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Please feel welcome to contact me if you have questions or would like to hear from me about my personal experiences using the oils.

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ESSENTIAL OILS USER'S GUIDE:

Proven Natural Remedies for You and Your Family

A special report on the amazing therapeutic uses of essential oils for developing a superior immune system, fighting deadly microorganisms, and enhancing health.

WHAT'S THE PROBLEM?

From AIDS, to Epstein Barr, to Lyme's disease, to deadly food bacteria such as E.coli and salmonella, we are more and more vulnerable these days to serious threats to our health. The list of microbes is growing and becoming more exotic, some deadly, some just destroying the quality of life: the mutant, tissue-destroying Streptococcus bacterium, the fatigue-causing Cytomegalovirus, the deadly Hantavirus, the nearly invisible parasites like Cryptosporidium and Giardia, deadly new drug-resistant strains of tuberculosis, SARS, the frightening new outbreaks of "airport Malaria" and mosquito-borne Dengue hemorrhagic fever. The world is becoming a dangerous place to live.

Is the situation serious? Yes. Because of new antibiotic-resistant bacteria, new viral infections being imported from all over the world, and complications like pneumonia that weaken an already sick person, what used to be a simple illness, like the flu, is now potentially lethal even to otherwise healthy people. It is becoming increasingly dangerous for anyone, of any age, to be sick.

Is there a way to deal with this? Yes. This e-course will introduce you to the powerful therapeutic effects of pure essential oils--possibly the most unique, highly effective, immune-boosting, disease-fighting substances ever discovered in nature. Please don't skim this lesson, even if you think the topic seems a bit odd, or even if you feel you're already familiar with essential oils. Never has there been a more important time to understand the natural tools you can use to take responsibility for your health and well-being.

Please also understand that this e-course is written only for the purpose of education and sharing of information. It should not be construed as providing or attempting to provide medical advice, diagnosis, or prescription. If you are ill, please consult with a competent health professional before undertaking any health-care program.

WHAT DO THE EXPERTS SAY?

"The use of essential oils dates back to ancient times, but there has never been a time when essential oils are more needed than today. The world is facing a medical disaster. Modern technology has produced the jet aircraft, which can be the instrument of transferring contagious disease around the world in hours. Fortunately, there are answers that provide a way for us to protect ourselves, our families and friends from these dangers. Research has shown that with their immune-stimulating properties essential oils can dramatically enhance and support the building of the immune system, whether they are inhaled or rubbed on the body topically. Even those who contract a cold or the flu can recover 70% faster using essential oils." (D. Gary Young, ND, 1996)

" I expect that essential oils may some day prove a vital weapon in the fight against strains of antibiotic-resistant bacteria. Lavender, thyme and tea-tree oils have been used for centuries as antiseptics; their chemical compounds appear to kill microbes on contact." (Andrew Weil, M.D., 1996)

"[A]romatherapy [essential oils] is one of the most powerful yet safe healing modalities we have today. It should be considered much more in healing." (Terry Friedmann, M.D., 1993)

HOW HAVE ESSENTIAL OILS PROVEN THEMSELVES OVER TIME?

Texts and artifacts from ancient China, India, Egypt, and Europe are chock full of references to significant therapeutic uses of essential oils. The ancient Egyptians were masters of essential oils for cosmetics and medicine. "The use of myrrh, cedarwood oil, and other aromatics in the process of mummification gives ample evidence of their antiseptic properties...[and] has also led to the use of these gums as rejuvenating agents." (Tisserand, 1977)

In the Bible, the Lord gives Moses specific instructions on how to make "an oil of holy anointment, an ointment compound after the art of the apothecary" to protect his people, using "three principal spices" which were myrrh, cinnamon, and calamus. (Exodus 30, 22-25)

During the Black Plague of the 17th century, "Every aromatic substance available seems to have been used...Aromatics were the best antiseptics available at the time, and the people knew it." Of course, it didn't help many thousands of people who died. But, "those in closest contact with aromatics, especially the

perfumers, were virtually immune." (Tisserand, 1977)

"...in Toulouse a band of thieves is alleged to have stripped and robbed the bodies of plague victims without coming to harm themselves, thanks to an aromatic compound of vinegar, cloves, sage, marjoram, rosemary, juniper and camphor--all known and used in aromatherapy for their antibacterial properties." (Davis, 1995).

History further reveals that virtually the entire town of Bucklersbury, England was spared from the plague, even while the residents of other towns in close proximity were dying in droves. How were the residents of Buklersbury spared? Historians believe it was because it was the center of the European lavender trade. While lavender is a plant whose essential oil is widely used in making perfume, it has long been known to have powerful disease-fighting properties.

Dr. Jean Valnet, a French physician, began using essential oils during World War II, using them to treat the wounds and burns of soldiers on the battlefield. His subsequent research stimulated widespread interest in the use of essential oils, and his book, "The Clinical Practice of Aromatherapy", is now regarded as a classic. Quotes of Dr. Valnet in this e-course all come from this book. (Valnet, 1980)

Dr. Valnet writes: "In recent years both doctors and the public have re-discovered the medical value of essential plant oils, but the idea of using their properties to maintain or regain health goes back to antiquity. The Romans had their knowledge of essential oils from the Greeks, who in turn had received it from the Egyptians. Hippocrates, for example, tackled the plague epidemic in Athens by fumigating the whole city with aromatic essences of plant oils. Later, in the 19th century, it is known that perfumery workers always showed an almost complete immunity during cholera outbreaks."

In light of today's modern plagues, and the utter failure of our 20th century "wonder drugs" to stop them, could it be that these completely natural, historically tested substances are the answer to our urgent need for enhanced immunity?

OK, SO WHAT ARE ESSENTIAL OILS EXACTLY?

"Essential oils are the regenerating and oxygenating immune defense properties of plants. Their oxygenating molecules effectively transport nutrients and a myriad of other powerful chemical constituents to the cells, bringing life to the plants, destroying infections, staving off infestation, aiding in growth, and stimulating healing. They are to plants what blood is to the human body, and much, much more." (D. Gary Young, ND, 1995)

"Dr. Taylor of the University of Austin Texas has observed that essential oils present more new compounds than the chemists of the whole world could analyze in a thousand years. We now know that they are mixtures of many powerful and therapeutic chemical constituents. " (Valnet, 1980)

Essential oils are the subtle, volatile liquids or resins from plants, shrubs, flowers, trees, roots, bushes, and seeds. They are what give plants their characteristic odors, such as the fragrance of a rose or the aroma of cedar or pine. There are now 30,000 known aromatic molecules that make up various essential oils, and science readily admits it has only scratched the surface in identifying and cataloguing them. A single essential oil can contain up to 800 different chemical constituents. This is one reason why the vast number of therapeutic actions of even a single essential oil is not yet fully understood.

What is understood is this. Because of their unique chemical structure, essential oils are able to penetrate the cell membrane of human cells, just as they do the cells of plants, carrying vital nutrients inside. Once inside the cell, "Essential oils promote natural healing by stimulating and reinforcing the body's own mechanisms. Essences of chamomile and thyme, for instance, are credited with the ability to stimulate the production of white blood cells which help in our fight against disease." (Wildwood, 1991)

The three primary elements of all essential oils are hydrogen, carbon and oxygen. However, essential oils contain a tremendous number of other powerful chemical groups, including alcohols, phenols, esters, ethers, oxides, coumarins, sesquiterpenes, terpinols, ketones and aldehydes. These chemical constituents and the sub-compounds they are made up of are what give the essential oils many of their most amazing healing properties.

The secretory cells of plants that produce the volatile oils trap the photo-electromagnetic energy of the sun and, with the help of glucose, convert it into biochemical energy in the form of aromatic molecules. Through this remarkable process, some of the most powerful natural healing elements known to humanity are created.

Some of the chief families of chemical constituents found in essential oils, along with their most widely acknowledged therapeutic properties:

* Aldehydes are highly reactive organic compounds that are anti-infectious, anti-inflammatory, antiseptic, and sedative. When inhaled, they are calming. They are found in many of the lemon-scented oils, including the oils of lemongrass, melissa and citronella. One of the principal aldehyde compounds, citral, is highly anti-infectious and anti-viral, particularly when applied topically on herpes simplex.

