

How to give your loved ones  
a massage at home

# Why should you take this course

- learn basic relaxation massage techniques to reduce muscle : soreness, tension and stress for the people you care about .
- Give a relaxation massage without straining your: wrist, fingers , back or neck
- Be able to give a relaxation massage for an hour or more
- Improve communication around pain and stress between you and your loved ones
- Give a relaxation massage without buying any special equipment or products

# About me

Hi I'm Annora, registered massage therapist and owner of East Edmonton Massage Therapy.

When I was three years old, I suffered from a head injury that forever changed the way I comprehend what I hear and see. However my sense of touch went unaffected. I best understand the world with my hands and have always had an interest in helping people heal from their physical trauma. I have always connected best through physical contact and could naturally feel the muscle knots and their release in the muscles of my friends and family. This inspired me to use this natural ability to bring relief to more people, and by the age of fifteen I knew that massage therapy was the career I wanted to pursue.

I graduated from Grant MacEwan University in 2012 and have been a practicing massage therapist for 13 years. I have experience treating patients that have been in car accidents or have twisted their ankles, knees, hips or spine. I have experience treating people who have: lymphedema, anxiety and depression. I have taken classes that focused on reducing: anxiety, stress and depression and stuck toxins and waste. I have also learned how to align tight joints, relax ligaments and stretch muscles.

I offer a wide range of services at East Edmonton Massage Therapy:

- **Manual Lymphatic Drainage** for reducing: swelling inflammation and toxins
- **Vagus techniques** for stress depression and anxiety
- **Deep tissue Massage** and **Hot stone** for stubborn muscle knots
- **Thai Massage** for deep stretches

I am constantly taking classes to expand my repertoire. This includes: cranio sacral therapy, reiki, flower essences and Swedish - Thai fusion. I have discounts for anyone who wants to give these a try.

I also have a background in herbology and aroma therapy which I have used to grow and create my own massage oils. use these oils in my practice to reduce: inflammation, pain, stress and anxiety.

I am building an online store to sell home made herbal oils to anyone who is interested!

**if you have: nerve pain, poor posture, anxiety , stress, swelling, inflammation or constant stiffness and aching in your: neck, jaw, hips, knees or feet then you are in the right place.**

**Contract me by**

email at [info@eastedmontonmassagetherpy.com](mailto:info@eastedmontonmassagetherpy.com)

Or by phone at (780) 918-4796



# Disclaimer

- This course does not make you a massage therapist . It is to just learn some common massage techniques to do for you friends and families
- I have provided a list of common reasons to not give someone a massage . Please read them all. If in doubt ask your doctor about it or get your massage partner to ask their doctor about it.

# Don't give someone a massage who has

- Diabetes 1 on 2 with advanced heart or kidney disease or advanced blood complication (atherosclerosis and or advanced hypertension)
- Fever
- Undiagnosed lump
- Advanced Organ failure
- Pitted edema, heart kidney, cancer
- Contagious or infectious diseases
- Chronic active liver inflammation
- Severe hardening of arteries
- Hemophilia
- Hemorrhage or internal bleeding (not menses)
- Any unstable conditions (right after a heart attack or right after a stroke)
- Aneurism deemed life threatening, thrombophlebitis or arteritis
- Fluid in the lungs ,
- high blood pressure in lungs
- Ectopic pregnancy
- Lung abscess or tumour
- Heavy intoxication (drug /alcohol)
- Acute pelvic inflammatory disease
- Low blood sugar
- Recent skull fracture
- Severe unexplained internal pain
- Osteomyelitis inflammation in bone
- High risk pregnancy
- Skin inflammatory conditions
- Parasitic infections
- Acute psoriatic arthritis
- Warts (might be local)
- CELLULITIS Cellulitis is an often painful skin infection. It may first appear as a discolored, swollen area that feels hot and tender. The discoloration and swelling can spread quickly.
- Erysipelas acute, sometimes recurrent disease caused by a bacterial infection, characterized by large raised red patches on the skin.
- Scarlet fever
- Bacteremia
- Toxic shock syndrome
- flesh eating disease
- Sepsis
- Meningitis

