

Discovering Essential Oils

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ESSENTIAL OILS: WHAT ARE THEY?

An essential oil is the life blood of a plant. It is highly concentrated natural plant extracts. Although the plant material is extracted with different methods from the plant the essential oils that are produced are much more potent than herbs. Imagine that it might take the entire plant of certain plants to produce only one drop of oil. Essential oils are the volatile liquids distilled from various parts of the plant, including the seeds, bark, leaves, stems, roots, flowers and fruit. Essential Oils are the life-giving resin found in all plant life that delivers the nutrients that produce strong and healthy plants very similar to the function of our blood. Essential oils may enhance oxygen uptake, absorption and utilization. The ancient Egyptians discovered that essential oils possessed valuable substances which produced many benefits for the body, mind and spirit.

As you begin to use them you are certain to discover why these oils were important to these ancient people. **Pure oils are very concentrated, and a few drops can product significant effects; so please begin slowly** to properly determine your body's response.

Essential oils:

Life blood of plant

Protect the plant from bacterial and viral infections

Cleanses breaks in its tissue

Delivers oxygen and nutrients into the cells

The immune system of the plant

Plants cannot survive without these essential oils in them.

As powerful plant medicines, essential oils were used in Ancient Egypt, the Middle East, and Europe for physical and emotional healing. There are over 200 Biblical references to essential oils.

Therapeutic oils were re-introduced during the late 19th early 20th century. They successfully saved lives during WWI and WWII. There is current worldwide research available.

Essential oils are chemically very complex, consisting of hundreds of different chemical compounds. They are highly concentrated and far more potent than dried herbs. High quality, Grade A therapeutic oils depend on rigorous plant cultivation and stringent standards during distillation with laboratory testing after oil is diffused to assure highest grade available.

Essential oils are so small molecularly they **quickly penetrate cell walls**, (within 20 minutes), and **transport nutrients** and **oxygen** to starving cells. Therapeutic oils are powerful antioxidants, antibacterial, antifungal, anti-infectious, antimicrobial, anti-tumoral, antiparasitic, antiviral, and antiseptic.

Essential oils purify the air by removing **metallic particles and toxins**, increase **negative ions**, increase **atmospheric oxygen**, and **eliminate odors**.

The Young Living Oils have a bioelectrical frequency that is several times greater than the frequency of herbs, food, and even the human body. Grade essential oils promote emotional, physical and spiritual well-being. Choosing Young Living Essential oils guarantees you the highest quality oils now available in North America today.

ESSENTIAL OILS DESCRIPTION

There are four grades of essential oils. There is grade A, grade B, grade C, and floral waters. When choosing an oil for therapeutic purposes, it is really important to choose a Grade A oil. It is unfortunate that **95% of all Essential Oils sold in American today are grade B or below**. This is partly because essential oils are very new to this country. Choose only ones that are steam distilled and not chemically distilled.

Essential oils are the life force of plants; literally their blood. When you tear a leaf and see a little drop of liquid form at a tiny vein, this is the life blood. This liquid is what becomes the essential oil.

Oils are extracted from the flowers, leaves, and roots of plants. **It takes 5,000 pounds of roses to get just one pound of essential oil of rose**. So it is not hard to see why one drop of these oils is so powerful. **The price of the essential oils depends upon how much of the plant is needed to produce a quantity of oil and how they are processed (water distillation or chemical distillation)**. Some plants release more essential oils per pound than others.

Essential oils are very concentrated. The **rose** plant requires 5,000 pounds of rose petals to make one pound of essential oil, which account for it being very expensive.

Lavender is one of the easiest essential oils to produce, because it takes only a hundred pounds of plant material to produce one pound of essential oil.

Essential oils can be very complex chemically, with many different substances and compounds. It makes sense that they are the lifeblood of the plants which help the plants fight bacteria, fungus, virus, parasites and generally sustain its health. Science has identified that some essential oils can contain over 200 identifiable chemical substances.

