

Aromatherapy

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A Brief History of Aromatherapy/Essential Oils

The ancient world used essential oils. Plants have been linked to the physical, emotional, and spiritual well-being of man since the beginning of time. There is historical evidence of this dating back to 2000 BC. The ancient civilizations in China, Greece, Egypt, and India all used essential oils.

In Ayurvedic (science of life) medicine the use of herbs and aromatics was an important part of their philosophy of healing. This dates back 5000 years in India (Marlene Ericksen, "Healing with Aromatherapy," p.7).

The greatest knowledge about oils and their preparation for healing comes from the Egyptians. Some of their papyrus manuscripts date back to 2800 BC. These ancient healers learned to distill the life-blood of plants. Egyptian high priests and priestesses were the physicians of their day. They dispensed oils for the healing of diseases, for restoring youthfulness, for purifying and preserving the body for the afterlife, and for increasing their ability to communicate with the spirit world (Robert Tisserand, "The Art of Aromatherapy", p. 21).

In 1817 the 870 foot long Ebers Papyrus was discovered. Dating back to 1500 BC., it was called a medicinal scroll. It mentions over 800 herbal prescriptions and remedies. Many mixtures contained myrrh oil. Myrrh was used for embalming because of its effectiveness in preventing bacterial growth (D. Gary Young, "An Introduction to Young Living Essential Oils,"p.3).

Once the Egyptians discovered the preserving effects of essential oils, they perfected the art of embalming. These formulas were secret and highly guarded. The body was actually soaked in essential oils. After months, it was wrapped with gauze drenched with resin, cedarwood oil, and myrrh. So strong was the antiseptic power of these essential oils that the mummies were well preserved for thousands of years, as you know.

When King Tutankhamen's tomb was opened in 1922, 350 liters of oil were discovered in alabaster jars. Plant waxes had solidified around the jar openings, leaving the liquefied oil in excellent condition. "Oils still viable have been found in sealed jars in the tombs of ancient Egyptian leaders, giving us indication of the great value placed on these essential oils," (Linda L. Smith, "Healing Oils, Healing Hands" p.39).



Egyptians and Babylonians believed that in order to reach a higher spirituality, they had to be clean and beautiful. The Romans diffused oils in their temples and political buildings. They scented their baths with oils followed by a fragrant oil massage.

The ancient Arabian people began to study the chemical properties of essential oils. They developed and refined the distillation process. Kings would barter and buy land, gold, slaves and women with their crudely-extracted oils. The oils were more valuable than gold, (D.Gary Young, "An Introduction to Young Living Essential Oils", p.3).

During the Dark Ages and with the burning of libraries in Alexandria and other places, much of this knowledge of essential oils and their use were lost.

The Europeans did not get into the oil production until the 12th century. “Hildegard of Bingen, a Benedictine abbess, wrote extensively on the use of herbal remedies, tinctures, salves and essential oils as part of her medicine. Her writings were used throughout Europe in the 12th century and many centuries to come. It is again becoming popular to assist with modern diseases like allergies, multiple sclerosis, and AIDS”, (Linda L. Smith, “Healing Oils, Healing Hands” p.44).

The term aromatherapy coined in 1920 by Rene-Maurice Gattefosse, PhD., a French cosmetic chemist. A laboratory accident caused third degree thermal burns on Dr. Gattefosse’s hand and forearm. He plunged his arm into a vessel of lavender oil, mistakenly assuming it was water. To his surprise, the pain ceased within moments; and with regular application of lavender oil, the wound healed without a scar. When he analyzed the lavender oil, he discovered many chemical constituents or components, which he concluded had tremendous healing properties.

Dr. Gattefosse shared his studies with colleague, Jean Valnet, a medical doctor practicing in Paris. Exhausting his supply of antibiotics as a physician in China during World War II, Dr. Valnet began using therapeutic-grade essential oils on patients suffering battlefield injuries. To his surprise, they exerted a powerful effect combating and counteracting infection. He was able to save many soldiers who might otherwise have died.

CHINA, 3000 BC - SHEN NUNG’S herbal book is the oldest surviving medical book in China. It contains information on over 300 herbs and their medicinal applications.

EGYPT, 1470 BC - QUEEN HATSHEPSUT’S army brought back wondrous riches. The greatest of all the treasures was the grove of myrrh trees, which were brought back to Egypt as gifts to the gods.

EGYPT, 1330 BC - When KING TUTANKHAMEN’S tomb was opened, archeologists discovered alabaster jars designed to hold precious essential oils that were valued above gold and jewels.

GREECE, 400 BC - HIPPOCRATES was commonly known as the “Father of Medicine.” Legend states that Hippocrates saved Athens from a devastating plague by fumigating the city with aromatics.

MACEDONIA, 345 BC - After ALEXANDER THE GREAT defeated Darius III of Persia, he adopted the use of essential oils. It is said that his floors would be sprinkled with scented waters and that his clothes carried fragrant resins. Alexander was very skeptical of medicine and doctors. “I am dying from the treatment of too many physicians.”

ISRAEL, 0 AD - It is recorded in the New Testament that THREE WISE MEN visited the newborn Jesus and presented him with gifts of frankincense, gold, and myrrh.

IRAN, 1000 AD - An Arab physician named AVINCENNA improved the quality of essential oils by developing steam distillation.

GERMANY, 1100 AD - SAINT HILDEGARD, an herbalist, wrote Causes and Cures for Illness. “With earth was the human being created. All the elements served mankind and, sensing that man was alive, they busied themselves in aiding his life in every way.”

FRANCE, 1400 AD - During the medieval plague, FOUR THIEVES in Marseilles robbed the dead without becoming sick. When captured, the men revealed a mixture of aromatics they used to protect themselves against the deadly plague.

CENTRAL AMERICA, 1500 AD - When the Spanish Conquistadors invaded the Aztecs, they were amazed by the abundance of medicinal herbs found in MONTEZUMA’S botanical garden.

FRANCE, 1795 AD - NAPOLEON and his bride JOSEPHINE used essential oils as perfumes.

FRANCE, 1930 AD - A terrible accident in his laboratory caused DR. RENE-MAURICE GATTEFOSSE, a cosmetic chemist, to be burned severely. He covered his burns with lavender essential oil. Amazed by the positive effect the lavender had on pain and the subsequent quick healing, Gattefosse focused his research on the healing powers of essential oils.

VIETNAMESE COAST, 1940 AD - Using Gattefosse’s research, JEAN VALNET, a French doctor during World War II, successfully treated wounded soldiers with essential oils. The antibacterial properties of the oils helped the wounds heal faster and with less infection.

FRANCE, 1980 AD - DR. JEAN LAPRAZ a student of Dr. Valnet and a member of the prestigious Phyto-Aromatherapy research team in Paris discovered that microbes could not survive in the presence of some essential oils. “Essential oils are especially valuable as antiseptics because their aggression toward microbial germs is matched by their total harmlessness to tissue – one of the chief defects of chemical antiseptics is that they are likely to be as harmful to the cells of the organism as to the cause of the disease.”

UNITED STATES, 2005 - D. Gary Young, ND. devotes his life to educating people about health, healing, and longevity. He is passionate about the body’s innate ability to heal with the use of essential oils and a healthy lifestyle. He has studied longevity and essential oils for the past 30 years. He is a world renowned expert in this field. He is the founder of Young Living Essential Oils in Utah, whose mission is to unite ancient healing traditions and modern science to promote health and longevity.

What are Essential Oils?

