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**Keyword Search Results: back pain**

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Low back pain relieved with Joy

After learning that there are no 'right or wrong' ways to use the oils, I was impelled to apply the Joy blend to my lower back.

I have constant low back pain nearly all the time and sometimes it goes down into my right hip. I've tried using PanAway, Peppermint and even Lavender from the Essential 7 Kit. Some relief; but nothing great for me.

So I applied Joy one day and immediately had some 'movement' back there in my spine. I felt the need to bend and stretch out my back. As I did, it made all sorts of cracking and popping sounds. In a few minutes my back no longer ached.

Now I rub a few drops of Joy to my lower back area every day! I am not 100% pain-free, but it makes a HUGE difference and I hate to go one day without it!
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**Back and neck pain**

Recently I experienced back and neck pain at the same time. It took about three weeks to get an appointment with a chiropractor. Meanwhile, the pain was greatly reduced by alternating peppermint, wintergreen and marjoram essential oils on my neck and back in the morning and before bed. I was able to discontinue the use of over-the-counter pain medications and made it to the appointment.

**PanAway for back and leg pain**

Our 78 year young neighbor has been having a great deal of pain in her lower back, legs and side when she does any amount of walking. One day she came over and was hurting so bad she did not know if she could make it home. She is an oil skeptic but let me put PanAway on her back and she put some on her stomach. She walked back home (about 100 ft) and before she got there the pain was gone and stayed away for days. She had me order her a bottle of PanAway and is now trying other oils.

**Injured back from a car accident**

In November of 2003 I was in a car accident and I hurt my lower back. A friend of mine put Armoma Siez and Helichrysum on my lower back the day after the accident and the pain subsided. She left those two amazing bottles with me and I used them about 3 other times then ordered my own and I will not ever be without them. After about 5 uses I stopped using them and my back pain did not come back.

**Peppermint for back pain and inflammation**

I had back surgery several years ago and periodically I have back pain with inflammation. Recently I went to my chiropractor and there was so much inflammation, he could not adjust me. He told me to ice my back, but I went home and put peppermint on it instead. The inflammation subsided immediately along with the pain.

**BLM for shoulder and back pain**

I have had a constant pain for 3 years in the middle of the back, from a fall on the ice. Since taking the BLM the pain has become remote to almost gone, depending if I forget to take it for a day. No other product that I have taken has worked, and I have tried many. I have a son that has a rotator cuff problem and his shoulder will go out, sometimes just turning over in his sleep, been to emergency room many times and has been operated on. He has been on the BLM for a month and half and so far so good, hasn't went out and pain is less. I will keep you posted on this one because is far too early to know if it will stay that way. I have many testimonials but this will do for now.

**Lower back muscle aches**

I get lower back muscle pain somewhat often. For years I took meds to dull the pain. Recently, I tried rubbing some Peace and Calming on the area - and it worked. Within 10 minutes the pain was gone - and it did not come back like it normally does when the meds wear off.

Lower back pain was possibly Shingles

I was having severe pain in my lower back on the left side. (nerve pain) Went to the doctors and she said there was no rash but all the symtoms were leading her to believe I was getting shingles. She then informed me that I could break out into a rash and it would be painful. She said she could give me a perscription for the pain. I took the written perscription from her came back to work to email my sister to ask what to do for shingles they recommended Ravensara and Helichrysum. So I ordered them and had it shipped overnight!!

http://www.oil-testimonials.com/aromatherapy.php?%3D1&q=back+pain

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began to use them every couple hours. Well needless to say the pain stopped. I never did get the rash so I can’t say for sure it was shingles but to this day when I feel the sensation of the nerve pain in my lower left side I grab the oils and use them. What a wonderful thing not to have to rely on prescription pain medication.

**Husband had back surgery**

When my mother-in-law introduced me to Young Living oils, I wanted to see if they really would work. My husband had surgery and they fused his lower back together. For a year and a half, he was taking 6 bottles of pain killers for his back and sleeping pills to help him sleep through the pain. I asked my mother-in-law about what I should try on his back to ease some of the pain. She told me to try PanAway. So I did. After about two weeks of treatments directly on his lower back with heat he went completely off his pain killers. Then we slowly started to take him off the sleeping pills by lowering the dosage week by week and using sandalwood oil to help him sleep. Now after 3 months he is off all of the meds and I only treat his back maybe once a week. You can also try PanAway with Relieve It together.

