

Essential Oils

Using the Healing Essential Oils

Key Properties Identified By Scientific Research

Lavender Oil

- Anti-infective (anti-fungal, anti-bacterial, anti-viral)
- Natural muscle relaxant; helps eliminate insomnia
- Strengthens the heart; helps clear skin problems
- Helps relieve allergies, migraine headaches
- New research shows its dramatic help in breast cancer
- Excellent as a natural, nontoxic perfume

Eucalyptus Oil

- Helps clear sinuses, stagnant lungs
- Helps fight colds and flu; great help for coughs and allergies
- Helps regulate blood sugar levels
- Helps clear migraine headaches
- Helps fight fungal infections of the toes, nails, skin
- Helps clear acne and herpes infections

Clovebud Oil

- Helps aid digestion and promotes normal appetite
- Helps recovery from chronic illness
- Helps clear intestinal parasites and viral infections
- Especially helpful for mouth, tooth and gum infections

Myrtle Oil

- Excellent as a natural, rare, sweet perfume
- Helps clear and beautify the skin
- Helps heal skin problems: acne, dandruff, itchy skin, hemorrhoids, insect bits

Cumin Oil

- Helps stop fungal infections
- Helps increase the activity of glutathione-S-transferase, a protective liver enzyme
- Helps protect cells and organs from damage from toxic chemicals
- Helps block cellular damage
- Contains anti-cancer action
- Contains phosphatidyl ethanolamine, a phospholipid which nourishes and repairs nerve and brain tissue
- Helps clear digestive disorders, such as gas, bloating, etc.

Rosemary Oil

- Helps clear viruses and harmful bacteria (internally and externally)
- Helps protect and rejuvenate the liver; helps halt inflammation and edema
- For improved skin beauty and texture; helps clear pimples, acne, boils
- Help combat dandruff, seborrhea, sores

How to Use Essential Oils

Simply massage a few drops into:

- a) painful areas, such as a stiff, sore neck or sprained ankle
- b) related areas (for a headache, rub a few drops into area of the headache, plus nearby areas, such as the temples, neck and forehead)
- c) over organ/gland areas (for PMS or cramps, rub a few drops over the ovaries or abdominal area)

Use up to 12 drops per day of the oils. Alternate the body sites (use about 3 drops per body area.)

How Strong Do They Smell?

In many stores, perfumes are often very strong-smelling. However, the smell is usually from synthetic fragrances steeped in toxic solvents and SD-40 alcohol (also toxic). We do not recommend their use; they can be toxic to both the wearer and smeller. Synthetic fragrances are so common that many people equate real flower essences with something that is very strong-smelling. But the "real thing" often has a much more delicate, less over-powering scent. Many essential oil products claim to be "natural" on the label, but in fact, they are doctored with synthetic fragrances in order to make them smell stronger (without the cost of real oils), reinforcing you to think that the stronger smells are the most desirable.

Use only pure 100% essential oils that are first-distillates (the only therapeutic form) in an almond or olive oil base, with no added fragrance enhancers or strong synthetic fragrances. Since 100% straight essential oils are too strong to be used directly on human skin (they are too concentrated and can irritate the skin), they must be mixed in a carrier oil. An excellent carrier oil is organic, nontoxic almond or olive oil. Although 100%, undiluted essential oils do smell stronger, they must be diluted with a carrier oil in order to be used therapeutically.

Top quality essential oils have beneficial healing effects when used externally on the human body and can also be used as a light perfume. Discover the life-giving, healthful properties of real essential oils.