# Don't massage over areas with

- Local contagious and infectious conditions
- Acute flare ups of inflammatory arthritides (e.g. rheumatoid Arthritis systemic lupus erythematosus ankylosing spondylitis, reiters syndrome)
- cancer (highly metastatic)
- radiation therapy during treatment
- inflammation of veins
- severe varicose veins
- deep vein thrombosis
- high risk pregnancy
- acute inflamed nerves
- meningitis
- undiagnosed internal bleeding
- severe unexplained internal pain
- venomous bites or stings
- hypothermia
- inflammation
- recent surgery (2-3 months)
- recent crush or severance to peripheral nerves
- inflamed skin
- cellulites
- superficial fungal infections (ring worm)
- viral infections eg. warts
- acute psoriasis
- Open wounds/sores or acute or infected scar, decubitus ulcers
- recent burn
- Frostbite
- Skin cancer

# Ground rules

1. Your head space matters If you are sick, in pain or have a lot of other pressing matters, attend to that first before giving someone else a massage. You need to be in a good head space where you can completely focus on him or her
2. Body mechanics Always face the same direction that you massage in. Stack your joints so you can leverage the strength from the bigger muscles in your body. Pressure comes from the shoulder and back (when possible) when seated and from the back of the legs and buttocks when standing
3. Oil Use an edible oil to massage because the skin absorbs whatever you put on it. If you can't eat it, it's not safe to use
4. To be dressed or not The person you massage can be dressed or not. It's up to their comfort level
5. Your comfort matter too Massage in a position that is comfortable for your body and don't be afraid to adjust as often as needed. You can't focus on giving a good massage if you are in pain. Dress in stretchy clothes that are easy to move in
6. Hygiene clip and file your nails to avoid gouging / scratching your massage partner. Wash your hands and pull long hair back.
7. Check in often Check in with the person you are massaging about how the techniques feel and how comfortable they are if anything hurts or how your pressure is.
8. Environment Massage in an area that is warm, dimly lit and quiet (soft music is fine)

# Principles of massage techniques

1. Pressure towards their heart. This helps with: draining toxins and cellular waste out of the body.
2. Broad techniques - Specific techniques – Broad techniques
  - get your massage partner used to your touch
  - Makes deeper / specific techniques less painful
  - Reduces soreness felt after the massage
3. Superficial pressure - Deep pressure - superficial pressure
  - get your massage partner used to your touch
  - Makes deeper / specific techniques less painful
  - Reduces soreness felt after the massage
4. Proximal ( area closest to the heart) – Distal (area fatheresr away form the heart) – Proximal (area closest to the heart) to help return blood from the tissues back to the heart
5. Lighter pressure over flat bony areas like: shoulder blades, shins or pelvic bones. **No** pressure on bumpy bones areas like : the spine, elbows, knee caps, ankles, collar bones.
6. With all techniques, maintain a: smooth, even and constant contact with your massage partner' body. This keeps your massage partner's nervous system fully relaxed
7. As much as possible, keep both hands on your massage partner's body. This helps them to feel more grounded and connected to you and keeps them from wondering where your hands are.
8. All of these techniques will be done using a slow consistent rate for a relaxing effect.

