INTRODUCTION TO ESSENTIAL OILS

Many of us have become concerned about the side effects of chemically produced medicines and treatments. We know that they undermine our body’s way of healing itself through its own healing processes, causing many of us to reduce our dependence upon modern medicines and prescriptions. So, what do we do? What do we know? Is there an alternative solution? Can we rely upon the medicines that were naturally provided for us? The answer is simple, YES! The only problem most of us have is the lack of knowledge, the knowledge of utilizing essential oils. The herbs, plants and flowers that we have growing around us everywhere, those very herbs and plants that makes these essential oils. Most of which we assume are “weeds”. My hope and purpose of this book is to help educate and inform you on utilizing…The Essentials of Life!

We have begun to rely more and more upon modern medicine. Have a headache…Take a pill. At a crossroads in your life…Take a pill. Wanting that quick fix, without even thinking about the possible side affects or danger that that quick fix or pill places upon the body. That in fact, we place upon our own body. It is no wonder there are more health problems or issues that are becoming more frequent and serious in our world today. We have strayed from the purity of life and what was given to us on this earth to use. The number of unhappy people in our society has grown steadily. While in some parts of the world we have been able to satisfy many of our needs for food, protection, property, and security, we seem to have lost spiritual richness. We know that inner emptiness cannot be filled by external prosperity or diversion. That’s why we are ready for these long neglected and forgotten healing methods, Essential Oils. The concentrated fragrant components of plants and herbs that may and can benefit everyone.

Essential oils, properly administered produce no harmful side effects. Essential oils act in accordance with holistic principles: it awakens and strengthens vital energies and self-healing capabilities in the body. Essential oils can deeply influence our psychic equilibrium or psychological well-being and regulate physical imbalances. These essential oils act on holistic principles, affecting the body, mind, and soul.

The Essential Oils have the ability to directly affect the brain and from the many psychological and physiological processes. This is the reason so many different methods of application are being used so effectively. Aroma therapies for example, used most effectively in the treatment of depression, sleep disorders, stress, and anxiety. Aromatherapy and homeopathy do not
mix well when used together. (The essential oils cancel out the effects of homeopathic remedies. Whether it is for the internal use of essential oils or the external use, avoid them altogether during homeopathic treatment). The skin is the largest organ of the body. Absorbed by the skin, the essential oils can reach the organs to be treated through the connective and lymphatic tissues and the circulatory systems. Excretion of the oils from the body takes place in the lungs and kidneys. Essential oils greatly compliment and support the skin. Applied in diluted forms, they are used for massage, baths, and compresses. But again, the effect is a holistic one. The body, mind and spirit benefit at the same time.
Essential oils can be taken internally. This form of treatment belongs in the hands of an experienced therapist. Improper use could be very harmful to your health, as with most highly concentrate items.

**WHAT EXACTLY IS AN ESSENTIAL OIL**

Essential oils are highly concentrated oils extracted from various parts of aromatic plants, flowers and trees. They are most commonly extracted by steam distillation, a process whose origins may be traced back to ancient Mesopotamia. Unlike vegetable oils like corn and safflower, essential oils are very volatile and will evaporate if left in the open. The chemistry of essential oils is very complex. There are hundreds of components, such as terpenes, aldehydes and esters. Because of this an essential oil can be used to help a wide variety of disorders. Lavender has antiseptic, antibacterial, antibiotic, antidepressant, analgesic, decongestant, and sedative properties. Due to their tiny molecular structure, essential oils applied to the skin can be easily absorbed into the bloodstream. Essential Oils also reach the bloodstream as a result of the oils themselves being inhaled. When inhaled, they pass through the tiny air sacs to the surrounding blood capillaries by the process of diffusion. Once in the bloodstream the aromatic molecules interact with the body's chemistry. Aside from their medicinal properties, smelling an essential oil can uplift spirits, making you feel better. Our sense of smell is interrelated with the limbic system, an area of the brain which is primarily concerned with emotion and memory. This influence of aromas on our psyches has led many aromatherapists to practice a form of aromatherapy called “psycho-aromatherapy”, using essential oils to enhance the moods and emotions. Holistic healing has long been concerned with looking at the causes and prevention of illness rather than fixing the symptoms. With holistic healing we take responsibility for our own health. The use aromatherapy should be
in conjunction a healthy diet, lifestyle and exercise. Aromatherapy can be used in conjunction with most other forms of treatment including psychotherapy, nutritional counseling, medical herbalism and orthodox medicine. The use of aromatherapy as a stress reducer is most common, and with so many wonderful essential oils to choose from everyone can benefit. An aromatherapy massage can help to balance one emotionally while also aiding in loosening tight muscles. In enabling a person to deeply relax and let go of their worries, if only for a short time, is powerful enough to activate the body's self-healing ability. Combining the physical and emotional effects of massage with the medicinal and therapeutic properties of essential oils alleviates stress and improves one's mood. Essential oils can be helpful for women problems, including premenstrual syndrome (PMS) and menopausal distress. Essential oils can help with moderate anxiety and depression, insomnia, sexual difficulties, digestive disorders, headaches and muscle aches and pains. Many essential oils are wonderful for skin care. They balance sebum (the skin's natural oil secretion) and help to tone the complexion in supporting capillary function. Essential oils can be used in hair and scalp products to improve the circulation of the scalp, to prevent dandruff and promote healthy new hair growth. Directly applied essential oils can heal many minor skin problems: athlete's foot, cold sores, ringworm, scabies, psoriasis, dry skin, oily skin and more. Steam or direct inhalation of essential oils can help reduce cold and flu symptoms such as coughs, tonsillitis, sore throats, sinusitis and bronchitis.

