-term use and require less rotation
- Test energizing oils and supplements in the morning and relaxing ones in the evening to support adrenal function and energy rhythms
- Testing clients at the appropriate time of day may provide the best results if adrenal function or energy rhythms need support
- Some clients can test themselves at home and other may need to schedule special testing session times

MASSAGE THERAPY AND YOGA WITH BODY-FEEDBACK AND YOUNG LIVING

PART 3.2: BODY-FEEDBACK TESTING STEPS FOR MASSAGE THERAPY AND YOGA

2. Overview of the Body-Feedback testing steps:

- Choose two or three Body-Feedback Areas and the Master Body- Feedback Areas to work with for testing
- Choose between four and twelve essential oils to test and two to four supplements based on the Body-Feedback Areas involved
- Check a fewer number of blends and more singles to create custom blends or enhance the Young Living Blends with singles
- Check each oil individually and then check together for compatibility
- Check all of the oils and supplements that tested favorably together first
- If they test better individually, then either use them at separate times of the day or look for combinations of fewer oils and supplements that better together

3. Review of the Body-Feedback testing steps

- Read and follow the testing steps in Chapter six of Meramour's Guide to Supporting the Acupuncture Meridian System (the pulse is optional)
- Use the Body-Feedback Charts from Chapter four of Meramour's Guide to Supporting the Acupuncture Meridian System
- Choose essential oils and supplements to test based on the Body- Feedback Summary Chart for the Muscular Skeletal System
- The initial testing sessions require more time than a follow up
- Ten to fifteen minutes is best for the initial testing session to allow time for explaining the process and answering questions
- Five minutes if usually enough time for follow-up testing with established clients

4. Review of the Body-Feedback testing steps

- Explain how the Body-Feedback testing works - refer clients to the Body-Feedback website for explanation and demonstration videos
- Assess a few of the Body-Feedback areas and more if there is an asymmetrical presentation and encourage client participation
- Check the essential oils first to the Master Body-Feedback areas then recheck the best ones to the other Body-Feedback areas from above
- Ask the client if they can feel the difference between the ones that test best and the ones that test negatively
- Client participation encourages the commitment to purchasing and using only the products that test beneficial

MASSAGE THERAPY AND YOGA WITH BODY-FEEDBACK AND YOUNG LIVING

PART 3.2: BODY-FEEDBACK TESTING STEPS FOR MASSAGE THERAPY AND YOGA

5. Review of the Body-Feedback testing steps

- Retest the essential oils after a few weeks as the body may respond best to a variety of oils and supplements as health recovers
- Offer complementary testing sessions for your clients on Essential Rewards to ensure they are ordering the correct products
- The body responds best to shorter testing sessions (15 minutes)
- Schedule additional testing sessions as needed and for testing lotions, personal care products, foods, and other items
- Test any supplements that your client is already taking to ensure they are beneficial
- If they test negatively, then you may consider referring them to a Body- Feedback acupuncturist or functional medicine provider

6. Teaching Body-Feedback testing to your clients:

- Teach your clients how to test the essential oils and supplements so they can monitor if rotation is needed between appointments
- Some clients find it easier to test using the pulse diagnosis and can watch the videos for testing their own pulses
- For a better understanding of the Body-Feedback system, recommend the self-care videos and the Meramour's Guide to Supporting the Acupuncture Meridian System
- Clients who enroll in your downline will have access to the Body-Feedback membership website for education and self-care classes
- Offer to test oils and supplements purchased elsewhere for comparison

PART 3.3: APPLICATION METHODS AND DOSING FOR MASSAGE THERAPY AND YOGA

1. The benefits of external application methods:

- External application avoids the digestive system and reduces the burden on the liver and kidneys
- External application easily targets cartilage or other connective tissue that has a reduced blood supply
- Use 100% pure carrier oils such as V6, Ortho Sport, or Ortho Ease massage oils or 100% pure lotions not mixed with parabens or other toxic ingredients
- Diluting an essential oil with a carrier oil, massage oil, or lotion slows down the absorption rate to target the affected areas and is preferred for larger application sites and sensitive skin
- Stonybrook fragrance-free lotion is great an option for sensitive skin

