



# Mom's Essential Toolbox



# mercure

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**Geez...  
I don't know...  
Should we go  
to the doctor?"**

# “Should we go to the doctor?”

It's the question that hangs over the head of every mama who simply doesn't know how serious the situation is. "My kid wants me to do SOMETHING but am I a bad mom if I don't want to sit in the doctor's office for 3 hours, pay \$150, then sit at the pharmacy for pills my kid might not even need? Maybe they'll feel better tomorrow, maybe it's nothing, but maybe it's serious this time.....

I HATED that powerless feeling... And the guilt that I felt giving them prescriptions. What if they react? What are the side effects?

If my kids need it, we still go to the doctor but I feel soooo empowered when I can go to work like a NASCAR pit crew on my kids. No more pacing and checking their temperature every 10 minutes, now it's go-time. I'm diffusing with one hand, chest lubing with the other, and yelling at my husband "I need 3 drops of Thieves in a shot of NingXia, a capsule of Digize & V6, get me a nasal inhaler with RC & Peppermint, and I need it YESTERDAY." I'm a walking Urgent Care...







99% of the time, a first aid kit is just a bulky way for moms to lug around their bandaids and Neosporin.

Essential oils are a vital part of any first aid kit because they have a unique ability to easily penetrate the skin, zip through cell membranes, and circulate throughout the body. This stimulates healing throughout a wider area. Rather than working against the human body's amazing immune response, like modern medicine often does, oils will work with the body to supplement our reactions to injury and infection. This speeds up the repair and healing processes.

Oils are fast-acting, have a long shelf life, some of the best oils are very affordable, and they're truly safe and effective when used properly. We don't travel without Digize for tummies or food poisoning, Thieves for infections and sore throats, Lavender for bugs and allergies, Raven for a cough, Owie for scrapes, Peppermint for cold sores and nausea, and Lavaderm for burns.

# Attention and Hyperactivity



Start with Cedarwood or Vetiver in your diffuser. Studies showed that simply smelling either oil for 30 min per day, ANY time of day, for 30 days, increased the time that kids with attention problems spent focused on their task, while decreasing the time they spent distracted/daydreaming by about 35%. The nice thing is, you don't have to diffuse them at school or put them on your kid (I doubt they'll want to explain the smell at school)... So you can start by diffusing Cedarwood at night. It helps calm a racing mind so it helps me sleep, but it's not a sedative.

The other option for this is a product with 3 key ingredients; L-theanine, 5-HTP and Magnesium. YL sells a watermelon-flavored powder with all three. It is geared toward kids, but adults can benefit too. These ingredients have proven to help with focus. Another study found that most kids with attention problems and hyperactive tendencies were low in magnesium.

# | The 3 Key Ingredients

L-Theanine: A single dose of L-theanine 100 mg seems to improve “vigilant attention, reducing error rates in cognitive tests when compared with placebo” but there were better effects in adults who combined it with caffeine. In these children, one dose of L-theanine increased cognition scores.

Depression bonus!

5-HTP: Works synergistically with L-theanine, and seems to improve symptoms of depression. One of the key indicators of depression is a lack of interest and motivation. 13 studies showed taking 5-HTP for 8 weeks had a depression remission rate of 65%. 5-HTP vs prescription antidepressants: Taking 5-HTP decreased depression just as well as Prozac and Luvox but without the nasty side effects that meds bring, like INCREASED suicidal thoughts. 5-HTP is a precursor for serotonin and melatonin so while it helps on its own, when you combine it with depression meds, it reduces depressive symptoms better than some meds by themselves. 5-HTP also reduces appetite and migraine frequency.