# Broad/ General Techniques

- Palm stroking: Sit with your body parallel to your massage partner's body. Press the palm closest to your massage partner into an area of their body while keeping the fingers together and lightly resting. Place the second palm on top of the back of the first hand. Using the force from your back and shoulder stroke up towards the heart with a deeper pressure and then come back with a light pressure.
- Dual palm stroking: Sit with your body parallel to your massage partner's body. Press the palm closest to your massage partner into an area of their body while keeping the fingers together and lightly resting. Stroke up towards the heart and when you get to the top of your stroke, start stroking up towards the heart with the other palm. Then bring the first palm back to the bottom of your stroke and have it start going up again.
- Palm circle: Sit with your body parallel to your massage partners. Press the closest palm to your massage partner into an area of their body while keeping the fingers together and lightly resting. Place the other palm on top. Using the force from your shoulder to move the palm in a circle while staying in place.
- Palm press: Sit with your body parallel to your massage partner's body. Press the closest palm to your massage partner into an area of their body while keeping the fingers together and lightly resting. Lean into the palm with your pressure coming from your back and shoulder. Hold for 3-5 seconds then release pressure without breaking contact with the area you are pressing into. For extra pressure put your other palm on top of the first one.
- Wringing: Sit perpendicular to your massage partner's body. Put a palm on either side of a limb or on the top and bottom of the back (with your massage partner lying on their side). Press in to the body with both palms as you slide them towards each other and crossing at the top of the limb/ top of the back and down the other side.
- C scoop: Sit perpendicular to your massage partner's body. Make your hands into Cs (pac man) and slide one "C" along an area of the body scoping up tissue and squeezing it. Then bring the other "C" along to scoop up the same tissue and squeezing it.
- Muscle Squeeze: Sit perpendicular to your massage partner's body. Use one or both hands to squeeze and pick up the muscular tissue. Hold it for 3-5 seconds.

# Deeper/ specific techniques

- Finger stroking: Sit with your body parallel to your massage partner's body. place the hand closest to your massage partner onto an area of their body with your fingers together . Lift up the heel of your hand and tilt the pressure into your four fingers. Place the other hand on top of the first hand. Using the force from your back and shoulder, stroke up towards the heart with a deep pressure and then come back with a light pressure.
- Dual finger stroking: Sit with your body parallel to your massage partner's body. Place the hand closest to your massage partner onto an area of their body with your fingers together . Lift up the heel of your hand and tilt the pressure into your four fingers. Stroke up towards the heart with one hand then when you get to the top of your stroke, start stroking up towards the heart with the other hand and bring the first hand back to bottom of your stroke. Then have it start going up again.
- Finger circle: Sit with your body parallel to your partner's body. Place the hand closest to your massage partner onto an area of their body with your fingers together . Lift up the heel of your hand and tilt the pressure into your four fingers. Using the force from your shoulder, move your four fingers as unit in a circle while staying in place
- Finger press: Sit with your body parallel to your partner's body. Place the hand closest to your massage partner onto an area of their body with your fingers together . Lift up the heel of your hand and tilt the pressure into your four fingers. Lean into your four fingers with your pressure coming from your back and shoulder. hold for 3-5 seconds then release pressure without breaking contact with the area you are pressing into. For extra pressure put your other hand on top of the first one.
- Thumb stroking: Sit with your body parallel to your massage partner's body. Turn the closest hand into a "thumbs up" with a loose fist. Then wrap the other hand around it with the thumb laying on top of it. Then press the closest thumb into an area of their body and ,using the force from your back and shoulder, stroke up towards the heart with a deep pressure and then come back with a light pressure.
- Dual thumb stroking: Sit with your body parallel to your massage partner's body. Turn both hands into a "thumbs up" keeping both fists loose. Place the closest thumb to your massage partner onto an area of their body and stroke up towards the heart. then when you get to the top of your stroke, start stroking up towards the heart with the other thumb and bring the first thumb back to bottom of your stroke. Then have it start going up again.
- Thumb circle: Sit with your body parallel to your massage partner's body. Turn the closest hand to your massage partner into a "thumbs up" keeping your fist loose. Then press the thumb into an area of their body. Wrap the other hand around it with the thumb on top and ,using the force from your shoulder, move your thumb in a circle while staying in place.
- Thumb press: Sit with your body parallel to your massage partner's body. Turn the closest hand to your massage partner into a "thumbs up" keeping your fist loose. Then press the closest thumb into an area of their body and ,using the force from your back and shoulder, hold for 3-5 seconds then release the pressure without breaking contact with the area you are pressing into. For extra pressure wrap your other hand around the closest hand with the thumb on top.

