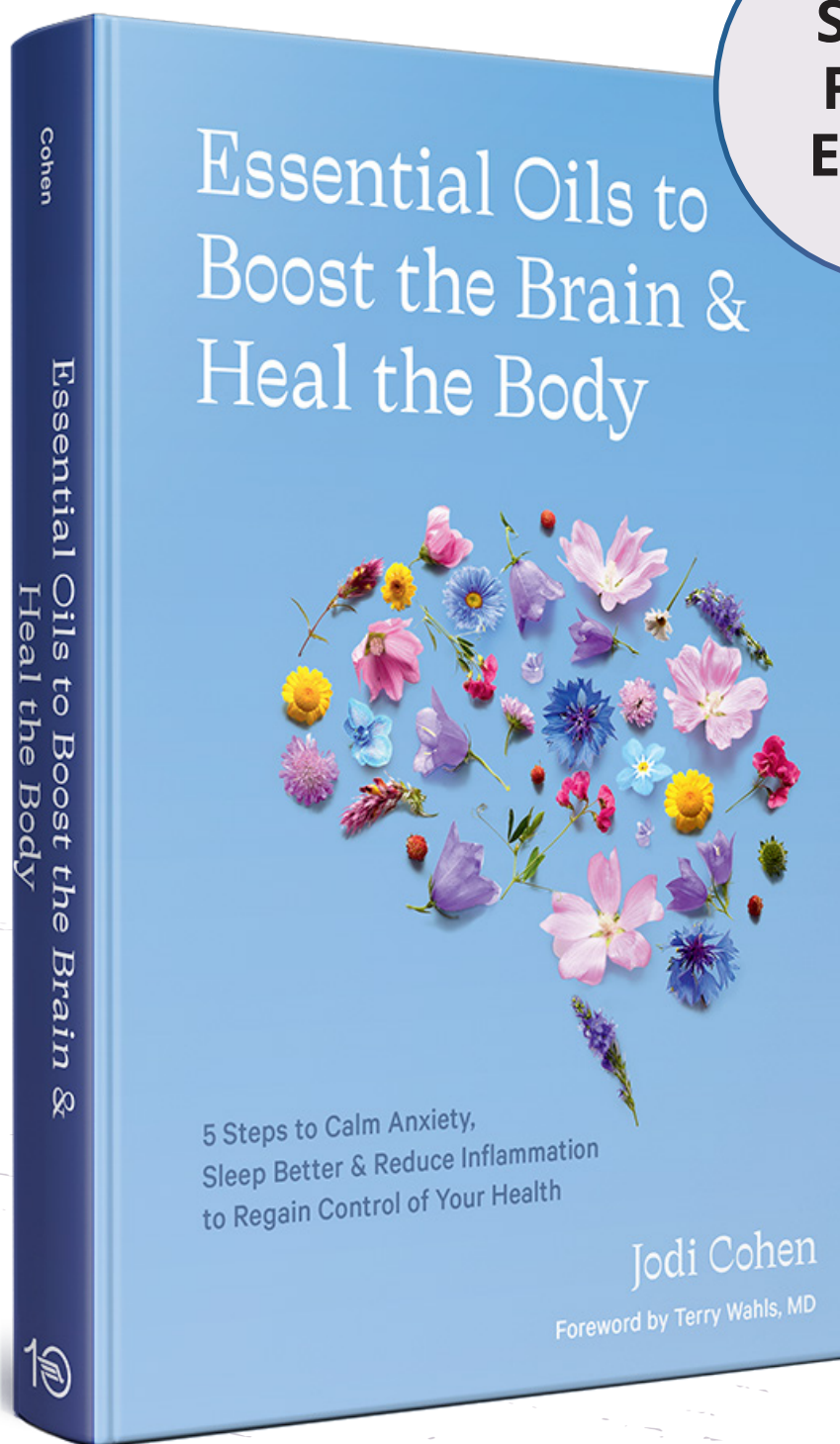


# Essential Oils to Boost the Brain & Heal the Body

**Special  
Recipe  
Excerpt**



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## Jodi Cohen

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functional practitioner and founder of Vibrant Blue Oils

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# Support Immune Function with Hot Oils

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Why is a cold called a cold? There is something about colder temperatures that seems to correlate with illness. Conversely, raising your core body temperature seems to help certain types of immune cells to work better. In fact, raising your body temperature by just two degrees can increase immunity by 40 percent. Your body naturally spikes a fever to stimulate immune function to help fight off infection and make your body less habitable to pathogens.