**PanAway for back pain**

My husband has chronic back pain, scoliosis and emphysema. One day, he had coughed so hard a rib fractured as evidence on xray. Even though he was taking percocet and alternating with ibuprophin, his pain was so excruciating he couldn't get a full breath. He was open to my suggestion to use PanAway. I placed several drops directly on his side, gently stroked the oil in with my hand. Within a few minutes the pain subsided enough for him to rest. PanAway is priceless!

**Back pain eliminated**

Over 6 years ago, my back went out. Lying flat on my back, my sister-in-law suggested I see her chiropractor as he helps her with her back problems. I started to see him and after a few years, was rather disappointed that I was not seeing a noticeable improvement in my back pain. He continued to tell me that I had to strengthen my back muscles with specific exercises and cardio vascular exercises. So I continued to visit the gym, some days I could only use the stair master, other days I could do some light lifting and then there were those days that I felt I would pass out from the pain.

One of those days is when I reconnected with Maureen, who is now my upline. Maureen took tremendous pity on me as I lay flat on the floor in the gym in excruciating pain. Initially I resisted allowing her to help as I did not 'believe' in the benefits of the oils. Needless to say, through her persistence, I finally capitulated and within 30 seconds of Maureen massaging oil into my lower back, I was completely pain free! I asked her what it was and she told me Pan Away.

Within days, I joined as a distributor and now completely control my back pain (which is caused by mildly bulging disks in the L4 and L5 area, as well as, degenerative arthritis in that area) with the help of the oils. Because I use them generally on a daily basis, I've found the need to rotate the oils so that they remain effective. Now I am able to enjoy palates and Thai kick boxing to strengthen my core muscles to also help minimize my pain.

**Raindrop Technique for back pain**

After the difficult birth of my daughter in 2002, I found that my back pain had severely increased. I saw my gynecologist who referred me to an orthopedic doctor. With tests and x-rays, they found the culprit. I was diagnosed with Scoliosis and Degenerative Disc Disease. I went through physical therapy, two epidural treatments, and given narcotics to control the pain.

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My mom was excited about aromatherapy, and suggested we try the Raindrop Technique. I wasn't familiar with essential oils, and was skeptical. But I was in so much pain. I was willing to try just about anything. My mom and sister gave me this treatment. It was amazing! During the treatment, I felt a healing energy envelop my body. At the end of the treatment, I had no back pain. I couldn't remember a time when my back felt so strong. I was sold! I had to learn more about essential oils and how they worked. And I had to share with others.

My favorite treatment for my back problems is Raindrop Therapy using essential oils. For me, I can feel the energy of the oils working during the treatment. And immediately after the treatment, I feel as though I have a new back! (not to mention relaxing attention) I have the treatment every four to six weeks.

**Back pain relieved**

Due to car accidents and an active life I have had back problems for the past 15 years or so. I have a scoliosis on top of everything else. A trip to the chiropractor biweekly was no longer adequate to ease the pain that would appear in my neck, shoulders, lower back and hips.

I tried a couple of drops of Young Living PanAway for the pain (which worked), then 8 drops of Young Living Valor on reflexology points on bottom of feet, morning and night. Throughout the first week, I felt very subtle changes in my spine. One day in the next week, I all of a sudden realized that my back DIDN'T HURT. Until that moment I did not realize how much pain I had been enduring for the past few years.

Now, a few weeks later, I only use the Valor in the morning, and my back still feels fine most of the time. Every once in awhile my left or right hip will act up and I just apply a couple of drops of Young Living AromaSiez (because I am presently out of PanAway) and it feels better again. These therapeutic grade essential oils are wonderful.

**Oil combination for back pain**

I had been using just peppermint oil for back pain. This worked great. Then after trying the Raindrop Technique, I started layering eucalyptus radiata, marjoram, wintergreen and peppermint last. This is fantastic and the relief lasts a long time.

