

Basic Facts About Essential Oils

History

Essential oils have been called man's first medicine. The ancient Egyptian people used oils for healing diseases, skin and hair care, embalming and in religious rituals and ceremonies, such as cleansing the mind of "evil deities," which might be interpreted as releasing emotional trauma. Well-preserved oils were found in alabaster jars in King Tut's tomb. There are 188 references to oils in the Bible. Some of Young Living's blends are recipes from the Bible and ancient Egyptian hieroglyphics.

Properties of Essential Oils

- Anti-bacterial, anti-viral, anti-fungal, anti-parasitic, anti-inflammatory and antiseptic
- Stimulate the immune system
- Lipid soluble and pass through the cell membrane
- Increase oxygen, negative ions and ozone
- Provide a delivery system for nutrients directly to the cell
- Assimilated into the body within 2.5 hours without leaving any residues
- Promote healing on all levels – physical, emotional and spiritual

Grade

There are four grades of essential oils: Grade A, B, C and Floral Water. Grade A oils are of Therapeutic Quality and are usually made from organically grown plants distilled at low temperatures and pressures. Grade B oils are Food Grade and may contain synthetics, pesticides, fertilizers, extenders, carrier oils, etc. Grade C oils are Perfume Grade and may contain the same types of adulterating chemicals as Food Grade oils and others as well. The final grade is called Floral Water and is used to make shampoos and other skin and hair care products. Floral Water is a by-product of the distillation process and may be of very high quality if it is a by-product of a Grade A essential oil, but it might also be a very poor quality if it is a by-product of a poor quality oil. It has been estimated that over 90% of the essential oils in this country are Grade B and below. Only Grade A oils have the full health benefits. Most oils in the essential oil industry are cut with carrier oils (can go rancid), alcohol, cheaper cost and quality oils, and even chemicals and synthetics.

Oxygen

Disease cannot exist in an oxygen rich environment. If a cell has been deprived of oxygen, the cell wall hardens and nothing can pass in or out. Essential oils are lipid soluble and can penetrate a cell membrane. If the cell wall has hardened, essential oils will reoxygenate it. This allows the cell to function normally again. In fact, the cell can release chemical toxins in an oxygen rich environment. Essential oils offer the body the availability of an additional 21% oxygen to every cell in the body within 20 minutes of application.

Brain

There is a barrier membrane between circulating blood and the brain that prevents certain damaging substances from reaching brain tissue and cerebrospinal fluid. This is known as the blood-brain barrier. It has long been assumed by the medical community that diseases such as M.S., Parkinson's, Lou Gehrig's disease and Alzheimer's could be treated if an agent was found that passes the blood-brain barrier. It has now been documented that the agent of sesquiterpenes, found in plants, has the ability to go beyond the blood-brain barrier. High levels of sesquiterpenes are found in the essential oils of frankincense, sandalwood and cedarwood.

Sesquiterpenes from frankincense and other oils increase oxygen availability in the limbic system of the brain, particularly around the pineal and pituitary glands. This leads to an increase in secretions of antibodies, endorphins and neurotransmitters.

In the limbic system of the brain, there is a gland called the amygdala. In 1989, it was discovered that the amygdala plays a major role in storing and releasing emotional trauma. The only way to stimulate this gland is with fragrance or the sense of smell. This may help us understand how we are able to release emotional trauma with aromatherapy and essential oils.

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