

DILL ESSENTIAL OIL

dōTERRA oils are very concentrated – use a LITTLE

Can be a deep relaxant – use a little at a time...

People with expressed epileptic seizures
use with caution

The health benefits of Dill Essential Oil can
be attributed to its properties like:

Anti-bacterial, anti-mutagenic, antioxidant,
antiseptic, anti-spasmodic, antitumor, aperitive,
carminative(prevents gas and fermentation in
stomach and intestinal tract), digestive,
disinfectant, diuretic (mild), emollient, expectorant,
insect discourager, laxative (mild), parasiticide,
sedative, seductive, stomachic, stimulant and vasodilator..

Dill Essential Oil is extracted through steam distillation of dried seeds and whole plant of Dill or AnethuSowa, as it is scientifically called. The basic components of Dill Essential Oil are D-Carvone, Dillapiol, Eugenol, Limonene, Terpinene and Myristicin.

Dill can help with bronchial mucous, colic, constipation, gas, headaches, indigestion, liver deficiencies, hiccup relief, low glucose levels, nervousness, normalize insulin levels, promote milk flow in nursing mothers, can be a Pancreatic stimulant and contribute to the rapid healing of a congested Liver.

Dill Essential Oil blends well with Lime, Lemon, Wild Orange and other citrus oils as well as Bergamot, Patchouli and Roman Chamomile.

Some Suggestions for use of dōTERRA Dill Essential Oil:

Baby Tummy-Rub Oil: Dill 2 drops, Roman Chamomile 2 drops, Melissa 3 drops, 2 tablespoons of Fractionated Coconut Oil.

Kids Tummy Soother: Dill 3 drops, Ginger 2 drops, Peppermint 2 drops, Roman Chamomile 5 drops, 1 Tablespoon Fractionated Coconut Oil.

Adult Tummy-Rub Oil: Dill 2 drops, Fennel 1 drop, Melissa 1 drop, Roman Chamomile 2 drops, 1 Tablespoon of Fractionated Coconut Oil.

Forgiveness Blend for around the core: Dill 4 drops, Bergamot 5 drops, Frankincense 2 drops, Geranium 4 drops. Apply around the core with an expectation of relief of indigestion over feelings that were hard to digest.



Active Kids: Dill 2 drops, Roman Chamomile 2 drops

Appetite Balancing: Dill 2 drops, Black Pepper 2 drops; apply to the bottoms of feet 3 times a day

Hiccup Relief: Dill 2 drops, Fractionated Coconut Oil 4 drops; apply along Lower edge of jaw line from base of earlobe to base of earlobe – drink warm water slowly.

M.R.S.A. Relief: Dill 3 drops, Clove 2 drops, Wild Orange 3 drops, Cinnamon Bark 2 drops, Frankincense 3 drops. Put in roll-on bottle. Apply to bottoms of feet every 2 hours.

Cooking recipes available on www.doterra.com website!

(Use a little, can always add more)

Also check out www.aromaticscience.com where Dr. David Hill has wonderful medical research published.

Resources we use on a regular basis:

Modern Essentials,

Abundant Health, LLC, 2009

Healing Oils of The Bible, David Stewart, 2005.

Aromatherapy in Medicine, Jacque du Preneau, 1908.

Aromatherapy, Essential Oils for Vibrant Health and Beauty, Roberta Wilson, 2002

Clinical Aromatherapy, Essential Oils in Practice, by Jane Buckle ,RN,PhD.,2003

Aromatherapy Handbook for Beauty, Hair and Skin Care, by Erich Keller, 1992

Aromatherapy For Healing The Spirit, by Gabriel ojay, 1997

The Art of Aromatherapy, Robert Tisserand, 1995

{www.Aromatools.com} for: Books, Bags, Tools etc.

NOTE: The advice shared in document has not been evaluated by the FDA. The products and methods recommended are not intended to diagnose, treat, cure or prevent any illness or disease, nor is it intended to replace proper medical help. Kindly understand that essential oils work to help to bring the body into balance - thus helping the body's natural defenses to restore homeostasis. Essential oils are not used to "treat" medical problems. Respectfully researched and presented for sharing on by Dr. Susan Lawton, 2013