Magnesium: is vital for over 200 metabolic reactions in the body, including brain chemistry. A study found that, out of 116 kids who had been diagnosed with attention problems, 95% of them had a Magnesium deficiency. A second study looked at the hyperactivity aspect. They gave kids, ages 7-12, 200mg of Mg/day for 6 months and found a "significant decrease of hyperactivity". Once again there is an overlap with depression. After 6 weeks of taking 500mg of magnesium, patients saw a significant reduction in their anxiety and depressive symptoms. Our product doesn't have that much magnesium so it might be worth adding a dedicated magnesium supplement. Ours is called “Super Magnesium”

Studies on Magnesium:

<https://pubmed.ncbi.nlm.nih.gov/28654669/>

<http://www.ncbi.nlm.nih.gov/pubmed/9368236>

<http://www.ncbi.nlm.nih.gov/pubmed/9368235> 5-HPT

[https://www.healthline.com/nutrition/5-htp-benefits#TOC\\_TITLE\\_HDR\\_5](https://www.healthline.com/nutrition/5-htp-benefits#TOC_TITLE_HDR_5)





## KidScents Unwind

A watermelon-flavored powder with all three key ingredients.

# Minor Puncture Wounds, Cuts, and Scrapes

## First things first.

Stop the bleeding and do your best to clean debris from the wound with clean water and a mild soap.



A little bleeding is fine since it's helping clean the wound. Don't freak out. Raise the wound above the heart, use a clean towel or gauze to apply steady pressure but don't move it around, every time you move the towel you interrupt the clotting process.

Once you've stopped most of the bleeding...

Oily fix: Owie Oil - We put the Owie oil directly onto the cut. It's very mild. If our little boy doesn't watch us do it, he doesn't notice it at all. But if we say, "I'm going to put some oils on your boo-boo, it won't hurt"... then he wails like it's battery acid. It's just psychological. Try it on yourself if you're tentative but it's a great fix.

Why it works: Each oil in the Owie blend has a purpose. Tea Tree kills germs, Cistus stops bleeding, Clove numbs the pain, Balsam Fir for the emotional aspect.

If the bleeding persists even after 15 minutes of applying pressure, AND if stitches or surgical glue isn't an option, Try putting Owie oil right onto the small cut or scrape.

Other options for persistent bleeding include... Cypress NEAR but not on the cut. Lavender or Cistus directly on the cut will slow the bleeding. Helichrysum is the holy grail for bleeding.

Scars





## “Is it going to scar?”

If you're worried about a scar, it's best to get stitches within 8 hours. Once you're in the 12-24 hour window, stitches become less and less of an option. Claraderm for at least 30 days is a miracle worker in reducing scarring. If you have rowdy kids, get some Liquid Skin on Amazon, it's similar to surgical super glue and it's saved us more than once.

# The 3 B's

# The 3 B's... and a G.

Bumps, Bruises, Blisters,  
and Goose eggs...

Bumps - swelling and inflammation  
from tissue damage/injury.

Goose eggs - Big bumps on the head  
from texting while walking into things.

Bruises - Crush injury causing small  
blood vessels under the skin to rupture  
and bleed under the skin.

Unless there's reason to believe there  
was a broken bone or concussion, grab  
an ice pack or bag of frozen veggies.  
Tell them, "Hold that right there while  
momma gets her oils, mmkay sugar  
plum?"





# [The Oily Fix



These oils are mild enough to put a few drops straight onto the skin, but it's always best to use a carrier oil.

Lavender: Calming and reduces inflammation.

Peppermint: Cooling and pain-relieving effects. That's why it's in most muscle rubs.

Copaiba: Anti-inflammatory and pain-relieving properties due to its beta-caryophyllene (which is similar to the active compounds in CBD)

Clove: contains eugenol, a numbing pain reliever with anti-inflammatory properties. It numbs so well it's used in dental gels for pain.



# Burns & Sunburns



## The Three Degrees

### 1st Degree-

The first layer of skin is burned. Your thigh is red, swollen, and painful because you hit a speed bump while drinking McDonald's 190-degree coffee.

### 2nd Degree -

The top two layers are burned.

### 3rd Degree-

The outer Layer is destroyed, 2nd the layer is cooked. Permanent tissue damage. Skin is dry, leathery, and swollen but it doesn't hurt because you torched the nerves. The skin might be black, white, brown or yellow. This is bad.

# | The Oily Fix.



1st Degree: LavaDerm Cooling mist with 2 - 3 drops of Lavender oil. Spray it on ASAP. Every few hours for 3 days. For mild burns, CBD muscle rub shuts off the pain.

