

“They always say time changes things, but you actually have to change them yourself.”
Andy Warhol

This is a great quote because there comes a point in our lives when we do want to make a change. Once we make that decision, only we have the power to actually do it. As a label reader, I'm disgusted by the toxic ingredients in the food we eat and the products we put on our body. So I finally decided to do something about it. I started doing research on essential oils and learned they are truly amazing. I've started incorporating them into our daily lives. I now make my own lotion and am about to start making my own dish soap, laundry detergent, toothpaste, shampoo, conditioner and deodorant. The more I learn about them, the more I want to learn. There's a ton of information out there, so I hope to entice you with just the tip of the iceberg of essential oils. They're just one more tool to help you get and stay healthy. If you want more detail after you read below, be sure to contact me.

Yours in health,



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The Power of Essential Oils



While working on this article, I read that those Tide pods kids are eating contain over 700 chemicals! Remember, we wash our clothes in those chemicals and then wear them. This is just one more reason why I believe that the rise of disease in our country is a direct result of much of the food we eat and the things we put on our body. Essential oils are a potential answer. So this month, I'm going to give you some examples of what essential oils can do.

Essential oils come from plants, flowers, leaves, roots, barks and peels and I think they can change your life. Western medicine offers a lot of wonderful options for a lot of things, but it's not always the answer. Our health care system is broken and prescription drugs aren't usually the answer. They treat symptoms, not causes of illness. Is there a time and place for them? Sure, but they're not always the best choice. Remember that before the era of modern medicine, people didn't rely on pharmaceuticals to get well. Our ancestors often relied on natural remedies, often made from plants, to heal themselves. Essential oils are on that list.

I'm not a religious person, but at least 33 specific essential oils/aromatic oil-producing plants are mentioned in the Bible. The oils of frankincense, myrrh and rosemary (to name just a few) were used to heal the sick. Ancient Egyptians used essential oils in medicine, burial and in their daily lives. The ancient Chinese believed in the power of essential oils and herbs. They knew that many herbs had specific properties to help heal. For you skeptics out there, the National Institute of Health's database (pubmed.gov), lists 17,599 medical studies on essential oils. More and more people realizing their benefits and incorporating them into their daily routine.

Once you try them, you'll probably notice that essential oils don't seem like oil at all. The reason is because they evaporate quickly and pass through the skin faster than oils such as olive or coconut, which look greasy when applied to skin. When using essential oils, it's important to remember that everyone is different. What works for me might not work for you. They are highly concentrated and typically need to be used/diluted with a

“carrier oil,” which dilutes essential oils to make them safe to use. Like anything new, please check with your doctor before using them. Hopefully, you have a doctor who is open to natural treatments.

The National Association for Holistic Aromatherapy lists six factors that influence the safety of essential oils:

1. Quality of the oil – there is a difference.
2. Chemical composition
3. How you apply them
4. How much they’re diluted
5. Condition of your skin when applying them
6. Age of the user

People often ask if essential oils can cure disease. The answer isn’t simple. They’re certainly not cure-alls, but I do believe they can enhance your life in many ways. If you have a serious health issue, you should absolutely talk to your doctor. But what I find so amazing about these oils is that each one has a unique quality that can make it ideal for a specific purpose.

Would you believe it takes 60 roses to make a single drop of rose oil and 75 lemons to make one 15 mL bottle of lemon oil? Hopefully, this helps explain why quality oils can be expensive. When purchasing, make sure they’re chemical free, organic and bottled in dark glass containers. The highest grade is “Certified Organic”, which can cost 2-4 times more than conventional oils. Those listed as “therapeutic grade” are generally considered the safest, but there aren’t any regulations on this term. Unfortunately, there isn’t an agency that certifies essential oils or their quality. But there are two organizations that provide specs as a guide to the oil’s composition: 1) the International Organization for Standardization (ISO) 2) the Association French Normalization Organizational Regulation (AFNOR). Ask for brand referrals from friends on quality products they use.

There are several ways to use essential oils:

- Direct inhalation – this is just breathing in the oil
- Diffusing – this can help your mood, help you sleep, freshen a room or kill airborne bacteria
- Applying to the skin. A good ratio for dilution is 3-6 drops oil to 1 teaspoon of a carrier oil for adults. Infants and children need much more dilution.
- Internal consumption – you must be careful as there are some oils you CANNOT consume at all and some that you can consume in small doses. Some aren’t safe if you are pregnant. Do your research!

I hope I’ve whet your appetite to learn more, but before I close, here are some of my favorites:

- Clove – I don’t like the spice but I love the oil. It’s great for oral health, can help fight acne in kids and it has anti-viral properties.
- Eucalyptus – has anti-microbial properties, helps with respiratory issues and treating wounds, bug bites and scrapes. I love to inhale it in the steam room or when I’m getting a massage.
- Frankincense – can help boost immunity, combat tumors and help fight infections as well as specific types of cancer cells.
- Lavender – this is the most commonly used as it helps with headaches, sleep, depression and anxiety. I recently started diffusing it while I sleep.
- Lemon – helps clean toxins from the body, improve mood and is great for cleaning your home. I love adding a drop or 2 to a big glass of water.
- Oregano – fights inflammation and bacteria as well as mold. I add a drop or two to my sore throat salt-water gargle to kill the bacteria.
- Peppermint – helps with sore muscles, nausea and headaches, freshens breath and boosts energy. I use it to make mouthwash, toothpaste and for oil pulling.

There are many carrier oils you can use with essential oils and each has its own benefits. Experiment with different essential and carrier oils. Have fun with them. I’m happy to share some terrific recipes, so if you’re interested in experimenting with essential oils, please contact me.

Have a wonderful month.