**Valor and Regenolone used for herniated disks**

About nine days ago by back went out as I have herniated disks. I crawled around for next two days on a cane. Then I applied Valor about 3-4 drops followed with Regenolone cream which in a little while took off a lot of pressure and pain. I knew I had to get back to walking as this helps strengthen my back. I continued to apply about 3 times a day. Now I apply once a day or when I have pain in my back which gives almost instant relief. I am now able to walk for an hour or so each day. Thanks Dr. Young and Young Living Essential Oils.

**Lavender and back pain**

Yesterday, I had pulled a muscle in my back. When I went to the Dr. he wanted to give me a cortisone shot for muscle spasms. I slightly impolitely told him no thanks. I came home and the only bottle of good essential oils by Young Living that I had was Lavender. So, I thought what the heck, I will try it. Three drops rubbed in over the sore spot and the pain was gone. I did it 3 times during the day and once this morning. The pain is still gone. Love that Young Living!
Low back pain

I use about 5 drops of these 4 oils to help balance out the Low Back and Scarial Plate. It also helps with pain in the lower lumbar region. They are in order, Romain Chamomile, Helichrysum, Cedarwood, and Frankincense oils. Of course, I use only Young Living Oils. Try it on yourself or someone special.

What I use for back and leg pain

I have had a pain in my right side on my hip and a pain in the calf of my right leg. I tried Frankincense, then Pan Away, and both took a little of the pain away, but neither took all of it away. I then tried Valor, I got some relief using it neat, (straight out of the bottle), but I wanted to get more space covered, and I remembered that I had some Organic Aloe Vera Gel, so I took out about a quarter size of Aloe gel and added 3 drops of Valor and then put it on, I had no pain left! Now when I do not have V-6 around I use the Organic Aloe gel and Valor.

Torn rotator cuff surgery avoided

I tore my rotator cuff and was told by a sports surgeon that I would need surgery in order to gain use of my arm again. At that time I was not able to put my hand up to brush my hair without using my other arm to bring it back down. I had no strength at all and to make matters worse the pain had travelled into my back and into my other arm.

Now I had tendonitis in both arms as well as the torn cuff. The Celebrex he gave me was not taking the pain away so he gave me a prescription for a stronger pain killer. It was at this time I made up my mind to give the oils a try. I used many different ones but I got the best results when I used the Sulurzyme four times a day as well as the wintergreen on the bottom of my feet and on my arm and shoulder as well as the lemongrass. I know it was this combination that worked for me.

After about a week I started to notice the difference, the pain was less intense and I felt my mobility was coming back. I kept up the routine of oils and Sulurzyme and was able to show my doctor that my tear was healing and that I wouldn’t be having the surgery, he half jokingly said don’t tell anyone else or I’ll be out of business. It took a little while to gain back all my strength where I could lift barbells again but Young Living products helped me avoid the surgery, took away the pain and gave me mobility of my arm again.

Back pain from surgery

My husband has had back surgery and has had pain for most of his life. We have tried every natural product we could find with no luck! I had got my Young Living Oil set and decided to try Frankincense and V-6 on him, well my husband said he could feel the difference the first time I put it on him! We are now also adding BLM capsules. He is so excited about the oils he is telling everyone.

My back injury story

I discovered Young Living Oils during two years of therapy for a back injury. I sought every option to ease the pain that stemmed from a soft tissue injury in my lower back and hip. I had fallen on the ice one winter and twisted my hip and shoulder as I fell. Physical Therapy did not help, nothing seemed to help. Massage was a short term relief but the pain always returned rather quickly after the massage.

I was surfing the net one day and saw some testimonials on essential oils. It happened to be a Young Living site. I ordered the essential 7 kit because I was told that soft tissue injuries responded best
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to PanAway and it was in the kit along with Peppermint, Lavender, Lemon, Joy, Purification and Peace & Calming. I remember how shocked I was when the pain absolutely went away! It worked immediately on the pain in my hip! The next day I rubbed PanAway on my hip again and the pain was gone! I still have a tinge once in a great while when the weather is humid; the PanAway still works every time.

Raindrop for severe back ache

Last July my lower back went out totally. I never experienced such pain before in my life. As a yoga teacher I practice regularly and couldn’t even do any simple poses, walk, sleep comfortably or sit. After a few sessions to the chiropractor I finally realized my only solution was a Raindrop.