I observed Idaho Balsam being distilled on the Idaho Young Living farm. The back of a large dump truck was full of branches, twigs, bark, and greens of the Idaho Balsam fir. It was unloaded manually with pitch-forks into the distillation vat. The vat was approximately 7 feet diameter and 7-8 feet deep. The lid was sealed and steam was pumped into the vat. It then slowly dripped the essential oil through another part of the distiller. It was so simple, yet such a profound results.

HOW ESSENTIAL OILS ARE PROCESSED AND PRODUCED?

Essential oils are produced using several techniques. **Distillation** uses water and steam to remove the oils from dried or fresh plants. The **expression method** uses machines to squeeze the oil out of plant.

Other techniques of distillation may use **alcohol or solvents** to remove essential oils from the plant materials. These **chemically extracted oils** are not pure nor safe to use internally or therapeutically. Most of the essential oils you find in health food stores are so low in quality and full of adulterations that they may be ineffective and sometimes harmful.

One gal heard Gary Young tell how effective lavender was for burns. She used a lavender oil from the health food store and burned herself badly. It was not the high quality lavender of Young Living. It gained public notice when she tried to sue Gary for the burn she inflicted on herself. She lost. Essential oils must be used with careful guidance and direction. It is most important to start with quality.

Essential oils come from hundreds of plants. Their oils are used in perfumes, food flavorings, medicines and as fragrant and antiseptic additives in many common products. Only recently has the “science” of using essential oils directly for one’s health come into more common practice in the United States.

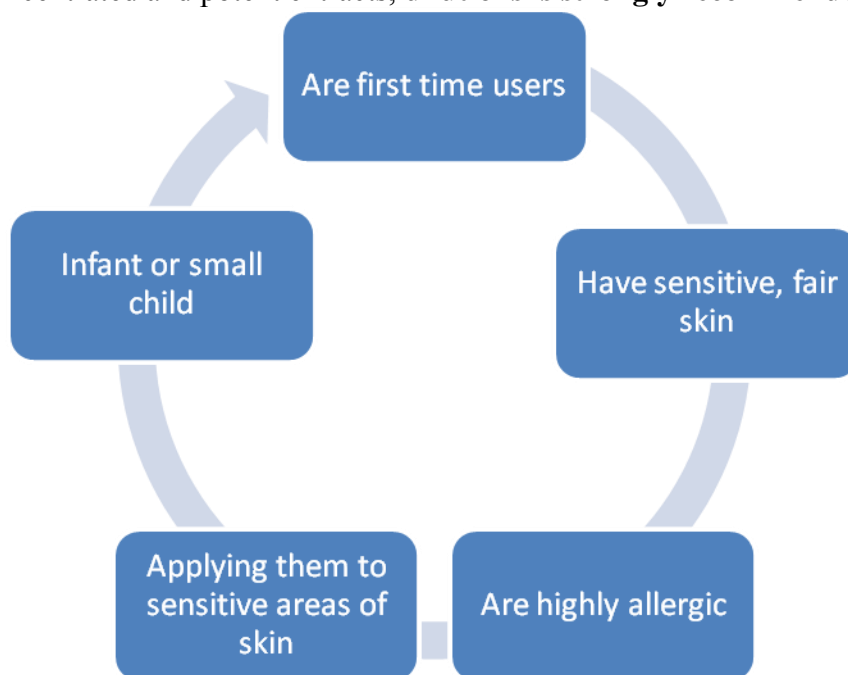
Essential oils have been used for thousands of years. The ancient civilization of Mesopotamia, over 5,000 years ago, had machines for obtaining essential oils from plants. In the Pyramids and 3,000 year old tombs essential oils were found. Early Greek physicians, including Hypocrites, mentioned aromatic plant essences and oil massages for their healing and mood-enhancing qualities. The essential oils and their fine aromas were associated in the Roman society with wealth and success. Essential oils are one of the world's oldest healing systems.

Essential Oils are the life giving resin found in all plant life that delivers the nutrients that product strong and healthy plants very similar to the function of our blood. Essential oils may enhance oxygen uptake, absorption and utilization. The ancient Egyptians discovered that essential oils possessed valuable substances which produced many benefits from the body, mind and spirit.

