

Copaiba

Benefits of Copaiba

- Stimulating, woody and spicy fragrance known to help soothe emotions
- Promotes clear, smooth skin. Rejuvenates and enhances the appearance of healthy-looking skin
- Provides a soothing massage, for sore muscles, when combined with Fractionated Coconut Oil
- Powerful antioxidant, calming and soothing for the nervous system
- Supports healthy cellular function
- Supports a healthy inflammatory response
- Promotes healthy cardiovascular, immune, digestive and respiratory function
- Copaiba is helpful for enhancing the topical effects of other Essential Oils



Brazil

dōTERRA sources Copaiba Essential Oil from Brazil, where the trees thrive along the Amazon River. Because of its position on the equator, the Amazon Rainforest experiences 12 hrs of sunlight every day of the year. These conditions are exceptional for plant growth and Copaiba trees thrive in this unique climate.

Copaiba oil is a blend of resin from *Copaifera Reticulata*, *Officinalis*, *Coriacea*, and *Langsdorffii*. This oil is so unique and effective because of its high level of beta-caryophyllene. Copaiba has the highest levels of beta-caryophyllene that dōTERRA is aware of.

Emotional Support

- The Oil of Unveiling
- Helps unveil the past - your patterns, beliefs, different sides of your personality with honesty
- Deals with feelings of unworthiness held deep within
- Increases sense of grounding
- Gives renewed purpose and meaning
- Uses: Feelings of shame, guilt, regret, self-loathing, unworthy, suppressed emotions, rebelling

www.enlightenhealing.com

Copaiba vs. CBD Oil

Copaiba essential oil is unique and effective because of its high level of beta-caryophyllene. Copaiba has the highest levels of beta-caryophyllene that we are aware of. Beta-caryophyllene also known as BCP, is a terpene. In 2008, European scientists learned that beta-caryophyllene had cannabinoid-like properties like many other cannabinoids and terpenes, BCP targets the body's CB2 receptors, ignoring the CB1 receptors that are involved in supplying the high associated with cannabis and more specifically, the THC cannabinoid. Thus, Copaiba essential oil has the ability to deliver major benefits without giving you the high.

Taken from dōTERRA Europe Living Magazine 4th Edition

Dr Hill talking with Dr Osguthorpe about Copaiba vs. CBD Oil in *dōTERRA Europe Living Magazine 2020*

Dr Osguthorpe:

The trouble with CBD is that the hemp industry, where CBD comes from, is not well regulated. Products are not checked for purity, so the amount of CBD within those products can be highly variable.

Dr Hill:

Copaiba is more diverse; it's not just a phytocannabinoid or beta-caryophyllene. There are many molecules within the essential oils with plant chemistry that we know has other benefits than on just the EC system. Unlike CBD, Copaiba has other benefits outside of the endocannabinoid system. We're confident we have potency and purity in Copaiba. We have looked at the research to know that very small dosage amounts can still create the benefits and effects we're looking for. Sometimes a bottle of CBD sells for hundreds of dollars, and the amount that I would have to consume is exponentially higher than consuming something like Copaiba that has a higher chemical makeup. From Copaiba I get greater benefit, greater efficacy and a much higher value.

<https://www.doterra.com/US/en/blog/science-research-news-copaiba-vs-cbd-whats-the-difference> | dōTERRA Blog Copaiba vs CBD

<https://www.youtube.com/watch?v=iDLG0ksqhs> Dr Hill discusses CBD vs. Copaiba | dōTERRA Online Oil Oasis

How to use



- 3-5 drops in a veggie capsule twice a day to promote a healthy inflammatory response to provide antioxidant support.
- Dilute 2-3 drops of Copaiba in 5-7 drops of Fractionated Coconut Oil for massage.
- Use with other oils topically to enhance their absorption and improve their benefits.
- Add 1-2 drops under tongue – to reduce anxiety.
- Add 1-2 drops to tea to support healthy respiratory function.
- Diffuse several drops to promote a calm environment.
- Add 1-2 drops to water, juice or tea to support the health of the cardiovascular, immune, digestive, nervous and respiratory systems.
- Add 1 drop to daily facial cream – to rejuvenate skin and promote a clear complexion.
- Add 2-3 drops to veggie cap and consume to support normal immune function.

Mind Cleanse Diffuser Blend - for mental clarity

5 drops Copaiba
4 drops Rosemary
2 drops Peppermint
2 drops Clary Sage

For more help with ailments and how to use Copaiba and other essential oils take a look at the book
Advanced Oil Magic oilmagicbook.com