# Side position routine example

- 1. Back
  - (In any order) Broad techniques: wringing, c scooping, palm circles, palm stroking , dual palm stroking
  - Deeper techniques: Finger stroking, dual finger stroking, finger circles , thumb stroking and thumb circles
- 2. Top arm
  - (In any order) Broad techniques: wringing, c scooping, palm circles, palm stroking , dual palm stroking
  - Deeper techniques: Finger stroking, dual finger stroking ,finger circles , thumb stroking and thumb circles
- Top Hand
  - (In any order) Broad techniques: squeezing , palm press
  - Deeper techniques: Finger stroking, finger circles , thumb stroking, thumb circles and coin rub fingers
- 3. Top leg
  - (In any order) Broad techniques: wringing, c scooping, palm circles, palm stroking , dual palm stroking
  - Deeper techniques: Finger stroking, dual finger stoking, finger circles , thumb stroking thumb circles
- 4. Top Foot
  - (In any order) Broad techniques: squeezing , palm press
  - Deeper techniques: Finger stroking, finger circles , thumb stroking and thumb circles, coin rubs toes
- 5. Neck
  - Broad techniques C scooping
  - Deeper techniques Finger circles and thumb circles
- 6. Get person to roll over on to other side and repeat

# Seated massage routine

- Back:
  - Broad techniques : palm press, palm circles and squeeze upper back muscle
  - Deeper techniques: finger circles, finger press, thumb press and thumb circle
- Hips:
  - Broad techniques: Palm circle
  - Deeper techniques: Thumb press, thumb circle
- Arms
  - Broad techniques: Squeeze arms muscles
  - Deeper techniques: Thumb press, coin rub
- Neck
  - Broad techniques: C scoops
  - Deeper techniques: Finger circle and thumb circle



# Herbal Massage Oils



# Chickweed infused into coconut oil

## price: 25.00/ 4 oz container

- Ingredients Chickweed properties infused into coconut oil and vitamin E oil
- Skin rub hot oil on affected area for: severe Itchy skin from eczema, for abscesses, carbuncles and boils. Do this on an empty stomach one hour before meals or two hours after.
- Circulatory rub cold oil on on left side of chest and middle of upper back for: varicose veins. Do this on an empty stomach one hour before meals or two hours after
- lymphatics rub cold oil on: hollow above collar bones , below collar bones, hollows below ears lobes, inner armpit edge, between end of the breast bone and belly button , groin line , and back of the knees for: swelling pain on fingers, hands and or feet. Do this on an empty stomach one hour before meals or two hours after
- **Don't take large doses since it might lead to having cramping loose stools**
- Frequency
  - If this is a new issue or it is a flare up use every two hours until there is improvement and then back off top every 4 hours. Do this for up to a month at most
  - If it has been there for a long time use the oil for either 2weeks on and 1 week off or five days on and two days off

# Plantain leaf infused into coconut oil

Price 25.00/ 4 oz container

- Ingredients: Plantain leaf properties infused into coconut oil and vitamin E oil
- Skin: rub hot oil on affected area for: Acne , poison ivy, eczema, mosquito itch, wounds, damaged skin, scrapes, cuts, bruises, impetigo , skin infections ,leg ulcers, eczema, psoriasis, nettle sting, insect sting , burns, abscess, cracked skin, abrasions, hemorrhoids and rashes
- Bones: rub warm oi on affected area for help with broken bones
- Frequency
  - If this is a new issue or it is a flare up use every two hours until there is improvement and then back off top every 4 hours. Do this for up to a month at most
  - If it has been there for a long time use the oil for either 2weeks on and 1 week off or five days on and two days off

# Golden rod flower infused into sunflower oil

Price: 25.00 / 4 oz bottle

- Ingredients: Golden rod flower petals properties infused in sun flower oil and vitamin
- Skin: rub hot oil on affected area for :old slow healing wounds like ulcers
- Muscles: rub warm oil on affected for :damaged muscles, damaged ligaments or damaged tendons
- Women rub warm oil on for: severe uterine and ovarian cramping
- Bones rub warm oil on affected area for achy arthritic limbs
- Frequency
  - If this is a new issue or it is a flare up use every two hours until there is improvement and then back off top every 4 hours. Do this for up to a month at most
  - If it has been there for a long time use the oil for either 2weeks on and 1 week off or five days on and two days off

