

Gary Young Makes Essential Oil Chemistry Simple By Rev. Mary Hardy, Ph.D.

Effective Aromatherapy begins with truly superior oils. If your oils are not therapeutic-grade you simply won't see the results you're hoping for.

While a therapeutic-grade essential oil can be noted for its fragrance and frequency, it is the powerful potential of the oil's aromatic molecules—its chemistry—that sets Aromatherapy apart as a truly superior health-promoting practice. Essential oils are energy medicine. They operate through the glia brain which is the covering of all the nerves and the brain. It is the largest organ in the body. The glia brain is like a computer chip in the body and allows the oils through their chemistry and frequency to move quickly. Usually a person can feel the effects of the oil immediately. Many people, after the application of the oil can taste or smell the oil on their breath.

Young Living makes it easy for a person to use the oils without learning the constituents of the oils, like phenyls, monoterpenes, aldehydes, esters, and sesquiterpenes (a constituent that crosses the blood-brain barrier). Gary Young has created blends and kits that help a person determine which oil to use depending on the situation. He has given these kits and blends names that suggest their therapeutic application. He has named these blends so that a person can immediately grab an oil and feel confident that they are using the right oil for the right purpose: RC - use this blend for respiratory and cough, Di-Gize for digestion, Dragon Time for pain and cramps and other menstrual and feminine problems, Clarity and Brain Power for improving brain function. Panaway to reduce pain, M-Grain for headaches, Thieves for invading bacterial infection, ImmuPower for staph and strep infection, White Angelica to spread your angel wings for protection, and so on. I would suggest that you look through the product guide and read the descriptions of the single oils and the blends to further help you determine the proper use. The Essential Oil Desk Reference, and its mini version, available from ESP Publishing, are also wonderful sources of information on using essential oils..

When you use an oil on another person, you must first determine if the problem is emotional or physical. One can do this by placing the right hand on the right foot and the left hand on the left foot and hold them there until you feel a pulse. If the person has a cough and cannot breathe, you can use Raven, or Respiratory and Cough (RC). If the person cannot breathe because of an emotional problem, you must feel their pain and determine what oil is needed for the situation. Likewise, when you use an oil on yourself, you need to determine if you cannot breathe because of the air pollution, then you would use RC, But if you are having a panic attack, you would want to use Trauma Life, or Aroma Life, or Peace and Calming.

Essential oils are far from simple substances. In fact, few people appreciate how chemically complex essential oils really are. Every essential oil contains an amazing array of aromatic molecules. They give the oil its powerful potential for healing. They are also what gives it its distinctive fragrance. And, while fragrance itself can have profound effects upon our emotions, these aromatic molecules, because of their chemical makeup, have many other effects, as well.

As of 1995, chemists have identified more than 3,000 aromatic molecules. Each of these has specific therapeutic activities upon the body.

Because of the complexity of an individual essential oil, with the interplay of its many constituents, there is no straight line between the activity of one of its components and the effects of the complete oil.

Even a fairly simple essential oil may contain anywhere from 80 to 300 different chemical constituents. Many of an oil's constituents occur in very minute quantities; but all contribute important qualities to the oil, having a synergistic impact on its therapeutic effects.

As you can see, the practice of Aromatherapy isn't as simple as applying an oil that contains a specific chemical constituent, in order to achieve a particular therapeutic effect.

Are you feeling overwhelmed or perhaps a bit intimidated by all this chemistry? Don't be! Because Young Living and Gary Young have made it very simple for novices to know what oil to reach for. Gary has extensive knowledge and hands-on experience and is recognized internationally as the expert on essential oils. He also, let's face it, has an immense interest in and fascination for this synergistic chemistry. Fortunately for us, Gary recognizes that not everyone wants to know all this chemistry, but they do want the benefits of the oils and some confidence in their ability to select the right oil for the right need without having to be a rocket scientist! Gary has applied the "user friendly" technique to name the essential oils blends he has developed.

Gary has also designed several essential oil kits which he has given "user-friendly" names to so that a person can use a group of oils effectively for specific situations. We have the Essential 7 kit, which is really a first aid kit that no home should be without. It consists of 3 single oils: Lavender, the universal oil, for balancing emotions. Lemon for infection. Peppermint for digestion. The 4 oil blends speak for themselves: PanAway for pain, Peace and Calming for balancing emotions, Purification for purifying such things as bug bites, and eliminating toxic smells in your environment. And finally, Joy, to bring euphoria into the system. This kit has been expanded into the Everyday Oils Start Up kit. Aside from purchasing it as a Start up kit, this kit is only available to Essential Rewards members. This kit has 3 oils added that Gary feels are essential to people just starting out with essential oils. Frankincense, one of the biblical oils, which is used for invading bacterial infections, and Valor replaces Joy to increase courage.

