

A HOW-TO GUIDE

DIY Gardening eBook



Renewed Resilience Coaching For Cancer &
Chronic Disease

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INTRODUCTION

Welcome to DIY Gardening

Gardening is not only a therapeutic and enjoyable activity, but it's also particularly beneficial for those seeking to enhance their health and environment, especially for individuals dealing with cancer or chronic diseases. Growing your own food allows you to control what goes into your body and ensure that your diet is as healthy and natural as possible. Plants, like any living beings, need careful nurturing and encounter various challenges that gardeners need to manage.

Common gardening obstacles include fungal infections that can damage plant tissues and lead to further disease, weeds that compete for nutrients vital for healthy plant growth, and insects that can either harm or help the garden. While dealing with these issues, it's important to remember that not all insects are detrimental; pollinators such as bees and butterflies are essential for a successful harvest

For those mindful of maintaining a toxin-free lifestyle, especially when health is a prime concern, it's crucial to avoid harsh chemical treatments and pesticides. These substances can be absorbed by both plants and soil, potentially introducing unwanted toxins into your diet. Instead, consider using essential oils as a natural alternative. Many essential oils possess beneficial properties that can naturally support and sustain garden health without introducing harmful chemicals, aligning with a holistic, health-focused approach to living. This method ensures that your garden remains a safe, chemical-free source of nourishment, supporting your overall well-being and recovery.

Justine xx



What You Will Need

Embarking on your DIY gardening journey requires a few essential tools to ensure your garden thrives. Whether you're planting a few herbs or aiming for a full vegetable garden, having the right equipment can make all the difference.

The following list comprises carefully selected tools that will help you prepare, maintain, and nurture your garden efficiently. From soil preparation to plant care, each tool plays a pivotal role in creating a flourishing garden that complements your toxin-free lifestyle.

- Vinegar / Apple Cider Vinegar
- White Sugar
- Essential Oils
- Castile Soap (unscented)
- Fractionated Coconut Oil (FCO)
- Vitamin E
- Cotton Ball
- Vodka
- Almond Oil
- Witch Hazel
- Water (cool/warm/hot)
- Spray Bottles



Essential Oils

In this eBook, we've highlighted a selection of essential oils that are particularly beneficial for natural gardening. These oils are just a few examples from the many available that can enhance your DIY gardening practices.

As you progress through this eBook, you'll discover various ways to incorporate these and other essential oils into your garden, demonstrating their practical applications to help you maintain a healthy, thriving garden space.

- Clove Essential Oil is the perfect multipurpose oil for use in the garden. It can be used to kill unwanted weeds, repel harmful insects, and help control mold and fungus on the soil and plants.



- Rosemary Essential Oil works to repel pest insects such as ants, aphids, bean beetles, and cabbage moths and can even repel the insect larvae as well. Rosemary can also help to attract pollinating butterflies to the garden.



- Cinnamon Essential Oil is a great natural way to get rid of weeds while also deterring common garden pests like ants, gnats, and snails.



- Peppermint Essential Oil has a scent that repels garden pests like aphids as well as many types of flies and beetles. Peppermint also tends to repel spiders, which is helpful for family gardens where we may have little helpers.



- Orange Essential Oil has a sweet aroma that can draw both bees and butterflies to the garden for natural pollination.



- Tea Tree Essential Oil is great for getting rid of fungus on plants and fungal diseases such as blight in tomato plants and powdery mildew on squash and cucumber leaves. Tea tree oil can make plants more sensitive to the sun and burning so be sure to treat in the morning or evenings and spray plants lightly.



- Lavender Essential Oil works well to attract important pollinators such as butterflies and bees to the garden.



- Oregano Essential Oil is well known for antifungal uses for our body and those benefits apply to the garden as well. It can combat fungus on plants while also repelling pests such as carrot flies, greenflies, and mosquitos.



