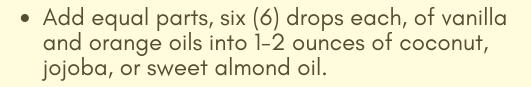
## **Orange & Vanilla** Essential Oil Blend

By Dr. Eric Zielinski

- Vanilla oleoresin, vanilla absolute, or vanilla CO2 extract
- Orange essential oil
- Coconut, jojoba, or sweet almond oil



- Orange, rich in limonene, is a proven antidepressant and anti-inflammatory; this blend has been shown to help with feeling overwhelmed and hopeless.
- This blend is safe for the whole family to use as a body oil; Dr. Zielinski uses it on his kids every morning instead of store-bought body lotion.

\*For more, visit NaturalLivingFamily.com