Essential oils are aromatic volatile liquids distilled from shrubs, flowers, trees, bushes, and seeds. They contain highly oxygenating molecules. Essential oils are called “essential” because the plant would die without them. They are made up of oxygen, amino acids and minerals whose function is to carry nutrients directly into the cell nucleus

Essential oils are neither acid nor alkaline. Destruction of tissues is caused by acid, whether it is due to disease or inflammation. Essential oils have the ability to go into the body tissues and literally become free radical scavengers. They are acid binding and promote excretion of acid that causes cell irregularities.

Essential oils are 50 to 70 times more therapeutically potent than the herbs or plants from which they are derived. When the plant is cut and dehydrated, 98% of the life substance that is responsible for the healing force of that plant is evaporated. This is why essential oils are so much more powerful in healing than herbs.

The distillation process is what makes essential oils so concentrated. It often requires an entire plant or more to produce a single drop of distilled essential oil. For example, it takes 5,000 pounds of rose petals to distill one pound of rose oil. It takes 3 tons of melissa to distill one pound of oil, which may cost \$9,000-\$15,000 a pound. One drop of peppermint oil is equivalent to 28 cups of peppermint tea.

Essential oils play the same role in the plant as the blood does in the body. The purpose of blood is to transport nutrients (vitamin, minerals, proteins, amino acids, hormones, and enzymes), to the cells. One of the primary agents in that blood that is responsible for the delivery of the nutrients through the cell's wall is oxygen. These cell walls need to be receptive to the nutrients. When there is an oxygen deficiency, the cell membranes will start to thicken and make it difficult, and in some cases impossible to get nutrients inside the cell. If we take oxygen out of the blood, we would die. The cell would begin to mutate and create a host for disease. Disease cannot exist in a well oxygenated body.

Essential oils are also different from vegetable oils such as corn oil, peanut oil, and olive oil. They are not greasy and do not clog the pores like many vegetable oils can.

Vegetable oils can become oxidized and rancid over time and are not antibacterial. Most essential oils cannot go rancid and are powerful antimicrobials, which will be discussed later.

The chemistry of essential oils is very complex. Each one may consist of hundreds of different and unique chemical compounds. Any essential oil may contain anywhere from 80 to 300 or more different chemical constituents.

One of the factors that determine the purity of an oil is its chemical constituents. These constituents can be affected by a vast number of variables, including: the part(s) of the plant from which the oil was produced, soil condition, fertilizer (organic or chemical), geographical region, climate, altitude, harvesting methods, distillation processes and the time in the growing season when it is harvested.

Common constituents found in essential oils are esters, aldehydes, ketones, sesquiterpenes, oxides, monoterpenes, alcohols, and phenols. These molecules each have characteristics that are unique and that give the essential oil its specific therapeutic quality. This becomes complex chemistry which is not the scope of this course (whew). I do want to mention though, that any person who wants to thoroughly understand how essential oils work or are interested in making their own blends, need to understand this chemistry. You need to know the characteristics and how they relate to each other. Each oil has many and they are each specific. I am not say that it would be dangerous, but you may not be getting the effect that you are seeking. For example, I would not put oregano and thyme in a cinnamon roll that I was making if the outcome I wanted was a sweet cinnamon roll that tastes good.

Therapeutic-grade oils can be checked to see if they meet the agreed upon standards set by AFNOR (Association French Normalization Organization Regulation) that determines if an oil is therapeutic grade. The ISO (International Standards Organization) has also set standards for the therapeutic-grade essential oils adapted from AFNOR. The AFNOR standard was written by a team of government certified botanical chemists which determine and set a range that the constituents of a specified oil must be within in order to be of therapeutic quality. If two or more constituents are too high or too low, that oil cannot be certified as therapeutic grade, even though it may be of high quality.

Currently, in the U.S., there is not agency responsible for certifying that an essential oil is of therapeutic grade. There is relatively little interest in essential oils here compared to England, France, and Germany. In these three countries, doctors prescribe essential oils as treatment for disease and other health issues.

All essential oils are not created equally. In fact many of the oils on the market are what is called “perfume quality.” These are over-processed, chemical laden, highly adulterated and de-natured products that, in reality, are little more than perfume made from odorous plants. Many oils are adulterated with synthetic chemicals, which can be dangerous. This includes some oils found in health food stores.

Pure unadulterated essential oil is very hard to come by and can be very expensive for reasons mentioned above. To maintain all of the therapeutic qualities, it must be grown on virgin soil (which means no chemical fertilizers or pesticides have ever been used), and the oil must be extracted by steam distillation using extremely low pressure and low heat so as not to destroy any of the quality of the oil.

There are four grades of essential oils. They are Pure, Natural, Complete, and Genuine or Grade A. Only Grade A oils are therapeutic grade. To be labeled Pure, an oil must contain at least 5% essential oil. This is the only regulation in the United States on essential oils. Therefore, you must be educated to know what you are buying. Pure does not mean that it has no chemicals added to it or that it is not diluted. One way of discerning what you are getting is to read the label. If it says “do not use undiluted on the skin” or “for topical use only”, then it is not pure. Also, you do not know how it was processed to ensure that there is therapeutic value to the oil.

Natural means that the oil was not adulterated with vegetable oils, propylene glycol, or other chemicals. You do not know how it was processed and if there is any therapeutic value left in the oils.

Complete means that the oil was distilled at low heat and low pressure so that all the therapeutic properties are there. Remember that there are up to 800 chemical constituents that make up a single oil.

When the oil is not distilled properly, you can be left with very few. Some of the most powerful healing constituents are at the end of the process.

Complete also means the oils have not been rectified or purified (which means stripped or redistilled). Essential oils are often redistilled to make a small amount of oil go farther. Processors can make more profit the way. The problem is, when you redistill the oil you lose the therapeutic properties, or at the very least, greatly weaken them. It is like using a tea bag over and over again only worse, because in the process of redistilling you are also weakening the constituencies of the oil itself. For an example: France is the number one producer of lavender oil. In 1997 they produced 25 tons of lavender and 67 tons were shipped to the U.S.

Grade A (or Genuine), the fourth grade, means these are the highest-grade essential oils. Great care is taken at every step in the process. From beginning with seeds that are not from hybrids to soil that never had chemicals put on it. And chemicals are never used on the plants in the field. Distillation is by steam at low pressure and low temperature in upright containers. No chemicals are ever used in the distilling process. The amount of time spent in the distiller is important also. For example cypress oil needs to be distilled for 24 hours. Many companies will distill at higher temperatures for a shorter time. This will destroy the quality of the oil.

The distiller of Grade A essential oils must have gas chromatograph readings with an embossed seal that does not come from their own lab. Then and only then can they have the words “Grade A” on the label. Gas chromatography is an excellent way to dissect the anatomy of an essential oil. The chemist examines the entire chemical fingerprint of the oil to determine its purity and potency, measuring how various constituents in the oil occur in relation to each other. If some compounds occur in higher quantities than others, it will help to determine that the oil has been adulterated and not pure.

Today about 200 types of oils are distilled, with several thousand chemical constituents and aromatic molecules identified and registered. Of the oils produced today, 98% are used in the perfume and cosmetic industry. Only 2% are produced for therapeutic and medicinal applications. Therapeutic-grade oils are in a class all by themselves. As you can see, Grade A, or therapeutic-grade essential oils, take much care and expense to achieve this level of efficacy. That is why they are 2 to 3 times more expensive than the essential oils that you purchase in a health food store. For the rest of this course, I will only be writing about this powerful grade of essential oils. Other essential oils may have some therapeutic value, but nothing like the therapeutic grade. And now you know why. From the seeds of the plant to the processing, great care has been taken to achieve this top level quality.