As you begin to use them you are certain to discover why these oils were important to these ancient people. **Pure oils are very concentrated, and a few drops can product significant effects; so please begin slowly** to properly determine your body's response.

HOW TO USE ESSENTIAL OILS

Topical Application: When using natural products, only your body knows how it is going to respond. Essential oils are soluble with the lipids in the skin and in most cases easily penetrate it and are absorbed into the bloodstream. They may be worn like perfume or cologne and can be applied neet (full-strength) or diluted using the V-6 Mixing Oil. As a rule, since essential oils are one of nature's most concentrated and potent extracts, **dilutions is strongly recommended** for those



who:

If one oil is layered over another, allow enough time between applications to gauge the body's reaction before applying another oil when you are first starting to use the essential oils.

RECOMMENDED DILUTION

Use 1-3 drops of an essential oil blended with ½ teaspoon V-6 mixing oil, which is formulated with vitamin E and cold-pressed oil from sesame seeds, grape seeds, almonds, wheat germ, and sunflower seeds.

Any other pure vegetable oil may also be used such as almond oil, olive oil, coconut oil, etc.

More or less dilution might be desirable, depending on skin sensitivity, type of oil used and the degree of effect desired. Take a careful, measured approach when using any essential oil and adjust both the quantity of oil used and the amount of dilution in accordance with the body's response.

CAUTION: If the skin becomes irritated or if an essential oil gets into the eyes, immediately flush with V-6 Mixing oil or any vegetable oil and call your health practitioner.

MSDS regulations recommend flushing with water.

However, through our experience, we have found that it is better to use vegetable oil to dilute an essential oil. You may use water, but this may cause considerable discomfort. Oils getting into the ears or eyes will not hurt these organs or cause any damage. But they can cause considerable pain for a short period of time.

DETOXIFICATION, BE AWARE:

Many people have reported that when applying too many different oils or too much of one oil, the body may be reactive with a cleansing response which can cause headaches, rashes, nausea, burning, diarrhea, etc. Should this occur, simply reduce the amount of oil used and the number of times applied and drink plenty of purified water. Ask your health practitioner to monitor any detoxification.

If is very helpful in cases of high toxicity to begin a detoxification program first. Cleanse the colon and do a detoxifying diet for a few weeks.

CAUTION: If you have used liberal amounts of cosmetics, shampoos, perms, hair coloring, hair sprays, deodorants: or products containing chemicals, petrochemicals and many synthetic ingredients (watch out for sodium lauryl sulfate), you may have an unpleasant cleansing experience.

When using pure essential oils, some people experience the release of stored toxins through the skin, especially on the face and neck area. For this reason, you should always start with 1-2 drops of oil diluted with ½ tsp. V-6 mixing oil.

The majority of people do not have problems if they follow these rules:



1) Detoxify first with colon and liver cleansing



2) Dilute the essential oils with a mixing oil upon application



3) Use less than recommended when just beginning.



4) Wait a few minutes between oils when applying several on the same location.

HOW TO USE ESSENTAIL OILS:

VAPORIZER, HUMIDIFIER

Essential oils may be placed in the vaporizer will or in specially designed humidifiers that hold substances to be diffused through them. The most common ones that may lend themselves to this use are lemon, peppermint, RC, Raven, Ravensara, Eucalyptus, purification, Thieves, and many more. The choice is really up to you.

Eucalyptus is often found in cough drops and cough syrups, as well as in oils added to humidifiers. These are so common, in fact, that they are available in drug stores. A standardized combination of eucalyptus oil plus two other essential oils has been studied for effectiveness in many respiratory issues.

DIFFUSING:

Diffusing is a process of dispersing droplets of essential oils through the air. The oil is placed in a diffuser and allowed to inhale “so to speak” the oil and blow it out through a glass tube. It can be used for many things.

