

# 20 Ways to Support the Immune System with Essential Oils

1. Apply [Immune Support Roller Blend](#) to bottoms of feet as needed
2. Apply 1-2 drops **Arborvitae** to bottoms of feet twice daily
3. Rub 1-2 drops **OnGuard Protective Blend** on feet/spine twice daily
4. Diffuse 4-6 drops **OnGuard Protective Blend** daily
5. Take several drops **OnGuard Protective Blend** in a capsule daily (doTERRA's **OnGuard Beadlets & On Guard Softgels** are convenient and easy to swallow)
6. Rub 1-2 drops **Oregano** on bottoms of feet twice daily
7. Take a capsule of 3 drops **Oregano** + 5 drops **Melaleuca** + 5 drops **OnGuard** every 3 to 4 hours when necessary
8. Rub diluted **Melaleuca** on feet or spine daily
9. Apply diluted **Melaleuca** on neck/throat to soothe a sore throat
10. For an irritated throat, use [this Sore Throat Gargle Recipe](#) as needed: 1 drop **OnGuard** + 1 drop **Melaleuca** + 2-3 drops **Lemon** in a small cup of warm water
11. Add 1-3 drops **Lemon** or **Wild Orange** to hot tea
12. Add 2-4 drops of **Lemon** to your drinking water daily
13. Use this easy [DIY Hand Sanitizer](#): a few drops of **OnGuard** in a small sprayer of carrier oil
14. Wash hands often with a nontoxic, immune boosting soap such as **OnGuard Foaming Hand Soap** or this [DIY Foaming Hand Soap](#)
15. Rub 1-2 drops of **Frankincense** on back of neck daily
16. Take 1-2 drops **Frankincense** in a capsule daily
17. Add 1 drop **Cinnamon** to your coffee or tea
18. Diffuse immune boosting oils such as **OnGuard**, **Wild Orange**, **Frankincense**, **Cinnamon**, **Clove**, or **Rosemary** daily
19. Brush teeth daily with **OnGuard Natural Whitening Toothpaste**
20. Rinse mouth daily with [Homemade Mouthwash](#), or simply swish with water and a drop of **OnGuard**