2nd Degree: Same as above but more frequently. CBD muscle rub is a huge help for the pain but shouldn't be used on broken skin or open blisters.

*Day 1:* LavaDerm spray and 3 drops of Lavender every 30 minutes.

*Day 2 thru day 5:* LavaDerm and 3 drops of Lavender every 60 minutes.

*Day 6 until healed:* LavaDerm and 3 drops of Lavender but only every 3-6 hours.

Then start adding rose ointment to keep skin soft.

3rd Degree: LavaDerm cooling mist while you scream at your spouse on the way to the hospital.

# Vitamin D Season



**“Winter  
isn’t  
cold  
and  
flu  
season,  
it’s  
low  
Vitamin D  
season.”**

QUOTE



## Fight the viruses!

These viruses are highly contagious and they want your whole family laid out at the same time. We have to prepare our families on multiple levels. First, you need to prime your immune system ahead of time. Then it's time to fight the virus hard at the first sign of infection. Next, we work to stay ahead of a secondary bacterial infection. Anti-virals like zinc and lysine make it hard for the virus to make copies of itself but they're only effective early on, before the virus has made millions of copies. So hit it hard, early on.

### Oily Fix

Prepare your body for battle every day with Vitamin C, Vitamin D, Ningxia, Life 9, and Multi-greens.

Get sleep -> Immupro chewables have melatonin and immune-boosting mushrooms. Stay hydrated - your immune system doesn't function well without fluids. Diffuse Thieves and RC (or Raven) as often as possible. Use Thieves lozenges when in crowds.

## At the FIRST sign of infection

Now it's twice a day... Vitamin C and D, Zinc and Lysine, Multi-Greens, Inner Defense, and a shot of NingXia with 4 drops of Thieves. More fluids, use digize capsules for nausea/diarrhea. Suck on Thieves lozenges every waking moment.

Prevent Secondary infection...

Inflammation will block normal drainage from the lungs, sinuses, and inner ears. This traps fluids that become ripe for infection. (pneumonia, sinus & ear infections SEE BELOW)

Diffuse hard! 24/7 to keep the mucus flowing. 10 drops Thieves, 10 drops RC (or Raven), 10 drops Peppermint. Put your nose in the mist. Inhale deeply 5 times. Do this throughout day

Nighttime...Thieves chest rub with a few drops of Raven. Take your Thieves and NingXia shot right before bed so the thieves marinate in the back of the throat, where viruses thrive, and sleep as close to the diffuser as possible.

Fevers... If you wanna be a tough guy, let it run hot. Viruses and bacteria can't replicate at higher temps so it is the best way to go. But fevers are miserable. Some Peppermint down the spine can cool you back down.

# Nasal Congestion



# Nasal Congestion

The goal is to breathe better and prevent sinus and ear infections. Congestion is more commonly caused by inflamed nasal tissue than it is too much mucus.

Decongestants can reduce blood flow for the inflamed tissue, antihistamines reduce the mucus and inflammation. Side effects are fairly uncommon but many people have very undesirable reactions...

## Oily Fix:

Inhale- Put 2-3 drops RC (or Raven), Peppermint, or a Eucalyptus in the palms, rub hands together, cup hands over nose, and inhale deeply.

Topical - Mix 5 drops of RC or Breathe Again in your palms with a carrier oil. Massage the mixture into the upper chest and neck.

## Congestion Life Hack:

1 drop of peppermint on your thumb, press and hold the thumb against the roof of the mouth. Or put a couple of drops on the back of your tongue and exhale through your nose. Wowza. That is potent.



# Pink Eye



If you have pink eye, you are a dirty person and you should feel great shame! Just kidding. We all get pink eye because it's crazy contagious. Two places you NEVER put oils are in your eye... or your other eye and your ears. But you can try some VERY mild oils AROUND the eye. Viral “conjunctivitis” is the bad one. It can last two weeks, it's highly contagious, and the eye drops will only reduce symptoms. Bacterial pink eye isn't as contagious but it's still no joke. Fortunately, antibiotic eye drops work well for the bacteria. Allergies are often mistaken for pink eye, but it's a different animal with the same approach.