Much of your body's immune response is designed to respond to a heightened body temperature, because heat makes antiviral and antibacterial immune responses more efficient. A fever-range temperature also allows your body to better remember germs it has been exposed to, making it stronger at fighting them off in the future.



Hot essential oils can stimulate infection-fighting white blood cells and antibodies against germs. These essential oils can safely bring the body's internal temperature to 102°F, mimicking some of the major immunity benefits of a fever. Hot oils are not hot in terms of temperature. Rather, they may leave a burning sensation if you apply them to your skin, so you always want to dilute them with a carrier oil (a neutral oil for dilution).

Heat helps to kill viruses; this is one reason why warm remedies like chicken soup or hot tea are given when we are sick. Heating up the body for short periods of time to induce health is called hyperthermia, and it is one of the reasons that healing technologies like infrared saunas, Biomats (pads placed on top of massage tables or home mattresses that emit healing frequencies), and warm Epsom salt baths are effective.

This is a key reason why hot essential oils are so powerful at fighting illness. A popular immune-fighting essential oil formula known as the Thieves Blend includes a combination of hot essential oils like clove, cinnamon, eucalyptus, and rosemary. The blend got its name from the story of four thieves, who pulled the gold teeth out of dead bodies during the bubonic plague. Despite their close proximity to those dead and dying from a highly infectious disease, these thieves never contracted the plague. When they were apprehended, they were offered a lesser sentence in exchange for explaining how they stayed healthy. They shared a recipe for a combination of antiseptic, antiviral, and antibacterial essential oils they wore in masks over their faces.

In research performed by Weber State University, the Thieves Blend was found to have a 99.96 percent success rate at killing airborne bacteria. This combination of heat-generating essential oils has been found to stimulate the immune, circulation, and respiratory systems and help protect against the flu, colds, bronchitis, and sore throats.





# Immune Support Blend

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This blend of essential oils can help raise your body temperature and help the immune system work better. Clove oil, in particular, has been shown to protect the body against infection and can speed recovery from the flu.

## **Ingredients:**

- 40 drops of cinnamon leaf oil
  - 35 drops of lavender oil
  - 25 drops of eucalyptus oil
- 20 drops each of lemon and frankincense oils
  - 15 drops of clove oil
  - 10 drops of rosemary oil

## **Directions:**

In a small jar, combine the oils.

## **How to apply:**

Liberal apply to the bottoms of your feet and diluted over the throat (combine 1 tablespoon of a carrier oil with 2 to 3 drops of the blend).

## **When to apply:**

Apply preventively on the bottom of the feet before bed.  
If you are actively fighting a cold or virus, apply multiple times daily.



# Detox Bath

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Epsom salt baths help safely disperse essential oils into water and support detoxification through the skin to lessen the burden on the liver, gallbladder, and kidneys.

Epsom salt is a naturally occurring mineral compound of magnesium and sulfate first distilled from seawater in the town of Epsom, England. It helps calm the nervous system and relax muscles. Both magnesium and sulfate are easily absorbed through the skin and into the body's bloodstream. Magnesium is also exceptionally calming and can help reduce stress, relax muscles and nerves, and enhance detoxification.

Similarly, baking soda, or sodium bicarbonate, is an alkaline substance naturally produced in the body that helps balance the body and mobilize toxins.

