



Essential Oils

The powerful healing and protective qualities of essential oils has driven millions of people to replace ordinary household products with essential oils. We have personally had extraordinary results using essential oils on ourselves and our animals. This section of our course will help you to understand essential oils and how to purchase and use them properly.



What is an Essential Oil?

An essential oil is an aromatic, volatile liquid that is distilled from plant parts such as seeds, bushes, flowers, bark, roots, fruit, shrubs, etc. Essential oils are often visible when a plant is cut or bruised, the resin oozes out and seals and protects the cut or bruise. Essential oils are protective, nutritive, vital fluids of the plant, which have the same chemical composition as human fluids. The electrically alive liquid that is over 70 times stronger than dried herbs is the "life force" or "blood" of the plant. Essential oils are not actually fatty oils, they contain smaller molecules that easily pass through cell membranes, including the blood/brain barrier. They are called an "oil" because most of them float on top of water in the distiller, and most of them do not diffuse in water, but they do not have an oily or greasy feel.

What are the Benefits of Using Essential Oils?

Essential oils contain oxygen molecules that help transport cell nutrients and are antioxidants that prevent cell mutations. They are also free radical scavengers. The highest antioxidant source is clove oil at 10,000,000 on the Oxygen Radical Absorbance Capacity (ORAC) scale, whereas blueberries (a known antioxidant) are under 2,000!

Essential oils are made up of amino acids, which are the building block of every cell. They increase the ozone and negative ions in the air, which inhibits bacterial growth. They also destroy odors from mold, smoke and pollutants. Disease cannot exist in an oxygen rich environment. Oxygen is needed for assimilation. Oxygen is the delivery agent which carries the nutrients in the blood. In order for cells to take on nutrients, the nutrients have to be able to pass through the cell wall in order to get to the nucleus where assimilation takes place, The cell wall begins to mutate (harden) with as little as 1% drop in oxygen in the serum around the cell. There are 5 stages of mutation leading to the development of degenerative diseases.

Essential oils are catalysts. They are lipid soluble and can immediately penetrate the cell wall to bring oxygen and nutrients into the cell. Jean Claude Lapraz, MD made the statement that essential oils may have the potential to increase cellular oxygen by 21%. Independent laboratory studies showed that hydrogen peroxide had an oxygen potential to increase by 9.5%. Essential oils carry oxygen, ozone and negative ions. No other component of a plant comes close! Through scientific validation, ongoing clinical research and university studies they are emerging as nature's most powerful antioxidants and immune support.

What is "Frequency"?

Frequency is a measurable rate of electrical energy that is constant between



any 2 points. It is measured in megahertz, and essential oils range from 52 to 320 MHz. Frequencies of essential oils have been measured and studied by Tanio Technologies in Washington with a biofrequency monitor. Lower frequencies relate to physical form. Middle frequencies relate to emotional concerns. Higher frequencies relate to spiritual concerns. Human cells begin to mutate at 62 MHz. Negative thoughts will lower a frequency by 12 MHz and positive thoughts will raise a frequency by 10 MHz. Prayer and meditation have shown to raise frequencies by 15 MHz. According to Dr. Royal R. Rife, every disease has a frequency. However, a substance with a higher frequency will destroy a disease of lower frequency. Clinical research shows that essential oils have the highest frequency of any substance known to man, creating an environment in which disease, bacteria, viruses, fungus, etc., cannot live.

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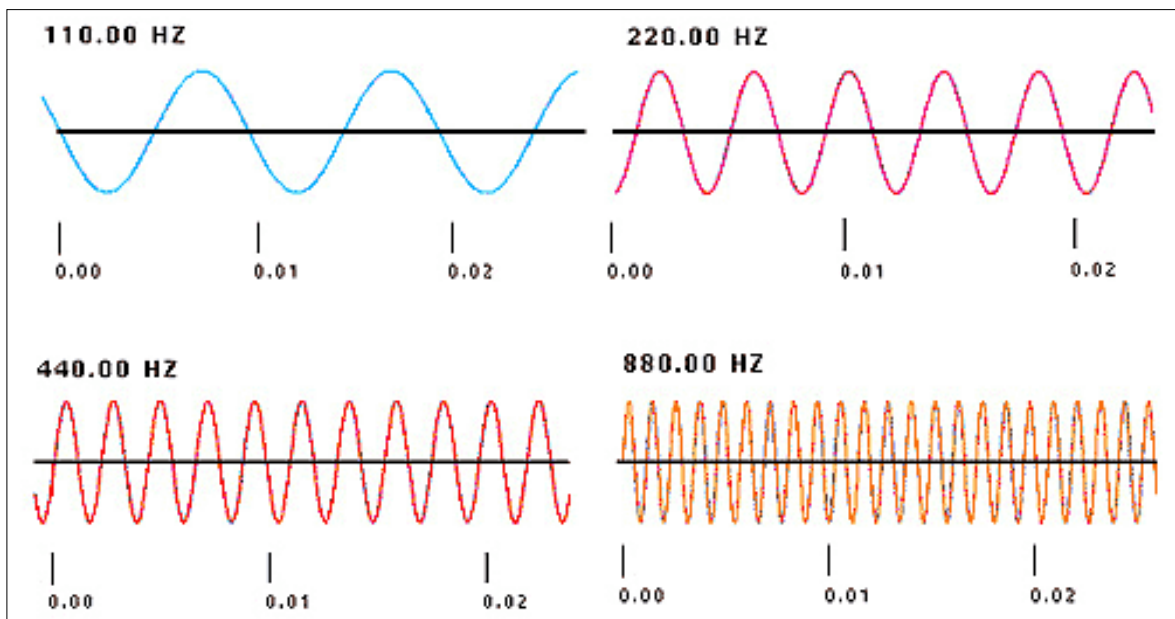
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Another part of this same study measured the frequency reaction of the human body to the introduction of coffee—using two male adults, the first a 26 year old and the second a 24 year old, both were measured at 66 MHz. The first individual held a cup of coffee (without drinking any) and his frequency dropped to 58 MHz in 3 seconds. He then removed the coffee and inhaled an aroma of essential oils. Within 21 seconds, his frequency had returned to 66 MHz. The second individual took a sip of coffee and his frequency dropped to 52 MHz in the same 3 seconds. However, no essential oils were used during