One thing to note is that on the label of a bottle of essential oil, it will say “do not use undiluted on the skin” or “not to be taken internally.” With therapeutic grade you can often take them internally and usually use directly on the skin. That is often how I can quickly tell if the oil is therapeutic grade.

There is a company in the United States called **Young Living Essential Oils** that only sells therapeutic grade oils. They are one of the few companies in the world that grows plants from seed, harvests, distills, and bottles their own essential oils. This way they can regulate the process from beginning to end. Young Living is also the largest grower of essential oil plants in the world.

In 1973, Gary Young was injured in a logging accident. He was paralyzed for life with no hope for recovery, according to his doctors. He then began to research and study alternative healing. Within two years he was walking, but with considerable pain. He earned a Master's degree in Nutrition and a doctorate in Naturopathy.

In 1985 Gary Young attended a seminar on the treatment of respiratory disease with essential oils at the Medical University in Geneva, Switzerland, taught by medical doctors Jean Claude Lapraz and Paul Duraffourd. The lectures opened up new thoughts on powerful therapeutic approaches with essential oils. He returned to his clinic with thirteen oils and great anticipation. The oils literally transformed his life. In November of 1986, Gary Young entered a half-marathon and finished in 60th place out of 970 participants. This life changing power of essential oils prompted him to embark on a multi-year, worldwide investigation to learn more about their healing benefits. He studied in Paris with Daniel Penoel, M.D., a student of Jean Valnet, M.D., and the first medical doctor to research and write about the medical application of essential oils. Gary Young loves the challenge of research and discovery. He has traveled from the ruins of ancient Egypt to the archives of the Hebrew University in Jerusalem to the British Museum Library in London and to Cairo University, where he studied biochemistry. He has his own laboratory in Utah and has studied chemistry at Weber State University in Ogden, Utah, all to prove the validity of this ancient science. He has written and published well over a hundred papers on essential oils.

Gary Young is passionate about educating people about health and healing. He is currently working on becoming an M.D. to work within the medical community in the United States. In October 2005, he will teach courses in aromatherapy at the 3rd International Conference on Natural Medicine in Quito, Ecuador, presented by the World Organization of Natural Medicine Practitioners. He is also opening a new research clinic there. His research will include studying the medicinal properties of 600 new plants that have yet to be classified.

Why Use Essential Oils?*

Therapeutic grade essential oils still contain the live essence of the plant it was derived from. This is why they are so effective in helping to cure as well as prevent disease. (Heat, X-rays, and microwaves will destroy this live essence.)

Essential oils are small enough in molecular size that they can quickly penetrate the tissues of the skin.

Essential oils are fast acting. When applied to the feet, essential oils can travel throughout the body and affect the cells within 20 minutes, and often sooner. Because of their volatility and high evaporation rate, they do not accumulate in the body. Because of their chemical structure, they are metabolized in the cells like other nutrients.

Essential oils are lipid-soluble and are capable of penetrating cell membranes, even if the membranes have hardened because of an oxygen deficiency. According to Jean Valnet, MD, essential oils can affect every cell of the body within 5 minutes and are then metabolized like other nutrients.

Essential oils, according to researchers at the University of Vienna, stimulate blood flow, which increases oxygen and nutrient delivery.

Essential oils are some of the most powerful known antioxidants as determined by the ORAC (Oxygen Radical Absorbency Capacity) test developed at Tufts University.

Essential oils have the highest level of oxygen molecules of any substance known to man. Disease cannot exist in an oxygen rich environment.

Essential oils containing sesquiterpenes have the ability to cross the blood-brain barrier, thus carrying oxygen directly into the brain. A brain deprived of oxygen for as little as 5 minutes, will have irreversible brain damage.

Essential oils are antibacterial, antifungal, anti-infectious, antimicrobial, antiparasitic, antiviral, antiseptic, anti-tumor, and immune stimulating. Viruses cannot mutate in the presence of essential oils because of their complex chemical structures.

Essential oils may detoxify the cells and blood in the body.

Essential oils are aromatic, and when diffused, may provide air purification by:

- Increasing ozone and negative ions in the area.
- Eliminating odors (not simply masking odors) from cooking, bacteria, mold, animals, and other sources.
- Filling the air with a fresh, aromatic scent.

Essential oils promote emotional, physical, and spiritual well-being.

In the article “Why Oils Heal and Drugs Don’t”, by David Stewart, Ph.D. (**excerpt from the article Why Oils Heal and Drugs Don’t. Sept. 2005), he explains: “If you tell a medical doctor that essential oils can bring about healing with no negative side effects, they won’t believe you. Within the practice of allopathic medicine (MDs), most medicines prescribed are pharmaceuticals. These do have negative side effects.

It is illegal to patent any natural product. The way to make profits in the pharmaceutical industry is to create an unnatural substance that never existed in nature, then patent it and sell it for whatever price you think you can get. The molecules of the drug are alien to the body. Some drugs are synthetic substances. The body does not easily metabolize them. On the other hand, natural molecules are easily metabolized by the body - it recognizes them and knows exactly what to do with them.

Drugs and essential oils work in opposite ways. Drugs toxify, oils detoxify. Drugs clog and confuse receptor sites. Oils clean receptor sites. Drugs depress the immune system, oils strengthen the immune system. Antibiotics attack all bacteria, killing both the harmful and the helpful bacteria. Oils attack only the harmful bacteria, allowing the body’s friendly flora to flourish.

Drugs never deal with the actual causes of disease. They may give relief for certain uncomfortable symptoms, but there is never any true healing. Drugs often trade one kind of problem for another. Oils address the causes of disease at a cellular level. Oils properly applied always work toward the restoration of proper bodily functions. They do not cause undesirable side effects. “Essential oils are especially

valuable as antiseptics because their aggression toward microbial germs matched by their total harmlessness to tissue. “One of the chief defects of chemical antiseptics is that they are likely to be as harmful to the cells of the organism as to the cause of the disease.” (Jean Valnet, “The Practice of Aromatherapy.”) It is also interesting to wonder, as in the case of cancer treatment, how many patients are dying from the treatment of cancer and not the cancer itself. Of course, the “cause” of death is always listed as cancer. There are oils that work well in treating cancer, and there are studies done that document this.

Prescription drug sales have increased dramatically. In 1994, prescription drug sales in the United States were \$60 billion. In 2004, those sales rose to \$235 billion. An increase of 292% in 10 years (Organization for Economic Cooperation and Development: MSI Health, Associated Press).

“We are taking way too many drugs for dubious or exaggerated ailments,” says Dr. Marcia Angell, former editor of the *New England Journal of Medicine* and author of The Truth About Drug Companies. “What the drug companies are doing now is promoting drugs for long-term use to essentially healthy people. Why? Because it is the biggest market.”

There is growing concern about strains of bacteria that is antibiotic resistant. One such strain is the methicillin-resistant *Staphylococcus aureus* (MRSA). Two orthopedic surgeons (Dallas-Reuters Health), report that two essential oils, eucalyptus and melaleuca, are surprisingly effective at treating MRSA infections. The researchers presented their findings at the 69th Annual Meeting of the American Academy of Orthopedic Surgeons.

There was a similar finding reported by the British Broadcasting Corporation (BBC). A story filed on Dec. 21, 2004, stated that scientists at the University of Manchester found that essential oils destroyed MRSA, the staph infection that the antibiotic methicillin no longer kills. Dr. Peter Warn, who was involved in the research, told the BBC, “When I tested the oils in the lab, absolutely nothing grew. Rather than stimulating bacteria, the oils killed them off. The oils were melaleuca alternifolia and geranium.