MASSAGE THERAPY AND YOGA WITH BODY-FEEDBACK AND YOUNG LIVING

PART 3.3: APPLICATION METHODS AND DOSING FOR MASSAGE THERAPY AND YOGA

2. The challenges with external application methods:

- Clients who are using toxic chemicals in their personal care products such as soaps, lotions, and fabric softeners may experience a chemical reaction to the essential oils applied topically
- Diluting essential oils for topical use to 50% to 75% carrier oil or lotion can reduce the chemical reaction response
- Use Body-Feedback testing to demonstrate that the toxic products are harmful to health
- Clients can choose to use Young Living's personal care products as they are always 100% free of toxins or they can research their own products at ewg.org
- Offer to test all the personal care products your clients are using as a opportunity to share Young Living

3. What is the Young Living the Raindrop Technique®?

- From the Young Living website - "The Raindrop Technique® is a unique practice based on methods that have been used for centuries to rejuvenate the body and mind. The Raindrop Technique helps bring balance and harmony to the body by combining targeted massage and distinctive energy approaches. It also includes pure, therapeutic-grade essential oils to create an atmosphere of spirituality and serenity."
- Consider offering Raindrop as an add on to other massage services
- The application method at taught by Gary Young takes about 30 minutes and can be adapted to a shorter application session when combined with other massage techniques

4. Ideal situations to add the Young Living the Raindrop Technique®

- For clients with asymmetrical presentations
- When your client needs a boost to the immune system
- When your client needs to increase qi and energy reserves
- When your client needs lymph system support
- When your client needs spinal alignment support
- To support longevity and healthy aging
- Tell clients to bring clothes to change into that can easily go into the wash with baking soda to remove any residual oil left on the clothes after the massage
- Avoid the Raindrop Collection of oils during pregnancy

5. 6-12 drops of a combination of oils or blend per use is effective:

- Base the number of drops on your client's sensitivity (how sensitive to over the counter medications or to the environment)
- Increase the dose or change the application location if challenged Body-Feedback areas are returning within two hours
- Most essential oils that support the muscular-skeletal system last 3-6 hours and for long-term use can be used once or twice daily
- Oils can be rotated to increase or decrease cortisol as needed
- Increase the dilution of the essential oils with a history of sensitive skin, sun damaged skin, or prior use of lotions and body washes that contain chemicals

MASSAGE THERAPY AND YOGA WITH BODY-FEEDBACK AND YOUNG LIVING

PART 3.3: APPLICATION METHODS AND DOSING FOR MASSAGE THERAPY AND YOGA

6. Body-Feedback testing combined with the Raindrop Technique®

- Test all of the oils in the Raindrop collection together at first to confirm they will be beneficial when used together in the massage
- If any tightness in the Master Body-Feedback areas remains, then one or more of the oils in this collection are not testing favorably
- Check each of the oils individually and substitute as needed – See the next slide for substitution ideas or leave out the oils that are not testing favorably
- The essential oils included in the Raindrop Collection® are Valor, oregano, thyme, basil, cypress, wintergreen, marjoram, Aroma Siez, and peppermint
- The total number of drops used in the Raindrop application is around 60 drops

7. Body-Feedback substitutions for the Raindrop Collection®

- For Valor substitute Sacred Mountain, Stress Away, or Cool Azure
- For oregano and thyme substitute copaiba or clove
- For basil substitute lavender
- For cypress and marjoram substitute lemongrass or vetiver
- For wintergreen or peppermint substitute spearmint
- For Aroma Siez substitute Thieves or Purification

The essential oils included in the Raindrop Collection® in order of application are Valor, Aroma Siez, oregano, thyme, basil, cypress, wintergreen, marjoram, and peppermint

8. Internal application methods:

- Internal use supports nutrient absorption and the digestive, lymph, and immune systems the best
- Internal use supports muscle tone, metabolism, and weight management (see the self-care class)
- Oils must be approved as dietary supplements in the Vitality Line
- Combine with supplements to improve the absorption of the supplements

When creating custom capsules add a citrus essential oil to support digestion if needed

Burping up the oils occurs when the liver is releasing, and your client can apply them externally for one or two weeks and then try taking internally again

9. Rotating and rechecking essential oils:

- Rotation is important to support the body in a balanced way similar to eating a variety of foods
- As people become more balanced, an increased number or variety of essential oils will test beneficial
- Over time the body will become more predictable in the oils that test favorably Indicated by where the body is holding stress and tension

If the challenged Body-Feedback areas are not improving after a few weeks, then further investigation into diet and lifestyle and working with a licensed holistic healthcare provider is warranted