Essential Oils for Abundant Living Program Workbook

For Personal Reflection or Group Study

by Dr. Eric & Sabrina Ann Zielinski

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Have you picked up our newest bestseller, The Healing Power of Essential Oils?

Whether for personal reflection or group study, the **Essential Oils for Abundant Living Workbook** is your indispensable guide that will help make sure you get the most out of our 10-Part Video Masterclass.

We strongly encourage you to take the exercises found in this book seriously. Like anything, you will get only as much as you put into learning the information that we share in the **Essential Oils for Abundant Living Masterclass**.

So, be sure to carefully follow along as we show you how to use essential oils safely and effectively, and just wait... You'll start to experience the Abundant Life in no-time!

The answer to your health problems can be found in nature, and we have seen thousands of lives changed by the healing power of essential oils. It's our privilege to show you how to make them part of your daily life!

**As always, our hope & prayer is that you enjoy the abundant life!**

~ Dr. Z & Mama Z
Quick Start Guide – Getting the Most Out of this Program

Companion Videos

- Introduction Video the Healing Power of Essential Oils Natural Recipes and Home Remedies

Companion PDFs & Print Material

- Personal journal or Essential Oils for Abundant Living Program
- Healing Power of Essential Oils Natural Recipes and Home Remedies Transcript Book

To help set the tone for the entire program, let’s begin by answering a very profound question that has several implications...

Do you consider yourself a healthy person?

But, before you answer, we need to be on the same page about what “health” really is. According to World Health organization, “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” Though, I’d go one step further. I’m asking if you are really well? In other words, do you enjoy “Biblical health?”

Essentially, every area of your life falls into one (or more) of these categories, and, YES, it should be your goal to master every discipline.

- **Spiritual** – Having a thriving relationship with your Creator.
- **Physical** – Maintaining a strong, healthy body.
- **Mental** – Being intellectually sound and having the mind of Christ.
- **Emotional** – Being at peace and enjoying a balance of healthy feelings.
- **Financial** – Having enough to provide for your family and to be BIG givers.
- **Occupational** – Truly enjoying the work of your hands.
- **Social** – Fostering deep, mutually beneficial relationships with friends, family and people that you encounter every day.
Defining Health for Self-Reflection & to Monitor Progress

1. Circle the answer to the question: Overall, do you consider yourself a healthy person?

   - Yes or No

2. Explain why or why not.

   ________________________________________________________________
   ________________________________________________________________

3. Put down today’s date so you can refer back to your answer as you progress throughout the course.

   ______

4. Now, rank your health from 0-10 (lowest to highest) and provide a brief explanation why.

   ________________________________________________________________
   ________________________________________________________________

5. Digging deeper, rank each of these areas of the abundant life from 0-10 (lowest to highest) and provide a brief explanation why.

   - Spiritual Health _______________________________________________________
   - Physical Health _______________________________________________________
   - Mental Health _______________________________________________________
   - Emotional Health _____________________________________________________
   - Financial Health _____________________________________________________
• Occupational Health

• Social Health

Calling Out the Elephant in the Room

1. Answer the question: Why are you here?
   I.e. What are your Top 2 or 3 reasons for wanting to learn about essential oils?

Notes:
Lesson 1 - Setting the Foundation: All You Need to Know About Aromatherapy to Get Started

Companion Videos

- Interview with EO Vet Dr. Janet Roark – Note, animal aromatherapy is not covered in the primary video teachings

Companion PDFs & Print Material

- Essential Oil Chemistry & Safety Handbook
- How Essential Oils are Steam Distilled Infographic

Lesson 1 Summary

- Aromatherapy History
- Defining Essential Oils
- Essential Oil Properties
- Extraction Methods
- Plant Chemistry Basics
- Essential Oil Purity, Quality Standards & Adulteration
- How to Purchase Essential Oils

Essential Oil History

- A chemist by the name of Rene-Maurice Gattefosse suffered a lab explosion and stumbled upon ________________________________ as the remedy to heal the gangrene on his hand. He is now referred to as the father of aromatherapy.

3 Primary Ways to Use Essential Oils

1. ________________________________
Essential Oil Extraction Methods

1. Steam distillation – refer to your course materials for the PDF on how this is done
2. Cold pressing – similar to an olive press, where the volatile and non-volatile components of citrus fruits are squeezed out of the rind
3. Solvent extraction – super critical or liquid carbon dioxide

Purity and Adulteration

- It has been reported that up to _______________ of all oils on the market today are adulterated.
- Pure essential oils are proven to contain more beneficial medicinal properties than ____________________________, primarily because the body cannot properly metabolize synthetics.
- ____________________________ says that your body’s chemistry is unique to you, so there is no one-size-fits-all approach to using essential oils.
- Certified organic oils are likely better. But it all depends on where they are ____________________________, ____________________________, and ____________________________.