Gary has also developed the Raindrop Technique kit which is used to balance the electromagnetic field of individuals under stress and pain. This kit contains a group of oils that are used on the body through a massage technique called Vita Flex. When using the oils for massage, or just for saturating the body with a frequency, one should first balance the system by pulsing. One of the first things you learn to do in Young Living is to rub the oils on the bottom of the feet and place the right hand on the right foot and the left hand on the left foot and hold the feet until you feel a balanced pulse in both feet. When this happens, the body will respond to the oil that you used. It is also wise to have the person smell the oil. The Raindrop Technique kit consists of Oregano, Thyme, Basil, Wintergreen, Peppermint and Cypress. It also contains Aroma Sieze, Valor and Marjoram, and the massage oils V6 and OrthoEase. The first oil you apply is Valor, to pulse the feet. It has the name "Valor" because it balances the system in such a way that the person will receive courage. This is a practice that we use when putting oils on the feet for emotional and physical correction. The next step is to use Oregano to balance the sympathetic nervous system and Thyme to balance the Parasympathetic nervous system. The next four oils used are Peppermint for nerves, Cypress for circulation, Basil for muscles, and Wintergreen for bones. The next 2 oils are Marjoram, which is a vassal dilator, and AromaSieze to remove spasms and cramps. The massage is usually finished with the application of OrthoEase to leave the person with a soothing feeling and to help eliminate the toxins released by the massage. The V-6 is included in the kit because some of the oils we are applying have a high phenol content, which can cause discomfort to the skin if applied neat (not diluted), it is necessary in some cases to use the V6 Mixing oil to dilute the oils before application.

Another kit is the Essence of the Season kit. It contains Christmas Spirit, which can be associated with the Holiday season, but I have used this oil mainly for reducing staph and strep in the body. Frankincense contains a high level of sesquiterpenes that are one of the few constituents that cross the blood-brain barrier. Sesquiterpenes can stimulate and elevate the mind. Frankincense is useful for visualizing, improving one's spiritual connection, and centering. Myrrh contains one of the highest levels of sesquiterpenes available and has the ability to balance the endocrine system through the thyroid gland. It is helpful in balancing the emotions by directly affecting the hypothalamus, the pituitary and the amygdala, these are the seat of our emotions. Myrrh is referenced throughout the Old and New Testaments of the Bible.

The Golden Touch 1 kit provides immune protection throughout the year. The oil blend formulas in this collection have been specifically created to take advantage of the essential oil constituents that support many functions of the body. Di-Gize for digestion, EndoFlex for balancing the endocrine system (thyroid, parathyroid and pituitary), JuvaFlex for liver function, Melrose provides protection for the skin, which is

the second largest organ in the body. It is extremely effective on insect bites and for floor burns. Raven balances the lung system. Raven gets its name from Ravensara, the main oil in this blend. Ravensara was widely used throughout history for lung conditions including TB. RC for respiratory and cough, and Thieves for invading bacterial infections.

The last kit Gary has developed is the Twelve Oils of Ancient Scripture kit. It contains the twelve most significant oils mentioned in the Bible. Sandalwood (Aloes) is used traditionally as an incense for religious ceremony for meditation. It is uplifting and relaxing and also contains sesquiterpenes that can cross the blood-brain barrier. Cassia is used for cataracts, fungal infections (ringworm, candida), and atherosclerosis. Cedarwood is used traditionally in sweat lodges because of its high level of sesquiterpenes, to raise the spirits. By throwing it on the fire it creates steam which benefits consciousness, and the lungs and breathing. It is used to maintain healthy lung function and correct breathing performance. Cypress increases circulation. Frankincense increases consciousness. Galbanum was Moses' favorite oil and is used to enhance the other oils in the kit. Hyssop oil is known for its purifying properties and was used by Moses in the lamb's blood to protect the Egyptians from the plague. Myrrh and Myrtle oils are used to balance the parathyroid with the thyroid. Onycha is a powerful anti-disinfectant and can be put on wounds that have festered and are not healing. Rose of Sharon (Cistus) helps maintain healthy lung function and was also used by Moses in the lamb's blood to protect against the plague. Finally, Spikenard, which was used by Mary Magdalene to anoint Jesus' feet before the Last Supper. It is a relaxing and soothing oil for the skin. It was also used to anoint Jesus' body after the crucifixion. Spikenard is 93% sesquiterpenes.

I would like to suggest that you commit to using three oils a day. This way, you will become familiar with the oils and their power, and grow in confidence, without being overwhelmed by the chemistry and constituents. Become a product of the product, and you will increase your quality of life, and the lives of those whom you touch.

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Greetings!

It is important to use the oils without fear. Gary has taken a complicated science of healing and made it "user friendly" by using simple names to determine the use of the oils. He has also created kits that help you learn how to use the oils. My suggestion to you is that you put at least 3 oils on daily, so that this practice becomes a habit. In this way, you will be able to use the oils consciously and confidently.

Aromatherapy and essential oils were the root of the first medicine. It is time Essential oils are restored to their proper place in the world of healing. This newsletter is bringing you information on how to restore the core wisdom within your body and balance your frequency using the oils through the glia brain.

To use the oils properly, one must balance the glia brain. The glia brain is made up of essential fatty acids. It is the largest organ in the body and has been denied recognition because of its ability to balance the complete functioning of the body. The glia brain is an antenna and acts like a computer chip. If the body is not fed a proper nutritional frequency of essential fatty acids, the oils cannot saturate the body and true healing cannot take place. That is why it is important that people using Young Living products use the Omega Blue. This product has the oils of Roman Chamomile, Myrrh, clove and others. These oils are designed to kick in the computer chip so that the essential fatty acids go immediately into the system and create and balance an electromagnetic field to operate the glia brain.

***Mary Hardy is an Independent Distributor for Young Living Essential Oils. Any material presented in this article is her own interpretation and does not always express the views of Young Living Essential Oils. Please copy and distribute freely.*