* Phenols are deadly to bacteria. They contain high levels of oxygenating molecules, and have powerful antioxidant properties. As a result, they are one of the most beneficial immunomodulating compounds of all of the aromatic groups.

* Alcohols are strongly anti-bacterial and anti-viral. The sesquiterpenol molecules in this group are anti-inflammatory and stimulate the immune responses. Linalol, one of the most

beneficial constituents of the alcohols, is highly anti-bacterial and works to boost the immune system, and carvacrol has been shown to be antiseptic, superbly energizing and possibly anti-cancerous.

* Terpenes are known to inhibit the accumulation of toxins in the human body, and help the liver and kidneys discharge built up toxins. They are antiseptic and stimulating, anti-inflammatory, anti-viral, anti-bacterial, analgesic, anti-spasmodic and sedative.

* Ketones are known to help stimulate cell regeneration and promote the formation of tissue. They also help dissolve and discharge mucous, helping with asthma, colds, flu, and coughs.

* Esters result from the reaction of an alcohol with an acid. They are known to produce a relaxing and soothing effect on the human body. They also have very strong anti-spasmodic and anti-fungal properties.

Additional chemical constituents found in essential oils include:

* Azulene prevents the discharge of histamine from the tissues by activating the pituitary-adrenal system, causing the release of cortisone. Very useful for asthmatic conditions. Known to dramatically speed up the process of healing. Stimulates liver regeneration. Strongly anti-inflammatory.

* Bisbalol is the strongest of the sesquiterpene alcohols. It is anti-inflammatory, anti-bacterial and anti-fungal. It is also known to be a powerful ulcer preventative.

* Flavonoids show highly beneficial effects on the capillaries of the human body, increasing blood flow and oxygenation of the cells and tissues.

* Farnesol is highly anti-inflammatory and anti-bacterial.

* Farnesene is strongly anti-viral in action.

* Limonene is known to exhibit strong anti-viral properties and more recent research suggests it may be anti-tumoral.

* Terpene alcohols are highly anti-bacterial and stimulating to the immune system.

* Terpene hydrocarbons are highly anti-viral.

* Thujone relieves respiratory distress and stimulates the immune system. May be highly beneficial in the reduction and destruction of malignant tumors, particularly in breast cancer.

Quite an impressive list. But it barely touches the surface of what modern medical science is now discovering about the powerful therapeutic and immune boosting properties of essential oils. Many scientists believe that over the course of the next decade,

it will be some of the specific constituents of various essential oils that will help bring a halt to the burgeoning epidemic of chronic degenerative disease now plaguing this country, including cancer, arthritis, heart disease, chronic fatigue, multiple sclerosis and more.

WHAT DOES MEDICAL SCIENCE TELL US ABOUT ESSENTIAL OILS?

"Essential oils include muscle relaxants digestive tonics, circulatory stimulants and hormone precursors. Many repair injured cells; others carry away metabolic waste. In addition, a number of essential oils enhance immunity, working with the body to heal itself. They're capable of stimulating the production of phagocytes (white blood cells that attack invaders). And some are antitoxic. Many essential oils have been proven effective against fungi and yeast, parasites and viruses. Others fight infection with amazing effectiveness, killing bacteria by disrupting their life cycle. And unlike conventional antibiotic drugs, essential oils are "probiotic": they kill pathogenic bacteria, but tend to leave beneficial bacteria intact. Finally, bacteria typically do not acquire resistance to essential oils, as they so often due to antibiotic drugs. " (Keville and Green, 1995)

"What do the oils do? First of all they are transporters; they transport products to the cells of our body. Secondly, they contain ATP, which serves as the power source of the cells--the fuel. Essential oils normalize the viscosity of the blood, and facilitate the delivery of vital nutrients. Some oils are anti-spasmodic and help relieve migraine headaches and mental fatigue. Others reduce the pain and swelling of arthritis, release liver toxins, clean the gall bladder, clear up acne and stimulate the secretion of gastric juices, while even others work to improve nerve impulses and synaptic connections, and heal burns, cuts and infected wounds. Some oils reverse insomnia and anxiety, lower cholesterol, relieve PMS symptoms, stimulate the immune functions and destroy [microbes] among many other important functions. " (Friedmann, 1995)

One of the principal characteristics of essential oils is that they contain powerful oxygenating molecules. This is why the essential oils, when applied to the skin or when inhaled, have the ability to dramatically increase cellular oxygenation. This, in turn, begins almost immediately to boost the human immune system.

Incredible as it may seem, recent research shows that essential oils placed anywhere on the body will penetrate every single cell of the body with in 20 minutes. (Young, 1995) They will even penetrate a fingernail or toenail almost instantly to reach fungus underneath. This stands in marked contrast to the average of 13 to 23 hours for the therapeutic constituents of dried herbs to reach the cells of the human body after ingestion.

What's more, essential oils are extremely concentrated, particularly when they have been derived through distillation, which is the best method of extraction for high quality oils. When properly extracted, the oils contain virtually all of the

plant's healing nutrients, oxygenating molecules, amino acid precursors, coenzyme A factors, trace minerals, enzymes, vitamins and more. And because essential oils are so highly concentrated, they can be many, many times more potent than the herbs or plants from which they are derived.

Dr. Valnet asserts that the essential oil from thyme destroys the anthrax bacillus, the typhoid bacillus, the glanders bacillus, staphylococcus, the diphtheria bacillus, and meningococcus. He further states, "The essence of lemon is second to none in its antiseptic and anti bacterial properties".

Andrew Weil, M.D., noted advocate of natural therapies writes: "Certain aldehydes in lemon balm, for instance, have been shown to reduce inflammation, while certain ketones in rosemary and eucalyptus appear to reduce mucus production. Essential oils appear to affect the emotions as well: In one recent study done in a British nursing home, vaporized lavender oil was found to work as well as pharmaceutical sedatives in helping residents relax into sleep." (Weil, 1996)

Until recently, the bulk of research on the therapeutic properties of essential oils has been carried out in Europe and the Middle East, most notably France, Egypt and Israel, each country having a rich, centuries-old history of the use of various essential oils for therapeutic purposes. It has been these scientific studies that finally jolted a small number of far-seeing researchers within the American medical and scientific community to sit up and take note of the extraordinary antimicrobial power of essential oils, particularly in light of today's plague of deadly antibiotic-resistant microorganisms.

In tests conducted in France by Professor Griffin, director of the French Police Toxicology Laboratory, the antiseptic effect of a blend of essential oils--including pine, thyme, peppermint, lavender, rosemary, cloves and cinnamon--was studied in order to test the ability of the oils to purify the air of harmful disease causing bacteria. First, Professor Griffin set up a number of Petri dishes approximately 15 centimeters from ground level in an open room, allowing them to stand for 24 hours, germs from the air being collected naturally as they settled into the open to dishes. After 24 hours he analyzed the dishes, finding them to contain 210 colonies of various microbes, including numerous molds and staphylococci. He then sprayed the mixture of essential oils in the form of an aerosol into the air in the room. After only 15 minutes, only 14 colonies of microorganisms out of the original 210 were left alive. After 30 minutes, only four colonies of the regional 210 were left. Importantly, all the potentially harmful disease causing molds and staphylococci had been killed in the first 30 minutes. (Valnet, 1980)

In another French experiment, the number of pathogenic microorganisms in various locations were measured. In a forest, there were found to be five pathogenic microorganisms in the air for every cubic meter. In an average apartment, there were found to be twenty thousand microbes in the air per cubic meter. In public stores, there were found to be nine million microbes in

the air per cubic meter. On the top of a worktable there were found to be five million microbes per square meter. On a carpet, 9 million. And in the air of a large hospital there were found to be on average ten thousand microbes per cubic meter. According to Dr. Valnet, when an inquisitive doctor put some of the microbe laden air from the hospital into a flask containing just a few drops of essential oils, 40 percent of the microbes were destroyed in only 20 minutes, 80 percent in an hour, and 100 percent in nine hours!

Dr. Valnet concluded, "Clearly, the administering of essential oils by fine aerosol spray should be common practice in sick rooms, operating rooms and clinics."