Some suggestions on how to use essential oils in a diffuser:

- *Lavender* for relaxation in the kid’s room.
- *Peppermint* to improve concentration in the study.
- *Eucalyptus* for easy breathing in the bedroom.
- *Tangerine* to increase motivation at work.
- *Lemongrass* to brighten your blues on a rainy day.
- *Patchouli* for social gatherings in the living room.
- *Ylang Ylang Extra* for greater passion while on vacation.
- *Lemon* to help memory while studying
- *Peppermint* to open sinus’ or help mental alertness

TOPICAL APPLICATION: When using natural products, only your body knows how it is to respond. Essential oils are soluble with the lipids in the skin and in most cases easily penetrate the skin and are absorbed into the bloodstream. They may be worn like perfume or cologne and can be applied neat (full strength) or diluted using the V6 mixing oil.

As a rule, since essential oils are one of nature’s most concentrated and potent extracts, dilutions is strongly recommended for those who:

Are first time users

Have sensitive or fair skin

Trying a new oil or blend of oils

Infant or small child

First time users

Application to sensitive areas (i.e. face, neck, etc.)

If one oil is layered over another, allow enough time between applications to gauge the body’s reaction before applying another oil.

RECOMMENDED DILUTION

Use 1-3 drops of an essential oil blended with ½ teaspoon V-6 mixing oil, which is formulated with vitamin E and cold-pressed oil from sesame seeds, grape seeds, almonds, wheat germ, and sunflower seeds. Any other pure vegetable oil may also be used.

More or less dilution might be desirable, depending on skin sensitivity, type of oil used and the degree of effect desired. Take a careful, measured approach when using any essential oil and adjust both the quantity of oil used and the amount of dilution in accordance with the body's response.

CAUTION: If the skin becomes irritated or if oil gets into the eyes, immediately flush with V-6 mixing oil or any vegetable oil and call your health practitioner.

SAFEST PLACES TO BEGIN USING OILS

Never put directly in eyes or ears. Apply around the opening of eyes or ears but never directly in them and always dilute. Do not mix blends as they are specific in their formulation: and by mixing them, you may change the aroma as well as the benefit desired. Exception: if your trained health professional directs you to mix blend.

You may add single oil to a blend or combine various single oils. With experience you can mix more blends and single oils together. But do not start out doing this kind of mixing.

Feet: Applying 4-6 drops of oil to the bottom of each foot is a popular way to begin. Oils may be rubbed on Vita-Flex points of the foot. This is a technique explained in *Aromatherapy, The Essential Beginning* by D. Gary Young. **All oils can be applied neat** (direct) to the feet. However, because so many people have chemical sensitivity it is always best to dilute the first time with V-6 or other vegetable oil.

On Location: After applying the oils to the bottoms of the feet, you may want to go to a spot on the body. Just add a few drops (1-5) of oil diluted with ½-1 tsp V-6 Mixing Oil and rub over the area.

If you are using the oils for the first time, wait at least 15-30 minutes before using second oil, allowing the body time to respond. If you are accustomed to the oils, use them neat, at your own discretion. This was the method traditionally used by the ancient Egyptians.

Compress: Rub 1-3 drops over a location (diluted or undiluted depending on the oil) and cover with a hot, wet towel. Place a dry towel over the wet towel and leave for 10-60 minutes. As the oil penetrates, you may have a warm or slightly burning sensation. If any skin irritation becomes evident, rub V-6 Mixing oil over the area. The burning should subside in several minutes. If it doesn't stop burning, then shower with Miracle soap and apply mixing oil again. Discoloration of the cloth might appear due to the body's excretion of toxins.

Massage: A few drops (5-10) of essential oil may also be added to any massage oil base as well as to the Young Living massage oils.

Baths: To prepare a soothing bath with essential oils close the windows and door to prevent the oil vapors from escaping. Fill the bathtub with warm /hot water. It helps to add 1 –4 cups of

Epsom salts in the bath water to remove impurities, and soften the skin. Dilute the essential oils into your carrier oil or add the oil directly into the bath water. Pour the blend or oil drops into the water. Relax and enjoy for at least 30 minutes or longer.

Bathing: When adding essential oils to bath water, use them carefully. Some oils like lavender can be added directly. When in doubt use the bath gel base as a dispersing agent (available from Young Living). You can muscle test as to which oil would be tolerable and effective for you in a bath.

