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## ENDOMETRIOSIS RECIPES

10 DROPS LAVENDER

10 DROPS FRANKINCENSE

5 DROPS CYPRESS

5 DROPS MELALUCA OR ROSEMARY (IF HAVE HIGH PAIN TOLERANCE)

2 DROPS HELICHRYSM

2 DROPS GERANIUM (EMOTIONS)

1 OZ CARRIER OIL

*MIX TOGETHER AS LIST STATES IN ORDER*

*USE ORGANIC TAMPON- OVERNIGHT*

*USE FOR 3 WEEKS- SHOULD SEE RESULTS AFTER 1 WEEK*

*ADD INNER DEFENSE, JUVA FLEX, AND ENDO FLEX*

#2

9 DROPS FRANKINCENSE

5 DROPS CLARY SAGE

1 DROP CARRIER OIL

CAN USE ON LOWER BELLY WITH HOT COMPRESS

NO HEATING PAD THO

#3

5 DROPS NUTMEG, CLARY SAGE, ROMAN CHAMOMILE AND CARRIER OIL AS MASSAGE TO LOWER ABDOMEN AND LOWER BACK

#4

6 DROPS OF ANY COMBINATION OF ROSE, CYPRESS, NUTMEG, CLARY SAGE WITH 1 TBSP OIL AND ADD TO HOT BATH

#5

EQUAL AMOUNTS OF VETIVER AND LAVENDER IN CAPSULE RIGHT BEFORE CYCLE FOR PAIN RELIEF

Progesence Plus two times a day on the neck area for two weeks before cycle and then three or four times a day during my cycle.