# St johns' wort flower infused in sunflower oil

## price 25.00/ 4 oz bottle

- Ingredients st johns wart flower properties in sunflower oil and vitamin oil
- Muscle rub warm oil on area to help with: aches, inflammation, pain, stiffness, strains, tightness, tension, spasms, acute and chronic whiplash, sore ligaments. and growing pain
- Immune rub cold oil on feet for an antibacterial, anti-viral effect.
- Lymphatics anti-inflammatory. Rub around the ear with lymphatics to reduce the pain in ear aches and ear infections to the point where you can function and not be spending all the time dealing with the pain. Do this every hour until pain is gone (It doesn't solve the root cause of the ear infection)
- Skin: Rub hot oil on areas for: bites, acute and contused injuries, plague type psoriasis, skin irritations, rashes, scrapes, a face moisturizer, atopic dermatitis, bruises, eczema, psoriasis, cold sores minor broken skin, wounds
  - Rub warm oil on area for soothing: trauma to your skin, burns and injuries of all kinds.
  - Rub hot oil on area for radiation burns in-between treatments after your radiation to get rid of redness and irritation
  - Rub hot oil on For 1-2 degree burns aka Sunburns, Motor cycle burn and all burnings by fire after skin cooled from putting skin under cool water (oil trapped heat in).
  - combine in creams and ointments for skin pain.,
  - Rub hot oil on head for cradle cap, after bathing,
  - It not only relieves pain, but also promotes tissue repair and speeds recovery.
  - Reduced scarring from acute third degree burns used constantly.
  - It calms the inflammation, the burning and redness of red, itching and irritable skin (it doesn't solve the root cause of the red skin).
  - Heal the dry stages of: psoriasis, eczema and acne; once the skin is inflamed, damaged and red.
  - It helps to cool the itching from: eczema or insect bites.
  - reducing the Inflammation and infection and prevents the scarring of acne (It doesn't deal with or get to the root cause of why you have acne).
  - Reduces the stress, reduces the swelling and takes the pain away of :crushed fingers, crushed toes and mutilated flesh.
- Nerve on the feet nerve endings in the feet very relaxing, prevent the outbreaks of and reduces the outbreak time of herpes (infection in the nerve). sciatica 4-5 times a day, shingle pain 4-5 times a day, soothing and antispasmodic in spinal cord injuries traumatic shock nervous system. combine in creams and ointments for nerve pain, twice week after baths over whole body for tetanus preventive after bathing. strengthens nerves. Best at Reducing: nerve pain, tingling, nerve damage and numbness, carpal tunnel, pinched nerves sharp shooting nerve pain
- Circulation increases circulation, For blocked arteries rub on chest
- Guts reduces inflammation swelling in chrons,
- Mental calms exhausted stress, depression and fear
- Women Menstrual irregularity, cramping pain, premenstrual breast pain applied locally Premium during labor Heal energy prolapsed uterus As an ointment heals postpartum wounds after 10 days and prevents scar tissue formation at 40 days
- Bone cramps and aches in the joints
- **Don't use if you have internal bleeding with oral contraceptives indinavir( aids ),**
- **leaf flower negative effect on adipogenous and adipose related disease including insulin sensitivity glucose uptake a**
- **interjection drugs cyclosporine (heart transplant)**
- **diabetes (inhibition of insulin sensitive glucose can cause allergic reaction tiredness restlessness**
- **don't use with other mao inhibitors (furoxone, marplan, manerix, nardil, eldepryl, or parnate) decreases level of meds such as a: amitriptyline, cyclosporine, verapamil, digoxin, fexofenadine, indinavir, methadone, midazolam, nevirapine, phenprocoumon, simvastatin, tacrolimus, theophylline, warfarin, and chemotherapy drugs like irinotecan imatinib**
- **decreases efficacy of oxycodone significantly.**
- **slows gastric emptying**
- **Before operation**
- **for open skin**

