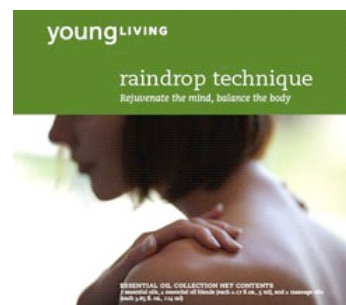


Raindrop Technique using Young Living Essential Oils



The Raindrop Technique (RDT), developed by D. Gary Young, N.D. and a Lakota medicine man almost two decades ago, uses a sequence of nine highly immune enhancing essential oils. They are dropped like rain from a height of about 6 inches onto the spine and then lightly massaged in using various hand to body techniques. This stimulates energy impulses and disperses the oils along the nervous system throughout the entire body.

We all carry immune system depleting viruses and bacteria. Young Living Therapeutic Grade Essential oils are applied to the spinal column are absorbed through the nerves that feed the entire body. Wonderfully soothing, nurturing and relaxing, the RDT can work its benefits in the body for days, weeks or months bring balance to the energy centers can be cleared and re-aligned. The RDT also helps reduce spinal inflammation, creates an inhospitable environment for the viruses that hibernate along the spinal column, rids parasites from tissue and organs and helps to straighten spinal curvatures. A session lasts about 45 minutes to an hour.

Oils used in Raindrop Technique:

Valor - A blend that works on electrical and energy alignment of the body. Once the frequencies begin to balance in these areas, then a structural alignment can occur. This is the most important oil used in this application. **Ingredients:** Spruce, rosewood, blue tansy, and frankincense in a base of almond oil.

Thyme - One of the most antiseptic, antimicrobial, antifungal & antiviral essential oils. It contains thymol, which has been studied for its effect on gingivitis and plaque causing organisms in the mouth. It may be beneficial in helping to overcome fatigue and exhaustion. This essential oil can easily penetrate the body, and may help kill any bacteria that may be present. Supplies energy during times of stress and physical weakness. It is one of the strongest antioxidants known, with an **ORAC** (Oxygen Radical Absorbance Capacity) score of **159,590**.

Oregano - Works similarly to thyme but is more aggressive and may help stimulate the immune system, balance metabolism and strengthen the vital centers of the body. Reduces **airborne bacteria by 99 percent** and is **153,007** on the antioxidant **ORAC** scale. It is highly antimicrobial, antifungal & antiviral.

Wintergreen - Contains the same active ingredient (methyl salicylate) as birch and is beneficial for massage associated with bone, muscle, and joint discomfort. Elevates and increases awareness on sensory system. It is an antispasmodic, anti-inflammatory, and a liver stimulant. Works with ALL types of pain.

Cypress – Is most used to support the circulatory system, nerve pain, muscular cramps & scar tissue.

Peppermint - One of the oldest and most highly regarded herbs for soothing digestion. Peppermint has been found to improve mental accuracy, and sooth the respiratory system. Jean Valnet M.D., studied peppermint's effect on the liver and respiratory systems. Other scientists have also researched peppermint's role in affecting impaired taste and smell when inhaled. Dr. William N. Dember of the University of Cincinnati studied peppermint's ability to directly affect the brain's satiety center, which triggers a sense of fullness after meals.

Basil - Can be relaxing to muscles, including smooth muscles (those not subject to our voluntary control, such as the heart and digestive system). It may also be used to soothe insect bites when applied topically. Beneficial for mental fatigue, basil may help stimulate and sharpen the sense of smell. It is also a antispasmodic, anti-infectious, antiviral, anti-inflammatory, a decongestant of the veins, arteries of the lungs & prostrate.

Marjoram - Calms the respiratory system and nerves, relieves spasms, relaxes muscles and is an antiseptic.

Aroma Siez - This special YLEO blend of essential oils may help relax, calm and relieve tight, sore, tired, and aching muscles resulting from sports injuries, fatigue and stress. John, feel free to share this message with someone that you know - that may benefit from strengthening their immune system. **Ingredients:** Basil, marjoram, lavender, peppermint, and cypress.

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