In an extensive article in "Advances," a publication of the Fetzer Institute, Keith Block, M.D., a physician well known in the cancer field, surveys the alternative therapies for cancer that seem to be effective. He writes, "Consider the chemopreventive activity of limonene, a monocyclic monoterpene found in the essential oils of citrus fruits, spices, and herbs. As recently reviewed by Crowell and Gould (1994), limonene induces both phase I and phase II enzymes, resulting in hepatic (liver-related) detoxification of carcinogens and increased carcinogen excretion. Limonene may also block tumor promotion and progression. (Haag et al. 1992a) [and] the complete regression of mammary carcinomas by limonene and its metabolites appears to involve tissue re-differentiation and induction of programmed cell death (apoptosis), an integral part of normal biologic processes (Haag, et al. 1992b)." (Block, 1997)

Dr. Valnet states that pathogenic microorganisms do not become resistant to essential oils as they do to modern day synthetic drugs. He says, "The body cannot become 'habituated' in the pejorative sense of the word--i.e., no longer able to derive any benefit--to the oils anymore than it can become habituated to pure mountain air or personal hygiene. The results remain the same; they do not lessen over any length of time."

And, unlike many of today's most popular antiseptic chemicals, essential oils do not harm human tissue. As Dr. Valnet writes, "Essential oils are especially valuable as antiseptics because their aggression towards 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. "

The successful uses of therapeutic uses of essential oils are so varied and so great, the list of healing benefits literally boggles the mind. For example:

Dr. Valnet asserts that unlike antibiotics, many of the essential oils have strong anti-viral properties, and can provide remarkable protection against viral infections ranging from shingles to influenza.

Additionally, wounds of all types appear to heal quicker when treated with essential oils. According to Dr. Valnet, "When

essential oils are used on both large and small wounds, healing takes place quickly without dangerous toxicity or the formation of scars." Skin disease also appears to benefit greatly from the use of essential oils. States Dr. Valnet, "The various dermatoses, acne and blotches are curable by both local and general treatment with essential oils. Local application of the oils also acts upon the subjacent organ such as the liver, intestine or circulatory system, whose deficiency has given rise to the cutaneous problem."

Furthermore, according to Dr. Valnet, many essential oils have proven to be anti-neuralgic, anti-rheumatic, and beneficial to the entire body and its organs. "Recent research has proved that the essential oils pass directly through the layers of the skin to be rapidly circulated in the blood, and then eliminated via the lungs and kidneys in particular. The organs benefit from the disinfectant, antispasmodic or stimulant properties of the oils in the process. Using the essential oil of juniper in bath water, for example, is recommended for people suffering from rheumatism or arthritis."

Dr. Valnet further states that various essential oils can be used to treat conditions ranging from high blood pressure to fatigue. For example, "The oils of lavender and marjoram lower arterial pressure. On the other hand, the essences of hyssop, rosemary, sage and thyme raise arterial pressure by liberating adrenaline as a result of direct action on the area of the cortex of the adrenal gland."

Andrew Weil reports on confirmation of the French medical orientation to aromatherapy, or the therapeutic use of essential oils: "Research worldwide is now validating the French acceptance of aromatherapy as a medical modality." As examples he cites a German double blind, controlled study finding peppermint oil reducing headaches; two controlled British studies showing peppermint oil more effective than placebo for irritable bowel syndrome; and ongoing studies in the United Kingdom researching the possible promise of limonene, in lemon oil, in the treatment of advanced cancer. (Weil, 1996)

It's easy to see that the therapeutic properties of essential oils are far too numerous to fully describe in the few pages of this e-course. This is because the essential oils of plants, all together, involve literally thousands of chemical compounds and sub-compounds, each of which has their own therapeutic actions on the human body.

A BRIEF WORD ABOUT THE FREQUENCIES OF ESSENTIAL OILS

The effectiveness of essential oils cannot be fully understood without some discussion of frequency. Frequency is the measurable rate of electrical energy flow that is constant between any two points. Everything has frequency. Dr. Robert O. Becker, in his book "The Body Electric", establishes that much about a person's health can be told by the frequencies generated by the person's body. (Becker, 1985)

In 1992 the pioneering scientist and researcher Bruce Tainio built the first "bio-frequency" monitor in the world. His research shows that when the frequency of the human body drops substantially it is a clear indication that the immune system has been compromised. His frequency measurements correlate well with various states of disease and health, and show the effects of contact with low frequency foods (junk, canned foods, coffee, etc.) and the health-enhancing effects of the use of fresh fruits and vegetables, herbs, and essential oils due to their measurably higher frequencies. (Tainio, 1996) While Tainio's work remains experimental, it echoes the principle suggested in the earlier research by Royal Raymond Rife in the 1920's in which various microbes were measured for their unique frequencies and killed with the administration of higher frequencies.

The high electrical frequencies of essential oils appear to be related to their ability to kill even the most virulent forms of pathogenic microorganisms, and boost the immune system of the human body. For example, Dr. Valnet states that the essential oil of clove" has been found to have electronic constituents which are opposed to cancer and to virus diseases."

HOW DO YOU USE ESSENTIAL OILS?

There are many ways to use essential oils, but the two most popular ways are diffusion into the air and direct application onto the skin.

DIFFUSION

Diffusion of essential oils into the air of an enclosed space (such as a house or office) is popularly called aromatherapy. That's because the highly aromatic, sweet-smelling molecules of the essential oils are literally breathed into the human body, at which point they trigger numerous immune-boosting, healing, relaxing, or stimulating responses, depending upon the specific oils being inhaled. Whether applied directly or inhaled, pure essential oils have a therapeutic impact on the human body. D. Gary Young, ND points out that the body's response time to inhalation of essential oils can be as quick as one to three seconds. Of course, even when the oils are applied directly to the skin, their fragrance still gets to the nose!

How do the essential oils cause their effects? Specialized nerve endings deep in the nasal passage are direct extensions of the brain's olfactory bulb. When the tiny, vaporous oil molecules hit them, they stimulate unique receptors that send impulses directly to the olfactory center which "is very closely connected with the limbic area of the brain, which is concerned with our most subtle responses such as emotion, memory, sex-drive and intuition. The olfactory area of the brain also connects with the hypothalamus, a very important structure, which controls the entire hormonal system by influencing the 'master gland' itself--the pituitary." (Wildwood, 1991) Thus, it's not hard to understand how an essential oil, sending impulses so directly to the brain, can affect the physical body as well as the emotions.

When oils are diffused in a home or office, they purify the air itself by removing toxins, metallic particles and other harmful microscopic debris. They also increase the atmospheric oxygen of the air, and boost levels of beneficial ozone and negative ions to inhibit dramatically the growth and reproduction of airborne pathogens. As the aromatic molecules drift to the various surfaces of each room (ceilings, floors, walls, tiling, etc.), the unique properties of certain essential oils will rapidly kill pathogenic bacteria, viruses, molds and fungi with which they come in contact. And lastly, they can destroy odors from mold, cigarettes, household pets and more.

Essential oils can be diffused into the air in a number of ways. During summer months when you have a fan or air conditioner running, one of the simplest ways to diffuse oils is to put a few drops of your favorite oil onto a Kleenex, a cotton ball, or handkerchief, and secure it in or next to the air vent or the fan cage so that the air blows across it. The blowing air then circulates the aromatic molecules of the essential oils throughout your house, and you breathe them in and enjoy the fragrances as you go about your normal daily household activities.

Perhaps the most popular and effective method of diffusing oils is using a device called a "diffuser," which sprays an ultra-fine mist of the essential oil of your choice into the air. The millions of misted particles sprayed from a diffuser are so fine they can hang in the air of your house literally for hours, spreading from room to room via the normal air circulation that occurs as you walk through your house. A diffuser gives the longest lasting effects in the air.

Another easy method of diffusing, if only because of its simplicity, is to purchase the kind of spray bottle you would use to mist houseplants. Fill the mister with water, add 15 or 20 drops of essential oil, shake well, and then walk through your house briefly "misting" each room with the solution as you go. (This refreshing mist will clear the air and clean it, but will fall out of the air more quickly than the mist created by a diffuser.)

Regardless of which method of diffusion you choose, you'll find immediate beneficial effects. For example, diffusing oils into a room where someone is sick with a cold or flu can cut their downtime by half or more. According to the experts and personal testimonies, recovery can be accelerated by as much as 70%! And regular diffusion of essential oils can practically eliminate your normal change-of-season bouts with colds or flu.

According to Dr. Valnet, "Many essences (e.g., cinnamon, pine, thyme, lemon) have marked effects on influenza, and patients treated with these essences seem to get through the winter without trouble."