### Oily Fix:

No matter the source, the same approach will help soothe the symptoms. 3 drops of Lavender diluted with 15 drops of carrier oil. No need to be super precise, but dilute it generously. Then massage it AROUND the eye, NOT on the eyelid, NOT close enough to leak into the eye. Do this 3 times a day. It's not a home run but it should reduce the symptoms and duration of any type of Pink Eye. If you're sneezing with an itchy nose and eyes, it's probably allergies. A couple of drops of lavender under the tongue will nuke it, but it doesn't last long. For longer, slower effects, try half a capsule of lavender. Fill the rest with carrier oil.

# Constipation



# | Constipation

Whether you're backed up like a beaver dam or you're simply not regular, constipation can take over your life. Sometimes it's only the nuisance of an upset belly or small hemorrhoid, but over time, constipation can also lead to colon cancer, diverticulitis, etc. You need to have at least 3 BM's a week. I think you should be passing stool at least once a day, but even hard stools, straining, or tiny little dry poops are forms of constipation. Water and Fiber are the key. Fiber is absorbent. It holds water and absorbs cholesterol and toxins. That bulks up the stool and keeps you regular.



# | Oily Fix.

Digize & Peppermint: 8 drops mixed with coconut oil. Massage the oils into the gut in the direction that stool travels. Start where the small intestine empties into the large intestine, at the bottom right of the belly, above the hip bone. Start there, press on the front of the gut, then move straight up to the bottom of the ribs, continue to massage straight across to the left side just below across below the ribs/sternum, then straight down the left side. Repeat. You can push it along the train tracks.

Digest & Cleanse: 1 capsule, 45 min before each meal with a big glass of water. Do this 3 times a day until the “dam breaks” then switch to once a day to maintain. If you forget, take 2 right before bed.

Life 9 ProBiotics: The best combo of 9 of the healthiest strains of gut bacteria. Take two a day until you're more regular, then one a day to maintain. A balance of healthy gut bacteria is the cornerstone of your health.





# Maintenance Options.

## Balance complete:

1 or 2 scoops. Twice a day. Forever.

Has fiber and wolf berry powder.

Tastes great in smoothies with vanilla protein powder and frozen dark berries. Add NingXia, coconut water, almond milk, or grass-fed dairy milk.

## ICP Daily Prebiotics:

Fertilize the good bacteria so they'll crowd out the bad bacteria. This is a powdered drink mix that tastes a little bit like sugar-free apple juice. It was intended for irritable bowel syndrome, but it's great for staying regular.



# Diarrhea





## Diarrhea.

It happens. Could be a virus, bacteria, reaction to foods, too many laxatives or malabsorption. Who cares, you just want the cramping and nausea to go away. Peppermint is your friend here, but keep the Digize handy. Peppermint is an anti-viral that can relax some of the cramps. Lemon kills bacteria. Both are good for nausea. My kids yell from the toilet like I am Door Dash “Maamma! I need the Digize!”

### Oily Fix:

At the onset of symptoms - Ingest Digize. Consider a capsule of “heavy hitters” like Inner Defense or Longevity.

- Adults: 6 drops in a capsule.
- Kids: 3 drops in NingXia or juice. Works in 3 minutes.
- Babies: Momma knows best but I would use only one drop of TummyGize in an eye dropper with juice.



## Maintenance:

Twice a day do the following Mix 3 drops of Lemon, 3 drops of peppermint, and 3 drops of Digize in your palm with carrier oil. Massage it into the entire belly. Then rub a bit of what's left on your fingers under the nose for the nausea. Put 3 drops of Lemon, 3 drops of peppermint, and 3 drops of Digize in a capsule and chase it with a big glass of water.

## Recovery:

Life 9 For 7 days, take 1 in the morning, and 1 every night following a meal. You've just wiped out a huge portion of the gut's community of bacteria. This is a great opportunity to start over by seeding the gut with a healthier balance of bacteria. After 7 days, return to one Life 9 per day

# Coughs





A cough is annoying but it is helpful when removing foreign materials and mucus. If you're hacking stuff up, you don't necessarily want to stop that cough. Other times, a cough is caused by inflammation and irritation. Your ribs hurt, you can't sleep, it's painful to cough. Irritation causes the cough, the cough causes more irritation. Now we spring into action.

