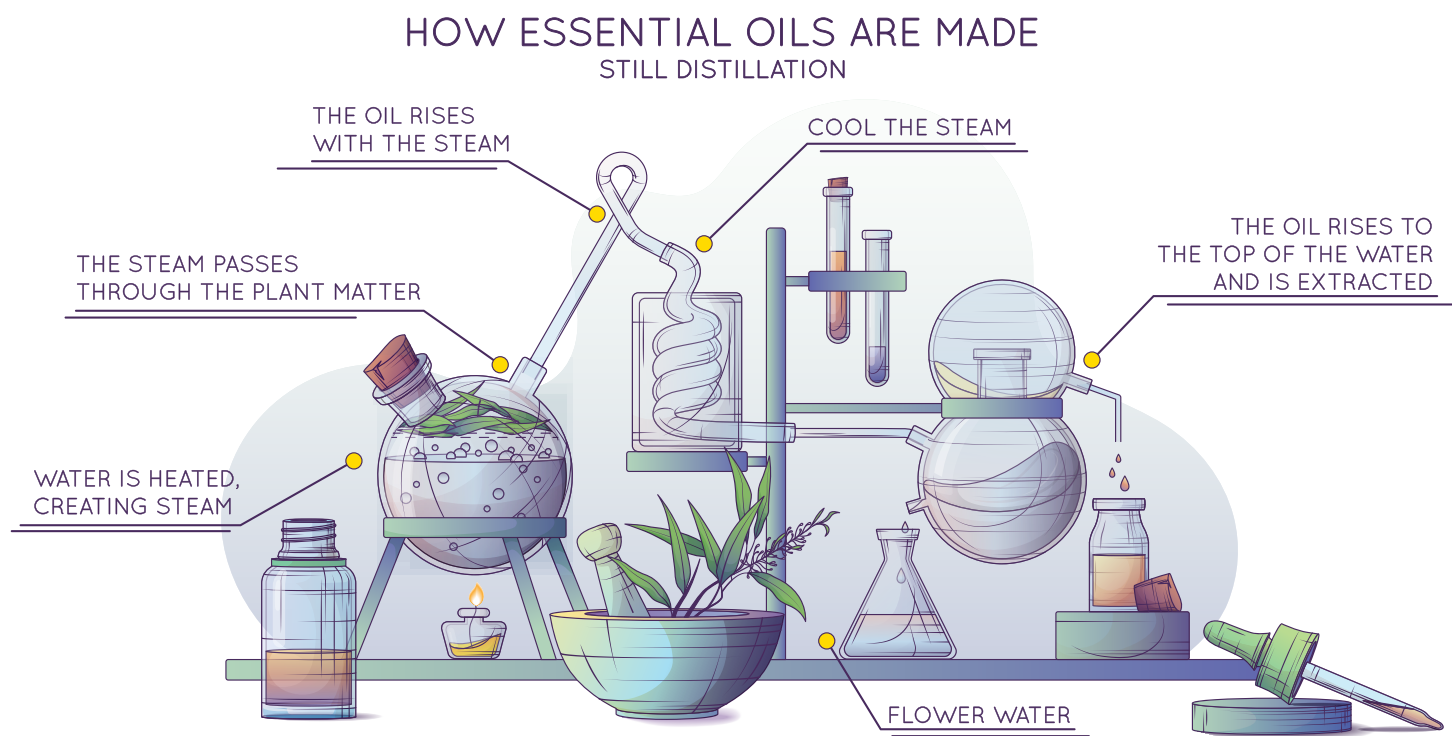


Essential Oils

Essential oils have gained popularity in the health industry for their potential therapeutic benefits. Some are also believed to:

- Have antibacterial or antifungal (tea tree and oregano)
- Aid with inflammation (frankincense)
- Provide pain relief (eucalyptus)
- Reduce anxiety (bergamot)
- Promote sleep (lavender)
- Help with digestion (peppermint and ginger)



Only use essential oils for their intended use under the guidance of a healthcare professional, especially for therapeutic purposes, to ensure safety. Be aware of potential interactions with medications or adverse effects, especially when ingesting or applying them directly to the skin.

BENEFIT SPOTLIGHT

Medical Transport

Ambulance and helicopter services are crucial components of emergency medical response in the United States.

Ambulance services are typically utilized for ground transportation to the nearest appropriate medical facility. Helicopter medical transport, or an air ambulance, is often deployed when ground transportation is too slow or impractical due to distance, traffic conditions, or terrain obstacles.

Individuals should review their insurance plans carefully and understand the coverage limitations and potential out-of-pocket costs associated with ambulance and air ambulance services.



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BONUS ARTICLES:

HPV Vaccine and Rejection Sensitive Dysphoria (RSD)

DISCLAIMER: The information contained herein is intended to serve as a general guide. Please consult your physician, insurance company and/or tax advisor for information specific to your individual needs.

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