OTHER TIPS FOR USING ESSENTIAL OILS EFFECTIVELY

COOKING: Essential oils may be used in cooking for food flavoring and as a dietary supplement. Because they are so concentrated, usually 1-2 drops of oil will be sufficient. Oils should be added after cooking to conserve all their benefits. Oils that are certified as safe and edible in the 1996 edition of the Foods Chemical Codes (FCC) (National Academy of Sciences) should be used.

Basil, Thyme, Oregano, Dill, Lemon, Orange, Black Pepper, Tangerine, Cloves, Cinnamon, Cardamom, Peppermint, Spearmint, Lavender, etc can be added to drinks like lemonade, gravy, salad dressings, deserts, homemade ice cream, chicken and meat spicing, etc.

CLEANING: A few drops of oil may be **added to the dishwasher or washing machine** to help promote great hygiene. Favorites to use are Melrose, Lemon, Peppermint, Purification, etc.

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LAUNDRY: Use **lemon** for stubborn stains, **Thieves cleaner** for tough spots and stains, **Purification** and **Melrose** for mold and musty smells in clothes. Add **lavender, rose, purification, joy, lemon, orange**, or any oil you like to a wet cloth and **add to the dryer to gives your clothes a fresh scent.**

NEVER MIX ESSENTIAL OILS WITH WATER Essential oils are not water-soluble. If they burn a little or you get them in your eyes by accident, always dilute with V-6 mixing oil or any pure vegetable oil. Do not add water as water drives the oils in deeper, creating more skin irritation. Call your health care practitioner immediately.

CONTACT LENS: Those who wear **contacts** should take extra precaution as oils with high phenol content, such as **cinnamon, oregano, thyme, thieves, cloves, immupower, lemongrass, or bergamot** may cause sticking problems with contacts against the eye tissue or damage the surface of the contacts, rendering them useless.

THERAPEUTIC OILS ARE USED EXTERNALLY and INTERNALLY:

Check with your company oil guide for those that are not therapeutic grade. All of the **therapeutic grade can be taken internally.** Topical application has equal or greater benefit as the oils are soluble with the lipids in the skin and are easily absorbed.

Do not use citrus oils when exposed to direct sunlight: lemon, orange, grapefruit, tangerine, mandarin, bergamont, angelica, etc are photosensitive and may cause a rash or pigmentation. Apply 1-2 drops of diluted oil to see how your skin responds.

Spice, conifer, and citrus oils can be caustic to the skin. Spice oils include **nutmeg, ginger, pepper, basil, cinnamon, marjoram, and thyme.** Conifer oils include **juniper, spruce, pine and Birch.** It is always best to dilute these oils. Particular care should be exercised with cinnamon, lemongrass, oregano and thyme as they are some of the strongest and most caustic. They can cause heat and burning when applied undiluted with vegetable oil to the skin because they pull out toxins deeply and quickly. After applying 1-2 drops of the oils mixed with vegetable oils the body will begin to tolerate them better as gentle detox takes place.

Essential oils should be kept away from light and heat. If stored properly, they will maintain their maximum potency for many years. The brown bottles are specifically selected for this reason. Oils have been found in the Egyptian mummy tombs that has been still useable and high in energy frequency in this century..

PREGNANCY AND BABIES

Consult your qualified health practitioner. We suggest that you be cautious with oils which have active constituents with hormone-like activity. Gentle Baby is a soothing blend to use during and after pregnancy. Apply around ankles, lower back and stomach.

Frankincense on the head of a baby, diluted with V-6 oil. **Peppermint** on the feet and spine for fevers, diluted 1 drop of oil in ¼ tsp oil. **Trauma Life** is important to use at birth and for several months thereafter.

If you are pregnant use Prenolone. During pregnancy the body produces more of its own progesterone but it can be brought to higher levels with **prenolone cream.** Using progesterone creams during pregnancy have been shown to help prevent miscarriages and increase the intelligence in the child. Consult with your health practitioner.

Babies and Children Always dilute 1-2 drops with ½- 1 tsp V-6 mixing oil or any vegetable oil. Children love the oils and derive the same benefits as adults.