The stories that people tell about their experiences using essential oils are so wide ranging it can be surprising or even hard to believe. But, when you put these stories side by side

with the research mentioned above, it's not surprising at all. For example, for some people, simply smelling the essential oil of lavender right out of the bottle can knock out a stubborn sinus headache within 60 to 90 seconds. Other people swear by a few drops of peppermint across the forehead to do the same. Smelling eucalyptus for just several minutes often helps to open clogged nasal passages and clear up sinus congestion like magic. And a few drops of the essential oil of peppermint on the tummy can completely eliminate acid indigestion and heartburn!

We have personally experienced that the essential oils of peppermint and helichrysum will often completely alleviate shoulder, knee and other joint discomforts when applied directly to the painful area. That is because they both have chemical constituents that are anti-inflammatory and analgesic, in addition to their oxygenating and immune-boosting properties. Other essential oils, such as rose, lavender and ylang ylang can be rubbed into the area of the back, up and down the spine, just before bedtime if you suffer from insomnia. Their amazing calming and relaxing effects practically guarantee a sound night's sleep. And again, you receive these benefits on top of all of the other powerful health-enhancing properties of the oils!

DIRECT APPLICATION

As mentioned earlier in this e-course, direct application of essential oils to any area of the human body results in almost immediate penetration of the cells of the body. We recommend that anyone beginning to explore this incredibly effective technique always start with the essential oils diluted with pure vegetable oil. Individual sensitivity to the oils may vary and needs to be discovered.

In addition to the application of the oil or oil blend directly on or over the affected area, one of the most effective and efficient means of application of the oils is to specific areas on the bottom of the feet. This notion is present in the ancient healing practices of India (Ayurvedic massage) and China (acupuncture and acupressure). In as little as 21 minutes, virtually every cell of the body will have been penetrated by the oil, regardless of where the oil was applied.

Furthermore, the essential oils carry their oxygen molecules and micronutrients right into the cells, nourishing and oxygenating the body in an extraordinarily efficient manner unmatched by any other substance on earth. Of course, anytime your cells get the vital nutrients and oxygen they need, they become more robust, healthy and able to deal with potential problems.

WHAT DO YOU NEED TO KNOW BEFORE PURCHASING ESSENTIAL OILS?

Unfortunately, not all essential oils are created equal. In fact, many if not most of the essential oils on the market today are what's called "perfume quality" oil. Usually found at health food stores or through discount mail order suppliers, these are over-processed, chemical-laden, highly adulterated and de-natured products that, in reality, are little more than cheap perfume

made from various odorous plants. 98% of the world's essential oils are made for perfume, food flavoring, or industrial purposes. They contain little or none of the beneficial therapeutic qualities of pure essential oils. Of course, consumers are not commonly given this information by the purveyors of these oils. In truth, the purveyors may have no idea what they are selling. And unfortunately, it is only when you get the oil home and use it that you find out that it's completely devoid of therapeutic benefits.

Pure, unadulterated therapeutic essential oil is extremely difficult to come by--and often very expensive. One reason for this is that it can take as many as 500 to 2,000 pounds or more of raw plant material to produce just a single pound of pure essential oil. And that pound of pure essential oil can cost anywhere from \$1,000 to \$15,000, depending upon the amount of raw plant material needed to extract the oil, and the difficulty involved in extracting it. This is why many bulk distributors today sell inexpensive diluted and adulterated oils in large quantities to unsuspecting buyers, who may be told they are getting decent oil and who then re-bottle these denatured products in smaller quantities for sale to the public at steep mark-ups.

For this reason, having documentation of the purity and quality of an essential oil is all-important. Without it, you may have a nice smell and little else.

It's also important to know that the purity and therapeutic quality of essential oils are dramatically affected by several other very important factors, including the location and climate in which the plants are grown, the growing procedures used for each particular plant, the harvesting procedures and the extraction procedures used. The plants for pure therapeutic quality essential oils must be grown organically whenever possible, nourished with the best plant foods and water, in the right location and at precisely the right climate. Many of them have to be harvested with great care, by hand, in order not to damage the plant or its delicate oils. Furthermore, the harvesting must be done at precisely the right time of the year and day, when the oils in the plant are at peak potency. And rather than the high heat and chemical extraction processes used by so many essential oil producers (which rob the oils of the vast majority of their vitality), true therapeutic-quality essential oils must be extracted by steam distillation (with very few exceptions, where distillation is not possible, such as with jasmine oil) using extremely low pressure and low heat so as not to degrade the quality of the oil.

These factors are not optional! They are mandatory if a plant oil is to be sold as a pure, therapeutic-grade essential oil. Nevertheless, it appears that there is only one major producer of essential oils in the United States whose products are all guaranteed to meet these criteria.

MEET D.GARY YOUNG, N.D.

One of America's foremost experts on essential oils and their therapeutic uses D. Gary Young, ND, is one of the few producers in the world who is devoted to producing pure, unadulterated, therapeutic-quality essential oils for public use.

D. Gary Young's credentials are impeccable. He studied essential oils under the famous French researcher Dr. Jean-Claude Lapraz, M.D., who pioneered the use of essential oils to treat and cure chronic respiratory diseases. D. Gary Young, ND studied with him at the Geneva Medical University in Switzerland. Later, D. Gary Young, ND went to Paris to study under Paul Belaiche, a leading French physician who brought much-needed understanding to the western world regarding the previously unknown chemical properties of essential oils.

D. Gary Young, ND then went on to conduct private research into the essential oils at the prestigious Warwick University in England, as well as the University of London. He then traveled to Cairo, Egypt to study essential oils under Dr. R.S. Farag, head of the biochemistry department at Cairo University. Dr. Farag documented the oxygenating molecular activity of essential oils, and was responsible for the scientific documentation of their powerful anti-oxidant and anti-microbial activity. He has written and published over 90 medical research papers on the essential oils, and has received more awards than any other person in this field of study. (Farag, 1989)

Later, D. Gary Young, ND founded his own clinic where he experimented with pure essential oils and continued his research into their amazing therapeutic properties. He also contributed to the field of blood crystallization study, and helped advance the study of dark field microscopy.

Today, he heads Young Living Essential Oils, the company he founded for the purpose of bringing pure therapeutic-quality essential oils to the American public. He is one of only a handful of experts in the world today familiar with the multitude of requirements for growing plants for, distilling and protecting high quality essential oil. And he is the first to conduct research and studies in North America on the use of essential oils for the treatment of degenerative diseases.

His farm in Utah cultivates the largest single acreage of lavender in the world and he is the first in North America to grow organic plants for the distillation of essential oils.

Finally, Pure, Therapeutic-Grade Essential Oils Are Available In the United States

Fortunately, just as today's growing plague of antibiotic-resistant bacteria, mutating viruses, infectious fungi and disease-causing parasites has begun to sweep across the nation like a tidal wave, D. Gary Young, ND has been developing his company, Young Living Essential Oils, on a national basis in order to help bring pure therapeutic-quality essential oils to the forefront of public consciousness. It is a time of most urgent need. His oils are not only the highest quality oils

available here in the United States, but they are also very reasonably priced in spite of the fact that he must import many of the oils from special farms in France, Egypt, Inner Mongolia and China, where the best growing locations and growing climates are located for many essential oil plants.

FIND OUT WHAT ESSENTIAL OILS CAN DO FOR YOU, PERSONALLY!

At present, Young Living Essential Oils offers 70 different 100% pure, therapeutic-quality "single" essential oils, and 60 different blends of 100% pure, therapeutic quality essential oils. Because of this wide range of choices, D. Gary Young, ND has put together a special "introduction to essential oils" kit for first-time essential oil users, consisting of three bottles of some of the most important and powerful of the essential healing oils (peppermint, lemon and lavender), and four bottles containing specially formulated blends of essential healing oils, for a total of seven bottles of essential oils. D. Gary Young, ND calls this kit "The Essential 7." Each bottle contains a full 5 ml of highly concentrated essential oil--more than enough to help you become thoroughly familiar with their amazing therapeutic properties.