Weed Killer

Ingredients

- 6 cups Distilled White Vinegar
- 3 cups Water
- 1 cup salt
- 1 tablespoon Liquid Castile Soap
- 15 drops Clove Bud Essential Oil
- 15 drops Cinnamon Essential Oil



Instructions:

- Add castile soap and essential oils to a garden sprayer. Add water and vinegar and shake well to combine. Spray directly onto weeds and be sure to avoid other plants.



Pollen Attractor

Ingredients

- 1 cup distilled water
- 5 drops Wild Orange essential oil
- 250ml spray bottle

Instructions:

- Add the essential oil to the spray bottle.
- Fill with water and shake gently.



Spider Spray

Ingredients

- 500ml Spray Bottle
- 10 drops Peppermint Essential Oil
- 10 drops Basil Essential Oil
- 10 drops Cinnamon Essential Oil
- 10 drops Cedarwood Essential Oil
- 10 drops Wild Orange Essential Oil
- Distilled Water



Instructions:

- Add essential oils to bottle and top with distilled water. Shake gently.



Aphid Spray

Ingredients

- 500ml Spray Bottle
- 10 drops Rosemary Essential Oil
- 10 drops Cedarwood Essential Oil
- 10 drops Basil Essential Oil
- 10 drops Clove Essential Oil
- 10 drops Peppermint Essential Oil
- Distilled Water

Instructions:

- Add the essential oil to the spray bottle.
- Fill with water and shake gently.



Ant Spray

Ingredients

- 500ml Spray Bottle
- 10 drops Rosemary Essential Oil
- 10 drops Clove Essential Oil
- 10 drops Peppermint Essential Oil
- 10 drops Wild Orange Essential Oil
- Distilled Water



Instructions:

- Add essential oils to bottle and top with distilled water. Shake gently.



Mozzie Spray

Ingredients

- 500ml Spray Bottle
- 10 drops Lemongrass Essential Oil
- 10 drops Cedarwood Essential Oil
- 10 drops Cinnamon Essential Oil
- 10 drops Clove Essential Oil
- 10 drops Geranium Essential Oil
- 10 drops Lemon Eucalyptus Oil
- Distilled Water



Instructions:

- Add the essential oil to the spray bottle.
- Fill with water and shake gently.

Bettle Spray

Ingredients

- 500ml Spray Bottle
- 10 drops Rosemary Essential Oil
- 10 drops Thyme Essential Oil
- 10 drops Cedarwood Essential Oil
- 10 drops Peppermint Essential Oil
- Distilled Water



Instructions:

- Add essential oils to bottle and top with distilled water. Shake gently.



Snail Spray

Ingredients

- 500ml Spray Bottle
- 10 drops Rosemary Essential Oil
- 10 drops Cedarwood Essential Oil
-
- Distilled Water

Instructions:

- Add the essential oil to the spray bottle.
- Fill with water and shake gently.



Caterpillar Spray

Ingredients

- 500ml Spray Bottle
- 10 drops Wild Orange Essential Oil
- 10 drops Cedarwood Essential Oil
- 10 drops Peppermint Essential Oil
- Distilled Water



Instructions:

- Add essential oils to bottle and top with distilled water. Shake gently.



Fly Spray

Ingredients

- 250ml Spray Bottle
- 10 drops Rosemary Essential Oil
- 10 drops Peppermint Essential Oil
- 10 drops Clove Essential Oil
- 1 tsp castille soap
- Distilled Water

Instructions:

- Add the essential oils & castille soap to the spray bottle.
- Fill with water and shake gently.



Tick Spray

Ingredients

- 250ml Spray Bottle
- 10 drops Geranium Essential Oil
- 10 drops Thyme Essential Oil
- 1 tps castille soap
- Distilled Water

Instructions:

- Add the essential oils & castille soap to the spray bottle.
- Fill with water and shake gently.