### Oily Options:

Raven - has Eucalyptus and wintergreen to break up the mucus but the secret weapon is Ravintsara from Madagascar. It has an FDA-approved Anti-Tussive (stops a cough). It works astonishingly well.

Peppermint - add this to every respiratory or sinus blend. Peppermint is an anti-viral that relaxes the muscles around the airways. Wider airways carry more air and oils deeper into the lungs where modern medicine (albuterol) can't reach.

Thieves - kills the bacteria and inhibits the viruses causing the problem.





Diffuse non-stop. Put 8 to 10 drops each - Raven, Peppermint, Thieves. Try to stop and spend a minute with your nose in the mist, DEEPLY inhaling. Do this several times a day.

Thieves Chest rub - Massage all over the upper chest and upper back before bed, then put on a T-shirt so it doesn't wipe off on the sheets. Thieves kills the germs and keep lungs clear while you sleep. This stuff is a lifesaver. You need rest to heal, and it stops the cough so you can rest. You can make your own with some coconut oil, Raven, Peppermint, and Thieves.

# Fevers



# Fevers: We hate them, but they serve two important purposes!



Fevers boost immune system activity while slowing down germ activity. Bacteria and Viruses that make humans sick thrive at 98 degrees. If you can tolerate it, let a low fever run.

What is a fever?

- Rectal, Ear or Temporal artery temp 100.4
- Oral temp 100 F
- Armpit temp 99 F

When to call a doctor and/or consider Tylenol.  
(Rectal, Ear or Temporal artery temps)

- Babies under 6 months, don't hesitate to call a doctor at 100.4. Their immune systems are still developing.
- Infants and young kids. 104 is my limit unless they're lethargic, vomiting or won't eat and drink.
- Adults can handle a fever up to 103 unless it's been over 72 hrs.

Oily Options:

Infants and kids - 2 or 3 drops each of Peppermint to the spine, neck, and scalp with a carrier. This will help, but it doesn't last long. You might have to do this every hour until the fever subsides. Add 2 or 3 drops of ImmuPower to the feet and spine. Adults can use bigger doses as needed.

# Headaches

This is a tough one because there are so many types of headaches and causes. Find the cause, and target the source.

Hormonal headaches: often occur at specific times in a woman's cycle. Progessence Plus can erase these.

Stress headaches: Lavender capsules twice a day, topical Lavender directly on the upper chest, diffuse 24/7

Neck Problems: Massage the neck and base of the skull with Valor, CBD muscle rub, PanAway, or OrthoEase.

Sinus Headaches: Pain increases when you bend over. (See Sinus Infections Above)

Dehydration: Pain throbs as heart rate increases. Drink 64 oz of water with electrolytes. Vitality Drops, Alkalime, and MegaCal

Migraines: Lavender - AT THE ONSET, 2 or 3 drops rubbed on the upper lip so that the vapor is inhaled. Also, Ginger -10 drops in a capsule AT THE ONSET reduces symptoms within 2 hours.

Tension headaches: 5 drops of peppermint with a dab of rubbing alcohol on a sponge. Apply to large areas of the forehead and temples using. Proven to be as effective as 1000mg of Tylenol (but without the liver toxicity)



# Allergies

# Allergies

Allergic asthma is the most common type of asthma. About 90% of kids with childhood asthma have allergies, compared with about 50% of adults with asthma. The symptoms that go along with allergic asthma show up after you come into contact with your specific allergy-triggers. Pollen, dust mites, pet dander or mold spores in the air are the most common.

The world-famous ALLERGY TRIO - Peppermint, a decongestant that opens airways so the lemon/lavender can fight allergies.