There is national concern that what is being called the avian flu virus H5N1, currently in Southeast Asia may come to the United States. “The flu, first found in Southeast Asia has spread to China and Russia. Experts are afraid the virus carried by wild birds is mutating, adapting and may spread to humans,” *Detroit News*, 8/23/05.

There is research being done on essential oils and how they kill bacteria and viruses. Unfortunately it is not front page news. There are resources where one may look up this research. One is the American Botanical Council (ABC). It is the leading nonprofit educational and research organization disseminating science-based information that promotes the safe and effective use of medicinal plants and phytomedicines.

It is good to know that there is this safe and powerful alternative to fighting disease. It has been around for ages. Dr. Wayne Dyer says, “Those ancients stole all our good ideas.”

Essential Oils Are About Storytelling

One thing that makes essential oils fun is that you learn about what works from other people telling you their stories of what worked for them. You try it for yourself, and then pass it on. Stories are easier to remember than just the facts, and make it more fun. This story is one documented in Rene'-Maurice Gattefosse's book, Aromatherapy. The story was told that during the plague of 1720-21, "four thieves who robbed the bodies of plague victims, without fear of the disease. When arrested, their lives were spared on condition that they divulge their formula which was immediately disclosed and posted on the walls of the city by the alderman."

The formula was "take three pints of strong white wine vinegar, add a handful each of wormwood, meadowsweet, marjoram and sage, fifty cloves, two ounces of companula roots, two ounces of horehound and three large measures of camphor. Place the mixture in a container for fifteen days, strain and express, then bottle. Use by rubbing it on the hands, ears and temples from time to time when approaching a plague victim. This vinegar was a type of antiseptic based on aromatic substances." The four thieves vinegar was used as late as 1793 when yellow fever hit Philadelphia, documented by Matthew Carey, 1830. "The Yellow Fever Epidemic in Philadelphia." There are other similar stories throughout the aromatherapy books.

Thieves Essential Oil Blend

Young Living Essential Oils created their own blend of 5 different oils. These oils are clove, rosemary, Eucalyptus radiata, cinnamon, and lemon. This oil blend has been tested for effectiveness at Weber State University, in Utah, and found to have a 99.6% kill rate against airborne bacteria (Young Living Product Guide). The oils are highly antiviral, antiseptic, antibacterial, anti-infectious and help to protect the body against such illnesses as flu, colds, sinusitis, bronchitis, pneumonia, sore throats, cuts, etc.

Contains:

Clove (*Syzygium aromaticum*) is one of the most antimicrobial and antiseptic of all essential oils. It is antiviral, anti-infectious, and antibacterial. Clove works as a general stimulant and is used to treat sinusitis, bronchitis, cystitis, and cholera.

Lemon (*Citrus limon*) has been found to promote leukocyte formation, dissolve cellulite, increase lymphatic function, and promote a sense of well being. Its fragrance is stimulating and invigorating. In his book, The Practice of Aromatherapy, French doctor Jean Valnet writes of early research on lemon oil, "the essence of lemon is second to none in its antiseptic and bactericidal properties" (pg.36).

Cinnamon Bark (*Cinnamomum verum*) is a powerful purifier, oxygenator, and it enhances the action and activity of other oils. It is anti-infectious, antibacterial, antiparasitic, antiviral, and antifungal.

Eucalyptus (*Eucalyptus radiata*) is antibacterial, antiviral, expectorant, and anti-inflammatory. It has strong action against endometriosis, acne, bronchitis, and sinusitis.

Rosemary (*Rosmarinus officinalis*) is antiseptic, antimicrobial, helps fight Candida, is antispasmodic, helps balance the endocrine system, and is an expectorant. It helps overcome mental fatigue and helps stimulate the memory.

This special blend of oils can be diffused in the home to kill airborne germs, it can be taken internally to kill off bacteria and viruses, it can be used topically, and inhaled directly. Because of the cinnamon oil, it may cause skin sensitivity. It can be used safely by applying directly to the bottoms of the feet. The skin on the feet is much less sensitive than on other areas of the body. Also, the feet have the largest pores in the body, so it is a great place to apply oils. As with any essential oil, use common sense. For use with children, be sure to dilute it first with carrier oil such as sesame or olive oil, 50/50.

How To Use Essential Oils

There are basic guidelines to follow when using essential oils. Most importantly, use common sense. Start gradually and find what works for you.

Always keep a bottle of a pure vegetable oil handy when using essential oils. Vegetable oils dilute essential oils if they cause discomfort or skin irritation.

Keep bottles of essential oils tightly closed and store them in a cool location away from light, especially sunlight. The darker the storage conditions, the longer your oils will maintain their original chemistry and quality. Many people keep the oils together in little storage containers made especially for bottles of oils. Excessive heat can derange the molecular structure of the oil also. If stored properly, essential oils will maintain their potency for many years (remember King Tut's oil was still viable).

Keep essential oils out of reach of children. Treat them as you would any product for therapeutic use.

Essential oils rich in menthol (such as peppermint) should not be used on the throat or neck area of children under 30 months of age.

Angelica, bergamot, grapefruit, lemon, orange, tangerine, and other citrus oils are photosensitive and may cause a rash or dark pigmentation on skin exposed to direct sunlight or UV rays within 3-4 days after application (citrus oils taken internally are not photosensitive).

Keep essential oils well away from the eye area and never put them directly into ears. There is a story about a woman that got a little peppermint too near her eye and she said the pain was immense. Also, she had an earache and decided to put thieves blend into her ear—not a good idea. It stung fiercely; she put vegetable oil in to dilute it and woke up the next day with no earache and, luckily, everything was fine. Do not handle contact lenses or rub eyes with essential oils on your fingers. Even in minute amounts, oils with high phenol content, such as oregano, cinnamon, thyme, clove, lemongrass, and bergamot, may damage contacts and will irritate eyes.

Pregnant women should always consult a health care professional when starting any type of health program.

Epileptics and those with high blood pressure should consult their health care professional before using essential oils. Use caution with hyssop, fennel, basil, wintergreen, nutmeg, rosemary, peppermint, sage, tarragon, and tansy oils.

People with high blood pressure should avoid using sage and rosemary.

People with allergies should test a small amount of oil on an area of sensitive skin, such as the inside of the upper arm, for 30 minutes, before applying the oil to other areas.

The bottom of the feet is one of the safest, most effective places to use essential oils. (This is another story of a woman who had terrible allergies, especially to fragrances, yet had no allergies to any of the oils, possibly because they are all natural and organic. In fact using lavender continuously is thought to relieve all allergies).

Before taking GRAS (Generally Regarded as Safe) essential oils internally, test your reactions by diluting one drop of essential oil in one teaspoon of an oil soluble liquid like blue agave, olive oil, or rice milk. Never consume more than a few drops of diluted essential oil per day without the advice of a physician.

Do not add undiluted essential oils directly to bath water. Using Epsom salts or a bath gel base for all oils applied to your bath is an excellent way to disperse the oils into the bath water.

When essential oils are put directly into bath water without a dispersing agent, they can cause serious discomfort on sensitive skin because the essential oils float, undiluted, on top of the water.

Keep essential oils away from open flames, sparks, or electricity. Some essential oils, including orange, fir, pine, and peppermint are potentially flammable.

Essential oils may sting if applied in or around eyes. Some oils may be painful on mucous membranes unless diluted properly. Immediate dilution is strongly recommended if skin becomes painfully irritated or if oil accidentally gets into eyes. Flushing the area with vegetable oil should minimize discomfort almost immediately. DO NOT flush with water! Essential oils are oil-soluble, not water-soluble. Water will only spread the oils over a larger surface, possibly worsening the problem

If your body pH is low (meaning that your system is very acidic), you also could have a negative reaction to the oils. At the same time, if your body is acidic, it may take a larger amount of oils and more time to see results.