My husband gave me a session and immediately the pain eased up, not totally, but it was the most profound change I had in three days. I had my husband repeat the session again a few days later and was well on my way of healing. Looking back over those few weeks I realized the pain I experienced was due to some emotional trauma I was releasing and know and truly believe the oils particularly in the Raindrop helped me tremendously. In fact I continued putting Basil and Wintergreen on the area for several days.

PanAway for menstrual cramps

I received my first bottle of PanAway last month and just in the nick of time! I was experiencing bad menstrual cramps and pain in my lower back. I applied a few drops of PanAway to my back and by the time I had straightened my clothes and started to lay down again, the pain was gone!! I have never in life had anything work so well or so quickly. PanAway is a Godsend and a must for every household.

Sciatica down the back of my right leg

I have had severe pain shooting down the back of my right leg due to pressure on my sciatic nerve. I looked up sciatica on the vita flex chart. I put two drops of Valor on both heels and used pressure. I instantly felt relief. It came back later that night. I did it again and it worked again! Try it, it really works!!

Sciatica is no longer a problem

I was in a car accident in October 1998. After that I have always had a lot of pain in my back and right leg and it would spasm all the time. So going to 13 different Drs they put me on a walker and drugs and I got no help with the pain so they tried to kill the nerves which caused the pain. I had a reaction to that and it did not work. I would pack myself in ice at night for pain. In June 2000 I found Young Living Essential Oils and got a Rain Drop Technique done on me. Within 10 minutes I could feel that it was doing something for the pain. The next day after having the Rain Drop Technique and me now using the oils 2 times per day I no longer use my walker or have any pain. I now work Young Living full time and helping a lot of other people also.

PanAway to the rescue

I am a bodyworker by nature so I do work with individuals that have challenges. One young man came by to visit my son, he had his arm in a sling, I asked him what happened and he proceeded to tell me that being an EMT he had to pick up a 300 pound man that day. Now he could not lift his arm without pain. I asked him to sit down. I put several drops of PanAway and Young Living OrthoEase Massage Oil and massaged his shoulders, back, neck and arm. After about a half hour, he said he felt like new again and thanked me for saving him a trip to the hospital.

Peppermint, PanAway for Aunt Martha’s back pain

http://www.oil-testimonials.com/aromatherapy.php?q=back+pain

8/10/2007

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'I thought you'd like to know that Mom is feeling better. She says she was already starting to feel better before you put the oils on her; but, I'm here to tell you that there was a remarkable difference the day after you put them on.'

I received this short note from my cousin, Linda, just two days after I visited my 64-year-old Aunt Martha. She had been having dreadful pain in her lower back which started two weeks earlier after she twisted around too quickly in her bathtub. She felt something twinge and then the pain became excruciating.

When I heard that she had been in pain for two weeks, I shared with Linda, her daughter, the exercises that had been shown to me when my own back 'went out'. Linda showed Aunt Martha how to do them and she performed them three times a day for two days, then on my first Saturday off work, I grabbed my case of oils & went to see her. I applied peppermint, then PanAway, (both neat) and she lay down on the couch to rest. We visited for a while and she didn't seem much better. I left for home that evening feeling somewhat dejected because I didn't think I helped much (except that we did have a nice visit).

So you can imagine my pleasure on the following Monday to receive the message above from Linda. There's got to be something to it! Linda blamed her mother's improvement on the oils, not the exercises. So, now I feel all better now too!

**Valor and a dog's spine**

I have a 6 yr old Rottweiler. The other day late in the day he could not walk without pain. He was hunched over and would not lay on either side or his back (which he loves to do) Whenever he would try to stand up and walk you could see that he was having such a hard time. He stayed in the house over 7 hrs without going outside for any reason. The things that normally would get his attention he would get up for, check it out and be 'frisky' he just would NOT do.

I decided that I would try VALOR on his back. So I put a few drops of Valor on three fingers and would start at his tail and rub my fingers up his spine to his head. I would keep adding a couple of drops on my fingers and start a little higher each time on his spine to make sure the oils were on the full length of his spine. I was hoping that it would work it's way through his fur. I also put a small amount left on my finger on each paw.

