

### **What are essential oils?**

The lifeblood of the plant; liquids distilled from plants, seeds, bark, leaves, stems, roots, flowers, rinds, resin, fruit. **You do not need to be an aromatherapist to use them.** In most cases, just **rub it topically** into the skin. There are 3 main ways to get oils into your system: the **English apply it topically**—rub it on the skin; the **French ingest and cook with it**; the **Germans diffuse and inhale**—which is the most effective method because it doesn't have to pass through the digestive system.

### **How do they enter—and how long do they last:**

Tests have shown oils hit the heart, liver, and thyroid in 3 seconds when inhaled; they were found in the bloodstream in 26 seconds when applied topically. Expulsion of essential oils takes 3-6 hours in a healthy body. When you breathe an oil in, 99 percent of it breathed right back out. The 1 percent sits atop your olfactory membranes—all 8 million of them, until they are full. When you can no longer smell a smell anymore—it's because those receptor sites are full. After about 10 minutes, they get absorbed into your body. That's why you can smell it again—if someone walks into a room 10 minutes later, or a second batch of cookies comes out of the oven.

**Why can't you use any type of essential oil?** Adulterated oils are not pure. Every Young Living oil is 100% pure. They are grown on farms around the world under the Seed to Seal guarantee—which means the only pest control is with essential oils, all fields are hand weeded (and that's a lot of weeding when you're selling 100-thousand kits a month globally!), they are run through 2 sets of testing—first, to see if they're at their peak performance, and then again—an 8 point test after they are distilled. Young Living's promise is stewardship!

**There are 4 different types of oils on the earth:** Grade A, Grade B, Grade C and Grade D.

Grade A is therapeutic medicinal, made from organically grown plants and distilled at low temperatures. If you heat an oil too high, you can distill it more quickly and cut down on labor. But you also break down the components that cause it to work.

Grade B oils are food grade—but may contain synthetics, pesticides, fertilizers, chemical extenders, or carrier oils.

Grade C oils are perfume oils that often contain adulterating chemicals. They usually use solvents to gain a higher yield of oil per harvest. Solvents are normally cancerous. That's what's in store bought oils. They are also typically diluted 80-95 percent with alcohol.

Grade D is called "floral water"—it's aromatic only—and usually a byproduct of Grade A distillation. The only regulation by the FDA is that there be 10 percent essential oil in a bottle for it to be labeled "pure" or "therapeutic grade." And there is no labeling system required—meaning you don't know what's in the bottle.

**I recommend Young Living oils only.**

### **The Science Behind Why Oils Work:**

What causes them to work? What's in them chemically—and what's in them electrically.

**Frequency:** Everything on the planet bears a vibration— the mark of the creator. Humans, animals, plants, and oils have frequencies. Canned and processed foods and drugs have no frequency. Bruce Taino of Taino Technology in Cheney Washington has developed sensitive frequency meters to measure the vibrations. Let me read you an excerpt from the book "Healing Oils of the Bible":

“The frequencies of essential oils are between 52 and 320 megahertz—the highest of all known substances on the planet. Fresh herbs measure 20 to 27 megahertz, dry herbs—12-22 megahertz, and fresh product, 5-10 megahertz. Processed or canned foods measure zero. They contain chemical nutrition, but not the electronic nutrition of live, fresh foods.

**Chemically:** Let’s talk a little **aromachemistry!** There are 3 main components to essential oils that cause them to have an effect on the human body. Chemically, each oil has about a hundred different naturally occurring chemical components. Of those—some measure very high in **phenols** and **phenolpropanoids**. Each of your body’s cells have receptor sites that allow them to receive new information. When your body is toxic, those sites are full. Phenols and phenolpropanoids wipe the receptor cell sites clean so your cells can receive new information. The second component is **sesquiterpenes**. Sesquiterpenes have the ability to eradicate bad information—purge it—from your cells. The third component is **monoterpenes**—which reset your cells back to factory settings.

**Another component that makes oils work:** their ORAC value. You’ll see that a lot—people tossing around different ORAC values of oils. That’s a measurement of how many antioxidants are in an oil or food. The FDA uses the system all the time—and retailers have picked up on it and promote foods high in antioxidants. For example:

**Carrots** have an ORAC value of 210

**Oranges** 750

**Beets** 840

**Blueberries**—very high ORAC food—2400

**NingXia**—made from a wolfberry (a food, not an oil)—is a drink Young Living makes: has an ORAC value of 25,300

**1 ounce of NingXia contains the nutritional equivalent of:**

4 pounds of carrots

2 quarts of carrot juice

More beta carotene than carrots

More vitamin c than oranges

8 oranges

1 pint of orange juice

18 amino acids

21 trace minerals

2 pounds of beets

2 cups of beet juice

6 essential fatty acids

Vitamin B1, B2, B6

3 cups of raspberries

2 cups of blueberries

Vitamin e

Wolfberries are a superfruit that have one of the highest percentages of fiber of any whole food. It contains amino acids and symbiotic vitamin-mineral pairs that when present—allow your body to better absorb the food.

### **Why use carriers?**

**First:** it makes your essential oil go farther. You get more out of it. If you ever just want to take the bottle and dump it all over—get the same effect by putting it in a carrier, without using so much essential oil. It's more cost effective.

**Second:** You just don't need that much essential oil. Oils are extremely concentrated. One drop contains approximately 40-million-trillion molecules. Numerically, that's a 4 with 19 zeroes after it. We have 100 trillion cells in our body. That means 1 drop of essential oil contains enough molecules to cover every cell in our body with 400-thousand molecules. It takes just 8 molecules to support your body's systems. 1 drop is all that's needed topically. Even if you're diffusing—15 minutes with a diffuser is all that's needed—not hours. You can really stretch your oils if you use them that way. Sometimes, too many molecules overload the cell receptor sites, and they freeze up without responding at all—when a smaller amount would have been just right.

**Third:** When you feel sensitivity—a burning sensation from an oil, it means your body is craving that oil. It's drawing it in faster. You want to slow it down. There are 2 types of oils on the earth—fatty oils and essential oils. Fatty oils—like oregano, sweet almond, jojoba, coconut—molecularly are very large. When a tiny essential oil tries to get through, they have to wiggle past the large molecules of the carrier to get to your skin. That's why it takes the skin sensitivity away—it's not being absorbed as quickly. You still get the benefit of the oil—it just goes in more slowly.