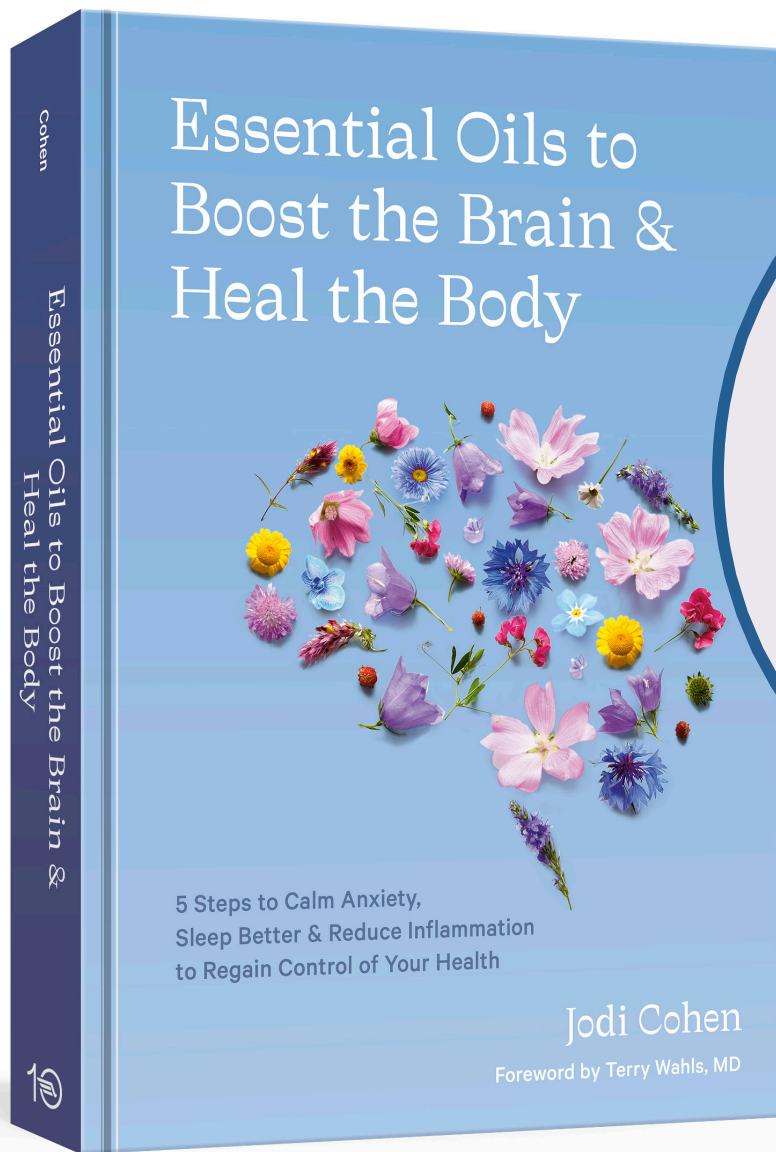
## **Ingredients:**

- **2 cups Epsom salt**
- **1 cup baking soda**
- **2 or 3 drops of your choice of essential oil, such as lavender or clove oil**

## **Directions:**

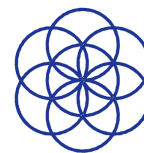
Combine the Epsom salt and baking soda in the tub before adding water. Mix the oil into the salt mixture to assure a thorough dispersion in the bath; otherwise, the oil will just float on the water. Make the water as hot as you can tolerate and try to soak for 15 to 25 minutes, two or three times per week.





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## About Jodi Cohen

Jodi Sternoff Cohen is a bestselling author, award-winning journalist, functional practitioner and founder of Vibrant Blue Oils, where she has combined her training in nutritional therapy and aromatherapy to create unique proprietary blends of organic and wild-crafted essential oils. She has helped over 50,000 clients heal from brain related challenges, including anxiety, insomnia, and autoimmunity.

Her website, [vibrantblueoils.com](http://vibrantblueoils.com), is visited by over 500,000 natural health seekers every year, and she has rapidly become a top resource for essential oils education on the Internet today. Her first book "Healing with Essential Oils" is available on Amazon.com. Her new book "Essential Oils to Boost the Brain and Heal the Body" will be released March 16, 2021.