I did this three times during the day. By evening, he was starting to get up to get water, he went outside to go to the bathroom, then would come back in and lay down, he was moving a lot more, but still cautious.

The next morning when I woke up he was completely normal. WE did not have to take him to the vet or chiropractor like we thought we would have to. He was back to his old self. Playing, running through the doggy door to check things out, and I was so THRILLED.

I can only say that the oils really helped him to get back to normal. I am so grateful that it worked for him, and he wasn't in the pain he was the day before. Now if I could only do that for my own back... I'd be very happy. Thanks to the oils and prayer I believe that he benefited greatly from both. Thank you YL Oils.... What would we do without you?

**I love my oils!!!**

I have had Fibromyalgia for the past 10 years and suffer from headaches daily. I don't like taking Tylenol daily because it can cause liver damage but that was my only choice, that or deal with the constant head pain. I talked to a friend who was using the oils and she recommended M-Grain. I put a drop on the back of my neck, 1 drop on each temple and 1 drop on my forehead and massaged it in. By the time I washed my hands I could feel the pain abating. I honestly thought in was pure coincidence but each time my headache came...
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back I repeated the process and the pain was gone within literally minutes. I now use so many of the oils, lavender for my daughter's sunburn, Di-Tone for tummy upset, Peppermint for mosquito bites and so on. I would not live without my oils, they are awesome.

Eye pain

My family and I had gone into NYC last weekend with friends. The weather was very hot and oppressive. My son who is 13 years old had been complaining of eye pain off and on during the day as we walked around the city. I had felt maybe he was just over heated and was not drinking enough water. That night he woke from his sleep in such eye pain. I had my mini Essential Oils Desk Reference with me and looked up pain.

Well I chose lavender, peppermint and ravensara. I lightly rotated 2 of the 3 oils around his eyes, forehead. I knew lavender helps with allergies, peppermint for pain and ravensara for sinus congestion. I wasn't sure of the cause but felt this would cover it. He felt better immediately. There was some residual after 15 minutes. So I put some peppermint around again. He gave me a big hug and said thank you. He said the eye pain was the worst and now I feel so much better. He was able to go back to sleep. The next day we put a little peppermint and lavender as a preventative due to the pollutants in the air. He was fine the next night too.

Stomach cramps gone with Di-Gize

My older son had developed a very bad stomach ache, that it caused him many sleepless nights. He never complained about it so I did not offer any suggestions for his problem.

On the way to the doctor's office for that problem, he called and asked if I had any oils that could help his stomach ache. This was the first time I heard of his problem and I said yes I had an oil called Di-Gize. He said on the way back from the doctor, he would stop and pick it up. He came and before I ran out to give him the oil, I went and looked up Higleys Reference Guide Book, and found that you should put a drop of oil behind both ears, and down the jaw line.

I went out and felt so bad for my son. He did not look good at all. I took the oil Di-Gize and did just what was suggested. I put it behind the his ears, jaw line and was about to put 2 drops in my hand to rub his stomach area, and he said, 'Oh my gosh, the pain is gone', I could not believe that it was that fast he felt relieved, and he said, 'Mom, I mean it, the pain is gone, I can't believe this. I have been in pain for about 3 weeks and could not sleep'.

My daughter-in-law, who was driving him, just looked at him in disbelief. He later told me that the pain never came back. It has been about a month now. Of all the oils, that he likes, he is in love with Di-Gize.

Benefit of Raindrop Technique

For years as a result of a truck accident and lifting heavy objects at work, I suffered from severe back pain. I had much discomfort in the lower back and right hip area. I have visited many a chiropractor over the years seeking relief. After 2 Raindrop Technique sessions with Dr. Jeff Essen (Whole Life Clinic in Burnsville) my lower back and right hip area realigned, my height increased by 1” as measured at my annual physical and the pain in the lower back and right hip are pretty much nonexistent.