the recovery time and it took 3 days for his frequency to return back to the initial 66 MHz.

What is Aromatherapy?

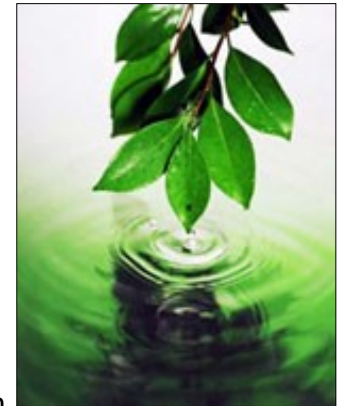
Aromatherapy is the act of inhaling (or smelling) scents to produce therapeutic benefits. Your nose, and sense of smell, is an external component of the brain. Scents go directly to the receptor sites in the olfactory membrane, which transmits it to the limbic brain, including the amygdala, which stores emotion. This can also activate the hypothalamus, which produces thyroid and growth hormones. The nose has 800,000 nerve receptors. That's ten to 100 times more than sight or hearing! This is why the simple act of inhaling the scent of a therapeutic-grade essential oil can change the activity and chemistry in your brain. Studies have shown immediate physical changes in



the brains of adolescents with problems such as ADD, depression, and more, just from inhaling the scent of essential oils.

The History of Essential Oils

The earliest known distillation was performed by Heradotus in 425 BC. Often, Pharaohs were embalmed in essential oils, and 350 liters in alabaster jars were found in King Tut's tomb. According to the translation of ancient Egyptian hieroglyphics and Chinese manuscripts, priests and physicians were using oils thousands of years before the time of Christ. There are 188 references to oils in the Bible. Some precious oils, such as frankincense, myrrh, galbanum, rosemary, hyssop, cassia, cinnamon, and spikenard, were used for anointing and healing of the sick. Biblical prophets recognized the use of essential oils as a protection for their bodies against the ravages of disease. The wise men brought the oils of frankincense and myrrh to the Christ child. Clinical research now shows that frankincense oil contains very high immune-stimulating properties. The ancient process of oil distillation is a delicate and precise art that has been almost forgotten. Science is just now rediscovering the healing substances of essential oils that were used in ancient times and beginning to acknowledge their value. Young Living Essential Oils is helping to bring history to life through research and essential oil formulations to restore this ancient knowledge to our modern world.



The rediscovery of essential oils was made by Dr. Renee Gattefosse, a cosmetic chemist. He burnt his arm in 1910 after a lab explosion and he dipped his arm in one rinse of lavender essence, which stopped his gas gangrene and healing began immediately. Dr. Jean Valnet, a close friend of Dr. Gattefosse, used essential oils in World War I to treat soldiers when his antibiotics ran out. History richly records the use of organic essential oil as a means to ward-off disease and illness. As modern day "super bugs" have their way with man-made treatments, more and more people are turning to the past to find the answers they seek for health and wellness. As they search, they are finding essential oils to be the one source mankind has faithfully depended on over the millennium.

Chemical Constituents

Terpenes: antiviral, antiseptic, anti-inflammatory. Example: Pine Oil.
Esters: Fungicidal, sedating and very aromatic. Example: Lavender Oil.
Aldehydes: sedating and antiseptic. Example: Lemongrass Oil.
Ketones: ease congestion, mucolytic. Example: Sage Oil.
Alcohol: antiseptic, antiviral, uplifting. Example: Ravensara Oil.
Phenols: anti-bacterial, strongly stimulating. Example: Savory blend.
Oxides: expectorant and bactericidal. Example: Eucalyptus Globulus.
Ethers: soothing and balancing. Example: Tarragon Oil.

Caring For Your Essential Oils

In order for the therapeutic properties of your essential oils to remain potent, the following advice should be followed. Use only glass bottles to store your oils, preferably dark in color to prevent damage to the oils caused by UV rays. Keep the bottles tightly capped to prevent oxidation, and store them in a cool location because high heat will destroy the enzymes in the oils (similar

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to what high-temperature distillation does).

Recommended Reading

Aromatherapy for Animals

by Caroline Ingraham (Author)

Paperback: 125 pages

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