

Lavender, Frankincense, and Magnesium

Learn how to use magnesium and essential oils to improve your sleep.



Topical magnesium gel/oil

Use two nickel-sized amounts anywhere on your skin.



Oral magnesium

Take 150-700 mg.



Frankincense

Uses: brain drainer, immune, stress relief, bowels, anti-inflammatory, pain. Place on temples and base of skull.



Lavender

Uses: sleep, respiratory, circulation, stress, immune, digestive, wounds. Rub on back of neck or bottom of feet or abdomen or pillow.



Carrier Oils

Use jojoba or MCT oil with your essential oils.



**At-Home
Lyme
Program**