



Oil Magic
presents:

SUPERCHARGING IMMUNITY

Supercharge your immune system
with essential oils and natural remedies

Essential Oils ---THEIR IMMUNE BOOSTING POWER

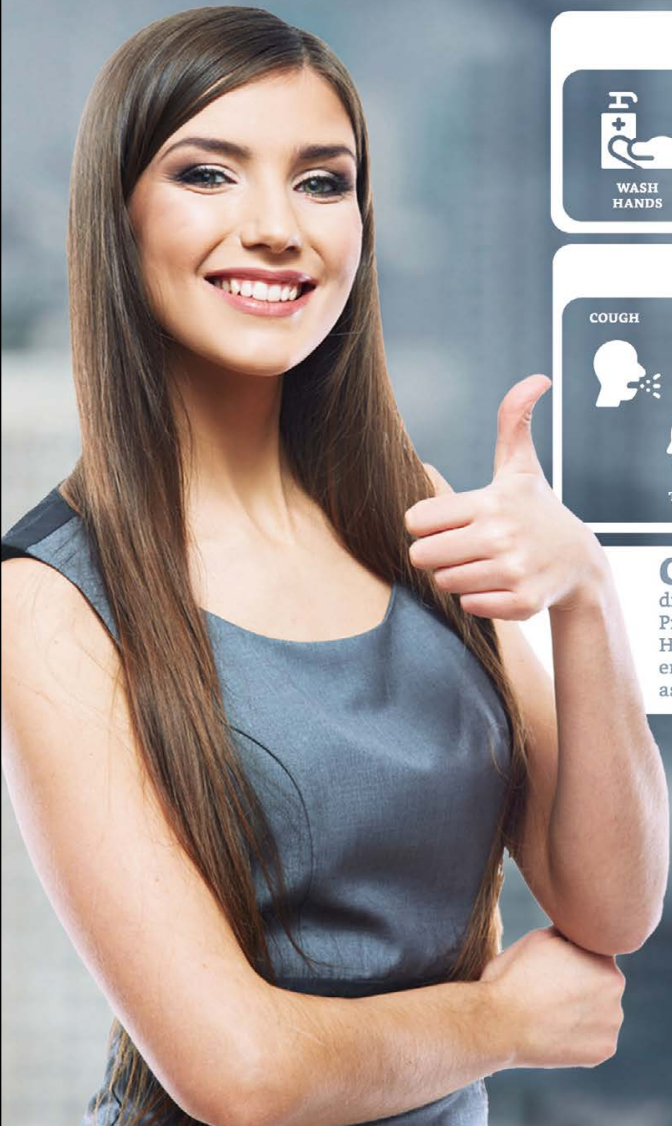
For hundreds of years, essential oils have been used for treating a wide range of conditions and have provided protection from a wide range of toxins - including viruses.

It might all sound like pseudoscience, but there have been many studies proving that essential oils have healing effects. Boosting the immune system is certainly one of them!

HOW DO ESSENTIAL OILS BOOST IMMUNITY?

When your immune system is top-notch, the possibility of getting sick is reduced. Many studies have shown that constituents found in essential oils can make a significant difference with your overall well-being.

- Essential oils boost feel-good neurotransmitters in your brain, like dopamine and serotonin*
- They soothe the autonomic nervous system, which controls your heart rate and breathing.*
- The aromatic molecules can instigate nearly instantaneous positive chemical changes in your body.*
- Numerous studies have indicated that diffusion of essential oils can purify and cleanse the air. This can reduce the number of germs and viruses that you are exposed to.*
- Taking essential oils internally is also a good way to take advantage of their immune-boosting properties. However, you have to take certain precautions in doing so. Note that not all essential oils can be taken internally. There are several ways to take oils internally; you can take them with water, or put them in a veggie capsule to swallow, or even use them in cooking!*



PREVENTION



WASH
HANDS



BOOST YOUR
IMMUNE SYSTEM



AVOID CROWDED
PLACES



CLEAN & DISINFECT
FREQUENTLY



AVOID TOUCHING
AREAS OF FACE

SYMPTOMS

COUGH



FEVER



SHAKING
CHILLS



THROAT
PAIN



SHORTNESS
OF BREATH

MODE OF TRANSFER



DROPLETS FROM
COUGHING OR
SNEEZING

CONTAMINATED HANDS
OR SURFACES (THE VIRUS
CAN THEN LIVE ON
SURFACES FOR HOURS)



COVID-19 (Corona Virus) is a respiratory disease caused by a novel coronavirus, originating in Wuhan, Hubei Province, China. The Coronavirus has spread globally, with the World Health Organization declaring the outbreak as “public health emergency of international concern”, and have classified the disease as a global pandemic.

HIGH RISK GROUPS



PEOPLE WITH
HEART DISEASE,
LUNG DISEASE,
AND DIABETES



PREGNANT
WOMEN AND
CHILDREN



OLDER
ADULTS,
WITH RISK
INCREASING
WITH AGE



SMOKERS

Anti-Viral Essential Oils

Essential oils with antiviral properties can immensely help protect you and your loved ones from viruses, and inhibit replication of viral RNA.

A special blend with cleansing and purifying properties, it helps support and boost immune system naturally and effectively.
Main Ingredients:
Orange, Clove, Cinnamon, Rosemary, Eucalyptus.

PROTECTIVE BLEND

- Take 1-2 drops in capsule as daily supplement.
- Diffuse 5-10 drops for airborne viruses, or apply to bottoms of feet for added protection.
- Add several drops to water for a purifying all-purpose cleaner.

In a study published in the journal Food Chemistry, Oregano oil manifests antiviral activity against a variety of different viruses. Oregano also has antibacterial and antifungal uses.