How Do Essential Oils Work?
By: D. Gary Young
http://www.americanaromatherapy.com

Aromatherapy is a phrase coined by Rene-Maurice Gattefosse, Ph.D., in 1920, which was a French cosmetic chemist. While working in his laboratory, he had an accident that resulted in a third degree thermal burn of his hand and forearm. He plunged his arm into a vat of lavender oil, thinking that it was water. To his surprise, the burning slowly decreased and then stopped within a few moments. Over a period of time, with the continual application of lavender oil, the burn healed completely without a trace of a
scar. As a chemist, he analyzed the essential oil of lavender and discovered that it contained many substances referred to as chemical constituents or chemical properties. As a result of this, Dr. Gattefosse determined that essential oils contained tremendous healing properties.

Dr. Gattefosse shared his experience with his colleague and friend, Dr. Jean Valnet, a medical doctor in Paris, France. During World War II, while serving as a medical physician in the French Army at the China Wall, treating war victims, Dr. Valnet ran out of antibiotics, so he decided to try using essential oils. To his amazement, they had a powerful effect in reducing and even stopping the infection, and he was able to save many of the soldiers who otherwise might have died even with antibiotics.

Dr. Valnet had two students who did their internship with him who were responsible for expanding his work, Dr. Paul Belaiche and Dr. Jean Claude Lapraz. They discovered that essential oils contain antiviral, antibacterial, antifungal and antiseptic properties as well as being powerful oxygenators with the ability to deliver nutrients into the cells.

For example, if you take a geranium plant and tear the leaf or the stem, a clear liquid will appear. This liquid is a very subtle and volatile essence that exudes from the damaged tissues of the leaf. So it is with the human body. With a cut or scrape, we see the flow of blood from that opening in the skin. One significant difference between the blood and the plant liquid is the color. In the resin or oil being released from the plant, we find trace elements of nutrients, hormones, enzymes, vitamins, minerals, antibodies, and antifungal, antibacterial, anti-infectious, antiseptic, and immune-stimulating properties. Another key agent found present in that resin is OXYGEN. Oxygen molecules are part of the chemical elements of the resin, such as alcohols, phenols, esters, sesquiterpenes, terpinols, etc., which together creates an essential oil.

The plant releases the oil in order to clean the break, kill bacteria and start the regeneration process. When blood is released because of broken skin, it is for the same purpose: to clean the wound, kill the bacteria, prevent infection, and begin the healing and regeneration process. A simple comparison of the plant and the human body shows us a precise similarity, as both the oil and the blood are the transporters of the fundamental nutrients necessary to feed and nurture the cells.

Furthermore, the essential oil has the ability in its chemical structure to penetrate the cell wall and transport oxygen and nutrients inside the cell, thus increasing cellular oxygen and giving more support to the immune system. Research has shown that with their immune-stimulating properties, essential oils 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 recover 70 percent faster using essential oils. It has been said that when essential oils are diffused in the home, they have the ability to increase the atmospheric oxygen, as they release oxygenating molecules into the atmosphere. Oils increase ozone and negative ions in the home, which inhibit bacteria growth. This prevents and destroys existing odors from mold, cigarettes, animals, etc. Essential oils have the electrical magnetic attraction to fracture the molecular chain of chemicals and take them out of the air, rendering them non-toxic to the body. Scientists in European countries have found that essential oils will bond to metallics and chemicals and carry them out of the body, working as natural chelators, inhibiting these toxic substances from staying in the tissues. Essential oils remove dust particles out of the air and, when diffused in the home, can be the greatest air filtration system.

Essential oils can be extracted from plants, trees, seeds, flowers, petals, stems, roots, bark, or even the whole plant. Today, about 200 different types of oils are being distilled with several thousand chemical constituents and aromatic molecules that have been identified and registered. These aromatic substances and compounds within the oils will alter and change based on weather conditions, climate, temperatures, and distillation factors. Today, 98 percent of essential oils are used in the perfume and cosmetic industry. In 1991, only ½ percent was used for Aromatherapy. In 1993, 2 ½ percent were produced for Aromatherapy or for therapeutic and medicinal application. Essential oils are recognized as being the greatest substances for increasing cellular oxygen through their normal function. When applied to the body by rubbing on the feet, essential oils will travel throughout the body and affect every cell, including the hair, within 20 minutes. They may have a lasting effect for as long as five months from only one application. The oils do not build up and store in the body because they are very subtle and volatile and have a high evaporation rate. Because of their chemical structure, they are metabolized like other nutrients in the cells.

