



QUICK GUIDE TO YOUR

Immune Support Kit

A AROMATIC **T** TOPICAL **I** INTERNAL

YOUR IMMUNE SYSTEM IS YOUR FIRST LINE OF DEFENSE AGAINST ENVIRONMENTAL THREATS. The health of other body systems affect the health of your immune system. Fortify your defenses by utilizing this kit to promote health throughout various body systems, therefore better supporting your immune system.



doTERRA® **BREATHE®** for Respiratory Support*

- A** Diffuse 3-5 drops to promote clear breathing and seasonal support.
- T** Apply 2-3 drops to chest and back to maintain feelings of clear airways and easy breathing.
- T** Apply 2 drops on bottom of feet for a boost of energy.

Emotional Use: Supports “breathing in” life and receiving all it offers.



doTERRA® **OREGANO TOUCH®** for Immune Support*

- T** Rub on bottom of feet to help maintain healthy immune and cellular function, provide powerful antioxidant and GI tract support.*
- T** Apply to skin imperfections as needed.
- T** Roll on bottom of feet to promote healthy immune function.*

Emotional Use: Encourages humility and releasing negative attachments.



doTERRA® **COPAIBA** for Cellular Renewal

- A** Diffuse 3-5 drops to help calm anxious feelings or settle the mind.
- T** Apply 1-4 drops to any location for desired relief of structural discomfort due to activity or movement.
- I** Add 1-2 drops to water or veggie capsule to support cardiovascular, cellular, digestive, nervous, immune health, and mood.*

Emotional Use: Supports individuals in making peace with their past.



doTERRA® **ON GUARD® SANITIZING MIST** for Eliminating Bacteria*

- T** Use to sanitize hands after touching gym equipment, door handles, and shopping carts.
- T** Sanitizes hands when soap and water are unavailable.
- T** When traveling, spray on arm rests, tray tables, and other surfaces as needed.



doTERRA® **ON GUARD®** for Immune Protection*

- A** Diffuse 3 drops to protect against environmental threats and cleanse the air.
- T** Apply 1 drop on bottom of feet two times daily to support healthy immune function.
- I** Add 1 drop to 1 tablespoon honey and take to soothe a dry throat.*

Emotional Use: Promotes feelings of protection and strength.



doTERRA® **ON GUARD® SOFTGELS** for Immune Support*

- I** Take 1 softgel to support a healthy immune and respiratory function, especially during seasonal changes.*
- I** Supports the body’s natural antioxidant defenses while promoting healthy circulation.*
- I** Fortify immune system before a big event by taking 1 softgel daily for five days before.*



doTERRA® **PB ASSIST+®** Supports Healthy Digestive Function and Immunity*

- I** Take 1 capsule 1-3x daily with meals to support healthy immune and digestive systems.*
- Routine use: take 10 days in a row each month to promote colonization of friendly gut flora.*

- I** Use can be increased or extended when intestinal flora has been compromised by digestive stressors.*

Consumption can be varied as needed.





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sample daily routine

MORNING

- A** Diffuse 3-5 drops **dōTERRA® Breathe®** to clear air and kick off the day.
- T** Apply 2 drops **Copaiba** on bottom of feet and back of neck to balance mind and feel flexible.
- I** Take 1 **PB Assist+®** for digestive support and 1 **dōTERRA® On Guard+® Softgel** to boost immunity*.

NOON

- A** Diffuse 3-5 drops **dōTERRA® On Guard®** to uplift mood, cleanse air, and sustain immunity.
- T** Apply **dōTERRA® Breathe®** on chest and behind ears to energize, clear, and uplift.
- T** Use **dōTERRA® On Guard® Sanitizing Mist** throughout day for protection.

EVENING

- A** Diffuse 2 drops each **dōTERRA® Breathe®** and **Copaiba** for restorative nights sleep.
- T** Use **dōTERRA® Oregano Touch®** on bottom of feet as needed for immune support*.
- I** Take 1 **PB Assist+®** + 1 **dōTERRA® On Guard+® Softgel** to help support healthy bowel function and to boost immunity*.

QUICK TIPS

Add a few drops of **dōTERRA® Breathe®** into the corner of shower to invigorate breathing, clear airways, and reduce sensitivity to environmental threats.



INHALATION RECIPE

1. Heat bowl of water until water is hot but not boiling.
2. Add 2 drops each **dōTERRA® Breathe®, Copaiba, Lemon, Tea Tree (Melaleuca), dōTERRA® On Guard®, Oregano.**
3. Cover head and bowl with large towel. Close eyes and breathe in slowly until relief is achieved. Repeat as often as needed to relieve discomfort.

*Caution with hot water to avoid spills and/or burns.

IN THE KNOW

CBD vs. Copaiba Essential oil

- Less expensive than CBD
- Zero presence of THC
- No psychoactive effect
- 100% legal
- Not from the cannabis plant
- Does not affect drug testing
- Strong antioxidant properties

- Supports cellular, immune, circulatory, GI tract, hair, skin, uterine health, and much more
- Beta-caryophyllene (BCP)—main chemical component in **Copaiba**—interacts directly with CB2 receptors (CBD works indirectly)



APPLICATION METHOD



AROMATIC: Add 3-5 drops to favorite diffuser or place 1-2 drops in palms of hands, rub together, cup around nose and mouth, inhale. Avoid direct contact with eyes.



TOPICAL: Apply 1-2 drops on bottom of feet, back of neck, behind ears, on wrists, over heart, and/or area(s) of concern. Dilute with Fractionated Coconut Oil as desired or needed, and to promote sustained absorption.



INTERNAL: Put 1-2 drops in glass of water, smoothie or juice, veggie capsule, or under tongue.*

ESSENTIAL OIL SAFETY



Avoid contact with eyes, ears, or other areas of sensitivity.



Dilute with Fractionated Coconut Oil for sensitive or elderly skin, with children or infants, and areas of sensitivity. Reduce dosing for infants, children, elderly, and those in a fragile state of health.



Read labels and follow recommendations. Consult credible resources for dosing guidelines.