



**ADDING  
MORE  
TO YOUR  
PLANS**

**BIG SCARY**

# **DISCLAIMER**

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**THIS INFORMATION IS NOT TO TREAT, DIAGNOSE, CURE, OR SLANDER. IT IS PURELY FOR EDUCATIONAL PURPOSES ONLY.**

**SHOULD YOU BE EXPERIENCING ANY HEALTH CHALLENGES, QUERIES OR CONCERNS — IT IS BEST ADVISED TO SEEK CARE FROM YOUR TRUSTED, QUALIFIED AND EXPERIENCED HEALTH CARE PRACTITIONER.**

# HERBS AND SPICES 101



Herbs	Benefit / Focus
Thyme	Immune support
Oregano	Anti-candida
Garlic	Anti-candida
Turmeric	Anti-inflammatory, chelate iron and mercury
Cinnamon	Insulin sensitivity
Parsley	Kidney health
Black Pepper	Lowers glucuronidation

Herbs	Benefit / Focus
Cumin Seeds	Lowers beta-glucuronidase
Rosemary	Brain health
Fenugreek	Increase appetite, testosterone and supports beta cell health
Smoked Paprika	Nightshade
Cayenne	Nightshade
Sage	Anti-microbial
Clove	Lower tooth ache

# ESSENTIAL OILS 101



Essential Oils	Benefit / Focus
Lavender	Improve sleep quality
Peppermint	Reduce bloating, improve training performance
Bergamot	Reduce inflammation
Grapefruit	Stimulatory
Black Spruce	Grounding
Ylang Ylang	Reduce anxiety
Clary Sage	Female hormonal health

Essential Oils	Benefit / Focus
Lemon	Stimulatory
Orange	Stimulatory
Cedar Wood	Grounding
Eucalyptus	Mucolytic
Frankincense	Reduce inflammation, improve training performance
Patchouli	Cleansing
Thieves Oil / On Guard	Immune support

# COOKING TECHNIQUES 101

Cooking Techniques	Benefit / Focus
Lavender	Improve sleep quality
Peppermint	Reduce bloating, improve training performance
Bergamot	Reduce inflammation
Grapefruit	Stimulatory
Black Spruce	Grounding
Ylang Ylang	Reduce anxiety
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*Parter.*  
INSTITUTE