# German chamomile infused into coconut oil

Price 25.00/ 4oz container

- Ingredients: chamomile leaves, coconut oil and vitamin e oil
- Skin: rub hot oil on affected area for: Slow aging process, eczema, Allergic dermatitis, antifungal effect, antibacterial effect, anti-inflammatory, antiseptic, antispasmodic, repairing wounded tissue, inhibiting histamine (need healthy gut bacteria to absorb oil). It reduces scar tissue, promotes tissue regeneration after patients had operations on their intestine including soothing tissue caused by chemotherapy or radiation treatment and protecting injured area against more trauma. Do this on an empty stomach one hour before meals or two hours after
- Mental rub warm oil onto feet to: reduce stress, increase day time functioning with insomnia (270mg of chamomile 2/day for 28 days), have a mild anti anxiety affect, have a calming affect on mental restlessness, have an antidepressant affect. Do this in the evening before bedtimes
- Circulation: rub cold oil on left side of chest and middle of upper back to: decrease swelling, increase blood flow, raise blood pressure, modulate blood pressure, decrease clot formation and lower blood glucose. Do this on an empty stomach one hour before meals or two hours after
- Nerves: rub warm oil on feet to: calm nerves, soften and relax tissue and decrease tension and pressure on sensory nerves. Do this in the evening before bedtimes.
- Immune system rub cold oil into the hollow behind collar bones, hollow below ears, under collar bones, inner edge of the armpit , centre of the belly between the end of the breast bone, groin and back of knees for: boosting the immune system, increasing the sensitivity of immune cells to signals that promote activation, for an anti viral affect, fever and the common cold. Do this on an Empty stomach one hour before meals or two hours after
- Gut: rub cold oil on to low back and around the belly button to: increase blood flow to the stomach and intestines, calm Inflamed intestines and stomach, help with slimy watery stool, calm colic and infant colic, calm infant diarrhea with foul odour and irritated anus, reduce gas, calm diverticulitis, help with diabetes (increases insulin secretion and boost insulin sensitivity increases insulin secreting cells in the pancreases) and reduce fat stores in body. Do this 15 min before meals.
- Rub cold oil onto anus to: calm itching burning and oozing hemorrhoids. Do this 15 min before meals.
- **Don't use this oil if taking iron suppliants or 5 fluorouracil**
- Frequency
  - If this is a new issue or it is a flare up use every two hours until there is improvement and then back off top every 4 hours. Do this for up to a month at most
  - If it has been there for a long time use the oil for either 2weeks on and 1 week off or five days on and two days off

# Calendula Flowers infused into sunflower oil

## Price: 25.00/4 oz bottle

- Ingredients calendula flowers properties infused in coconut oil and vit e oil
- skin: rub hot oil on affected area of skin for: cracked rough skin, cracked nipples, diaper rash, bed sores, warts, dry eczema, healing all wounds especially for ulcerated skin in the legs, persistent cuts with infections, pain from bruises, insect bites, skin disorders, sprain use after trauma since connective tissue won't grow thick and tight but remain smooth and elastic. (Due to silica) Do this on an empty stomach on hour before meals or two hours after.
  - To increase hydration elasticity and superficial lipids of the skin rub 50 ppm of hot oil on the skin for 12 weeks and you will have a 38% increase in hydration, 8% increase in elasticity and 33% increase in superficial lipids. If you combine this with drinking 10mg of the oil you will increase: skin hydration by 60 percent, elasticity by 20 % and lipids by 50 percent. Do this on an empty stomach one hour before meals or two hours after.
- Circulation and heart rub cold oil on left side of chest and middle of upper back as a heart tonic, to: reduce high blood pressure, prevent coronary heart disease, reduce plaque in arteries and increase new formation of veins and capillaries. Do this on an empty stomach or one hour before meals or two hours after
- Eyes rub cold oil into hollow above collar bones, below collar bones, inner armpit edge, between end of breast bone and belly button, groin line and back of knees to help with: macular degeneration and other eye problems by protecting delicate vessels from harmful blue light, prevent cataract formation filter uv ray, increase macular optical density, improve visual acuity in people with cataract, prevent cataract formation, Increases visual acuity in patients, decrease age related cataracts. Do this on an empty stomach or one hour before meals or two hours after
- Women rub cold oil on low back, feet and inner thighs to: start delayed menses or dysmenorrhea. Do this on an Empty stomach or one hour before meals or two hours after
- Immune system rub cold oil into hollow behind collar bones, hollow below ears, under collar bones, centre of the belly between the end of the breast bone, groins, back of knees to: increase interferon and t helper cell circulation, increases the amount of lymph cells and decrease sweating. Do this on an Empty stomach or one hour before meals or two hours after
- Nerves rub warm oil on to the area to: decreases the numbness in the nerves. Do this in the evening before betimes.
- **Don't use this oil if taking: iron supplants or 5 fluorouracil**
- Frequency :
  - If this is a new issue or it is a flare up use every two hours until there is improvement and then back off top every 4 hours. Do this for up to a month at most .
  - If it has been there for a long time use the oil for either 2weeks on and 1 week off or five days on and two days off