Four Ways To Use Essential Oils

They are topical application, inhalation, diffusion, and taken internally.

Topical application is often referred to as "neat" by aroma therapists. Many oils are safe to apply directly to the skin. Lavender is safe to use on children without dilution. However, you must be sure what you are using is not lavandin labeled as lavender or genetically altered lavender. When applying most other

essential oils on children, dilute them with carrier oil. For dilution, add 15-30 drops of essential oil to 1 oz. of quality carrier oil.

Carrier oils, such as vegetable mixing oil, extend essential oils and provide more efficient use. When massaging, the vegetable oil helps lubricate the skin. Some excellent carrier oils include cold-pressed grape seed, wheat germ, sweet almond oils, sesame oil, or a blend of any of these. Organic of course is best.

As a general rule, when applying oils to yourself or another person for the first time, do not apply more than two single oils or blends at one time.

When mixing essential oil blends or diluting essential oils in carrier oil, it is best to use containers made of glass or earthenware, rather than plastic. Plastic particles can leach into the oil and then into the skin once it is applied.

Inhalation is either direct or indirect. For direct, place 2 or more drops into the palm of your non-dominant hand, and rub clockwise with the flat palm of the other hand. Cup your hands together over the nose and mouth and inhale deeply. (Being careful not touch your eyes). Or simply inhale directly out of the bottle.

Another way of inhalation is to add several drops of an essential oil to a bowl of hot (not boiling) water. Inhale the steaming vapors. To increase the intensity of the oil vapors inhaled, drape a towel over your head and bowl before inhaling. This is a great way for any sinus or lung congestion.

Indirect inhalation is wearing the essential oil as a perfume. Rub 2 or more drops of oil on your chest, neck, upper sternum, wrists, behind the ears, on the temples, etc.

Diffusing is the third way of using essential oils. Diffused oils alter the structure of molecules that create odors, rather than just masking them. They destroy odors from mold, cigarettes, and animal smells. (Chemical air fresheners are toxic to breathe). Diffused oils also increase oxygen availability, produce negative ions, and release natural ozone. Many essential oils such as lemongrass, orange, grapefruit, eucalyptus globulus, tea tree, lavender, frankincense, and lemon, along with essential oils blends (such as Thieves), are extremely effective for eliminating and destroying airborne germs and bacteria.

A cold-air diffuser is designed to atomize a micro fine mist of essential oils into the air, where it can remain suspended for several hours. Unlike aroma lamps or candles, a diffuser disperses essential oils without heating or burning, which can render the oil therapeutically less beneficial and even create toxic compounds. Research shows that cold air diffusing is another way to benefit from the therapeutic value of these oils.

Begin by diffusing oils for 15-30 minutes a day. Increase the time to 1-2 hours per day, but in 15-20 minute periods spaced throughout the day. Diffusing lavender in the bedroom at night is very relaxing and purifying.

Place the diffuser high in the room so the oil mist falls through the air and removes the odor-causing substances.

By connecting your diffuser to a timer, you can gain better control over the length and duration of diffusing. For some respiratory conditions, or if sick, you may want to diffuse the oils the entire night.

Always wash the diffuser before using a different oil or blend. Use natural soap and warm or hot water. Alcohol cleans the glass nebulizer easily.

If you do not have a diffuser, you may add several drops of essential oil to a spray bottle, add 1 cup purified water, and shake. You can use this to mist your entire house, workplace, car, etc.

To freshen the air, use the following essential oil blends:

- 20 drops lavender
- 10 drops lemon
- 6 drops bergamot
- 5 drops grapefruit

Diffuse, neat or mix with 1 cup of distilled water in a spray bottle; shake well before spraying.

Oils taken internally and oral use is the fourth way to use oils. All essential oils that are Generally Regarded as Safe (GRAS) or certified as Food Additives (FA) by the FDA may be safely taken internally as dietary supplements. But ingesting essential oils should only be done under the direction of a health professional. These oils are so strong tasting that you will want to put them into a capsule and swallow them. You can buy empty gel caps at a health food store. It is interesting that oils ingested leave no trace. Your body uses them and then eliminates what is remaining. Molecules of the oil will exit the body in 20 minutes. The fragrance stays longer. A blood test taken later that day will not show any trace of the oil in your body. On the other hand, the residue of herbs can stay present in you tissues for years.

Many oils are actually more effective when taken orally in very small amounts. Essential oils should always be diluted in vegetable oil, agave nectar or rice milk prior to ingestion. More potent oils, such as cinnamon, oregano, lemongrass, and thyme, will require more dilution than relatively mild oils, and very mild oils like lavender or lemon may not need any dilution at all.

As a general rule, dilute 1 drop of essential oil in 1 tsp. of agave nectar, honey, or in at least 4 ounces of a beverage. Usually no more than 2 or 3 drops should be ingested at one time (during any 4-8 hour period).

Essential oils should not be given as dietary supplements to children under six years of age. Parents should exercise caution before orally administering essential oils to any child.

In sublingual (under the tongue) application, the effect of the oil goes into the blood system without going into the digestive system. Peppermint may be used this way as a quick pick-me-up. It clears the sinuses and stimulates the brain. Great for when you are driving a car and getting drowsy, or are fatigued studying. (Now might be a good time to try it, but only therapeutic grade, remember).

Cooking Tips: Many essential oils make excellent food flavorings. They are so concentrated that only 1-2 drops of an essential oil is equivalent to a full bottle (1-2 oz.) of dried herbs. Add to recipe after cooking is completed if possible, to preserve the value of the oil.

Spice oils impart a far stronger flavor than citrus oils do. For strong spice oils, dip a toothpick into the oils and stir.

List of oils that the FDA has said are GRAS (Generally Regarded as Safe):

Basil	Bergamot	Chamomile, German	Chamomile, Roman
Cinnamon Bark	Clary Sage	Clove	Coriander
Dill	Fennel	Eucalyptus, globulus	Frankincense
Geranium	Ginger	Grapefruit	Goldenrod
Juniper	Lavender	Lemon	Lemongrass
Marjoram	Myrrh	Nutmeg	Orange
Oregano	Patchouli	Pepper, Black	Peppermint
Pine	Rose	Sage	Sandalwood
Spearmint	Spruce	Tangerine	Tarragon
Thyme	Valerian	Ylang Ylang	

Single Oils

- **Balsam Fir, Idaho** (*Abies balsamea*) Anti-inflammatory, throat/lung/sinus infections, fatigue, arthritis/rheumatism, sciatica, grounding, stimulating to the mind, relaxing to the body.
- **Basil** (*Ocimum basilicum*) Powerful antispasmodic, antiviral, antibacterial, anti-inflammatory, muscle relaxant, migraines, throat/lung infections, insect bites, fights mental fatigue.
- **Bergamot** (*Citrus bergamia*) Calming, hormonal support, antibacterial, antidepressant, agitation, anxiety, intestinal parasites, insomnia, viral infections (Herpes, cold sores), mood lifting qualities, flavors Earl Grey tea. Caution: Avoid applying to skin that will be exposed to sunlight or UV light within 72 hours.
- **Canadian Red Cedar** (*Thuja plicata*) Antifungal, antibacterial, hair follicle stimulator, antiparasitic, insect repellent, digestion/intestinal problems. Caution: Temporary skin discoloration may occur.
- **Cedarwood** (*Cedrus atlantica*) Antibacterial, lymphatic stimulant, combats hair loss, ADHD, skin problems (acne, eczema).
- **Cinnamon Bark** (*Cinnamomum verum*) Anti-inflammatory, (COX2 inhibitor), powerfully antibacterial, antiviral, antifungal, anticoagulant, circulatory stimulant, stomach protector (ulcers), antiparasitic, digestive complaints, and warts. Cautions: May irritate the nasal membranes if inhaled directly from bottle. (Reputed to be part of the “Four Thieves Vinegar”).