Find a Reputable Company

- Essential oils are not regulated by the FDA. Therefore, you must find a company that you trust.
Choosing the Best Brands for You

1. Get a referral from a trusted friend.
2. Contact the company and ask for a report on sourcing and quality standards.
3. Request a GC-MS report for specific oils of interest.

Test for Yourself

- Start with ______________________, ______________________, and ______________________. Observe how your body responds.
- The ______________________ is a self-assessment of how essential oils affect your sense of taste, touch, smell, sight, hearing, and intuition.

Notes:

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____________________________________________________________________________________________

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____________________________________________________________________________________________
Lesson 2 - Setting the Foundation: Essential Oil Inhalation Guide & Safety Tips

Companion Videos

- Morning Get Up & Go Diffuser Blend
- Performance Booster Inhaler

Companion PDFs & Print Material

- Diffuser Blends
- Healing Power of Essential Oils Natural Recipes and Home Remedies
  Transcript Book

Lesson 2 Summary

- Science of Smell
- How Inhaling Essential Oils Affects the Brain
- The Healing Power of Inhaling Essential Oils
- Inhalation Techniques, Tips and Safety Guidelines

Therapeutic Benefits of Essential Oils

- ___________ oil – can decrease food intake and stimulate fat breakdown
- ___________ oil – can help with depression
- ___________ oil – can boost energy levels
- ___________ sage oil – can decrease cortisol
- ___________ oil – can increase memory
- ___________ oil – can decrease nausea
- ___________ oil – can decrease pain
Science of Smell

What part of the brain is affected by inhaling essential oils?
__________________________

How Many Drops to Put in Your Diffuser

- ____________ drops for 100-150 ml water tank.
- ____________ drops for 200-350 ml water tank.

Here’s a quick review of the various methods of inhaling essential oils. As you go over these, think of how you can incorporate each of these methods of using essential oils into your day.

- **Smelling** from the bottle
- **Cupping** from the hands
- **Inhaler** for on-the-go aromatherapy
- **Ultrasonic Diffuser** – vibrating disc in the middle for all-day use
- **Nebulizer** – use with straight essential oils for concentrated use
- **Spritzers** can be used in a variety of ways

Essential Oil Safety Tip

1. Be mindful when using essential oils with babies and pets in the room.
2. Always use a diffuser in a ____________ room.
3. Know how each oil affects YOU.
Mama Z DIY Hack

If you are sensitive to calming essential oils (like us)

- Turn the diffuser on ___________ you put the kids to bed on your way out the door or, you may fall asleep with them!

Mama Z Tip

- Essential oils can help your body reach ____________
- ____________can be added to both calming and energy-boosting blends.

Mama Z DIY Hack

What are the 5 Ps?

1. P ____________
2. P ____________
3. P ____________
4. P ____________
5. P ____________

Try This at Home

- Make an inhaler recipe to boost your mood or to increase energy levels.
- Make a spritzer recipe to help you get a better night’s sleep.
Lesson 3 - Setting the Foundation: Essential Oil Topical Application Guide & Safety Tips

Companion Videos

- Essential Oils Carrier Oil Guide
- Essential Oils Dilution Guide
- Essential Oils Roller Bottle Guide

Companion PDFs & Print Material

- 4 Categories of Carrier Oils to Know
- DIY Dilution Guide
- Roller Bottle Guide
- Essential Oils for Photosensitivity
- Healing Power of Essential Oils Natural Recipes and Home Remedies
- Transcript Book

Lesson 3 Summary

- Importance of Protecting Your Skin Microbiome
- Why Cellular Biology is Important for Your Health
- Special Essential Oil Properties
- The Healing Power of Using Essential Oils Topically
- Topical Application Techniques, Tips and Safety Guidelines

The Barriers of the Body

- Your immune system starts with a barrier. And the barrier is your ________________.
- Your cells are protected by a ________________ membrane, which means fat.
• Topical application of essential oils can be detected in the blood within _______ minutes, and essential oils can be metabolized by the body in as little as _______ minutes.

Application Tips

If you want to get the most for your money, always __________________ your essential oils with a ________________.

