

Inflam Relief

SOOTHING BLEND 10ml

When something harmful or irritating affects a part of our body, there is a biological response to try to remove it. Inflammation is the body's attempt to remove harmful stimuli including damaged cells, irritants, or pathogens.*

The signs and symptoms of inflammation, especially acute inflammation, show the body is trying to heal itself. Inflammation does not, however, mean infection, even when an infection causes inflammation. Infection is caused by a bacterium, virus, or fungus, while inflammation is part of the body's response to that infection.*

Symptoms of inflammation include redness, swollen joint(s) that may be warm to the touch, joint pain, joint stiffness, and loss of joint function. Inflammation may also be associated with general flu-like symptoms including fever, chills, fatigue or loss of energy, headaches, loss of appetite, and muscle stiffness.*

As part of an autoimmune disorder, inflammation can also affect organs, with the type of symptoms varying based on which organs are affected. For example, inflammation of the heart (myocarditis) may cause shortness of breath or fluid retention. Inflammation of the small tubes that transport air to the lungs may cause shortness of breath, and inflammation of the kidneys (nephritis) may cause high blood pressure or kidney failure.*

Inflam Relief is a proprietary blend of essential oils to assist the body with the signs and symptoms of inflammation, even acute inflammation.*

ingredient highlights

- **Eucalyptus Citriodora:** Also known as Lemon Eucalyptus, and has been used in traditional Aboriginal bush medicine for thousands of years. Its analgesic, anti-fungal, and anti-inflammatory properties make it useful for easing joint pain, reducing fevers, easing gastric conditions, assisting with skin conditions, and speeding the healing of cuts and wounds.*
- **Lavender, Spike:** Great for muscles, pain, inflammation, headaches, and the respiratory system. It differs from "true" Lavender in chemical composition, and has a more camphorous aroma coupled with stimulating, antiseptic properties.
- **Sesame Seed Oil:** Has been used for thousands of years as a healing oil, particularly in India. It is a natural anti-inflammatory agent due in part to its high levels of copper. Sesame Seed Oil reduces the swelling of joints while strengthening bones and blood vessels, helping to keep your frame strong and sturdy for many years without painful inflammation. It can be helpful for inflammatory conditions like gout and arthritis.*

USES

- May be applied to areas of concern 3 to 4 times per day as needed.*

topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.*

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application methods

Topical

safety group: 3

Never recommended for children or while pregnant or nursing when used as a single oil. However, these oils are considered safe when formulated in blends by a qualified Aromatherapist, properly diluted, and used as directed according to specific usage recommendations for each individual blend.

ingredients

Eucalyptus citriodora (Eucalyptus Citriodora), *Lavandula latifolia* (Lavender Spike), *Sesamum indicum* (Sesame Seed)

responsible cautions

- Those with sensitive skin may want to dilute before applying topically.
- Safe when used as directed on small areas during pregnancy; avoid use on stomach.
- Not recommended for use on children under 10 years of age.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

**The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*