When I do begin to feel twinges or I know I have over extended my lifting capabilities, I reach for the marjoram and basil, or the PanAway and ortho sport. I have also put together my own blend of the Raindrop oils, using one drop of each oil in a base of v-6 massage oil. I will periodically apply this blend to my lower back area and shoulder area in addition to the previous oils mentioned. This was a tip from Dr. Essen and it
works great. I love the aroma of the combination of the Raindrop Technique oils.

**Incredible throbbing pain stopped with Sandalwood**

I walked into a bull bar at the back of my son's car. I really bashed my shin bone, it was bleeding and throbbing. I tried an ice-pack and it made no difference. I placed one drop of my Sandalwood/Aloes oil and the pain had disappeared in about 10 seconds. I didn't put anything else on the shin since that drop of essential oil and I have had no pain. The scab fell off and has left no scar.

**Lower back pain gone in a minute**

We had a friend over who had injured his back and decided to try some of the oils. His wife put these on his lower back.. *Valor, PanAway, RC, Di-Gize* and *Peppermint*.

In just less than one minute he stood up, bent over at the waist and touched his toes. He looked up with surprise...'Are these suppose to work this fast?' he asked. 'Seriously, I could not do that just 30 seconds ago!' We were all amazed, being very new to using the oils.

We sent him home with a little sample bottle of the mixture and have heard a good report since that he is back playing basketball! :0)

**Spiritual Raindrop and back pain**

A rear end truck accident resulted in a tonguing of my spine of about 45 degrees and a reverse curvature in the neck alignment. Within 4 days of the accident, my naturopath doctor, also a certified massage therapist, did a Spiritual Raindrop on me (oils from the Ancient Oils kit and his techniques for clearing the energy chakras). I was experiencing some pain associated with the accident, prior to the Spiritual Raindrop, and for 3 hours after, I had no pain. I also felt a spiritual and physical lightness.

My chiropractor warned me I would likely be in intense pain within a week of the accident. Intense did not even describe it. To manage the pain, I applied all the oils from the Raindrop Kit to areas of my back and neck I could reach. The final oil I applied was *Clove*. Then I applied moist hot towels directly on my back. This reduced the pain level so I was able to sleep for an hour or so. I did this application every 3 hours for 36 hours to get to the other side of the pain. I experienced an intense healing crisis during this time frame, much like the worst case of flu I had ever experienced, but once I was through it, I have been able to manage the pain with occasional applications of *PanAway, Aroma Siez* and/or *Ortho Sport*.

When I went to my primary physician for a check following the accident, she attempted to write me a prescription for pain and I declined. I said I would manage the pain with the oils. My support team for the healing includes my chiropractor who does cranial sacral and polarity work, in conjunction with the adjustments, and my deep tissue massage therapist who has many many talents to help bring the trauma not only from this ancient, but from long past accidents to the surface for release. I have to do my part to support the healing, which includes exercising and stretching. I have been able to continue with what I normally do, with just some slight modifications so as not to aggravate the healing.

**Raindrop Technique affected my Scoliosis**

I was 'diagnosed' with scoliosis when I was 13. My family physician said it was genetic, and that there was nothing the medical community could do to help me, but that he would send me to a specialist anyway. Well the specialist took x-rays, and said the exact same thing, 'There's nothing anyone can do about it'. Very discouraging and scary for a 13 yr old girl.
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So the years went by and I never had any other ex-rays, or any follow up exams concerning my back. When I reached 20, the pain started to set in. The muscles around my neck would get very irritated, tense, and tender. Again, my doctor said, 'Take some muscle relaxants'. Again, with no help from the medical community, in turn did nothing to stop the pain or resolve the issue.

Now at the age of 24, I reached a point where I couldn't take another day without some kind of relief. My fiancée would gently crack my back in the areas which I told him to, to relieve some of the discomfort. I had him do this almost twice a night for 3 months or more. I went for my first Raindrop Technique and Vita Flex therapy session about 3 months ago, and go about every second week. From the VERY FIRST SESSION, I HAVE FINALLY BEEN PAIN FREE!! I have absolutely no discomfort! Not only has the pain disappeared %100, but my back in getting better.