Insect Spray

Ingredients

- 500ml Spray Bottle
- 10 drops Clove Essential Oil
- 10 drops Laurel Leaf Essential Oil
- Distilled Water

Instructions:

- Add the essential oils to the spray bottle.
- Fill with water and shake gently.



Flower Spray

Ingredients

- 250ml Spray Bottle
- 100ml Water
- 100ml Witch Hazel 1
- 20 drops Celery Seed Essential Oil
- 20 drops Citronella Essential Oil
- 20 drops Lemon Eucalyptus Oil



Instructions:

- Add the witch hazel & essential oils to the spray bottle.
- Add the water and shake gently.



Plant Spray

Ingredients

- 500ml Spray Bottle
- 15 drops Peppermint Essential Oil
- 15 drops Rosemary Essential Oil
- Distilled Water

Instructions:

- Add the essential oils to the spray bottle.
- Fill with water and shake gently.



Carrot Fertilizer

Ingredients

- Watering can
- 10 drops Rosemary Essential Oils
- 9 Litres of warm water
- 1 cup cool water



Instructions:

- Add the essential oils to the watering can.
- Add the water and stir gently.



Lettuce Fertilizer

Ingredients

- Watering can
- 10 drops Cilantro Essential Oil
- 15 drops Thyme Essential Oil
- 9 Litres of warm Water
- 1 cup cool water



Instructions:

- Add the essential oils to the watering can.
- Add the water and stir gently.

Onion/Garlic Fertilizer

Ingredients

- Watering can
- 10 drops Peppermint Essential Oil
- 10 drops Spearmint
- 9 Litres of warm water
- 1 cup cool water



Instructions:

- Add the essential oils to the watering can.
- Add the water and stir gently.



Peppers Fertilizer

Ingredients

- Watering can
- 10 drops Marjoram Essential Oil
- 10 drops Geranium Essential Oil
- 10 drops Basil Essential Oil
- 9 Litres of warm Water
- 1 cup cool water



Instructions:

- Add the essential oils to the watering can.
- Add the water and stir gently.

Tomato Fertilizer

Ingredients

- Watering can
- 10 drops Basil Essential Oil
- 9 Litres of warm water
- 1 cup cool water



Instructions:

- Add the essential oils to the watering can.
- Add the water and stir gently.



Fruit Tree Fertilizer

Ingredients

- Watering can
- 10 drops Marjoram Essential Oil
- 10 drops Melissa Essential Oil
- 10 drops Basil Essential Oil
- 9 Litres of warm Water
- 1 cup cool water

Instructions:

- Add the essential oils to the watering can.
- Add the water and stir gently.



Fungus Spray

Ingredients

- 250ml spray bottle
- 15 drops Tea Tree Essential Oil
- Distilled water



Instructions:

- Add the essential oils to the spray bottle.
- Add the water and stir gently.



Rodent Repellant

Ingredients

- Peppermint Essential Oil
- Cotton Balls

Instructions:

- Soak the cotton balls with peppermint oil.
- Place them at the entrance of the nests.



Note: Peppermint oil will not kill the rodent but it will drive them away.

Ants Indoors

Ingredients

- 120ml dropper bottle
- 10 drops Peppermint Essential Oil
- Fractionated Coconut Oil

Instructions:

- Add the essential oils & FCO to the dropper bottle & shake gently.
- Drop a few drops where the ants are.



Gardening Accidents

Ingredients

- 10ml roller bottle
- 10 drops Peppermint Essential Oil
- 10 drops Lavender Essential Oil
- Fractionated Coconut Oil

Instructions:

- Add the oils to the roller bottle.
- Top with fractionated coconut oil.
- Apply to cuts, scratches or bites



Tool Cleaning Spray

Ingredients

- 250ml spray bottle
- 15 drops Tea Tree Essential Oil
- Distilled water

Instructions:

- Add the essential oils to the spray bottle.
- Add the water and stir gently.



