

# Tei-fu Essential Oil

## Harmony & Health

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Tei-Fu Essential Oil is a blend of essential oils revised and perfected by a noted Chinese herbalist some fifty years ago, based on an ancient formula dating back more than one thousand years to the era of the Tong Dynasty. Nature's Sunshine Products first became aware of the Tei-fu formula through a Chinese employee on its research staff who continually stressed its immense value for relieving pain. Usually it is used externally.

### **Some health issues that Tei-fu essential oil is helpful for:**

*ALLERGIES, SINUS, STUFFY NOSE* - Smell or apply directly to nostrils.

*ARTHRITIS* - Rub 2-3 drops firmly into the painful area.

*ASTHMA ATTACK* - 1 - 2 drops on back of tongue, close mouth & breath deep.

*BURNS AND SCALDS* - Use 2 or 3 drops.

*COUGHS & COLDS* - 1-4 drops dilute in carrier oil (child 1-2 drops) and rub on chest and throat.

*HEADACHES, NECK PROBLEMS* - 2-3 drops massaged into temple area and another 2-3 drops onto the back of the neck.

*INSECT BITES OR STING* - Put 2-3 drops on the affected area.

*LONG DISTANCE DRIVING* - 1-2 drops with water or directly on the back of the tongue.

*MOTION SICKNESS* - 1-4 drops internally with water (child 1-2 drops) and put drops on tongue, temple and neck.

*MUSCLE TENSION, SPRAINS, ARTHRITIS PAIN* - Rub in well on painful areas.

*SCABIES/SWELLING/POISON IVY and OAK* - Apply topically as needed for itching.

*SINUSES* - To open up sinuses, rub on upper lip, just under nose, and on the temple area. (Be careful around the eyes.)

*STOMACH ACHE* - Internally, 1-4 drops with water (child 1-2 drops w/water); externally, massage 1-2 drops on the stomach.

*TOOTHACHES* - Put 1-2 drops on a cotton ball and put on gum.

*VOMITING* - 1-4 drops diluted in tea or water (children under 12 years use 1-2 drops in water).

**Important:** The information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness we recommend you consult a competent health practitioner before beginning a course of treat-

*Help Your Body Stay Healthy with Natural Remedies.*

