

## **‘Thieves’ – 101 uses**

### **101 USES FOR THE YOUNG LIVING® THIEVES® PRODUCTS**

*Welcome to the Wonderful World of Thieves®*

Thieves® Oil Blend is formulated with highly antiviral, antiseptic, antibacterial and anti-infectious essential oils. Thieves® Oil Blend was created based on research of a group of 15th century thieves in France who protected themselves by rubbing themselves with cloves, rosemary, and other aromatics while robbing plague victims.

This Young Living proprietary blend was university tested and found to be highly effective in supporting the immune system and good health. This proprietary blend has also been documented to kill over 99.96% of bacteria it comes into contact with.

Thieves® Oil Blend - use directly from bottle, diffuse, or dilute with purified water to spritz.

Ingredients:

**Clove** (*Syzygium aromaticum*) has a sweet, spicy fragrance that is stimulating and revitalizing. An important ingredient in Thieves® Blend due to its wonderful immune-enhancing features, its principal constituent is eugenol, an element that is used in the dental industry to numb gums.

Clove is the highest-scoring single ingredient ever tested for its antioxidant capacity on the ORAC scale.

**Lemon** (*Citrus limon*) has antiseptic-like properties and contains compounds that amplify immunity. It promotes circulation, leukocyte formation and lymphatic function.

**Cinnamon Bark** (*Cinnamomum verum*) has the wonderful cinnamon scent loved around the world. Warming and stimulating, it is comforting during the cold season. Many people find it highly romantic.

Historically, cinnamon was so popular it was the main reason behind the occupation of Ceylon by first the Portuguese, then the Dutch and then the British.

**Eucalyptus** (*Eucalyptus radiata*) is cooling, refreshing and energizing. Lighter in smell than *Eucalyptus globulus*, it nevertheless has many of the same health-supporting properties. Because it is relatively gentle and non-irritating, it is the preferred choice for children.

This variety is one of the most versatile of the eucalyptus oils and is suitable for topical use, diffusing, and even direct inhalation. It has long been an ingredient in some of our most popular blends.

**Rosemary\*** (*Rosmarinus officinalis* CT cineol) has a fresh, herbaceous, sweet, slightly medicinal aroma. An energizing oil, it may be beneficial for helping to restore mental alertness when experiencing fatigue.

*What is Anti?* — “Against”

*What is Microbial?* — “A minute living organism, minute forms of life, which are capable of causing disease including bacteria and fungi.”

Essential Oils create an unfriendly environment which becomes deadly to disease causing bacteria, viruses and other pathogens.

*FAVORITE USES FOR THIEVES® ANTIMICROBIAL BLEND OF ESSENTIAL OILS*

1. Dilute with V-6 Enhanced Vegetable Oil Complex and apply to **cuts or open wounds** to prevent infection and promote healing.
2. Mix with a tablespoon of water, gargle and swallow for a **sore throat**.
3. Apply undiluted directly to the skin of your upper chest and throat for **bronchitis**.
4. Place a drop on your thumb and apply to the roof of your mouth for a **headache**.
5. Put 10-12 drops in a size 00 capsule undiluted and swallow daily for **longevity**.
6. **For acne**, take internally and apply to the skin diluted with Young Living's V-6 carrier oil.
7. Put directly on the soles of your feet to protect you from **colds and flu**.
8. Breathe in the vapors when you have **lung congestion**.
9. Use to **clean pet cages**, creating a healthier environment for them.
10. Add to your dishwasher for **cleaner dishes**.
11. Add to your laundry cycle for **cleaner clothes**.
12. Add to your mop water for **cleaner floors**.
13. Mix with water to make a spray to **repel insects** on your flowers and plants.
14. Use to dissolve the gummy adhesive on **price labels**.
15. Apply to **bee and wasp stings** to neutralize the toxin and relieve the pain.
16. Apply to gums to prevent and treat **gum disease**.
17. Apply orally to maintain healthy teeth and **reduce cavities**.
18. Apply to gums and teeth for pain relief from **toothaches**.
19. Diffuse in homes or business to solve **mold** problems.
20. Add to orange juice and drink to **reduce phlegm and congestion**.
21. Apply to **broken bones** or joints for pain relief and to hasten healing.
22. Put a drop in your cup of tea for flavor and to **maintain health**.
23. Put on the tip of your tongue to help you **stop smoking**.
24. Put on cold sores and **canker sores** to make them disappear.
25. For **warts**, apply topically, inhale and ingest in capsules to make them disappear.
26. Rub on sore joints to relieve **arthritis pain**.
27. Drink a few drops in water or juice every three hours to **stop a cold**.
28. Place a drop on the tongue and a drop in a glass of water every day for **herpes**.
29. Rub on the bottoms of children's feet for **protection before school** every day.
30. Diffuse in the house as your children come home from school every day to **kill airborne bacteria**.
31. Mix 50:50 with V6 vegetable oil and rub on daily for relief of **shingles**.
32. Apply a drop on **wound** of a cat or dog to enhance healing.
33. Diffuse in the home or office to stimulate a **cheerful mood**.