# Dandelion Flowers infused into coconut oil

## Price 25.00/ 4 oz container

- Ingredients: Dandelion Flowers properties in coconut oil and vitamin E
- Muscle Rub warm oil onto the neck and shoulders for muscle tension. Do this in the evening before bedtime  
Note many massage workers use this oil to loosen the muscles so that deeper work can be used
- Bones Rub warm oil onto the knees and elbows for reducing pain and tightness of osteo arthritis
- Mental Rub warm oil in the hollow above the collar bones and the hollow below the ear lobes to: clear long held emotions
- Organs improve liver function
- Lymphatics rub cold oil in to the hollow above the collar bones, below the collar bones, hollow below the ear lobes, inner edge of the armpits, spot between the end the breast bone and the belly button, groin lines and the back of the knees to reduce breast cysts
- Don't use if you have: **blocked biliary ducts, gall bladder swelling, inflamed colon, inflamed stomach, or stomach ulcers and ileitis. Also, if you are on: lithium or quinoline antibiotics**
- Frequency
  - If this is a new issue or it is a flare up use every two hours until there is improvement and then back off top every 4 hours. Do this for up to a month at most .
  - If it has been there for a long time use the oil for either 2weeks on and 1 week off or five days on and two days off

# Balsam Popular leaf bud infused into coconut oil

## price 25.00/ 4oz container

- Ingredients vitamin e oil, balsam popular leaf buds properties infused into coconut oil
- Skin: rubs hot oil on affected area of skin for: skin incision, wounds, burns, heat inflammation, tempers the heat of wounds, sore, boils, eczema rashes, dermatitis, Sedates skin allergic reactions to food, cuts and diaper rash. Do this on an empty stomach on hour before meals or two hours after.
- Muscle/ joints: rub warm oil on muscles for: inflammation swelling and pain of rheumatism for any part of the body, gout, muscle relaxation, for muscle aches and tension. Do this in the evening before betimes.
- Gut: rub luke warm oil on to low back and around the belly button for: constipation where meds have dried up the colon mucus membrane. Do this 15 min before meals
- Lymphatics rub cold oil on hollow behind collar bones, hollow below ears lobes, right below collar bones , inner armpit edge, area between end of the breast and the belly button, groin lines and back of the knees to: dissolve extra cholesterol and uric acid and carry it out of system and gingivitis. Do this on an empty stomach before bed time
- Respiratory rub warm oil in nose and on chest for lung repository congestion, asthma, allergic rhinitis, and coughs. Do this one half to one hour after meals
- Women rub cold oil on breast to dry up the breast milk when children are weaned. Do this on an empty stomach one hour before or 2 hours after meals
- Circulation rub warm oil on left side of chest and middle of upper back to reduce: high blood pressure, reduce blood sugar (diabetes), and aorta pressure after an increase of adreline. rub into nose for nose bleeds. Do this on an Empty stomach one hour before meals or two hours after
- Babies: rub warm oil onto belly to help with umbilical cord healing. Rub warm oil onto gums to help with teething. Do this in the evening before betimes.
- Don't use if allergic to Salicylates propolis and balsam of Peru. if pregnant, breast feeding or have hormone sensitive cancers
- Frequency
  - If this is a new issue or it is a flare up use every two hours until there is improvement and then back off top every 4 hours. Do this for up to a month at most
  - If it has been there for a long time use the oil for either 2weeks on and 1 week off or five days on and two days off