I have been given the answers and the tools I was always looking for. When I used to lay down, there would have been about a 3-4inch (maybe even more?!?) difference between one side of my rib cage to the other. Now, it has gone down to be almost even, within 2 months! Today I am still pain free. I receive a treatment every 2 wks, and still apply some of the oils at home as well, to promote and maintain a healthier, pain free lifestyle. I have thought very carefully about writing this and am still absolutely speechless when it comes to what the Raindrop Technique, and the Young Living essential oils has done to help me. WOW!

Stings from Asian bees

My husband and I were at a festival where the Asian bees were everywhere. Well, one of our products where incense powders and the bees love them. My husband hugged a friend who must have had one on her back because when he stepped away the bite started to really swell and hurt. I immediately got out the Purification blend and applied it. I continued to apply it every 10 to 15 minutes for about 4 applications. The pain subsided greatly and the swelling was stopped and was gone within the hour.

That evening you could only see where the sting had been. Several others were also stung and where all helped by Purification. A young teenager that was stung on the finger came back for oil about 8 times throughout the day. Her finger was looking great...swelling and redness gone..... but I applied more anyway. Don't know if she was in real pain or not but I imagine that near the bone a bite could hurt a lot more, so just to be sure, I applied a drop of PanAway to take away her pain.

Urinary infection

I recently woke up with a urinary infection. I had to frequently urinate and had a lot of pain and burning. I immediately began taking cranberry supplements with possibly a slight improvement.

The following morning I awoke with a turn for the worse, as I was passing pink-red colored urine and still had the intense burning sensation and pain with the increased urination. I thought that possibly the infection had moved to my kidneys since I also had lower back pain. I began an immediate treatment using Melaleuca and Sage. Since I was unsure where the infection had settled, I applied first Melaleuca (3-4 drops neet) in the area just above the pubic area in front, followed by Sage applied in the same manner. I then had 2 of my children apply the same treatment to my lower back area where the kidneys lie. They followed this with a 30 minute massage across my entire lower back.

I continued this treatment 3 more times (about every 1 1/2 hours) and by afternoon I had very little to no pain and clear urine. Over this 2 day period I also drank about a quart of water every hour. I continued the above treatment using the oils 2 times a day (morning and evening) for 3 more days and continued to drink plenty of water.
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**Bee or wasp sting**

I used **Purification** and **PanAway** for a wasp sting my husband received and within minutes the swelling stopped along with the pain. A few hours later the pain came back and I just put a few more drops on and instant relief.

**Capsule recipe for ear infections**

My adult son had pain and swelling of the ear. He had no medical insurance and was between jobs. We put **Thieves** Oil around his ear but not in it. After a day or two the pain increased and the swelling continued so it was time to try the oils in a capsule. I took Thieves, **Oregano**, and **Frankincense** in a capsule and gave that to him 3 times a day. The start of the second day we could see the swelling going down and his pain level decreased. By the third day he was back to normal. We continued for a few more days to make sure all bacteria was killed off, he has been fine since.

**Oils I prefer for chronic back pain**

I am amazed at the differences these oils from Young Living have made in my daily life. The protocol of a drop of **Valor** on the wrists, then rubbed clockwise together, 1 drop of **Joy** on the heart, 1 drop of **Harmony** clockwise around the navel and **white angelica** rubbed between my hands and then quickly rubbed over my clothing (front and back) leave me feeling so wonderful as I begin each day. My mood is positive, I am nurturing myself, and I feel my energy and outlook has been greatly improved by these 4 oils, each of which are incredible individually, but taken together, they are truly incredible.

I have lived with chronic back pain for years and finally turned to high quality essential oils out of desperation. They have changed my life. Please contact me privately if you have further questions.

**Heavy pot slammed onto the top of my foot**

While putting away my very large and heavy pot, it slipped out of my hand and the corner of the bottom of the pot slammed onto the top of my foot hitting the bone pretty hard. In a lot of pain I hopped to the freezer and grabbed an ice cube to put on it (before any swelling, etc occurred). However, coldness added to the pain. I threw the ice in the sink and ran to my room to cry. That's when I remembered the **peppermint & lavender**. I quickly put 1 drop of each rubbing the spot a little since it was sensitive. In seconds the pain was gone. I went back to my husband who was looking for advil (which I would not take). Never did I feel anymore pain & not one bit of swelling or discoloration. I was more than amazed & I decided then to become a distributor. That was the 1st time I used the oils I was a new member and thought maybe I should return the bottles, but not after that!