One of the causes of disease in both the plant and the human body is the inability of nutrients to penetrate the cell wall, causing cell deterioration, leading to cell mutation, creating a host for bacteria and disease. The integral part of the nose responsible for odor detection is the olfactory, consisting of two membranes, one on each side of the mucous membrane covering the bony extension of the nose. The olfactory membranes are very tiny and are well protected by the casing of the nose. They contain about 800 million nerve endings for processing and detecting odors. These nerve endings are triggered from a signal from the genes along the inside passage
of the nose. The olfactory hair-like nerves receive the micro-fine, vaporized oil particles, carrying them along the axon of the nerve fibers, connecting them with the synapse of the secondary neurons in the olfactory bulb. The impulses carried to the limbic system and the olfactory sensory center at the base of the brain, pass between the pituitary and pineal gland and then to the amygdala, which is the memory center for fear and trauma. The impulses then travel to the gustatory center where the sensation of taste is perceived. Only in 1989 was it discovered that the amygdala plays a major role in storing and releasing emotional trauma, and only odor or fragrance stimulation has a profound affect in triggering a response with this gland. Dr. Joseph Ledoux, of the New York Medical University, feels that this could be major break-through in releasing emotional trauma. People who have turbinate problems, such as a deviated septum, polyps, or who have had nose surgery, may have a very difficult or impossible time detecting the complete odor. The same holds true for people who have worn a lot of make-up, perfume and cologne or used hair sprays, hair colorings, perms and other products with synthetic odors. Many olfactory hairs respond to only one kind of odor molecule, and simultaneously others will respond to several different kinds of odors. This tells us that not all of the receptors are stimulated at the same time in the presence of odorous vapors. The olfactory nerves are very much like other nerves and organs in the body. They also respond to electrical signals and impulses that form coded messages that are dispatched to various areas of the body. This may be why some oil inhalation will increase endorphin, neurotransmitter and antibody production. Fragrance is one of man's greatest enjoyments, bringing back memories of past experience and creating a feeling of security, grounding and well-being."

**PICKING OUT ESSENTIAL OILS**

When a number of essential oils are offered at roughly the same price, you may be certain that they are not pure. As you may have seen, essential oils are produced widely using different methods. Some methods can be very simple, but some requiring a great deal of effort and time. Some plants yield a lot of oil, some only a very little. All of these considerations are reflected in the price you pay, which is also subject to some fluctuation. All of which depends upon the year of harvest. Unfortunately, some merchants often ask as much for an essential oil that has been “stretched” or diluted as for one that is pure. Since the term 100% natural or pure essential oil is not protected, there is no guarantee of purity or quality. Some producers offer
essential oils that have been diluted with almond, grape seed, or other vegetable oils, but the label fails to mention this fact. That’s misleading. Meaning, there may be 100% pure essential oil in the bottle, but there may also be some other oil to carry the amount or stretch the oil. In some cases, the oils are stretched with mineral oils; usually petroleum or synthetic oils. As with most items and quality in purchases you make, “you get what you pay”! The essential oil is not really oil in the true sense of the word. In contrast, fatty oils or commonly known as carrier oils (like jojoba, almond and salad oils), they are volatile. Fatty oils leave a mark when dropped on a piece of paper, while essential oils evaporate without a trace. Don’t hesitate to ask questions about the origins and quality of essential oils. The more you know the better off you are. If the merchant you are asking, has to look at the bottle for ingredients to see for themselves, you more likely know more about that oil than they do (probably because you read it before they did). Do a little research for yourself. What I have found out that works for me about how to tell how pure the oil is...is by the smell. When you have an essential oil so concentrated, it’s overwhelming and powerful, to the point that you may not recognize the scent. It is the faint or diluted smell that we recognize. For example, Peppermint essential oil; when you take the first smell of the peppermint essential oil, it is so overwhelming and powerful that you don’t recognize that it is the peppermint essential oil. It is the lingering smell that you realize, “Hey that smelled like Peppermint”. When looking to purchase essential oils, put this method to test! Find out for yourself. Another method I have found that works is with water. Water and oil do not mix. Oil will float on top of water. Place 1 drop of the essential oil in water. If it floats, then you know it is not pure and is diluted. You will notice in the water (if the essential oil is pure), which is water and which is the essential oil. Water and pure essential oils have a different molecule make up, but they do mix. I have not found an essential oil as great of quality as the Primavera Life Essential Oils and Shirley Price.