Each of the seven different oils and oil blends in the Essential 7 kit can be diffused, applied directly to the body, or even added to the bath water. Here are descriptions of the oils you'll find in this kit, and their most widely acknowledged therapeutic properties:

1) Lavender - This beautiful oil has been called the "universal" essential oil because of its extraordinary ability to help with so many different problems. D. Gary Young, ND has said if there were only one oil he could have, it would be lavender. It is highly touted for its phenomenal ability to heal help severe burns, cuts, bruises, and skin irritations. It is also widely known for helping with headaches, gentle relief of insomnia, alleviating PMS symptoms, and reducing stress. The fragrance is calming and relaxing, both physically and emotionally. It may kill many dangerous pathogenic microorganisms, and has supports healthy circulation, blood pressure, and heart function.

2) Lemon -This refreshing oil is known to promote leukocyte formation and increase lymphatic function, thereby dramatically supporting the body's immune system. It works against many pathogenic microorganisms, helps purify the air and water, and promotes a sense of well-being when inhaled or applied. It is also known to help relax overworked muscles and to be a potent antidote for a variety of toxins. People love the uplifting fragrance, especially children.

3) Peppermint - This cooling spice oil is known to improve dramatically and rapidly mental acuity and alertness, vanquish fatigue, soothe the respiratory system, relieve nausea, help to reduce fever and vomiting, and quickly help to relieve the discomfort of headaches, acid indigestion and heartburn. It also may kill some intestinal parasites, as well as other pathogenic microorganisms. Peppermint is also often used as an inhalant to

ease the symptoms of asthma and bronchitis, and is cooling on hot summer days.

This kit also contains blends of Young Living Essential Oils, designed by D. Gary Young, ND for specific purposes.

4) Purification - This is a blend of 100% pure essential oils including Citronella, Lemongrass, Lavandin, and Melaleuca. It was specially developed by D. Gary Young, ND to purify the air of airborne pathogens and neutralize mildew, cigarette smoke, and other odors found in homes, offices and confined areas.

The oils which are combined to make this blend have been described as having strong healing properties on their own:

- * Citronella can be highly antiseptic and anti-spasmodic, and in some instances may be anti-bacterial and anti-inflammatory as well.

- * Lemongrass is known to be strongly antiseptic and anti-parasitic. It is also very calming, highly beneficial for the digestive system, anti-inflammatory, and often used in natural mosquito repellent.

- * Lavandin is similar to lavender and has many of the same powerful therapeutic properties.

- * Melaleuca is known to be highly anti-microbial, immune-supporting, decongestant, neurotonic (i.e., it calms jangled nerves) and sometimes even pain-relieving.

Purification is great for repelling bugs and relieving the itching and swelling of bug bites. We believe this oil should be in the first aid kit of every home!

5) Joy - An exquisite blend of pure essential oils, Joy includes Ylang ylang, Bergamot, Citrus and Rose oils. It was specially developed by D. Gary Young, ND to relax the body and mind, and bring about an enhanced sense of wellbeing and security.

The properties of the constituent oils have been reported as follows:

- * Ylang ylang is thought to be highly antiseptic and is used overseas to fight intestinal problems. It also may relieve tension and high blood pressure, reduces over accelerated breathing, may ease a rapid heart beat), and it is thought to work wonders on sexual debilities such as impotence in men and frigidity in women.

- * Bergamot has been used in the Middle East for hundreds of years as an effective way of managing infectious diseases, cold sores, insect bites, ulcers, sore throat, thrush, and depression. It is known to have about 300 powerful chemical constituents, and has a refreshing, uplifting quality.

- * Mandarin is believed to be antiseptic and anti-spasmodic, as well as appeasing, gentle, and promoting happiness.

- * Rose oil (Rosa damascene) has the highest frequency of all the essential oils. It creates a sense of balance, harmony, overall good health, and elevates the mind. It promotes healthy skin and may help ease the most distressing symptoms of many problems,

such as respiratory problems, sexual problems, skin problems and even muscle sprains.

When feeling sad, there is nothing quite like a sniff of "Joy" to uplift the spirit! This is another blend to be used regularly, if not daily.

6) Peace and Calming - This is a blend of pure essential oils that includes Citrus, Ylang ylang, Tanactum and Patchouly. It was specially developed by D. Gary Young, ND to help promote relaxation and a sense of calm after a stressful day. When diffused in the home it helps gently relax overactive, upset, or hard to manage children. (We've already discussed the numerous therapeutic and anti-microbial properties of Citrus and Ylang ylang above.)

* Tanactum (also known as Blue Tansy) is one of the most rare and most therapeutic of the essential oils. It is thought to be highly anti-microbial. It supports the immune system fight the symptoms of colds, flu and infection. Additionally, it aids the body's nervous system by modulating neurotransmitters, reducing stress and bringing about a general feeling of wellbeing.

* Patchouly is among the top 10 oils used in aromatherapy. It is known to be powerfully antiseptic. Additionally, it helps regenerate tissue, and is anti-inflammatory. It is also used as a general tonic that helps bring about a relaxed state when diffused or applied directly.

If you have any trouble with stress, feeling overly worried, or getting a good night's sleep, we believe this is one of the most beneficial essential oils blends you could possibly use. Children typically love it. Also, because of the Citrus and Patchouly it contains, it has the ability to rid your home of dangerous airborne pathogens when diffused.

7) Pan Away - Some people call this a miracle oil. It is a blend of pure essential oils including Helichrysum, Wintergreen, Clove, and Peppermint. It was specially developed by D. Gary Young, ND to help the reduction of inflammation, promote healthy circulation and healing, and alleviate mild to severe discomfort in overworked muscles, bones, and joints due to exercise. It has proven to be highly effective in easing the symptoms of sports injuries, sprains, and muscle spasms. (We have already noted the many beneficial therapeutic properties of Peppermint above.)

* Helichrysum has been referred to by Gary Young as a "magic bullet" oil. It is an all-around beneficial essential oil that is widely known to help regenerate tissue and reduce tissue pain. It has also been shown to stimulate liver cell function, improve hearing loss, and reduce scarring and discoloration of the skin.

* Wintergreen contains methyl salicylate, which has a completely natural cortisone-like action that is highly beneficial for muscle, bone and joint discomfort especially due to over exercising. It is extremely helpful in decreasing the distressing symptoms of arthritis, tendinitis and rheumatism.

* Clove is widely known for its powerful pain-relieving and germicidal properties. It is also one of the three essential oils

in which no known bacteria, virus or fungus can live. It is anti-infectious, anti-bacterial, anti-viral, anti-fungal, anti-parasitic and antiseptic.

This essential oil blend is an absolute 'must have' if you engage in any kind of work or sports activities that leave you with sore muscles or achy joints.

Please remember that virtually all essential oils are multi-beneficial and therapeutic, so long as they are pure, unadulterated first-quality essential oils. Even though many of the essential oils described above are historically known for treating very specific symptoms, such as pain, insomnia, high blood pressure or infection, virtually all of them work to oxygenate the cells of the human body, and are packed with oxygen, natural immune system stimulators, and a wide spectrum of cellular enhancers which are carried directly into the cells and tissues of the body to oxygenate and balance them. In short, one of the real beauties of high quality essential oils is that almost any of them will help support the human immune system, and benefit your overall health and wellbeing, regardless of the specific symptoms for which you may be using that oil.

As with any substance you use for therapeutic purposes, the best advice is to proceed with sensitivity and intelligence. The good news is that if used appropriately, essential oils are completely safe as well as effective. So, you can just try them and see how they affect you. Along the way, you may even experience their subtle effects that touch upon the spiritual dimensions of your experience, as well as the physical, mental, and emotional.

HOW DO I ORDER THERAPEUTIC GRADE ESSENTIAL OILS?

Thanks to Young Living, pure essential oils are available to you directly. You can order them on the internet, or by phone, fax, or mail, using a credit card or check-by-phone. All you need to do is make contact with the Young Living Distributor whose name and contact information accompanied this file.

We recommend that you purchase the "Essential 7 kit" and begin experimenting with the oils.

The Essential 7 kit also makes a perfect gift for anyone you love or care about since the oils are not only healthful but are incredibly fragrant and delightful to use!

It won't take you long to find out which oils offer you the greatest therapeutic benefits for a wide variety of symptoms and conditions.

To order use this link

<https://www.youngliving.org/oildrops>

Mike Rybinski - Member # 120140

WHAT PEOPLE ARE SAYING ABOUT YOUNG LIVING ESSENTIAL OILS

While some people feel that first person "testimonials" are unscientific and represent a secondary kind of information, often referred to as "merely anecdotal," we feel that there is undeniable value in hearing the experience of other people with natural products that are as benign as Young Living oils. This is not to say that such stories represent scientific evidence. It's just to say that the experience of individuals does have value, and we humans typically share those valued experiences by telling stories.

