

ANTECEDENTS

Wild Orange also known as Sweet Orange

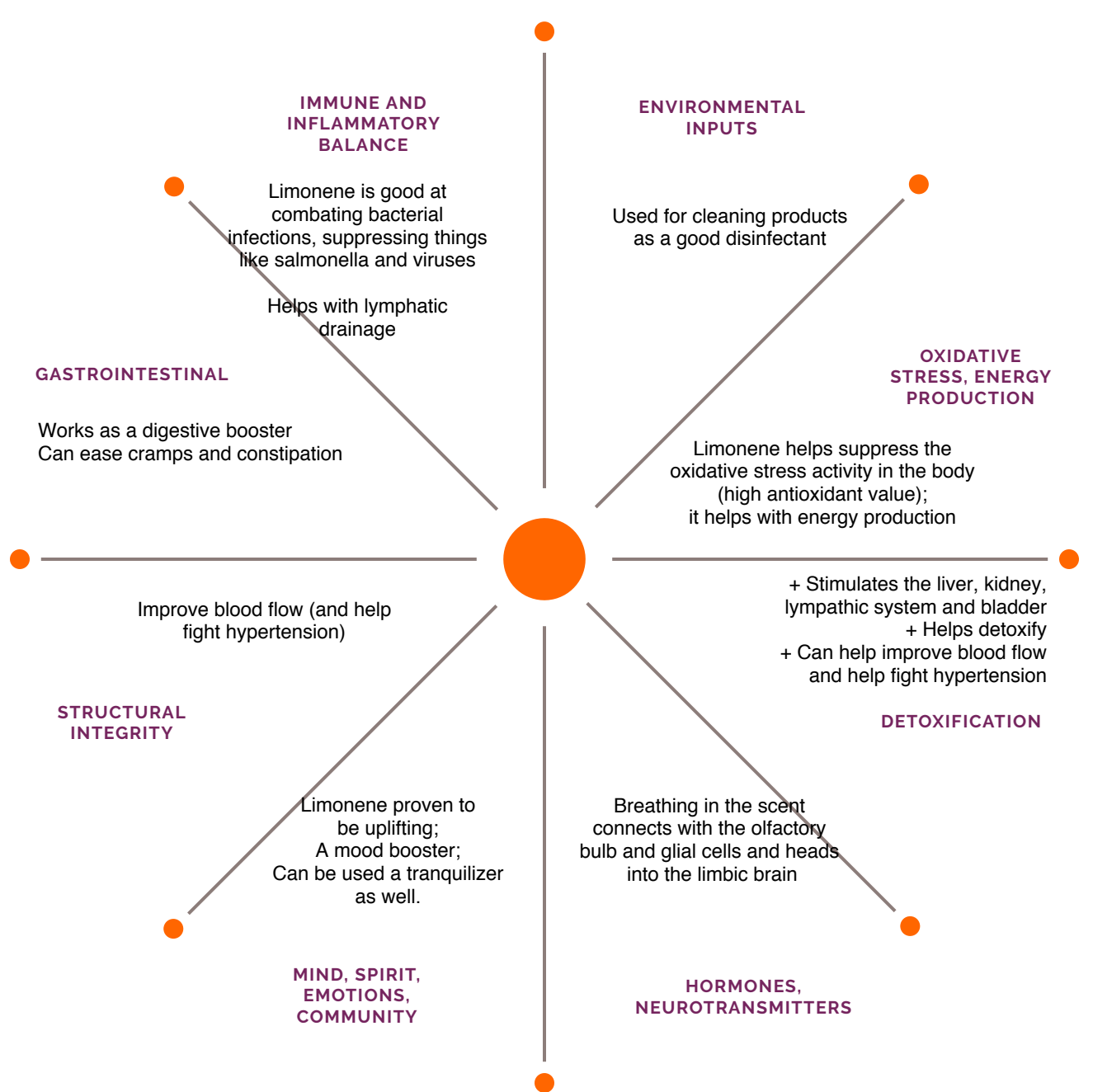
Have about 89-96% limonene

TRIGGERING EVENTS

MEDIATORS

Limonene - the major constituent that makes Wild Orange EO effective - is an aromatic terpene

Good ways to use EO's:
Breathing (aromatic)
Diffusing
Topical - dilute



SLEEP/RELAXATION

Can reduce stress and anxiety

EXERCISE/MOVEMENT

NUTRITION/HYDRATION

A great flavor enhancer
Look for a supplemental label for internal use

STRESS/RESILIENCE

Aromatic/breathing helps with stress levels

RELATIONSHIPS/NETWORKS