



The 3 Best Ways to Keep Your Immune System Strong

Diane Laffoon 0:01

There are many supplements and products available that claim to help improve your immune system. But it's not as simple as it seems. Your immune system is incredibly complex. But there are things you can do every day to give your immune system what it needs to keep you healthy, and living life to the fullest. It's true. Maintaining a healthy diet, exercising regularly, getting plenty of sleep, and minimizing stress are all great habits to support a healthy immune system. But today, I'd like to talk to you about the three best ways that I found to keep my immune system strong during the coming months.

Diane Laffoon 0:38

Hi, I'm Diane Laffoon. And I'm here to help you support your immune system so you can choose joy, because when you feel good physically, you can choose joy more easily. Isn't that true? So what are you doing currently to help your immune system stay strong? What are your best tips for staying healthy right now?

Diane Laffoon 0:58

So many people are stressed and rundown these days that they may forget to take care of themselves. And the problem is if you don't take the time to make sure your body is getting what it needs, things start happening, they start breaking down your immune system can get weak, you might not be able to fight things off like you used to. And all sorts of problems can crop up.

Diane Laffoon 1:20

So you have to be proactive, and it's much better to stop the nasties from getting started in your body rather than trying to deal with it after it's already had the chance to bring you down. Please note that today my statements here are not intended to diagnose or treat or cure or prevent. I'm just here to tell you what I like to do to support a healthy immune system for myself and my family.

Diane Laffoon 1:44

So what is my go to my go to is thieves essential oil. These essential oil premium blend is just a wonderful combination. And it was created from research that was recorded in the archives of the British Museum library. It was research about a group of 14th century European they were perfumers spice traders. And they spent their days robbing the sick and the dying and even the dead people. All throughout the 14th century they managed to escape getting the plague and other diseases because legend says that they doused themselves with something called four thieves vinegar. And when they were finally caught, the king said I'll tell you what I'll be lenient with your sentence if you would let us know the recipe for this four thieves vinegar that you have. And so Gary Young in 1991 he studied these archives and he created the thieves premium essential oil blend in this was 1991. So you may see some other brands out there that claim to be thieves like or just like thieves. But why go for the imitation when you can use the original, the proven thieves blend formula I highly recommend it. In fact, thieves essential oil was the first essential oil blend to be scientifically evaluated, and a university research laboratory and it was proven to be effective.

Diane Laffoon 3:13

So there you go, Why go for an invitation when you can have the real thing. Now let's talk about what's in thieves. There's five different essential oils in thieves and first is Clove which is a warm, spicy aroma. It's very stimulating. In fact clove is listed in Hildegard's medicine which is a compilation of German medicines that was highly regarded by the Benedictine monks. And then also healers in China and India they've used clove bud for century as part of their healing treatments. So clove is the first essential oil in the blend. cinnamon bark is another essential oil and the blend cinnamon bark has this sweet spicy aroma it reminds you of the holidays and it's again that wonderful smell that you can smell during baking goods and that kind of thing. This time of year with pumpkin spice and everything you'll smell cinnamon bark a lot. Third is Eucalyptus radiata which is a invigorating aroma that reminds you of camphor. So Eucalyptus radiata contains something called eucalyptol which is something that provides a refreshing breathing experience for you. Fourth is Rosemary which is one of my favorite essential oils again a robust invigorating herbal aroma. And then finally lemon which is one of my favorites. It's a fresh uplifting aroma that cleanses the air eliminates odors when used aromatically lemon is just good all round oil. So those five oils, clove, cinnamon bark, Eucalyptus radiata, rosemary, and lemon are combined to create the thieves premium essential oil blend.

Diane Laffoon 4:45

So how do you use thieves essential oil? Well first, as with all essential oils, breathe it in deeply. You simply take a drop, put it in your hand, rub your hands together and breathe deeply. Oh, that aroma It's so wonderful. I also like putting it in my Essential Oil Diffuser I have thieves in this essential oil diffuser right now. It is a cold air diffuser which a cold air diffuser is designed to atomize a micro fine mist of essential oils into the air where they can suspend for several hours actually so you're continually breathing in those essential oils, micro molecules. And unlike you know aroma lamps or candles or diffusers that disperse essential oils, you know with heat or that kind of thing, burning them. Those can actually render the oil less beneficial than just using a cold air diffuser which is doesn't do anything to harm the oil and the effects of the oil as well. One of my favorite diffusers is actually available on Amazon for less than \$30 it's not a pretty diffuser like this that I think is so pretty but it is an inexpensive one and it has like a 500 milliliter water tank so it lasts a long time perfect for the bedroom last all night

long in the bedroom. I love that one so I'll put a link to that in the comments below so that you can check that out if you're interested.

Diane Laffoon 6:09

Of course there are other ways to diffuse essential oils as well you can put them in Cedar chips and make your own potpourri you can put these on cotton balls or on tissues and then put them in the vents of your car or around your home you know in the heating and air conditioning vents. You can even put thieves a few drop in a bowl or a pan of water instead of a warm stove not a hot stove again we don't want that heat to make that less beneficial but a warm stove where it might disperse into the air some one of my favorites is just to put it in your hands and then waft it around the room you will smell it you will hear sense that oil in the air and you will breathe it in. And then of course you can also make a spray with you know 10 to 20 drops of thieves essential oil in a four ounce spray bottle and then you'll fill it up with purified water and shake it and then spray it it's a very easy way to just spray it around the room.

Diane Laffoon 7:05

Often I will tell you one of the things that I do I have a routine every morning where I apply several different essential oils and I will sometimes take thieves and just apply a drop or two on the soles of my feet. And the reason I do that on the bottoms of my feet in particular is because that's where there are large pores and the oils can be quickly absorbed into the body. So use thieves and deep breathe deeply with it.