"When I received my Essential 7 kit, I started inhaling the peppermint oil immediately for my swollen nasal passages and a sinus problem. Within minutes I had relief. After two days I was completely clear in the nasal passages. Now, for the first time in years I have gone through a spring without headaches, dripping nose, breathing problems, or sinus infections. - F. B., AZ

"I received the Young Living Essential 7 kit on July 5, 1996 and started using the oil blend called PanAway for my symptoms of arthritis and the lavender oil for stubborn skin growths. With only four applications some of the growths are gone, and others are almost gone. What is incredible is that I have no more discomfort of arthritis and have power in my knees so that I no longer have to push and pull myself around holding onto walls, furniture and using a walking cane." I.H., FL

"I think you should know that I don't like the `PanAway.' I don't like it. I love it. I have been able to work on our property without the constant pain I have had for several years when I do any kind of physical activity. I have been able to work in the garden for up to seven hours a day! ." G. K., TX

"My son had a bad boil. Tried antibiotics (cream and oral) during a 2-week period or so. Couldn't get rid of it. Draining real bad. I put 2 treatments of about 2-3 drops of lemon oil on it and it was gone! It cleared up completely within a few days after the second treatment and has never come back." R. T., MX

"Everybody was sick around us last winter, with a really bad flu that had people in bed for weeks at a time. With me as a therapist and my husband a doctor, we had a lot of exposure. Then, the family came for the holidays, with bad colds and coughs, too. This happens every year, and we always get something from them that keeps us coughing for weeks. But we used an oil blend starting before the cold season started and didn't get sick once. I feel it was the oil that helped us stay well." S.P., CA

"I used Young Living Eucalyptus Oil for my allergies by inhaling each day for three days. The results were remarkable. Not only did it stop my allergy problem, my sense of smell has returned after 32 years. I can walk in the yard now and actually smell the different flowers and plants.... It's amazing." J.C., CA

"Since I received my Essential 7 kit I have not stopped using the oils. I got burnt over my eye with a curling iron and applied the lavender oil and the next day there was no evidence of a burn. I used to suffer from depression but no more since I began using the Young Living Essential Oil blend called Joy." B.E., FL

"My wife now uses the peppermint oil to stop painful stomach cramps. It works in about 90 seconds flat on cramps that used to leave her in debilitating pain for several days. Additionally, we now rub a few drops of the oil blend called Peace & Calming on our backs before bedtime, and sleep like babies. The more we use the oils, the more amazing results we continue to get. So far, everyone we've let use the oils have gone from skeptic to true believer in a matter of minutes." S.B., CA

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APPLICATION GUIDE

BASIL - Helps relax muscles and soothe away tension. Supports healthy digestion.* Deeply cleansing. Helps with mental fatigue.

BERGAMOT - Has about 300 natural chemical constituents that contribute refreshing mood-lifting qualities. Bergamot is responsible for the distinctive flavor of Earl Grey Tea.

CANADIAN RED CEDAR - Was used traditionally by Canadian Native Americans to help them enter a higher spiritual realm. They also used it to stimulate the scalp.

CEDARWOOD - Helps cleanse oily skin when applied topically. Evokes sensations of strength and support; meditative aroma. Helps one focus and calms nervous tension.

CINNAMON BARK - Helps promote blood circulation;* powerful antioxidant. Restores wakefulness when experiencing fatigue. Vitalizing, refreshing, and warming.

CLARY SAGE - Helps with mild mood changes, cramps, and edema associated with menstrual cycle; supportive for menopausal women. Quickens the senses; supports a positive mood.* Contains natural phytoestrogens.

CLOVE - Supports healthy respiratory, circulatory, and brain function.* Contains eugenol which is used in dentistry for toothache and to numb gums. Highest scoring single ingredient ever tested for its antioxidant capacity on the ORAC scale.

CYPRESS - Used most often to support the circulatory system.*

EUCALYPTUS GLOBULUS - Helps maintain healthy lung function.* Soothes muscle soreness following exercise. Cleansing to the skin; antiseptic. Promotes feelings of well-being.

EUCALYPTUS RADIATA - Supports healthy respiratory function.* Supports and cleanses skin; antiseptic. Evokes feelings of well-being.

FENNEL - Encourages feelings of balance. Provides pleasant feeling when rubbed on abdomen. Evokes restorative, warming, and motivating feelings; enlivens the senses. Is stimulating to the circulatory, glandular, pancreas, digestive and respiratory systems.*

FIR, DOUGLAS - Helps relieve sore muscles after exercise. It is spiritually realigning.

FIR, WHITE - Is high in d-limonene. Powerful antioxidant.

FRANKINCENSE - Holy anointing oil. Maintains healthy lung function and supports the immune system.* Balancing; helps elevate the mind to overcome occasional stress. Uplifting, stabilizing; enhances meditation.

GERANIUM - Helps promote blood circulation; promotes normal liver function. Supportive for menopausal women. Supports normal skin; helps to replenish it.* Cleanses oily skin. Alleviates occasional nervous tension, maintains emotional balance. Fosters feelings of hope. Helps release negative memories.

GINGER - Helps alleviate nausea, vomiting, or dizziness associated with motion sickness; also aids digestion and helps

maintain healthy lung function.* Stimulates physical energy and courage.

GOLDENROD - Supports normal liver, vascular, and heart function.*

GRAPEFRUIT - High in the powerful antioxidant d-limonene. Supports a normal, healthy attitude during PMS. Comforting during the winter season.* Deeply cleansing; antiseptic. Refreshing and uplifting.

HELICHRYSUM - Helps promote blood circulation; supports healthy liver function. Helps maintain healthy lung function and healthy skin.* Soothes muscle pains following exercise. Soothes the body and uplifts the spirit.

JUNIPER - Promotes normal digestion; supports normal urinary tract and nerve function.* Helps cleanse oily skin; antiseptic. Promotes feelings of protection, love, and peace.

LAVENDER - Most versatile of all oils. Supports normal skin; helps to replenish and protect it. Maintains healthy lung function; supports the immune system.* Antiseptic. Calming, relaxing and balancing.

LEDUM - Promotes normal liver and thyroid function. Supports normal skin*.

LEMON - Powerful antioxidant. Supports the immune system*. Contains 68% d-limonene. Very energizing.

LEMONGRASS - Aids normal digestion; calming and relaxing. Supports proper joint and ligament function.* Promotes feelings of psychic awareness and purification.

MARJORAM - Assists in calming the nerves; promotes a calming and relaxing feeling. Helps with occasional muscle soreness following exercise.*

MELALEUCA ALTERNIFOLIA - Helps support the immune system; supports normal lung function.* Used to cleanse the skin; helps to protect it; antiseptic. Cleansing, strengthening, and purifying. High levels of terpinenol.

MYRRH - Has one of the highest levels of sesquiterpenes, a class of compounds that has direct effects on the hypothalamus, pituitary and amygdala, the seat of our emotions. Used in skin care and oral hygiene.

MYRTLE - May be rubbed on throat area near thyroid to encourage feelings of balance. Elevating, clarifying, and cleansing.

NUTMEG - Help alleviate minor muscle soreness associated with exercise. Supportive to the nervous system, the endocrine system, and prostaglandin balance.* Has been used to support normal circulation.* Rejuvenating, uplifting, and energizing.

ORANGE - Antioxidant rich in the antioxidant d-limonene.

Comforting during the winter months. Alleviates occasional simple nervous tension.* Helps cleanse oily skin. Calming and relaxing. Uplifting; promotes feelings of joy and generosity.

OREGANO - Maintains healthy lung function. Powerful antioxidant; supports the immune system.* Deeply cleansing. Promotes a feeling of security. In laboratory research was shown to have a 99% rate of reducing airborne bacteria.

PATCHOULY - Helps promote digestion. Supports normal skin.* Improves appearance of older skin. Increases sexual desire and has an aroma of attraction. Calming and relaxing, supports positive mood.

PEPPERMINT - Has been used to soothe digestion and relieve headaches. Improves concentration and mental activity. Helps to trigger a sensation of fullness after meals.*

PINE - very cleansing, revitalizes and freshens. Used in massage for stressed muscles and joints.