List the best places to apply oils to the body topically

1. ________________________________________________________
2. ________________________________________________________
3. ________________________________________________________
4. ________________________________________________________
5. ________________________________________________________

About Dilution

• What is one of the best oils to use as a carrier oil to dilute essential oils?
  ________________________________________________________
  ______
• What is the shelf life of essential oils?
  ________________________________________________________
• The rule of thumb for diluting essential oils is a ____________ dilution.
• Using essential oils neat (undiluted) is never recommended because it’s been known to cause
  ________________________________________________________.
• Some oils are ______________________, which means that they can cause burning or skin sensitivity when exposed to sunlight after topical application.

**Mama Z’s Recipe for Balancing Thyroid & Adrenals**

2% dilution roll-on

• Frankincense
• Orange
• Sandalwood
• Ylang ylang
• Lavender

**Mama Z’s Hormone Balancing Blend**

2% - 5% dilution roll-on

• Lemongrass
• Clary sage
• Geranium
• Ylang ylang

*Apply over thyroid, abdomen, and thighs twice daily*

**Mama Z’s Hormone Balancing Blend**

2% - 5% dilution roll-on

• Bergamot
• Neroli
• Spikenard
• Ylang ylang

Apply over small of back (over kidneys) twice daily

Try This at Home

• Use one of our DIY recipes to make your first roller bottle blend!

Notes:

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________________________________________________________________________

________________________________________________________________________
Lesson 4 - Setting the Foundation: Essential Oil Internal Use Guide & Safety Tips

Companion PDFs & Print Material

- Lesson 4 Transcript
- The 8 Steps of Oil Pulling Infographic
- Essential Oil Chemistry & Safety Handbook

Lesson 4 Summary

- How to safely use essential oils internally
- Identifying oils that are not safe for internal use
- Essential oils, supplements & pharmaceuticals
- Using essential oils for oral care and hygiene

Breakdown of the industries that use essential oils

- Food and flavor ______
- Fragrance ______
- Pharmaceutical ______
- Industrial ______
- Aromatherapy ______

List the 5 ways to use essential oils internally

1. ____________________________________________________________
2. ____________________________________________________________
3. ____________________________________________________________
4. ____________________________________________________________
5. ____________________________________________________________
Using Essential Oils Internally

- Oils and ______________ DO NOT mix!
- Internal use of essential oils can interact with ____________________________
- ____________________________
- ______ capsules will be digested by your gastric acid fluids. ______________
- ____________________________ bypass stomach acid and reach the gut.

DIY Basic Capsule Formula

__________________________________

__________________________________

__________________________________

Mama Z DIY Oil Pulling Blends

Clove and peppermint, good for ____________________________

Clove, peppermint & myrrh, good for ____________________________

Citrus & peppermint, good for ____________________________

Lemon, lavender, peppermint & tea tree, good for ____________________________

List the steps to preparing your oil pulling concentrate

1. ____________________________
2. ____________________________
Diluting Essential Oils for Oil Pulling

Use ___________ drops of essential oil per __________________ of coconut oil.

Remember!

Never spit your oil pulling mixture out into your sink. The coconut oil will harden and clog your pipes. Spit the mixture out into the trash can instead.

Try This at Home

Create your own DIY essential oil capsule

Try one of Mama Z’s oil pulling blends

Notes:

______________________________
______________________________
______________________________
______________________________
______________________________
Lesson 5 - Natural Solutions for a Toxic-Free Home: DIY Body Care Products

Companion Videos

- Mama Z's Oil Base
- Joyful Body Oil

Companion PDFs & Print Material

- Lesson 5 Transcript
- Essential Oils for Abundant Living Body Care Recipe Book
- Healing Power of Essential Oils Natural Recipes and Home Remedies Transcript Book

Lesson 5 Summary

- How to make DIY care products
- DIY product storage and safety tips
- Simple DIY recipes to get you started

Toxic-Free Body Care Items

________________ has been a registered pesticide since 1969, and it is found in many care products.

Safety Tips

1. DIY body care items are likely to include _________________________________, which reduces their shelf life due to the risk of bacteria growth.
2. Most DIY water-based body care items made without preservatives will only have a shelf life of _________________________________.

3. What are the signs that your DIY product has gone rancid?
   - ____________________________________________________
   - ____________________________________________________

Don’t Forget!

Check your body’s reaction with an _____________________________.

Perform a ____________________ before applying your DIY products liberally.