34. Diffuse in the office to **increase concentration** and work efficiency.
  35. Diffuse in your place of business to **ward off germs**.
  36. Diffuse in the **classroom** to reduce student sickness and absenteeism.
  37. Put a few drops in your carpet steamer/cleaner to **disinfect carpet**.
  38. Mix a few drops with honey or agave in a teaspoon for **cough relief**.
  39. Breathe and apply for **sinus headaches**.
  40. Put a drop on a **pimple** to make it shrink and disappear.
  41. For **laryngitis** put a drop under your tongue to restore your voice.
  42. Inhale for relief of **allergy** symptoms.
  43. Take a capsule full every day for relief of **Lyme disease symptoms**.
  44. Carry a bottle on every flight to protect you from germs on the **airplane**.
  45. Drop in the heat/AC vents of a **hotel** to rid it of airborne germs.
  46. Mix with baking soda to clean **bathtubs**.
  47. Apply undiluted to the toes and feet to combat **fungus**.
  48. Apply to **poison ivy rashes** (may need to be diluted with vegetable oil) to relieve the itch.
  49. Drop Thieves® Oil Blend on a cloth to remove **permanent marker stains**.
  50. Sanitize **pierced earrings** by cleaning with Thieves® Oil Blend.
  51. Rub on the big toe before retiring to help with **proper vision**.
  52. Applying Thieves® Oil Blend, diluted 1 drop oil to 5 drops V-6 Mixing Oil, may be helpful in soothing **pinkeye** and other eye inflammations.
- (Do Not Get In The Eye.)
53. Apply 1 drop of Thieves® Oil Blend onto **toothbrush** to sanitize.

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#### *A Special Antibiotic Formula*

In a Double Naught “00” capsule, combine 10-12 drops of Thieves® Essential Oil Blend with 6-8 drops of Oregano, and 2 drops of Frankincense.

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#### *Thieves® Household Cleaner Proportion Guide*

One capful of Thieves® Cleaner = 1 tsp.

Best if used with purified water (do not use water that contains chlorine).

The GOAL is a Chemically Free Environment ~ Living Healthy Naturally ~

- A. All purpose Thieves® Cleaner in a spray bottle: 1 capful Thieves® Cleaner to 1 qt water
  - B. Light Degreasing: 1 capful Thieves® Cleaner to 3 3/4 cups of water
  - C. Medium Degreasing: 1 capful Thieves® Cleaner to 2 cups water
  - D. Heavy Degreasing: 1 capful Thieves® Cleaner to 1 cup water
  - E. Window and glass cleaner: 1 capful Thieves® Cleaner to 5 quarts water or 1/4 teaspoon to a quart of water for spray bottles
  - F. Hand cleaner: 1/2 cup Thieves® Cleaner to 1/2 cup water
  - G. Dishwasher: 1 capful Thieves® Cleaner
  - H. Pot and Pans: 1/2 capful of Thieves® Cleaner to 3 cups water
  - I. Floors: 1 capful Thieves® Cleaner to 6 1/4 cups water
  - J. Walls: 1 capful Thieves® Cleaner to a little less than 2 cups water
  - K. Fabrics: 1 capful Thieves® Cleaner to 2 cups water
  - L. Laundry: Depending on size of washer, use 1 to 2 capfuls of Thieves® Cleaner
  - M. Carpet: 1 capful Thieves® Cleaner to 6 1/4 cups water
- THIEVES® HOUSEHOLD CLEANER (101 Uses continued)