OREGANO

- To support healthy immune and respiratory functions, take 1-3 drops in a veggie cap or combine with 4 fl. oz of liquid daily.
- In a 16-ounce spray bottle with water, place 10 drops and mix well. This works as a surface cleaner.

CINNAMON BARK

- Place a couple of drops in a veggie capsule and take daily to maintain healthy immune system.
- For an effective mouth rinse, mix one drop to two ounces of water and gargle.

This oil is very effective against multiple virus strains. In a recent study published in the medical journal *MicrobiologyOpen*, researchers found that in combination with eucalyptus and rosemary, cinnamon essential oil was effective against flu viruses.

EUCALYPTUS ESSENTIAL OIL

Eucalyptus essential oil is an efficient remedy for the respiratory system by promoting feelings of clear breathing and open airways. Eucalyptus also has antiviral properties.

- For congestion and cough, apply 2-4 drops to chest, or diffuse to support your breathing.
- Combine with **Lemon** and **Peppermint** oil in a spray bottle and use it to wipe down surfaces in your kitchen or bathroom.



Immunity Boosting Foods & Vitamins

A healthy diet can indeed help in boosting your immune system. Here are some foods that you can add to your daily diet to maintain a healthier body that can fight against viruses.



PROTEIN

Your body can't fight if it doesn't have enough protein to make antibodies. Good protein sources include poultry, fish, shellfish, eggs, and dairy.



GARLIC

Garlic contains the immune stimulating compound allicin. It promotes the activity of white blood cells to destroy cold and flu viruses.



BERRIES

Berries are rich in vitamin C and bioflavonoids, as well as phytochemicals that may work as antioxidants and prevent injury to cells.



VITAMIN C

Vitamin C acts as a powerful antioxidant, which is important in fighting free radicals in your body. Vitamin C is also thought to improve the body's production of white blood cells, which are vital in fighting off infection.



ZINC

Supplementation with zinc is helpful in reducing the risk of pneumonia and the common cold, specifically in the elderly and children. Zinc is involved in the production of certain immune cells.



GREEN TEA

Green tea is one of the best sources for fighting off a cold. It contains the antioxidant catechin, which is known to be a powerful antibacterial and antiviral that can kill off cold-starting bacteria and the influenza virus.



CAROTENOIDS

Carotenoids give the bright color to many fruits and vegetables. Carotenoids, such as beta-carotene, are converted into vitamin A when digested, which is an important antioxidant that aids in immune system function.



VITAMIN E

Vitamin E is also a powerful antioxidant. Studies have shown that healthy levels of vitamin E are important in maintaining a strong immune system, especially in elderly people.



GINGER

Ginger reduces fever, soothes sore throats, and encourages coughing to remove mucus from the chest.

Sanitizing Naturally WITH ESSENTIAL OILS

RECIPE #1

Orange Tree Hand Sanitizer

- 10 drops Wild Orange
- 10 drops Tea Tree
- 3 oz aloe

Combine ingredients in a 4 oz glass spray bottle. Shake before use.

RECIPE #2

Sanitizing Household Cleaner

- 10 drops Protective Blend
- 10 drops Siberian Fir
- 10 drops Lemon
- 1 Tbsp white vinegar

Combine oils with white vinegar, then add to 20 oz. glass spray bottle. Shake before use.

DISADVANTAGES OF COMMERCIAL SANITIZERS:

- Frequently made with toxic chemicals.
- May lower your resistance to diseases by killing good bacteria.
- May cause abrasive damage to the skin.

ADVANTAGES OF NATURAL SANITIZER:

- Easy to use.
- No side effects.
- Powerful antiviral and antifungal properties.
- Made of safe, effective, and natural ingredients



Lifestyle Habits THAT BOOST IMMUNITY

There's no doubt that it will be beneficial if we can get our immune system as strong as it possibly can be during this outbreak. Follow these healthy habits to help boost the immune system.

- Eat a healthy and balanced diet, including the foods and vitamins outlined in this booklet.
- Make sure you're getting enough sleep. Sleep is crucial to immune system function. Try to sleep at least 7-8 hours of sleep every night. A study conducted by the University of Tübingen in Germany has found a mechanism linking sleep to the functioning of the immune system. The researchers who led this study found that a good night's sleep can boost the effectiveness of certain specialized immune cells called T cells.
- Engage in moderate exercise. Exercise causes a transient increase in immune system activity, increasing the numbers of white blood cells and immunoglobulin in the blood, which acts to reduce a person's susceptibility to disease.
- Minimize stress in your life. Studies showing that chronic stress decreases your immune system function. Find healthy coping strategies that help you deal with the stress in your life - like meditation or mindfulness. Diffuse essential oils which can help relieve stress.



DISCLAIMER

Oil Magic do not sell essential oils and we do not claim that essential oils or foods prevent or treat COVID-19. Statements in this booklet have not been approved by the FDA or any other government health agencies. The use of essential oils and foods is mentioned to boost the immunity power, not to treat COVID-19. You should never disregard medical or other Professional Advice or delay seeking it because of a statement you have read and/or heard in Our Booklet. Our Content should not be used in lieu of Professional Advice given by qualified medical professionals such as your doctor or registered dietitian or other Professional Care Provider. It is important that the booklet is used only in conjunction with qualified medical guidance and guidance provided by other applicable Professional Care Providers.

MAIN SOURCES

Advanced Oil Magic Series 3
U.S. Center for Disease Control and Prevention - [cdc.gov](https://www.cdc.gov)
National Institutes of Health - [nih.gov](https://www.nih.gov)
VeryWell Health