

Nature's Link

WELLNESS CENTER

Tei-Fu

Tei-Fu Essential Oils is a formula revised and perfected by a Chinese Herbalist fifty years ago. The original formula dates back more than one thousand years to the area of the Tog Dynasty.

Tei-Fu is a blend of essential oils and rare flower distillates. It is faster than aspirin for headaches, pain, etc. It relieves pain but does not heal the source of the problem. Use when discomfort occurs.

To avoid stinging, do not rub your eyes after you have applied Tei-Fu with your fingers.

Uses

Historically, the following amounts have been used for the following problems—most of the time it is used externally.

Burns & Scalds	2-3 drops
Cuts, Wounds, Bleeding:	2-3 drops
Insect Bites or Stings:	2-3 drops on the affected area
Headache:	2-3 drops on temples, massage in; also 2-3 drops on the back of neck
Muscle Pain or Sprain:	Rub 2-3 drops into area
Arthritis:	2-3 drops rubbed in hard or painful area
Toothache:	1-2 drops on cotton ball in painful area
Itch, Swelling, Poison Ivy:	2 or more drops on affected area
Stiff Neck:	1 or more drops rubbed into shoulder area
Stomach Pain (adults):	1-4 drops internally with water
Stomach Pain (children):	For ages 12 and under, 1-2 drops internally with water; Also rub 1-2 drops externally on stomach.
Sinus, Stuffy Nose:	Smell bottle, or rub drops on and under nose
Colds, Coughs (adults):	1-4 drops internally with water
Cold, Coughs (children):	1-2 drops internally with water; rub 2 or more drops on chest
Vomiting (adults):	1-4 drops internally with water
Vomiting (children):	For ages 12 and under, 1-2 drops internally with water; 2 drops rubbed into throat area
Motion Sickness:	Same as above; also rub 1-4 drops on the back of the neck
Long Distance Driving:	1-2 drops with water, or directly on tongue, or rubbed under nose.

To find out more about poultices, salves, and other home remedies contact us today.



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