



# Introduction to Essential Oils

Anyone can use essential oils for aromatherapy, massage therapy, emotional health, personal care, cleaning, supplements and so much more. Essential oils are volatile, aromatic compounds found in shrubs, flowers, trees, branches, leaves, needles, roots and seeds. Essential oils are considered mankind's first medicine. In 4500 B.C. Ancient Egyptians were the first to discover these aromatic compounds and use them for treating illness as well as in ceremonies. Did you know that the Bible contains 33 species and 500 references to essential oils and the aromatic plants from which they came?

The power of an essential oil lies in its constituents and their SYNERGY. For instance, lavender essential oil has over 200 constituents. The constituents in essential oils defend the plant against insects, disease and environmental conditions. All the constituents work together to bring balance and healing (emotional, physical, spiritual and mental). If a constituent is missing as in synthetic or adulterated oils, therapeutic benefits will also be missing. That's why it's so very important to buy quality essential oils from a trusted company. There is no regulation. A company can put anything on their label. Please also note some essential oils are contraindicated during pregnancy and breastfeeding.

Essential oils because of their lipid-soluble structure have the ability to penetrate cell membranes and travel throughout your body, even crossing the blood brain barrier! God makes everything perfect and tends to our physical and spiritual needs through nature. There are so many great essential oils that have powerful mental and physical properties. Here are a few of my favorites...

Thieves oil is legendary for its immune support. It's like the "POWER HOUSE" of essential oil blends. It is highly antiviral, antiseptic, antibacterial and even anti-fungal! It was created from research based on the legend of 15th century thieves who rubbed botanicals (also known as Four Thieves Vinegar or "Marseilles Vinegar") on themselves to avoid contracting the plague while they robbed the bodies of the dead and dying. When apprehended, the thieves were coerced to tell their SECRET formula in exchange for a more lenient punishment. Studies have shown that after 12 minutes of Thieves diffusion in the air, there was a 90% reduction in the number of gram-positive *Micrococcus luteus* organisms. After 20 minutes of diffusing, the kill rate jumped to 99.3%. Below is the research that supports Thieves use.

**Lavender** is the Swiss Army knife of essential oils as it has so many uses and benefits including calming. Studies have shown it can reduce toxic cortisol levels due to stress and it increases beta waves in the brain which suggests heightened relaxation. It's supportive of healthy skin and actually promotes tissue regeneration. Look up the story of scientist Rene Gattefosse who suffered a severe burn due to a laboratory explosion. He used lavender to speed up his wound healing. Lavender is also anti-fungal, anti-tumoral, anti-inflammatory, antiseptic... the list goes on!!

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**Lemon** is sunshine in a bottle. Did you know all the citrus fruits are uplifting and improve your mood?! It's also high in limonene which has been extensively studied for its ability to combat tumor growth. It's also used widely in skin care for its cleansing properties. It can be used as goo gone! It's great for cleaning and cooking. It is thought to increase WBCs (detox and immune stimulant), it's antiseptic, improves micro circulation... so many benefits!

**Frankincense**...the gift given to baby Jesus... known as the holy anointing oil... used to treat every conceivable ill. It's anti-tumor, anti-depressant, promotes spiritual awareness, uplifts spirits ... great for your skin ...

Lastly **clove**. This is also part of the Thieves blend also known as "Four Thieves Vinegar". Clove is high in Eugenol and was used in the dental industry for years to numb gums. I use it or Thieves and rub it on my gums after a dental cleaning and my pain is gone instantly!! Clove was also listed in Hildegard's "Medicine", a compilation of early German medicines by the highly regarded Benedictine HERBALIST Hildegard of Bingen (1098-1179). Pretty cool, huh? 😊 Clove is anti-aging, anti-tumor, anti-microbial, anti-fungal, analgesic/anesthetic, anti-oxidant, anti-inflammatory, anti-parasitic, anti-coagulant... too many to list!

Essential oils are simple to use. Add a drop into your favorite hand cream, take a waft directly from the bottle, put in a diffuser in your home, add a couple of drops to a nice warm bath. If you are going to apply them directly to your body you can use a carrier oil (fractionated coconut, extra virgin olive oil, almond oil, etc.). If you have any sensitivities, test a little bit on the inside of your wrist first. The benefits are too great not to use essential oils every day!

My go-to WELLNESS ROLLER I like to use THIEVES, LEMON, FRANKINCENSE (sometimes OREGANO) oils.

To make a roller I would use a 10 ml (2 tsp) roller bottle and add 10 drops of each oil and top off with a carrier oil like fractionated coconut! You could add more to make a 25%- 50% ratio dilution of essential oils to carrier oil for short term use. For children ages 1-5 years, I would only add 2-6 drops. Start with the minimum. You can always add more. For immune and or respiratory support you can apply to the bottoms of feet and along the sternum. You can always diffuse these oils to reap the benefits of inhalation!

For further information on Thieves oil see the links below:



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- <http://www.laborforlove.com/the-research-supporting-thieves.html>
- <https://plaguesage.com/news/mold/>
- <https://www.countdowntothekingdom.com/protection-from-the-coronavirus-and-future-pandemics/>

### BOOKS

- "Modern Essentials: The Complete Guide to the Therapeutic Use of Essential Oils" By Alan and Connie Higley
- "Essential Oils: The On the Go Field Reference" By Life & Science Publishing
- "Essential Oils Desk Reference"(Older edition) "1st Edition Essential Oils Complete Home Reference" (New edition) <http://www.mylsp.com>

### TOP 6 ESSENTIAL OILS TO BUY

- Calendula, Clove, Frankincense, Lavender, Lemon, Thieves (aka OnGaurd, Shield, Bandit)
- Appalachian Valley, DoTerra, Rocky Mountain Oils, Young Living are all reputable manufacturers

### WEBSITE/FREE RESOURCES

- <https://www.catholicoilmom.com/essential-oils-webinar>
- <https://naturallivingfamily.com/category/healing-remedies/>
- <https://www.aromahead.com/courses/introduction-essential-oils>
- <https://courses.aromaticstudies.com/introduction-to-aromatherapy/>