Mama Z’s Healing Skin Serum

4 ounces _______________________________________

4 ounces _______________________________________

½ ounce each of _________________________________

32 drops ________________________ essential oil

Avoid the Following Harmful Ingredients

______________  ______________________

______________  ______________________

______________  ______________________

______________  ______________________
Mama Z’s Oil Base

54 ounces ________________________________

16 ounces ________________________________

8 ounces ________________________________

4 ounces ________________________________

*Add _________________________________ to make the Joyful Blend (2% dilution)

Try This at Home

Add essential oils to an unscented body lotion or oil

Notes:

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____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________
Lesson 6 - Natural Solutions for a Toxic-Free Home: DIY Cleaning Products

Companion Videos

- Lemon Tea Tree Dish Soap
- Toxic-Free Hand Sanitizer

Companion PDFs & Print Material

- Lesson 6 Transcript
- Essential Oils for Abundant Living Natural Cleaners Recipe Book
- Healing Power of Essential Oils Natural Recipes and Home Remedies Transcript Book

Lesson 6 Summary

- Our toxic world and body burden
- The cost of conventional cleaning products
- Beginner and advanced DIY hacks for the home

Making Your Own DIY Cleaning Products

- All water-based cleaning products have a ________________ shelf life.

Mama Z DIY Hacks

Use the correct carrier during the correct time of year.

- Do not use __________________ in your DIY recipes during the cold months or it may harden & clog your drain pipes.
• Instead, use carrier oils such as __________________, ________________, or ____________________________.
• Store DIY mixtures in ________________________________

Dr. Z’s Immunity Blend

Equal parts:

_________________  ____________________
_________________  ____________________
_________________  ____________________
_________________  ____________________

Add __________________ into a ________________________________

Mama Z’s DIY Hack

On-the-Go Cleaning Spray

20 drops _________________________________

20 drops _________________________________

20 drops _________________________________

20 drops _________________________________

2-ounce spray bottle

Try This at Home

Choose one DIY recipe from this lesson that you can create for your home.
Lesson 7 - Natural Solutions for a Toxic-Free Home: Cooking with Essential Oils

Companion Videos

• Super Quick Coco Mint Delight

Companion PDFs & Print Material

• Lesson 7 Transcript
• Essential Oil Chemistry & Safety Handbook
• Healing Power of Essential Oils Natural Recipes and Home Remedies Transcript Book

Lesson 7 Summary

• Culinary use and safety guidelines
• The top go-to essential oils for the kitchen
• Can you heat essential oils?

Culinary Use of Essential Oils

The safe culinary dose for essential oils is ____________________ per dish.

________________ of extract, spice, lemon zest, herb, etc. = ____________________ EO.

Mama Z’s Go-To Kitchen Oils

1. ____________________
2. ____________________
3. ____________________
4. ____________________
5. ____________________
Essential Oils in the Kitchen

Use ________ drops of essential oils for every teaspoon of extract called for in a recipe.

Do not heat _______________________ oils.

Try This at Home

Substitute the essential oil for one of your herb, spice, or citrus recipe ingredients the next time you cook!

Notes:
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____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
Lesson 8 - Regaining Control of Your Health: Preventing Disease with Essential Oils

Companion Videos

- Focus and Clarity Inhaler
- Nausea-Free Pregnancy Inhaler
- Sweet Sleep Body Oil

Companion PDFs & Print Material

- Lesson 8 Transcript
- Tips on How to Detox with Essential Oils Infographic
- Healing Power of Essential Oils Natural Recipes and Home Remedies Transcript Book

Lesson 8 Summary

- The true meaning of preventative health
- How essential oils cooperate with the body to support natural healing
- Understanding the importance of regular detox

Key Concepts

1) Preventative health is a ________________________________ choice.

2) Health is ________________________________ responsibility.

3) Keys to preventing disease:

_____________________________  ________________________________
_____________________________  ________________________________
The Power of Essential Oils

Essential oils are known ______________________, specifically oils like ______________________, ______________________, and ______________________.
_______________________________ triggers homeostasis in the human body.

Remember!

1) You are NOT a ______________________ of the genetic lottery!

2) Maintaining a positive ______________________ ______________________ and getting a ______________________ ______________________ are vital to preventing disease.