- 54. Use for bathrooms and toilets to **sanitize** and freshen.
- 55. Use to **cut grease** on kitchen counters and stovetops.
- 56. Use to mop floors to clean and **disinfect**.
- 57. Apply to hands to remove stubborn, sticky substances like **tree sap**.
- 58. Use to **wash fruits and vegetables** from the supermarket.
- 59. Add to the water in your **vacuum cleaner/steamer** to cleanse the air and disinfect the carpet.
- 60. Spray along **ant trails** in the house to keep them out.
- 61. Use to wipe chairs and furniture in school classrooms to cut down on **student sickness**.
- 62. Scrub old floors to **remove old varnish** and prepare for refinishing.
- 63. Clean **upholstery**.
- 64. Clean the upholstery and dashboard of your **car**.
- 65. Soak off **burnt food** in pots and skillets.
- 66. Wipe or soak **garbage cans** to get them clean, sanitary and smelling fresh.
- 67. For tough stains, pour it on as a **pre-wash stain remover**.
- 68. Use undiluted to clean and kill **mold** on walls and floors or **degrease oven**.

#### *MOLD SOLUTION*

Diffuse the Thieves® Oil Blend continuously for 24 hours in the room containing mold. Determining the length of diffusion time is directly related to the severity of mold. Clean visible mold with

Thieves® Household Cleaner.

*TO PREVENT MOLD*

1. Diffuse Thieves® essential oil
2. Eliminate leaks and moisture.
3. Clean thoroughly using Thieves® Household Cleaner

*USES FOR ANTIMICROBIAL THIEVES® LOZENGES*

69. Take with the first sniffle and signs of a cold or **sore throat** to ward it off.
70. Take prior to **singing performances** to keep the voice strong and hit the high notes.
71. Use to **hasten the healing** when a cold or flu has been contracted.
72. Suck on one as you enter an airplane to protect you from **germs onboard**.

*USES FOR ANTIMICROBIAL THIEVES® MOUTHWASH*

73. Rinse daily for **clean breath** and to keep teeth and gums healthy.
74. **Gargle** before a singing engagement to clear mucus.

*USES FOR THIEVES® WATERLESS HAND PURIFIER*

75. Use as a healthy alternative to soap and water to **sanitize hands**.
76. Rub on hands to make them **soft, fresh and smooth**.
77. Apply to face to **clear acne**.

*USES FOR ANTIMICROBIAL THIEVES® BAR SOAP*

78. Rub on stains as a **pre-wash stain remover**.
79. Use as a **deodorant** or **antibacterial** hand soap.

*USES FOR ANTIMICROBIAL THIEVES® SPRAY*

80. Spray on doorknobs in **public restrooms** to kill germs.
81. Spray in the throat to restore a **lost voice**.
82. Spray hands before and after **shaking hands** with a lot of people.
83. Spray in **restrooms on airplanes** to reduce airborne bacteria.
84. Spray on **vegetables and fruits** when washing them.
85. Carry for protection in countries with **cholera, malaria or dysentery**.
86. Use as an **air freshener** for cooking odors or other unwanted smells.

87. Take to the **gym** and spray all the equipment you use.
88. Take to the supermarket and use to disinfect **shopping cart handles**.
89. Use in the classroom for **desks, tables** and other items handled by children.
90. Spray in your **mouth and throat** at first onset of cold or bronchitis.
91. Spray on **shower stalls and bathroom** walls to kill and remove mold.

*USES FOR ANTIMICROBIAL THIEVES® TOOTHPASTE*

92. Brush every day to prevent **cavities and gum disease**.
93. Use when **teeth** have been damaged or broken to help them heal.
94. Use to prevent or heal **gum disease**.
95. Apply as an **underarm deodorant**.

*USES FOR ANTIMICROBIAL THIEVES® WIPES*

96. Wipe **doorknobs** and other things touched by the public.
97. Wipe dirty **piano keys** to clean and disinfect.
98. Use to clean **children's hands** when traveling.
99. Use on the **steering wheel** and **gearshift** of your vehicle.
100. Use on **public telephones** to remove germs.
101. Use on public **computer keyboards** and **mice**.