**Aroma Aid™ is a Medicine Cabinet in a Bottle™**

Today’s busy family, more than ever, is interested in natural health solutions to minor illnesses. Families are searching for alternatives to Non Steroidal Anti-Inflammatory Drugs (NSAID’s) for headaches, steroids for itches, antibiotics for cuts and scrapes, and over-the-counter (OTC) cough and cold medicines due to recent FDA warnings against its use in children. Unfortunately, very few scientifically studied alternatives were available—until now.

Aroma MD's Aroma Aid™ is ideal for busy, health-conscious families. Aroma Aid is a blend of six versatile and effective essential oils—a virtual medicine cabinet in a bottle. Aroma Aid combines peppermint, lemongrass, lavender, frankincense, black pepper and clove bud essential oils for the ultimate healing solution.

**CONDITION SPECIFIC SUPPORT AND MODIFICATION:**

**Headache Support:**
Peppermint essential oil, used in Aroma Aid™ was found to support headache relief in a clinical trial. Peppermint, lavender and frankincense essential oils have been found to support relief of muscular spasms.

**Minor Aches and Pains:**
Peppermint and clove essential oils have been found in clinical trials to support minor pain relief. These essential oils promote healthy-opioid pain receptor response.

**Wound Healing:**
Peppermint essential oil has been shown in a clinical trial to support the body’s repair of damaged skin.

**Aroma Biotics:**
Unlike antibiotics, essential oils alter microbial activity in three ways: supporting healthy immune responses, interacting with microbial cellular components and altering availability of nutritional substrates. Essential oils can also be used concurrently with antibiotics for a synergistic effect. Clove, peppermint, lavender, frankincense and lemongrass support healthy immune activity during viral, bacterial and fungal illnesses, including Methycillin resistant Staphylococcus aureus (MRSA) and Vancomycin resistant Enterococcus (VRE).

**Nasal Congestion and Cough:**
Peppermint essential oil supports a healthy nose and throat when affected by allergies, congestion and microbial activity. In clinical trials, peppermint and its components have been shown to support mucociliary clearance, promote healthy cough regulation, and to promote restfulness in children with bronchitis. Lavender essential oil promotes stable mast cells, aiding in the reduction of histamine levels responsible for allergic symptoms.

Aromatherapy is a natural healing method which has been used for 5,000 years. Recently, interest in medical aromatherapy has grown tremendously among both patients and practitioners. Until now, it has been hard to find authoritative sources for medical aromatherapy blends and dosages. Aroma MD’s™ specially pre-blended products make patient compliance easy. Each product contains age-based dosing and clear usage instructions. Practitioners can rest assured that patients are benefitting from the most therapeutic oils at safe and effective doses.

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I am a pediatrician and mother of two very active school-aged children. As a mom, because we’re always on the go, I need to have one natural product for everything from scrapes to bug bites to stuffy noses. As a pediatrician, I find Aroma Aid a valuable product because it supports the immune system against MRSA which causes many serious infections that I see in my practice spread through cuts and bites. Between school, soccer, and other activities, we are always reaching for the Aroma Aid. —S. Kaiseruddin, MD, Chicago, IL

I am an avid triathlete. I suffered from a swollen ankle for some time. I tried many methods of alleviating the swelling and pain but nothing worked. I tried Aroma Aid the day before the triathlon. Within a few minutes the ankle was feeling great and the next day I performed my best ever. —K. Afzal, Pittsburgh, PA

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Aroma MD™
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Medical Quality Essential Oils in Aroma Aid™

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<th>Support and Modification</th>
<th>Peppermint</th>
<th>Black Pepper</th>
<th>Lavender</th>
<th>Lemongrass</th>
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**APPLICATIONS**

**Headache:** 1 drop to temples q1 hour prn  
**Minor aches and pains:**  
- **Acute:** apply to affected area q 4-6 hours  
- **Chronic:** use internally as directed with topical use  
**Sinus support:** apply to nasal mucosa every 8 hours  
**Pulmonary congestion and infection:**  
- **Inhaled:** prn from cap  
- **Topical:** apply to chest, back, adrenals  
- **Internal:** as directed in conjunction with internal use  
- **Bath:** prn for congestion  
**Infections, Immune Support:**  
- **Prophylactic:** Internally qAM as directed for age  
- **Acute Topical:** Apply to affected area, to regional lymph nodes and over adrenal glands tid  
- **Acute Internal:** tid for 10 days or until symptoms resolve  
**Chronic:** Recommend Flugon™

**Allergies:**  
- **Internal:** Use prophylactically 4 weeks before allergy season.  
- **Topical:** Use symptomatically tid

**Cuts, scrapes, bug bites:** apply to affected area, or add one drop to adhesive bandage bid

**SUGGESTED USAGE**

**INTERNAL:** Ages 2-4 years, 1-3 drops; ages 5-7 years, 2-5 drops; ages 8 to adult, 2-10 drops every 8 hours as needed.  
**TOPICAL:** Ages 2 to adult: apply to affected area as needed. Use in conjunction with internal use for best effect.  
**BATH:** All ages, 5-20 drops stirred in bath.

**PRECAUTIONS**

Use as directed. Consult a healthcare professional before use if changing your current regimen, if you have a liver or kidney condition, or if you are pregnant. Keep out of the reach of children.

**REFERENCES**


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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*