

The Meridian-Balancing and Organ-Supporting Blends for the first trisection include:

**MERAMOUR'S LUNG
MERIDIAN-BALANCING BLEND**

50% *lavender*
25% *melaleuca alternifolia* (tea tree)
25% *melaleuca quinquenervia* (niaouli)

**MERAMOUR'S LUNG
ORGAN-SUPPORTING BLEND**

40% *lemon*
40% *myrtle*
10% *basil*
10% *peppermint* (substitute with *spearmint*
if history of high blood pressure)

**MERAMOUR'S LARGE INTESTINE
MERIDIAN-BALANCING BLEND**

50% *palmarosa*
25% *lemongrass*
25% *citronella*

**MERAMOUR'S LARGE INTESTINE
ORGAN-SUPPORTING BLEND**

40% *lemon*
40% *cypress*
10% *lemon-myrtle*
10% *spearmint* (substitute with *peppermint*
if history of low blood pressure)

**MERAMOUR'S STOMACH
MERIDIAN-BALANCING BLEND**

50% *grapefruit*
25% *spearmint*
25% *lime*

**MERAMOUR'S STOMACH
ORGAN-SUPPORTING BLEND**

30% *lemon*
30% *copal/copaiba*
30% *patchouli*
10% *peppermint* (substitute with *spearmint*
if history of high blood pressure)

**MERAMOUR'S SPLEEN
MERIDIAN-BALANCING BLEND**

50% *orange*
25% *ocotea*
25% *clove*

**MERAMOUR'S SPLEEN
ORGAN-SUPPORTING BLEND**

40% *tangerine*
40% *fennel*
10% *clove*
10% *coriander*