Mama Z’s Detox Bath

1 cup ______________________________________

1/4 cup ______________________________________

1 tablespoon ___________________________________

2 drops ______________________________________

5 drops ______________________________________

Mama Z’s Immune Boost Blend

Equal Parts:

__________________________    ______________________

__________________________    ______________________

Dr. Z's Flu Shot

____________________ Lypo-spheric vitamin C
____________________ raw honey
____________________ unrefined coconut oil
____________________ immune boost blend
____________________ organic pumpkin pie spice
____________________ pink Himalayan salt

Try This at Home

Watch the demo videos in your course materials and make the Focus & Clarity Inhaler and the Sweet Sleep Body Oil.

Notes:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Lesson 9 - Regaining Control of Your Health: Treating Disease with Essential Oils

Companion Videos

- Healing Affirmations
- Healing Skin Serum
- Arthritis Pain Ointment
- Candida Tampon
- Gentle Vagina Lubricant

Companion PDFs & Print Material

- Lesson 9 Transcript
- Healing Affirmations Infographic
- Oils for Anxiety Infographic
- Oils for Insomnia Infographic
- Healing Power of Essential Oils Natural Recipes and Home Remedies Transcript Book

Lesson 9 Summary

- Using essential oils after the onset of illness
- Essential oils as first aid in an emergency
- At-home solutions for infections and pain

Mama Z’s Wound Treatment

Clean the infected area, and apply these oils _________________________________.


Mama Z’s MVPs for Pain & Inflammation

List 5 Common Migraine Triggers

1. 
2. 
3. 
4. 
5. 

In addition to peppermint and wintergreen, list 3 additional essential oils that are analgesics that reduce inflammation and kill pain.

1. 
2. 
3. 

What is the protocol for addressing strep throat?

1. First thing in the morning.
2. Gargle with 2x daily.
Mama Z’s Joyful Blend

1 ounce __________________________

6 drops __________________________

6 drops __________________________

Mama Z’s Favorite Mood-Boosting Essential Oils

_________________  ______________  ______________

_________________  ______________  ______________

_________________  ______________  ______________

_________________  ______________  ______________

Try This at Home

Make one of the recipes from the companion videos for this lesson. Choose from the Healing Skin Serum, Arthritis Pain Ointment, Candida Tampon, or the Gentle Vaginal Lubricant.

Notes:

_________________________________________________________________________________

_________________________________________________________________________________

_________________________________________________________________________________

_________________________________________________________________________________
Lesson 10 - Regaining Control of Your Health: Advanced Strategies & Protocols

Companion Videos

- Cancer-Fighting Roll-On

Companion PDFs & Print Material

- Heal Your Gut with Essential Oils eBook
- Essential Oils for Diabetes eBook
- The Truth About Essential Oils and Cancer eBook
- Healing Power of Essential Oils Natural Recipes and Home Remedies Transcript Book

Lesson 10 Summary

- Customizing your protocol to work for YOU
- Yvonne's powerful testimony of using essential oils to combat terminal cancer
- Discover the number one determining factor for recovering from illness

Putting It All Together

_____________________________ is the number one cause of disease.

Chronic diseases linked to inflammation:

______________________________

______________________________

______________________________

When Treating Advanced Diseases Keep These Points in Mind:
1. Find the _____________ and _____________ that work for you.

2. It takes _____________ and _____________ to discover what works for you.

3. Take _____________ to get big results with essential oils.

Quick Tip

It only takes _____________ weeks maximum for a new intervention to take effect.

Proven Cancer-Fighting Oils

______________  ______________  ______________
______________  ______________  ______________
______________  ______________  ______________
______________  ______________  ______________
______________  ______________  ______________
______________  ______________  ______________

Notes:

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About Dr. Z & Mama Z

We know what it’s like to be sick. Seriously, chronically sick and, between the two of us, we have suffered from chronic pain, leaky gut, eating disorders, cystic acne, depression, and even suicidal thoughts for years. And (thank God) we know what it’s like to recover. And NOT by using conventional medicine either! In fact, medicine failed us and it literally took more than a decade for us to come up with the natural solutions that were just right for our bodies.

This is why we’re so we do, and learning about essential oils has been an important part of our healing journey.

Before we launched our website in 2014, we used to help educate and coach people for free because we could truly emphasize with their suffering. All this started back in 2003. It was our joy to serve our friends, family and neighbors. We never imagined that our essential oil training would take off and reach more than 5 million people every year.

We hope you join our essential oil training, and we look forward to seeing you in our private Members Only Facebook group and during our month Q & A’s. It brings us more joy than you can imagine to see so many people regain control of their health with essential oils and it is our sincere honor to act as your trusted guide and mentor during your journey!

For More Healing Recipes & DIY Tips Don't Forget to Pick Up Our New Bestselling Book!