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TOP 5

Essential Oil

HORMONE BALANCING RECIPES





When it comes to having a rescue plan in place for hormonal imbalance, essential oils are incredibly powerful at creating hormone harmony in a matter of minutes. The results you will experience will be immediate and transformational.

Essential oils can be incredibly effective at promoting harmony within your mind and body regardless of how much you feel like a stranger in your own skin.

Not only can essential oils help to ease many of the discomforts associated with hormonal imbalance, but they also promote synergy among the body's systems. Overall, you are looking at an amazing asset for overall wellness that works quickly, safely, and effectively.

Essential oils are powerful aromatic compounds that provide natural alternatives for a variety of healthcare needs. From supporting your body to

create a firm foundation of overall health and wellness to providing natural solutions for occasional needs, essential oils are a gift from nature that we can utilize in our everyday routines.

Essential oils contain unique chemical structures that deliver targeted support to hormones and neurotransmitters even though you may feel overwhelmed, wired and tired, and anxious. Each of these essential oil recipes can be used by applying a few drops to specific areas of the body, such as your pulse points, abdomen, or the bottoms of your feet, while some can be diffused or even ingested internally.

Next you will find my **Top 5 Hormone Balancing Recipes**, addressing sleep, fatigue, sugar cravings, brain fog, hot flashes, and mood swings. These recipes are easy to make and will transform how your body functions in a matter of minutes.

▶ INSTANT ENERGY BOOSTER BLEND

Ingredients:

- 1 drop Wild Orange essential oil
- 1 drop Peppermint essential oil

Directions:

Apply 1 drop Peppermint and Wild Orange to palms, rub them together, and take 3-4 deep belly breaths. Repeat as needed.

Be sure not to touch sensitive areas after applying Peppermint to palms. If irritation occurs, always dilute with a vegetable oil, such as coconut oil, and never try to wash it off – water repels oil!

Note:

Wild Orange and Peppermint are my go-to energizer bunnies. Each of these essential oils are very versatile in supporting various functions of the body, but you will find that they are first and foremost, energizing and awakening.

▶ OVERWHELM BE-GONE BLEND (Stress and Anxiety Blend)

Ingredients:

- 10 drops Lavender essential oil
- 10 drops Bergamot essential oil
- 7 drops Clary Sage essential oil
- 4 drops Wild Orange essential oil
- Carrier oil of choice (fractionated coconut oil, sweet almond oil, jojoba oil, etc.)
- 10 mL glass rollerball bottle

Directions:

Add essential oils to a 10 mL glass rollerball bottle and top off blend with a carrier oil of your choice. Apply to the back of neck, wrists, temples, and back of ears.

Note:

This is a powerful mood and stress reset blend. It's effective at releasing stress, balancing mood, and ideal for releasing tense emotions. This blend is also known to reduce irritable feelings throughout the day.

▶ SUGAR CRAVINGS BE-GONE BLEND

Ingredients:

- 2 drops Grapefruit essential oil
- 1 drops Peppermint essential oil
- 1 drop Lemon essential oil

Directions:

Add essential oils to an ultrasonic cold water diffuser. (If using an atomizing diffuser, multiply this blend by 10 in a 15 ml glass bottle.) Run for 30 minutes to 1 hour, or apply 1-2 drops to palms, rub together, and inhale 3-5 deep belly breaths for instant sugar-craving support.

Note:

This blend is a lifesaver for anyone looking avoid sugar during times when cravings are high. Breathing this blend is the best way to curb cravings and boost energy in a matter of minutes.

▶ RESTFUL SLEEP DIFFUSER BLEND

Ingredients:

- 3 drops Lavender essential oil
- 2 drops Cedarwood essential oil
- 2 drops Clary Sage essential oil

Directions:

Add essential oils drops to an ultrasonic cold water diffuser. (If using an atomizing diffuser, multiply this blend by 10 in a 15 mL glass bottle.) Run for 30 minutes to 1 hour before going to bed. Consider diffusing this blend 15 minutes before bed and continue to run it after you fall asleep for a restful sleep the entire night.

Note:

This blend is ideal to add to a diffuser 30 minutes to one hour to unwind for a restful night's sleep. Cedarwood and Clary Sage are known as powerful sleep support essential oils. When combined with the sweetness of Lavender, this blend will get you ready for sleep.

▶ **BANISH BRAIN FOG ROLLERBALL BLEND**

Ingredients:

- 10 drops Wild Orange essential oil
- 8 drops Rosemary essential oil
- 8 drops Peppermint essential oil
- 5 drops Basil essential oil
- 3 Ylang Ylang essential oil
- Carrier oil of choice (fractionated coconut oil, sweet almond oil, jojoba oil, etc.)
- 10 mL glass rollerball bottle

Directions:

Add essential oils to a 10 mL glass rollerball bottle and top off blend with a carrier oil of your choice. Apply to the back of neck, wrists, temples, and back of ears.

Note:

This blend is for those moments when you are feeling mentally and emotionally sluggish. Keep this blend in your purse for those mid-day slumps that hit around 3 pm in the afternoon.

▶ **Dr. Mariza's Bonus Blend – HORMONE RESCUE ROLLERBALL BLEND**

Ingredients:

- 10 drops Clary Sage essential oil
- 8 drops Lavender essential oil
- 8 drops Geranium essential oil
- 4 drops Cedarwood essential oil
- 4 drops Ylang Ylang essential oil
- Carrier oil of choice (fractionated coconut oil, sweet almond oils, jojoba oil, etc.)
- 10 mL glass rollerball bottle

Directions:

Place the essential oils in a 10 mL rollerball and then fill to the top with your carrier oil of choice. Roll the blend over your ovaries and pulse points (neck, ankles, and wrists) 2-3 times per day.