- **Clary Sage** (*Salvia sclarea*) Naturally raises estrogen and progesterone levels, menstrual problems/PMS, hormonal imbalance, insomnia, antioxidant, antidiabetic, antifungal, antispasmodic, relaxant, antitumoral, anesthetic, insomnia, circulatory problems, is calming, and stress relieving.



- **Chamomile, Roman** (*Chammelum nobileae*) Relaxant, antispasmodic, anti-inflammatory, antiparasitic, nerve regenerative, anesthetic, detoxifies blood and liver, relieves restlessness, anxiety, ADHD, depression, insomnia, skin conditions (acne, dermatitis, eczema).

- **Clove** (*Syzygium aromaticum*) Anti-aging, antitumoral, antimicrobial, antifungal, antiviral, analgesic/anesthetic, antioxidant, anticoagulant, anti-inflammatory, stomach protector(ulcers), antiparasitic, anticonvulsant, arthritis/rheumatism, sinus/lung/throat infections, cataracts, ulcers, lice, toothache, acne, mental stimulant. (Reputed to be part of the “Four Thieves Vinegar”).



- **Cypress** (*Cupressus sempervirens*) Improves circulation, strengthens blood capillaries, anti-infectious, antispasmodic.
- **Dill** (*Anethum graveolens*) Antidiabetic, antispasmodic, antibacterial, expectorant, pancreatic stimulant, insulin/blood sugar regulator, digestive problems, liver deficiencies.
- **Eucalyptus** (*dives*) Mucolytic, diuretic, antibacterial, hypertension, throat/lung infections.



- **Eucalyptus** (*globulus*) Expectorant, mucolytic, antimicrobial, antibacterial, antifungal, antiviral, anti-aging, respiratory/sinus infections, decongestant, rheumatism/arthritis.
- **Eucalyptus** (*polybractea*) Antiviral, antibacterial, anti-inflammatory, expectorant, mucolytic, insect repellent, acne, urinary tract/bladder infections, viral infections (Herpes).
- **Eucalyptus** (*radiata*) Antibacterial, antiviral, expectorant, anti-inflammatory, respiratory/sinus infections, viral infections, fights Herpes simplex when combined with bergamot). (Reputed to be part of the “Four Thieves Vinegar”).

- **Fennel** (*Foeniculum vulgare*) Anti-inflammatory, antitumoral, analgesic, increases metabolism, cancer, arthritis/rheumatism, urinary tract infection, fluid retention, intestinal parasites, menstrual problems/PMS, digestive problems. Cautions: Avoid using if epileptic.



- **Fir, Douglas** (*Pseudotsuga menziesii*) Antitumoral, antioxidant, anti-fungal.
- **Frankincense** (*Boswellia carteri*) Antitumoral, antidepressant, muscle relaxing, cancer, respiratory infections, inflammation, immune stimulating, promotes meditation, improves attitude.

- **Geranium** (*Pelargonium graveolens*) Antispasmodic, antioxidant, antitumoral, anti-inflammatory, homeostatic (stops bleeding), antibacterial, antifungal, improves blood flow, liver and pancreas stimulant, dilates bile ducts for liver detoxification, skin conditions, viral infections (Herpes, shingles), hormone imbalances, circulatory problems, menstrual problems/PMS. It balances the emotions, fosters peace, well-being.
- **Ginger** (*Zingiber officinale*) Anti-inflammatory, digestive aid, anesthetic, expectorant, rheumatism/arthritis, muscular aches/pains, nausea, respiratory infections/congestion. Caution: Anticoagulant properties can be enhanced when combined with Warfarin, aspirin, etc.
- **Goldenrod** (*Solidago canadensis*) Diuretic, anti-inflammatory, anti-hypertensive, liver stimulant, circulatory conditions, urinary-tract/bladder conditions
- **Grapefruit** (*Citrus paradisi*) Antitumoral, metabolic stimulant, antiseptic, detoxifying, diuretic, fat-dissolving, cleansing for the kidneys, lymphatic and vascular system, antidepressant, Alzheimer's, liver disorders, anxiety, cellulite, refreshing.
- **Helichrysum** (*Helichrysum italicum*) Anticoagulant, anesthetic, anticoagulant, antispasmodic, antiviral, liver protector detoxifier/stimulant, chelates chemicals and toxins, regenerates nerves, herpes virus, blood clots, hypertension, circulatory disorders, eczema, psoriasis scar tissue, varicose veins.



- **Jasmine Absolute** (*Jasminum officinale*) Absolute extraction from flower. Jasmine is actually an “essence” not an essential oil. Flowers must be picked at night to maximize fragrance. Uplifting, antidepressant, anxiety, menstrual problems/PMS, skin problems (eczema, wrinkles, oily), frigidity, seductive fragrance, counteracts nervous exhaustion, hopelessness, indifference.
- **Juniper** (*Juniperus osteosperma* and *J. scopulorum*) Antiseptic, digestive cleanser/stimulant, purifying, detoxifying, increases circulation through the kidneys and promotes excretion of toxins, promotes nerve regeneration, urinary/bladder infections, fluid retention. Evokes feelings of health, love, and peace.
- **Lavender** (*Lavandula angustifolia*) Antiseptic, antifungal, analgesic, antitumoral, anticonvulsant, vasodilating, relaxant, anti-inflammatory, reduces blood fat/cholesterol, respiratory infections, high blood pressure, arteriosclerosis, menstrual problems/PMS, skin conditions (scarring, stretch marks, acne, eczema, psoriasis), hair loss, insomnia, nervous tension, allergies.
- **Lemon** (*Citrus limon*) Antitumoral, antiseptic, immune stimulant (increases white blood cells), improves memory, relaxation, circulatory problems, obesity, arteriosclerosis, parasites, urinary tract infections, varicose veins, anxiety, hypertension, digestive problems, acne.
- **Lemongrass** (*Cymbopogon flexuosus*) Antifungal, antibacterial, antiparasitic, anti-inflammatory, regenerates connective tissues and ligaments, dilates blood vessels, improves circulation, promotes lymph flow, bladder infection, respiratory/sinus infection, digestive problems, parasites, torn ligaments/muscles, fluid retention, varicose veins, Salmonella.
- **Marjoram** (*Origanum majorana*) Antibacterial, antifungal, vasodilator, lowers blood pressure, promotes intestinal peristalsis, expectorant, mucolytic, arthritis/rheumatism, muscle/nerve pain, headaches, circulatory disorders, respiratory infections, menstrual problems/PMS, fungal infections, fluid retention.
- **Melaleuca** (*alternifolia*) Commonly known as Tea Tree. Highly antimicrobial, antiseptic, antibacterial, antifungal (Candida), sinus/lung infections, tooth/gum disease, water retention/hypertension, skin conditions (acne, sores), antiviral, antiparasitic (ringworm), anti-inflammatory,
- **Melaleuca** (*ericifolia*) Powerful antibacterial, antifungal, antiviral (Herpes virus), antiparasitic, anti-inflammatory, respiratory/sinus infection.
- **Myrrh** (*Commiphora myrrha*) Powerful antioxidant, antitumoral, anti-inflammatory, antiviral, antiparasitic, analgesic/anesthetic, diabetes, cancer, hepatitis, fungal infections (Candida), tooth/gum infections, skin conditions (chapped, cracked, wrinkles, stretch marks).
- **Melissa** (*Melissa officinalis*) Anti-inflammatory, antiviral (Herpes, etc.), relaxant, hypotensive, depression, anxiety, insomnia, uplifting, balances emotions.