**What I did to relieve the effects of bee sting**

Last summer, while at an annual pipers picnic out in the country, I got stung on one of my fingers by a wasp. The only oil I had with me was **peppermint** so I rubbed it on the area and it reduced the pain. When I got home I added some **lavender**. By the end of the day, all pain and swelling was gone and my finger was back to normal.

**PanAway for kink in my back**

Had a serious kink in the back this morning, decided to use **PanAway**, and...well, no pain now. I used it again about every 3-4 hours. **Lavender** helps too!

**Valor for long term back issues**
I injured my back about 18 years ago and have had problems with it going out of alignment and chronic pain for years. I have always gone to a chiropractor to get it put back in but once I started using valor on my feet on a regular basis it seemed to help my body to realign itself... I hadn't really noticed any changes until I went back into my chiropractor and they told me that it had been a year and a half since I had been in (funny how you don't notice your 'good' health...) and THEY teased me that 'it must be the oils'... I had told them all about YL oils the last time I was in and had had them put them on my before my adjustment!

Long story short, I notice that if I use the Valor on a somewhat regular basis on my feet my back may go out of alignment but it is able to correct itself rather than stay out of whack. Love my YLEOs!

**Valor for back pain**

I have gotten great results with Valor. I apply to bottom of feet, lower back, neck and shoulder region every morning. It helps to relieve minor pains and I feel like a new person after applying Valor.

**Muscle aches and pains**

Having just completed splitting 2 cords of wood in a five hour time period I felt very little to no pain in the lower back or wrists. I would come in about every two hours and put on Relieve It, Pan Away, and Peppermint along with Ortho Ease massage oil. I use additional peppermint as a 'driver'. I did this throughout the day with fantastic results. I also awoke the next morning without pain or stiffness.

**Got my voice back with Berry Young Juice**

I lost my voice after a bout with the flu and bronchitis for over a month and nothing I did would bring it back! I used every home remedy around and 3 rounds of antibiotics and NOTHING worked! I am new to young living and got my first kit in with the Berry Young Juice, took one dose, and my voice got amazingly better. After the second dose, I got it back completely! It HAD to be the Berry Young Juice! I'm SOLD now on that product, as I got into Young Living from my brother, who told me about an oil you could use to take away pain, as I had broken off my rotary cuff, but I just can't turn my back on this Berry Young Juice!

**Wrist pain from repetitive movement**

I recently was having some carpentry work. My carpenter was complaining about the pain he had repeatedly in his wrist. I asked him if I could put some oils on him and he agreed. I used the pendulum to test which oils to use and he tested for lemongrass, RC and wintergreen, I layered them on neat. It wasn't probably 10 minutes later, that he told me that he was having no pain at all, it didn't surprise me, but it did him.

The next morning when he came back to work, he told me that his wrist still wasn't hurting, and asked me if I would get him the oils. He now has his oils!! He is a believer. I feel that all you have to do get someone to believe in the oils, is use them. Hope this helps someone.

**Recipe for Shingles**

My husband broke out with shingles on his upper leg and around his low back on the left side. I made up a recipe for him to put on topically and had him start drinking Berry Young Juice daily for http://www.oil-testimonials.com/aromatherapy.php?q=back+pain

8/10/2007

To Order any product mentioned in this document, call: 800-371-2928 – Member # 847288, if you were referred by Melody; or 717235 if you were referred by Fran Gourdet.
increased immune support. Within 3 weeks the shingles rash was completely cleared up and he had no more pain.

The recipe: 10 drops Raven, 20 drops each of **ravensara, lavender, helichrysum, melrose**, tamanu oil. Put a few drops on topically every time the pain returns (this will be several times a day and night if the pain happens to keep you awake or causes you to wake up) I mixed the oils into an empty 15ml lavender bottle that he carries with him everywhere in his T-shirt pocket. I have also applied the rain drop technique on him that is outlined in the EDR for shingles. So far no more shingles and it has been over a year with no pain or rash.
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Young Living Products specifically mentioned in the back pain testimonials...

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