**Essential Oil Shooters**

**Won’t Get Sick Shot:** 2 drops each of Lemon, On ‘guard, Melaleuca, Frankincense in water (with optional Oregano if you’re brave!)

**Immune Builder Shot:** 3 drops of Lemon and On Guard in water each morning.

**Allergy Shot:** 2 drops each of Lemon, Lavender, and Peppermint in water

**Flu Shot:** 2 drops each of Wild Orange, Thyme, On Guard, Frankincense in water (and Oregano if you’re brave!)

**Upset Stomach Shot:** 2 drops each of Digest Zen, Peppermint, and Ginger in water

**Skinny Shot:** 5 drops Slim & Sassy, 3 drops Grapefruit in water

**Sore Throat/Strep Shot:** 3 drops Lemon, 1 drop Oregano, 1 drop Clove, 2 drops Myrrh in water (gargle and spit or swallow if your tough!)

**Runny Nose Shot:** 5 drops of Lemon in water. Repeat every hour as needed (Kids may want to use a straw to avoid burning lips)

**Bad Breath Shot:** 3 drops On Guard, 2 drops Peppermint in water. Swish and swallow

**Note: after drinking shot, fill shot glass with water and drink**

**Cough Shot:** 2 drops each of Cassia, Myrrh, and Lemon in coconut oil. Swallow 2 times per day as needed

**Cough Syrup:** 8 T honey, 6 t Lemon Juice, 2 drops each of Lemon, Wild Orange, Frankincense, Peppermint.

**Cough Syrup Alternative:** 8 T honey, 6 t Lemon Juice, 2 drops Ginger, 3 drops Grapefruit, 1 drop Cinnamon

**Oil-Ninja.com**

**\*not intended to cure, treat, etc. These are just for a fun class idea to go along with little shot glasses!**

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