Diane Laffoon 7:29

Number two is to use these for clean hands. We all have been hurting hearing about washing our hands and there are good ways and better ways to wash your hands. You know lather up sing Happy Birthday, whatever song that you're singing so you scrub for a good amount of time. And then be sure and get every bit of your hands to when you're washing your hands. You won't be sad that you spent a few extra minutes getting squeaky clean when you're washing your hands regularly.

Diane Laffoon 7:57

One of my again go twos is to wash my hands with thieves foaming hand soap. The wonderful thing about thieves foaming hand soap not only is it it's infused with thieves premium essential oil blend which we know is a great powerful thing but it has moisturizers in it so it's not going to dry my hands out as I'm cleaning them thoroughly and I wash my hands a lot throughout the day. It smells amazing. It smells like Christmas like I said because of those wonderful aromas that are in it and you'll be surprised how it conditions and moisturizes your hands for soft smooth skin, even when you're diligent and washing your hands all the time.

Diane Laffoon 8:34

Also to keep my hands clean on the go. I like my thieves waterless hand sanitizer. It says right on the

bottle. I have a bigger bottle here it says right on the bottle. It is effective at killing 99.99% of germs it's been tested it's proven. Thieves waterless hand sanitizer is perfect for the entire family. It spread stops the spread of germs and your family family will be happier and healthier as a result. So I keep a small bottle in my purse and in my car both and I use that regularly and then I have the larger bottle on my kitchen counter just to take a squirt you know when you're running here or there and when you need to don't have time to wash your hands or whatever. But again, these are wonderful they have that thieves premium essential oil in them and they also have peppermint essential oil that gives it a little more of a spicy sweet aroma. That is wonderful.

Diane Laffoon 9:27

So I've breathed in my thieves number one number two I use my thieves for clean, clean hands that are not dry they're moisturize and then finally you can use these as a supplement. The thieves essential oil blend the premium essential oil blend called these vitality is in a white labeled bottle which is labeled as a dietary supplement. Now I will tell you that the oil and each of these bottles is the exact same thieves premium essential oil blend, but this one is labeled for either topical or aromatic use and this one is labeled For as a dietary supplement, so you can use it for internal consumption. It offers key benefits of overall wellness and support for a healthy immune system. Sometimes I will just take a drop and drop it into my morning shot of Ningxia red juice which is my antioxidant juice that I drink every morning or I'll sip it in my water throughout the day. I know some folks will even take and fill like a little veggie cap and take it like a pill, they'll take it and put it in an empty veggie veggie capsule

Diane Laffoon 10:28

and take it like a pill. Now this isn't for people who don't like strong flavors like those red hot cinnamon candies, those are those are strong flavors. But I will tell you if I'm feeling like I need a little extra support, I will actually take thieves vitality and drop it right in my mouth and hold it there before swallowing. Again it is not for the faint of heart because of that cinnamon bark and that clove essential oil it is a very strong, very spicy oil. And so if you're you're not used to those kinds of flavors then I wouldn't recommend this but I like to do that just to hold it in my mouth. Let it sit there for a while before swallowing and it just does a body good. So I will tell you that these also are the Young Living also offers a wide variety of thieves infused products, including thieves, mints, these hard launch hard lozenges, those I like to keep in my purse. If I get thirsty when I'm out and about I pop up these hard large hard lozenge. And then not only do I get the benefit of the thieves, but I also quench my thirst for a little while anyway. And then also thieves cough drops. Thieves essential oil infused cough drops actually relieves coughs soothes sore throats and cools nasal passages with the strength of thieves premium essential oil blend and menthol I will tell you to I have a little trick I call it my magic spray and I take an empty bottle This is the spray this is for something if you want to clean off grocery carts or surfaces and that kind of thing but this once I get this bottle empty or I take a one ounce bottle that's empty and I will put equal parts lemon vitality, frankincense, vitality, peppermint vitality and thieves vitality essential oil in the bottle. I'll fill it up with purified water and then I'll shake it and it's something wonderful my magic spray I love to spray on my throat during this season as well. Now I use 25 drops of each of those oils, but I like my stuff strong. So you might want to start with three to five drops of each of those oils and work your way up. But again, it's lemon vitality, frankincense, vitality, peppermint vitality, and thieves vitality equal parts of those in a bottle and then fill it up with purified water, shake it before you use it. And then just spray it right on your throat. So today I've shared with you three ways to keep your immune system going strong. With thieves premium essential oil blend, you breathe it in deeply, you use it for clean hands, and you can take it as a supplement. And honestly

this is just the tip of the iceberg when it comes to products that are available that are infused with thieves premium essential oil blend. There's a whole line of products, products for cleaning surfaces in your home products for cleaning your clothes, cleaning your dishes, cleaning your teeth, they're thieves is versatile, and powerful as any essential oil that I've ever tried is just one of my favorites. And with so many products and each with a right wide range of uses, you can make your world cleaner with one thieves application at a time.

Diane Laffoon 13:35

I'm so glad you're watching Angie I'm glad you found this helpful. So I highly recommend adding thieves premium essential oil blend to your daily regimen especially this time of year. And when you purchase these please let them know that I sent you. I will put a link down in the comments. But you can also find my member number here if they ask for it. And I will be glad to support you along the way I will be glad to help you in your journey of using thieves and I hope you find too, that using thieves essential oil premium blend that you are stronger in your immune system. You're healthier through this coming season. And your family is to thanks for watching and I'll see you next week.



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