Why Essential Oils Are Essential

YOUNG LIVING ESSENTIAL OILS™ are 100% PURE ORGANIC and Are:

* Immune Stimulating

'Anti-viral

•Anti-infectious

'Anti-bacterial

*Anti-microbial

'Antiseptic

*Anti-tumor

*Anti-fungal

'Anti-cancerous (9 documented cases of various cancers in TOTAL remission) 'Anti-oxidant

(documented lab studies reveal essential oils are 60X more powerful than pycnogenol)

'Regenerates (3 documented cases of birth defects having the inner ear regenerated and hearing restored) What Are Essential Oils?

Essential oils are the subtle, aromatic and volatile liquids extracted from the flowers, seeds, leaves, stems, bark and roots of herbs, bushes, shrubs and trees, through distillation. According to ancient Egyptian hieroglyphics and Chinese manuscripts, priests and physicians were using essential oils thousands of years before Christ to heal the sick. They are the oldest form of medicine and cosmetic known to man and were considered more valuable than gold. There are 188 references to oils in the Bible. The wise men brought the Christ Child gold, frankincense and myrrh. (Clinical research now shows that frankincense oil contains very high immune stimulating properties.) hi Exodus God gives Moses the formula for "an holy anointing oil". (Exodus 30:22-25) Some of the precious oils which have been used since antiquity for anointing and healing the sick are frankincense, myrrh, galbanum, hyssop, cassia, cinnamon, and spikenard. Science is only now beginning to investigate the incredible healing substances found in essential oils.

The Properties of Essential Oils

Pure Essential Oils Have Very High Frequency

The effectiveness of essential oils cannot be fully understood without some discussion of frequency. Frequency is the measurable rate of electrical energy flow that is constant between any two points. Everything has frequency. Dr. Robert O. Becker in his book "The Body Electric" establishes that the human body has an electrical frequency and that much about a person's health can be determined by it's frequency.

ha 1992, Bruce Tainio of Tainio Technology, an independent division of Eastern State University in Cheney, Washington, built the first frequency monitor in the world. Tainio has determined that the average frequency of the human body during the day time is 62 - 68 Hz. (A healthy body frequency is 62 - 72 Hz.) When the frequency drops, the immune system is compromised. If the frequency drops to 58 Hz, cold and flu symptoms appear, at 55 Hz, diseases like Candida take hold, at 52 Hz, Epstein Bar and at 42 Hz, Cancer.

According to Dr. Royal R. Rife, every disease has a frequency. He found that certain frequencies can prevent the development of disease and that others would destroy disease. Substances with higher frequency will destroy diseases of a lower frequency. The study of frequencies raises an important questions, concerning the frequencies of substances we eat, breath and absorb. Many pollutants lower healthy frequency. Processed/canned food has a frequency of zero. Fresh produce has up to 15 Hz, dry herbs from 12 to 22 Hz and fresh herbs from 20 to 27 Hz. Essential oils start at 52 Hz and go as high as 320 Hz, which is the frequency of rose oil. Clinical research shows that essential oils have the highest frequency of any natural substance known to man, creating an environment in which disease, bacteria, virus, fungus, etc., cannot live.

Essential Oils Penetrate

The penetrating characteristic of essential oils greatly enhances their ability to be effective. Essential oils will penetrate into the body when applied to the skin. Essential oil placed on the foot will be distributed to every cell in the body in 21 minutes. They will even penetrate a finger or toe nail to treat fungus underneath.

Essential Oils Are Aromatic

Essential oils are highly aromatic and therefore, many of the benefits can be obtained by simply inhaling them . This can be done by breathing in the fragrance from the bottle, or they can be diffused into the room.

Essential oils, when diffused, can be the best air filtration system in the world. They will: (1) Purify, by removing metallic particles and toxins from the air. (2) Increase atmospheric oxygen. (3) Increase ozone and negative ions in the house, which inhibits bacteria growth. (4) Destroy odors from mold, cigarettes, and animals. (5) Fill the air with a fresh, herbal aromatic scent. '

Therapeutic grade, steam distilled pure essential oils Available at YoungLiving.us

Use sponsor number 26553 to purchase these high quality oils wholesale.

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