

## **Prevention Protocols - Oil Talks Wish List**

### **MATERIALS TO HAVE ON HAND:**

Veggie Caps  
Roller Bottles  
Fractionated Coconut Oil  
Correct X ointment - in the nose Daily

**FLOOM BLEND RECIPE:** 1 drop each of the following oils in a veggie cap

Frankincense, Lemongrass, OnGuard, Oregano, and Melaleuca (Tea Tree)

\*We suggest you follow Dr. Josie Schmidt's excellent Symphony of the Cells Protocol daily

### **BEST DAILY PRACTICES WITH OILS AT THIS TIME:**

DDR Prime Oil Blend - (In this blend:Lemongrass, Frankincense, Thyme, Clove, Naouli, Litsea, Summer Savory, Tangerine)

Use Tangerine or Grapefruit under tongue daily or in water

Use Melissa 1 drop under the tongue (1-3 times a day)

### **DAILY SUPPLEMENTS FOR IMMUNE SUPPORT:**

Lifelong Vitality Pack  
DDR Prime softgels  
Vitamin C  
Vitamin D  
Vitamin A  
Yarrow Pom Beauty Complex

### **GUT HEALTH**

PB Assist  
Zendocrine Complex (2 before bed)  
Zendocrine Oil (2 before bed)  
DigestZen  
GX Assist

### **LUNG SUPPORT**

Lavender  
Siberian fir  
Spearmint  
Copaiba  
Frankincense  
Breathe

### **EMOTIONAL SUPPORT**

Adaptiv Capsules  
Adaptiv Blend

Peace  
Serenity  
Melissa  
Copaiba (anxiety and Immune systems)

**FOR KIDS**

Stronger Blend  
IQ Mega  
PB Assist

**TEA RECIPE**

1 drop each, with local honey:  
Lavender  
Tea tree  
Siberian fir