RAVENSARA - Has antiseptic properties and is supporting to the nerves and respiratory system*

ROMAN CHAMOMILE - helps overcome simple restlessness and gently soothes away tension. Supportive to the digestive system and normal liver function*. Supportive and regenerative to normal skin. Calming and relaxing.

ROSE - Has a beautiful fragrance that is intoxicating and aphrodisiac-like. Helps bring balance and harmony. It is stimulating and elevating to the mind, creating a sense of well-being.

ROSEMARY - Helps promote blood circulation. Maintains healthy lung function.* Helps restore mental alertness when experiencing fatigue; improves mental clarity and focus.

ROSEWOOD - Gently strengthening and calming. Deeply cleansing. Soothing to the skin. Helps to uplift feelings of despair.

SANDALWOOD - Supports normal nerve function. Used to maintain normal skin.* Promotes feelings of emotional well-being and stability; helps promote positive feelings. Good to use for meditation.

SPEARMINT - Supports healthy respiratory function; aids digestion; balancing to metabolism.* Promotes feelings of lasting well-being. It may help open and release emotional blocks and bring about a feeling of balance.

SPRUCE - Supports proper joint and ligament function; supports healthy respiratory and endocrine function.* Antiseptic. Helps free emotional blocks.

TANGERINE - Helps calm occasional simple nervous tension. Promotes normal circulation; aids digestion.* Calming, soothing,

and relaxing. Rich in the antioxidant d-limonene.

THYME - Powerful antioxidant. Maintains healthy lung function; supports normal liver, heart, eye and brain function.* Supports positive mood; boosts stamina.

VALERIAN - Has been used for thousands of years for its calming, grounding, and emotionally balancing influences. Relaxing and calming to the central nervous system. Has been used for sleep disturbances.*

VETIVER - Psychologically grounding, calming and stabilizing. Has been studied for improving children's behavior. May help cope with stress and recover from emotional trauma and shock.

WINTERGREEN - Contains methyl salicylate. Warming and comforting when applied to muscles. Dilute when applying to sensitive skin. Increases sensory awareness.

YLANG YLANG - Symbolic of love in some cultures. Calming and relaxing. Supports normal heart function.* Nourishing to the hair and skin. Increases sensory awareness; may increase sexual desire. Promotes feelings of balance in relationships.

YOUNG LIVING BLENDS

ABUNDANCE - Supports a positive aura. Encourages feelings of physical and emotional abundance. Promotes feelings of vitality and balance. Contents: myrrh, cinnamon bark, frankincense, patchouly, orange, clove, ginger and spruce

ACCEPTANCE - Evokes images of acceptance, overcoming procrastination, and conquering denial; promotes feelings of confidence. Contents: neroli, sandalwood, blue tansy, rosewood, geranium and frankincense

AROMA LIFE - brings vitality to the heart and overall circulation. Contents: sesame seed oil, cypress, marjoram, helichrysum, and ylang ylang

AROMA SIEZ - Encourages feelings of peace and calmness. May help relax and calm muscles stressed from exercise. Contents: basil, cypress, marjoram, lavender, and peppermint

AWAKEN - Helps bring the inner awareness necessary to make successful changes and desirable transitions. May help you progress toward your highest potential. Contents: Five other blends.

BRAIN POWER - Helps restore mental alertness or wakefulness when experiencing fatigue. Use to clarify thought and support concentration. Contents: frankincense, sandalwood, melissa, cedarwood, Australian Blue, cypress, lavender, and helichrysum.

CITRUS FRESH - Calming and relaxing. Promotes feelings of creativity, joy and a sense of well-being. Can be used as an air purifier. Highly aromatic; high in limonene. Contents: orange,

tangerine, lemon, mandarin, grapefruit, and spearmint.

CLARITY - Evokes the sensations of mental clarity and alertness. Contents: cardamon, rosemary, peppermint, basil, bergamot, geranium, jasmine, lemon, palmarosa, Roman Chamomile, rosewood, and ylang ylang.

DI-TONE - A valuable digestive aid and promotes normal gastrointestinal function.* Contents: tarragon, ginger, juniper, anise, fennel, patchouly, peppermint, and lemongrass.

DRAGON TIME - Is formulated to help balance mood swings and other side effects that may be caused by PMS.* and inspires balance throughout the month. Contents: clary sage, yarrow, lavender, jasmine, fennel, and marjoram

DREAM CATCHER - May enhance dreams and visualization. Promotes a greater potential for realizing your dreams and remaining on your path as well as protect you from negative dreams that might cloud your vision. Contents: sandalwood, tangerine, ylang ylang, black pepper, bergamot, juniper, anise, and blue tansy.

ENDOFLEX - Supports healthy gland function and supports normal metabolism which may be helpful for weight control.* Contents: spearmint, myrtle, nutmeg, German Chamomile, geranium, and sage.

EN-R-GEE - Invigorating; supports feelings of alertness and vitality in the body. Contents: clove, juniper, fir, black pepper, nutmeg, rosemary, and lemongrass.

ENVISION - An aroma that elicits images of emotional fortitude, renewed faith in the future, and sharpened intuition. Contents: sage, geranium, orange, rose, lavender, and spruce.

EXODUS II - A blend of essential oils recorded in the Bible (Exodus 30:23-24) Helps the body's natural defenses and inspires feelings of fortitude and stability. Contents: cassia, hyssop, frankincense, spikenard, galbanum, myrrh, cinnamon bark, and calamus.

FORGIVENESS - May help release negative memories through the electrical frequencies of the oils in this blend. Inspires images of surpassing emotional barriers and achieving a higher awareness; increases desire to forgive. Contents: rose, melissa, helichrysum, angelica, frankincense, sandalwood, lavender, bergamot, geranium, jasmine, lemon, palmarosa, Roman Chamomile, rosewood, and ylang ylang.

GENTLE BABY - a combination of therapeutic-grade essential oils for mothers and babies. It is uniquely comforting, soothing, and relaxing, as well as helpful during the birthing process and for reducing stress. Nourishing to the skin. Contents: palmarosa, geranium, Roman Chamomile, rose, lavender, rosewood, ylang ylang, bergamot, jasmine, and lemon.

GROUNDING - A scent that inspires rational and logical thinking when dealing with adverse circumstances. Provides a stabilizing

and grounding influence. Contents: spruce, fir, ylang ylang, pine, cedarwood, angelica, and juniper.

HARMONY - Elicits sensations of well-being, balance, and happiness. It promotes physical and emotional well-being by bringing a harmonic balance to the energy centers of the body. Contents: hyssop, spruce, lavender, geranium, frankincense, ylang ylang, sandalwood, angelica, rose, orange, bergamot, sage lavender, jasmine, palmarosa, Roman Chamomile, and sandalwood.

HOPE - Helps you reconnect with feelings of strength and grounding, restoring hope for tomorrow. It may also help overcome severe, dark thoughts. Contents almond oil, melissa, juniper, myrrh and spruce.

IMMUPOWER - Promotes a healthy home environment, particularly during the winter season when diffused. Was specifically blended for building, strengthening, and protecting the body. Contents: cistus, frankincense, oregano, Idaho Tansy, cumin, clove, hyssop, ravensara, and mountain savory.

INNER CHILD - Reminds one of their true identify or inner-self. Was created for those suffering from abuse. Inspires images of emotional balance and stability, Contents: orange, tangerine, jasmine, ylang ylang, sandalwood, spruce, lemongrass, and neroli.

INTO THE FUTURE - Helps you leave the past behind in order to go forward. Often people settle for mediocrity and sacrifice their own potential and success because of fear of the unknown. This blend was formulated to help you move forward and progress. Contents: almond oil, clary sage, white fir, Idaho Tansy, frankincense, jasmine, and juniper.

JOY - Inspires feelings of romance and self-love. Brings joy to the heart. (Great used as a perfume). Contents: rose, bergamot, mandarin, ylang ylang, lemon, geranium, jasmine, palmarosa, Roman Chamomile, and rosewood.

JUVA FLEX - Helps support healthy liver function.* Helps evoke the sensation of released anger and negativity. Contents: geranium, rosemary, Roman Chamomile, fennel, helichrysum, and blue tansy.

