

COCONUT & ESSENTIAL OIL SUPPOSITORIES

Suppositories are excellent for calming the anal area, especially in the case of hemorrhoids. This method is easy and effective and can address many of your health concerns.

Purchase ice cube trays that are rounded on the bottom and small, so approximately 21 cubes per tray. These are easily sourced in the kitchen department of stores for about \$4 per tray. Watch for a sticker stating that they are BPA free. The smaller size with the rounded bottom ensures easy insertion.

If you are unable to locate the trays, you can be creative by spooning the mixture onto a rectangle piece of wax paper. Roll this up like a candy and slice when hardened.

ESSENTIAL OILS

All of the listed oils have qualities for healing wounds, calming tissue and enhancing immunity.

Choose from any of the following:

- Lavender
- Peppermint
- Rose
- Tender Tush
- Geranium
- Cypress
- Basil
- Wintergreen
- Spikenard
- Myrtle
- Roman Chamomile
- Cistus (rockrose)
- Myrrh
- Melrose
- Purification
- Helichrysum
- Frankincense

PREPARATION

1. Gently melt coconut oil (amount depending on how much you are preparing). Fill ice cube sections to half and freeze. (1-2 hours)
2. Add essential oil drops to surface of frozen coconut oil. The amount depends on your sensitivity. I suggest 3-5 drops, although some use as many as 10. If using a probiotic, open capsule and add.
3. Fill each cube section with more coconut oil and refreeze. Remove the frozen cubes to a freezer safe container or freezer bags for easy access.

***For added benefit, open a capsule of probiotics and add one capsule per cube along with the essential oil layer. Cool the final layer of coconut oil as much as possible before topping off the cube so as not to destroy the efficacy of the oil and probiotic.**

***Sacred Frankincense is powerful with significant disease, including cancer.**

HOW TO USE

Insert one or two cubes in the anus. This is best done at bedtime or at any time you are experiencing discomfort. Because leakage may occur, protect the area. Coconut oil melts quickly with body temperature.

* **Yeast Infections** – some women find it helpful to place a clove of garlic in the coconut oil and freeze for easy insertion into the vagina. This is known to assist with eradicating the imbalance.

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