- **Mountain Savory** (*Satureja montana*) Strong antibacterial, antifungal, antiviral (Herpes, HIV, etc.), scoliosis/lumbago/back problems, antiparasitic, immune stimulant, anti-inflammatory, revitalizes and stimulates the nervous system.
- **Myrtle** (*Myrtus communis*) Antimutagenic, liver stimulant, prostate and thyroid stimulant, sinus/lung decongestant, antispasmodic, muscle spasms, mood elevating.
- **Nutmeg** (*Myristica fragrans*) Anti-inflammatory, anticoagulant, antiseptic, antiparasitic, analgesic(nerve pain), liver protector, hepatitis, stomach protector (ulcers), circulatory stimulant, adrenal stimulant (fatigue/exhaustion), muscle relaxing, increases production of growth hormone/melatonin, rheumatism/arthritis, cardiovascular disease, hypertension, hepatitis.
- **Orange** (*Citrus sinensis*) Antitumoral, anticoagulant, circulatory stimulant, arteriosclerosis, hypertension, cancer, insomnia, fluid retention, wrinkles, uplifting, relaxant.
- **Oregano** (*Origanum compactum*) Anti-aging, powerful antiviral, antibacterial, antifungal (Candida), antiparasitic, anti-inflammatory, immune stimulant, arthritis/rheumatism, respiratory infectious diseases/tuberculosis, digestive problems. Caution: May irritate the nasal membranes if inhaled directly from bottle.
- **Patchouli** (*Pogostemon cablin*) Relaxant, digestive aid, anti-inflammatory, antimicrobial, skin conditions (prevents wrinkles/chapped skin, relieves itching, eczema, acne), hypertension, fluid retention, clarifies thought.
- **Pepper, Black** (*Piper nigrum*) Analgesic, stimulates metabolism, antifungal, digestive problems, fatigue, nerve/muscle pain. Traditional Chinese healers used pepper to treat cholera, malaria, and digestive problems.
- **Peppermint** (*Mentha piperita*) Anti-inflammatory, antitumoral, antiparasitic, antibacterial, antiviral (Herpes simplex, herpes zoster, cold sores, human papilloma virus, etc.), antifungal/Candida, gallbladder/digestive stimulant, diminishes appetite, pain-relieving, rheumatism/arthritis, respiratory infections, headaches, nausea. Reputed to be part of the “Four Thieves Vinegar.” Purifying and stimulating to the brain. When inhaled, it improves/restores sense of taste by stimulating the trigeminal nerve. Cautions: Avoid contact with eyes, mucus membranes, sensitive skin, fresh wounds or burns. Do not apply to infants younger than 18 months of age.
- **Petitgrain** (*Citrus aurantium*) Antispasmodic, anti-inflammatory, relaxant, anxiety, insomnia, reduces mental fatigue and depression.
- **Pine** (*Pinus sylvestris*) Hormone-like, antidiabetic, antiseptic, throat/lung/sinus infections, rheumatism/arthritis urinary tract infection, relieves anxiety, and revitalizes mind, body, and spirit. Pine is used in massage for stressed muscles and joints. It shares many of the same properties as Eucalyptus globulus, and the action of both oils is enhanced when blended.

- **Ravensara** (*Ravensara aromatica*) Referred to by the people of Madagascar as “the oil that heals.” It is antimicrobial, supporting to the nerves, antitumoral, antibacterial, Herpes virus/viral infections, throat/lung infections, hepatitis, shingles, pneumonia.
- **Rose** (*Rosa damascena*) Anti-inflammatory, relaxant, anti-ulcer, hypertension, anxiety, viral infections (Herpes simplex), skin conditions. It has a beautiful fragrance and helps to bring balance and harmony, creating a sense of well-being.
- **Rosemary** (*Rosmarinus officinalis*) Liver-protecting, antitumoral, antifungal, enhances mental clarity/concentration, impaired memory, Alzheimer’s, antiparasitic. Was part of the “Four Thieves Vinegar”.



- **Rosewood** (*Aniba rosaeodora*) Antibacterial, antiviral, antiparasitic, antifungal, stimulant, improves skin elasticity, skin conditions (eczema, psoriasis), empowering, and emotionally stabilizing.
- **Sage** (*Salvia officinalis*) Antitumoral, hormone regulating, estrogen-like, antifungal, antiviral, circulatory stimulant, menstrual problems/PMS, liver problems, mentally stimulating, helps combat despair, mental fatigue. Caution: avoid if epileptic.
- **Sandalwood** (*Santalum album*) Antitumoral, anticancer, antiviral, immune stimulant, skin conditions (acne, wrinkles, scars), high in sesquiterpenes that stimulate the pineal gland and the limbic region of the brain, the center of emotions.
- **Spearmint** (*Mentha spicata*) Increases metabolism, anti-inflammatory, antiseptic, mucolytic, gallbladder stimulant, and digestive aid.
- **Spruce** (*Picea mariana*) The Lakota Indians used spruce to strengthen their ability to communicate with the Great Spirit. Antispasmodic, antiparasitic, antiseptic, anti-inflammatory, hormone-like, cortisone-like, immune stimulant, arthritis/rheumatism, fungal infections (Candida), and sinus/respiratory infections, especially the lower lobes of the lungs.
- **Tangerine** (*Citrus nobilis*) Antitumoral, relaxant, antispasmodic, digestive aid, circulation, anxiety, insomnia, irritability, liver problems, promotes happiness, and is calming.
- **Tansy, Idaho** (*Tanacetum vulgare*) Analgesic, anticoagulant, immune stimulant, insect repellent, arteriosclerosis, hypertension, and arthritis/rheumatism.

- **Tarragon** (*Artemisia dracunculus*) Antispasmodic, anti-inflammatory, antiparasitic, digestive aid, intestinal disorders, urinary tract infections, nausea, and menstrual problems/PMS.
- **Thyme** (*Thymus vulgaris* CT thymol) Egyptians used thyme for embalming. Anti-aging, highly antimicrobial, antifungal, antiviral, antiparasitic, infectious diseases, cardiovascular disease, Alzheimer's disease, hepatitis, overcoming fatigue and exhaustion after illness.



- **Valerian** (*Valeriana officinalis*) Insomnia, anxiety, sedative and tranquilizing to the central nervous system, relaxing, grounding, and emotionally balancing.
- **Vetiver** (*Vetiveria zizanioides*) Anti-inflammatory, antiseptic, antispasmodic, relaxant, circulatory stimulant, ADD/ ADHD, anxiety, rheumatism/arthritis, depression (including post-partum), insomnia, psychologically grounding, calming and stabilizing. Helps one to cope with stress and recover from emotional trauma.
- **Western Red Cedar** (*Thuja plicata*) Antiseptic, throat/lung infections, and urinary tract infections.
- **Wintergreen** (*Gaultheria procumbens*) Native American Indians chewed the leaves to increase respiratory capacity when running long distances and performing difficult labor. Anticoagulant, antispasmodic, anti-inflammatory, vasodilator, analgesic/anesthetic, reduces blood pressure, arthritis/rheumatism, muscle/nerve pain, hypertension, arteriosclerosis, and hepatitis/fatty liver. Cautions: Avoid use if epileptic. Anticoagulant properties can be enhanced when used with Warfarin or aspirin.
- **Ylang Ylang** (*Cananga odorata*) Antispasmodic, vasodilating, antidiabetic, anti-inflammatory, antiparasitic, cardiac arrhythmia, cardiac problems, anxiety, hypertension, depression, hair loss, intestinal problems, balances male-female energies, restores confidence and peace.