LIVE WITH PASSION - Revives the zest for life and improves internal energy. It helps people recover an optimistic attitude. Contents: melissa, helichrysum, clary sage, cedarwood, angelica, ginger, neroli, sandalwood, patchouli, and jasmine.

LONGEVITY - Contains oils that rank among the most powerful antioxidants known. Contents: thyme, orange, clove, and frankincense.

MAGNIFY YOUR PURPOSE - Creativity, desire, motivation, and focus are all enmeshed in this remarkable scent. Contents: sandalwood, nutmeg, patchouli, rosewood, cinnamon bark, ginger, and sage.

MELROSE - Deeply cleansing. Is used topically for cleansing cuts,

scrapes, burns, rashes and stressed tissues.* Antiseptic-like properties when diffused. Contents: melaleuca a., melaleuca q., rosemary, and clove.

MOTIVATION - Helps enable a person to surmount fear and procrastination and stimulate feelings of moving forward to accomplish new things. Contents: Roman Chamomile, ylang ylang, spruce, and lavender.

M-GRAIN - Helps contribute to the relief of stress and also promotes a sense of well-being, particularly in the head and neck area. Contents: basil, marjoram, lavender, peppermint, Roman Chamomile and helichrysum.

PANAWAY - Evokes sensations of well-being, warming to muscles and ligaments. Contents: helichrysum, wintergreen, clove, and peppermint.

PEACE & CALMING - A gentle calmative blend specially designed for diffusing. It promotes relaxation and a deep sense of peace, helping to calm tensions and uplift spirits. When massaged on the bottoms of the feet, it can be a wonderful prelude to a peaceful night's rest. May be especially calming and comforting to young children. Contents: blue tansy, patchouly, tangerine, orange, and ylang ylang.

PRESENT TIME - Has an empowering fragrance, which gives a feeling of being "in the moment." You can go forward and progress when you are focused on the present time. Contents: neroli, spruce, and ylang ylang in a base of almond oil.

PURIFICATION - A blend that, when diffused, helps to purify and cleanse the air and neutralize mildew, cigarette smoke, and disagreeable odors. When applied directly to the skin, it may be used to cleanse and soothe insect bites, cuts and scrapes. Contents: citronella, lemongrass, lavandin, rosemary, melaleuca, and myrtle.

RAVEN - Creates an "open" sensation in the head and chest area. Excellent to diffuse or use in steam inhalations. Contents: ravensara, eucalyptus, peppermint, wintergreen, and lemon.

R.C. - Evokes a sensation of "openness" in the sinuses. Excellent to diffuse or use in steam inhalations. Contents: Eucalyptus (4 types), myrtle, pine, spruce, marjoram, lavender, cypress, and peppermint.

RELEASE - May stimulate a sense of harmony and balance within the mind and body, and help release anger and frustration, bringing about a sense of peace and emotional well-being. Contents: ylang ylang, lavandin, geranium, sandalwood, and blue tansy.

RELIEVE IT - Contains oils that possess a highly effective, soothing action to benefit nerves and alleviate muscle soreness associated with exercise.* Contents: spruce, black pepper, hyssop and peppermint.

SACRED MOUNTAIN - An aromatic blend that evokes sensations of strength, security, grounding, empowerment, and courage. Contents: Spruce, fir, cedarwood and ylang ylang.

SARA - Has a fragrance that may enable a person to relax, release the traumatic memory of sexual and ritual abuse, and cope with emotional problems. Contents: Ylang ylang, geranium, lavender, orange, blue tansy, cedarwood, rose, and white lotus.

THIEVES - Antioxidant; protective blend of essential oils, some of which support immune function. Helps maintain healthy lung function.* Comforting during the winter season. Protective and purifying; antiseptic. Contents: Clove, lemon, cinnamon bark, eucalyptus, and rosemary.

TRAUMA LIFE - May help release buried emotional trauma resulting from accidents, the death of a loved one, assault or abuse. This blend of calming, grounding essential oils can help purge stress and uproot traumas that cause fatigue, anger, restlessness, and a weakened immune response.

VALOR - Helps balance electrical energies within the body, giving you courage, confidence and self-esteem. It has also been found to help the body self-correct its balance and alignment. Contents: spruce, rosewood, blue tansy, and frankincense in a base of almond oil.

WHITE ANGELICA - A combination of oils used during ancient times to increase the aura around the body, bringing a delicate sense of strength and protection while creating a feeling of wholeness in the realm of one's own spirituality. It's frequency protects against the bombardment of negative energy. Contents: bergamot, geranium, myrrh, sandalwood, rosewood, ylang ylang, spruce, hyssop, Melissa, and rose.

3 WISE MEN - Was formulated to open the subconscious mind to help release deep-seated trauma. This blend helps promote emotional equilibrium and an elevated spiritual consciousness. Contents: sandalwood, juniper, frankincense, myrrh, and spruce in a base of almond oil.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

CREATE YOUR ENVIRONMENT

Essential oils offer us the unique opportunity of choosing and creating the environment in which we live. Purify the air, rid an area of unpleasant odors or change the atmosphere according to your mood.

The scent of pine, fir, and spruce are nice in the bathroom.

Relax in the bedroom with lavender, chamomile, ylang ylang, geranium or frankincense.

Cleanse the air with orange, peppermint, lemon, or lavender.

Energize the working areas with lemon, spearmint, basil, and peppermint.

For a romantic evening try jasmine, rose, sandalwood or ylang ylang.

CHEMICAL FREE PEST CONTROL

Pesticides are extremely toxic to pets and humans as well as insects. Shake up a few drops of oil in water in a pistol-grip squirt bottle for a healthy way to control pests.

ANTS

peppermint
spearmint

APHIDS

cedarwood
hyssop
peppermint
spearmint

BEEETLES

peppermint
thyme

CATERPILLARS

spearmint
peppermint

CHIGGERS

lavender
lemongrass
sage
thyme

COCKROACH

Mix 10 drops peppermint and 5 drops cypress in ½ cup salt water. Shake well and spray.

CUTWORM

thyme
sage

FLEAS

peppermint
lemongrass
spearmint
lavender

FLIES

lavender
peppermint
rosemary
sage

GNATS

patchouli
spearmint

LICE

cedarwood
peppermint
spearmint

MOSQUITOES

eucalyptus radiata
peppermint
lavender
lemon
lemongrass

MOTHS

cedarwood
hyssop
lavender
peppermint
spearmint
patchouli

PLANT LICE

peppermint
spearmint

SLUGS

cedarwood
hyssop
pine

SNAILS

cedarwood
pine
patchouli

SPIDERS

peppermint
spearmint

TICKS

lavender
lemongrass
sage
thyme

WEEVILS

cedarwood
patchouli
sandalwood

A BRIEF SAMPLING OF EMOTIONAL APPLICATIONS

ANGER

cedarwood
Roman chamomile
frankincense
lavender
myrrh
orange
rose
sandalwood
ylang ylang

ANXIETY
orange
Roman chamomile
ylang ylang
lavender

CONCENTRATION
cedarwood
cypress
juniper
lavender
lemon
helichrysum
myrrh
peppermint
sandalwood

DEPRESSION
frankincense
lemon
sandalwood
geranium
lavender
orange
grapefruit

GRIEF/SORROW
bergamot
Roman chamomile
clary sage
eucalyptus globulus
juniper
lavender

MOOD SWINGS
bergamot
clary sage
sage
geranium
juniper
fennel
lavender
peppermint
rose
jasmine
rosemary CT cineol
lemon

sandalwood
spruce
ylang ylang

PAIN

peppermint
helichrysum
spruce
wintergreen or birch
ginger
clove
elemi
oregano
Douglas fir
Balsam fir
rosemary cineol

STRESS

lavender
Roman chamomile
blue tansy
German chamomile
marjoram
rose
sandalwood
frankincense
cedarwood

Fragrances can attract the most sober people. With a few essential oils you can create your own very personal, natural perfume that may not only improve your health, but attract that special person. To create a special perfume use jojoba which is a nondrying skin-care oil that allows a fragrance to linger longer.

Fill a bottle nearly to the top with jojoba oil, and add the essential oil of your choice (15 to 20 drops). Enjoy!

TO LEARN ABOUT SPECIALS OF THE MONTH OR TO FIND OUT HOW TO SAVE MONEY ON YOUR PURCHASES, E-MAIL ME BEFORE PLACING AN ORDER.

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