1. PEPPERMINT- relaxes the smooth muscle surrounding airways and unclogs your sinuses
2. LAVENDER - reduces allergic inflammation and the over-production of snot from mucus glands. This is more common in prolonged allergies, chronic bronchitis, and asthma. It works by suppressing signals from T-helper-2 cells which trigger histamines. Lavender is a natural Anti-histamine.
3. LEMON Targets long term problems. Chronic allergies cause permanent changes (airway walls become thicker which narrows the passage) bronchial airways become hyper-responsive and they swell up and mucous hyper-production. Consistent use of Lemon will combat and start to reverse these effects.

# |The Oily Fix



For active symptoms - If you need immediate relief, put a couple of drops of Lavender under your tongue. Boom, symptoms gone for 1-2 hours.

Next, load the diffuser with 10 drops of each oil. Put your nose in the mist and inhale deeply through the nose. Each Allergy Trio oil kills fungi/mold spores in the air. These spores are likely what is triggering your reaction. Also, every Thieves oil kills those types of fungi (Cinnamon, Clove, Lemon, Eucalyptus, Rosemary). Tea Tree is the most famous fungi killer but Thyme and Oregano kill everything.

To reduce future episodes - Fill a capsule with 4 drops of Lemon, 4 drops of peppermint and 6 drops of Lavender, fill the rest with a carrier. Do this twice a day until symptoms are tolerable, then once a day through allergy season.

Bed time - 10 drops of each oil, put the diffuser near your head, diffuse all night. If bedtime symptoms are active, mix 3 drops of each oil in your palm with a carrier oil. Massage into upper neck and upper back, then put a T-shirt on.

Overtime, you'll reduce the size of the mucus glands that are cranking out so much thick fluids into your sinuses and lungs.

# Insect Bites and Stings



The key here is getting the oils on your bite as quickly as possible. Different oils work for different bugs in different parts of the country so feel free to experiment with what works in your region. I apply the oils with a carrier if the bite is on sensitive skin.

Oily Fix: Apply 2 drops of oil to each bite and gently spread in the area. Don't use all these at once. Try them out individually.

1. Lavender - an anti-inflammatory that will reduce redness, swelling, and itching.
2. Purification - will erase fire ant bites if you get it on quickly.
3. Tea tree & Eucalyptus - antimicrobial to reduce the risk of infection and ease the discomfort of any bite.
4. Peppermint - for any bite. It's cooling which can help reduce the pain and itching of bug bites.

Personal experience. Nothing beats purification for fire ants, mosquitoes, chiggers and no-see-ums, Lavender is a close second. But either way, the sooner you add the oil, the better the result. Some say basil helps with wasps, but didn't help me.

Bug Spray: Don't put that poison on your babies, make some natural bug spray. Lemongrass and Citronella are the most famous and they do help, but the science says Clove and Peppermint are more effective. When you make a spray, you must add a carrier oil so the oils don't evaporate. It lasts 2-3 hours





# | Lice & Fleas.

When someone in your house has an infestation, the best thing is to repel them. I was using oils on my scalp for hair loss while I slept next to my spouse who had lice for weeks. Everyone in the house got lice except me.

Repellent: Best two are Peppermint and Lavender, but in a pinch, look for Rosemary and Lemongrass or even Digize. It has several roils listed as flea & lice repellants Anise, Fennel, Peppermint, Juniper, patchouli and Lemongrass.

Kill em all: Oils aren't great at killing lice but they can help. First, the live ones may crawl away from the repellent. They'll be dead in 24-48 hours. But they leave behind "Nits"... lice eggs that will hatch 7-9 days later. Oils don't kill nits but a follow-up treatment every 2-3 days will kill and drive off the new ones before they lay more eggs. Your best bet is to use a combination of Tea Tree, Eucalyptus, and Clove to kill them and mix them with coconut oil (to suffocate them). Then comb with a very fine-toothed comb to clear the nits off the hair shaft. They grow less than a 1/4 inch from the scalp and like to hang out behind the ears and nape of the neck



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# Tyson & Wendy Mercure

**Have any questions?  
Feel free to reach out!**

**f** Wendy Mercure

**@**wendymercure

mercurewellness.com

**f** The Oil Geeks Community

<https://www.youngliving.com/us/em/referral/1471996>