Oil Blends

An oil blend is a combination of single oils. It takes years of knowledge to be able to formulate a blend that maximizes the synergistic effect between the various oil chemistries and harmonic frequencies. When this is done properly, the outcome is more than the sum of each part. The following are some of Gary Young's recipes.

Essential Oil Recipes

Energy Balance: Inhale, apply neat on feet and/or neck
15 drops spruce
7 drops frankincense
6 drops Idaho balsam fir

Bruising: Apply to area, neat 3-6 times daily
5 drops helichrysum
4 drops lavender
3 drops cypress
3 drops lemongrass
3 drops geranium

Cellulite: Dilute 50/50, apply as needed
5 drops rosemary
10 drops grapefruit
2 drops cypress

Colds: Inhale, dilute 50/50 apply on throat area and chest 3-6 times daily
2 drops lemon
4 drops Eucalyptus radiate
5 drops rosemary
4 drops peppermint
3 drops cypress

Antihistamine: Inhale, and apply neat to chest
6 drops lavender
6 drops peppermint

Edema Apply neat to affected area
10 drops tangerine
7 drops cypress
7 drops fennel

Fibromyalgia Topical, dilute 50/50, 2-4 drops, apply as needed
8 drops Idaho balsam fir
6 drops white fir
4 drops wintergreen

2 drops spruce

Joint Pain Dilute 50/50, massage 3-6 drops on location, as needed

10 drops black pepper
2 drops rosemary
5 drops marjoram
5 drops lavender

Bronchitis Apply 2-6 drops to front of neck and chest as needed.

2 drops sage 50/50
4 drops myrrh neat
5 drops clove 20/80
6 drops ravenara 50/50
15 drops frankincense 50/50

Sore Muscles Dilute 50/50, massage 4-6 drops on muscles, 3 times

4 drops rosemary daily
8 drops juniper
8 drops lavender
8 drops lemon
10 drops wintergreen

Neuropathy Apply 2-4 drops neat, as often as needed

6 drops cedarwood
6 drops chamomile
6 drops Eucalyptus
6 drops juniper
6 drops lavender

Premature Aging of the Skin Mix in 1 Tablespoon high grade lotion or sesame oil

6 drops rosewood
4 drops geranium
3 drops lavender
2 drops frankincense

Psoriasis Neat 2-4 drops on affected area twice daily

2 drops patchouli
2 drops Roman chamomile
2 drops lavender
1 drop melaleuca alternifolia
1 drop rosemary
1 drop clove

Sagging Skin Use neat or dilute 50/50, massage 4-6 drops on

Skin firming blend (morning): affected area daily
10 drops tangerine

10 drops cypress

Skin firming blend (night):

8 drops geranium

5 drops cypress

5 drops helichrysum

1 drop peppermint

Wrinkle Reducing Blend Dilute 50/50 in high grade, unperfumed body

5 drops sandalwood lotion or an emollient vegetable oil

5 drops helichrysum

5 drops geranium

5 drops lavender

5 drops frankincense

High Powered Massage Oil Add to 4 ounces of massage oil

20 drops wintergreen

15 drops marjoram

10 drops juniper

10 drops cypress

6 drops spruce

Common Problems Solved with Single Oils:

Acidic PH peppermint, lemon

Acne rosemary, geranium

ADD/ADHD vetiver, lavender, cedarwood, peppermint

Agitation lavender, Roman chamomile

Allergies lavender on chest and neck

Anthrax thyme, oregano, clove, cinnamon, rosewood

Anxiety frankincense, Idaho balsam fir

Ants, insects peppermint

Aphids, kill peppermint, 4-5 drops in 4 ounces water, spray

Asthma ravensara, Roman chamomile, Eucalyptus radiata, peppermint, lavender,
juniper

Athletics peppermint, wintergreen

Burns lavender on 1st and 2nd degree, 3rd degree put on feet and mist on burn

Circulation cypress

Concentration lemon, peppermint, bergamot

Congestion(cold) peppermint, inhale

Cool off peppermint mixed in a glass of water

Dental pockets floss with clove oil

Deodorant geranium

Depression citrus oils, bergamot, rose, jasmine, frankincense, sage, ylang-ylang

Dizziness peppermint, cypress, basil

Drowsiness peppermint

Dust mites Eucalyptus globulus

Fatigue peppermint, lemon, juniper, rosemary, nutmeg, grapefruit

Fever peppermint on spine

Halitosis peppermint

Headaches peppermint on temples

Hiccups peppermint on each side of 5th cervical vertebra

Hormonal clary sage

Inflammation peppermint

Itching lavender

Ligaments lemongrass, peppermint, helichrysum, lavender

Loss of taste peppermint

Meditation frankincense, sandalwood

Memory rosemary

Moths lavender in linen closet or drawers

Muscles marjoram, peppermint, lavender, basil

Plantar fasciitis Idaho Balsam fir and lavender

Sanitize lemon, spray counter tops with water and lemon oil

Sinus infection myrtle, peppermint, Eucalyptus radiata, thyme, ravensara

Sleeping lavender on feet and chest, inhale deeply

Sore feet peppermint in a warm or cool footbath

Sore throat lemon inside, back of throat, neat

Smoking cinnamon, clove, nutmeg

Snoring thyme on the feet at night

Stomach ache peppermint, ginger

Sunburn lavender

Tap water lemon purifies

Ticks peppermint, drop of oil on tick, wait for it to unhedge head, remove

Tinnitus helichrysum or lavender on cotton ball in ear

Warts lemon, oregano

Weight loss peppermint, smell or drink in water, or take a few drops internally

CONCLUSION:

You can see that there is much more to essential oils than one would think; the chemistry, medicinal properties, and research to be explored, studied and applied, to name a few. This course is an introduction

to the vast amounts of quality information available. The hope is to inspire you to use therapeutic grade essential oils, to learn more, and to share what you have learned and experienced.

Have fun, experiment, and use common sense. Compare by smelling the vast difference between therapeutic grade oils and the others available out there. Notice the profound difference in the aroma, the difference in effect on the physical, mental and emotional-well being of yourself and others. This knowledge is meant to be shared. Use the oils, learn more, see results, and become confident. It is a new/old paradigm in healing. Know that some people are afraid or wary of anything out of the ordinary. Be patient and be understanding of this. Some people never want to change the way they think or what they believe. Do not waste your time trying to convince them otherwise. The talk of these oils actually scares some people. Remember, the world was once believed to be flat.

SUGGESTED READING:

ESSENTIAL OILS DESK REFERENCE, Essential Science Publishing.

THE CHEMISTRY OF ESSENTIAL OILS MADE SIMPLE, by David Stewart, PhD.

NATURAL HOME HEALTH CARE USING ESSENTIAL OILS, by Daniel Penoel, MD

ESSENTIAL OILS INTEGRATIVE MEDICAL GUIDE, by D. Gary Young, ND.

ESSENTIAL OIL SAFETY, by Robert Tisserand

THE FRAGRANT PHARMACY, by Valerie Ann Worwood

RELEASING EMOTIONAL PATTERNS WITH ESSENTIAL OILS, Carolyn Mein, DC.

HEALING OILS HEALING HANDS, by Linda Smith RN, MS.

TAKE CHARGE OF YOUR BODY, by Carolyn De Marco, MD.