Fruit & Veggie Wash

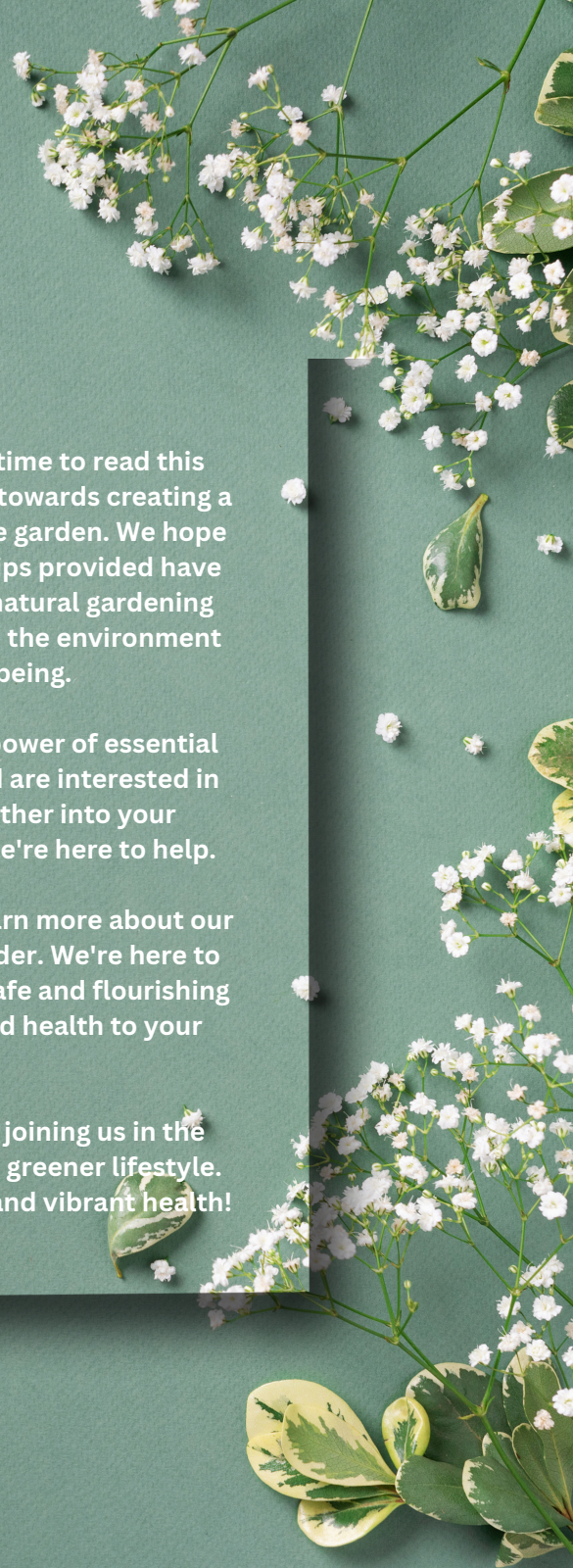
Ingredients

- 1/2 cup Applecider Vinegar
- 5 drops Lemon Essential Oil
- Filtered Water

Instructions:

- Fill the sink with water
- Add the oils while the water is running
- Soak for 5-10 minutes
- Rinse.



A decorative arrangement of small white flowers and variegated green leaves is scattered across the top and right side of the page, framing the text.

Thank you

Thank you for taking the time to read this eBook and for taking steps towards creating a healthier, more sustainable garden. We hope that the information and tips provided have inspired you to embrace natural gardening methods that benefit both the environment and your well-being.

If you've discovered the power of essential oils through this guide and are interested in incorporating them further into your gardening and daily life, we're here to help.

Feel free to reach out to learn more about our products or to place an order. We're here to support you in creating a safe and flourishing garden that brings joy and health to your home.

Thank you once again for joining us in the journey towards a cleaner, greener lifestyle. Here's to thriving gardens and vibrant health!