

# The History of Essential Oils

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Our greatest knowledge of the preparation, distillation and of essential oils comes from the Egyptians. Scientists have found papyrus manuscripts that date back as far as 2800 B.C. on the use of herbs and aromatics. The priests and priestesses were the healers of the time. These ancient manuscripts contain the essential oil recipes they created for healing illness, restoring youthfulness and for preserving the body for the afterlife.

In the Bible there are hundreds of references to the use of essential oils for health, healing and honoring God. God gave Moses a formula for a holy anointing oil that contained four essential oils - myrrh, cinnamon, calamus and cassia - in an olive oil base. Modern science allows us to examine the chemical compounds in these oils and we now know that these four oils are either immune-stimulating, anti-viral or both. This blend was a powerful protection against plagues. There are many stories in the Bible about anointing kings, prophets and priests. It was considered a sacred sign of blessing and grace for the individual being anointed and for the people of God as a whole. "Anointment" is literally translated to "an ointment". These ointments were made from essential oils in a vegetable oil base.

Oils played an important role in Jesus' healing ministry. He taught the disciples how to heal and sent them out in pairs to heal and anoint. In the letter of James to the church of Jerusalem, the practice of prayer, the laying on of hands and anointing with oil were considered "Christian duty". By the 1500's the laying on of hands and anointing with oil fell out of favor with the Christian church. The newer Christian denominations discarded the use of blessed oils along with many other healing rituals.

The Greeks and Romans learned a great deal about aromatics from the Egyptians. Hippocrates, the father of medicine, once said "the way to health is to have an aromatic bath and scented massage every day." He also recommended burning aromatic substances to help protect against contagious diseases. Oils and aromatics were used for healing in the temples, bath houses and were burned in homes and public building. When

the Roman Empire fell, many of the Roman physicians fled to Constantinople. There they shared their knowledge of essential oils with the Arabian people. Avicenna, a Persian physician and alchemist, perfected the art of essential oils distillation.

In 1907 Dr. Renee Maurice Gattefosse, a French cosmetic chemist, rediscovered the healing properties of Essential Oils. Dr. Gattefosse had an accident in the lab in which he caught on fire. Upon extinguishing himself, "both his hands were rapidly developing gaseous gangrene". Just one rinse with lavender oil stopped the gasification of the tissue. Dr. Gattefosse shared his studies with Dr. Jean Valnet, a medical doctor studying in Paris. Dr. Valnet served in WW II. While in Tonkin, China, he exhausted his supplies of antibiotics. He began to use therapeutic Grade Essential Oils to treat wounded soldiers on the battlefield. To his surprise, they exerted a powerful effect in combating and counter-acting infections. Two of Dr. Valnet's students, Dr. Paul Belaiche and Dr. Jean-Claude Lapraz, expanded his work and began to clinically investigate the anti-viral, anti-bacterial, anti-fungal, antiseptic and cicatrison (repair tissue without scarring) properties of Essential Oils.

### **Modern uses of Essential Oils**

Currently there are 3 different schools of thought in regard to the use of Essential Oils. The English model advocates for the use of small amounts of Essential Oils diluted in a carrier oil and used in massage for relaxation purposes. This is the most conservative approach. The German model focuses on the inhalation of the oils to alter mood states. The French model advocates the use of Essential Oils neat (undiluted) topically and taken internally. French medical doctors routinely prescribe Essential Oils to treat many medical conditions. A combination of all three methods is an effective way to create emotional, physical and spiritual balance.

### **How do Essential Oils work?**

Essential Oils are subtle, volatile liquids that are distilled from plants, shrubs, flowers, trees, bushes and seeds. These oils are the life force of plants. They represent to plants what blood represents to humans - life! Essential Oils and human blood share several common properties. They fight infection, viruses, bacteria and fungi. They produce hormone like substances

and initiate regeneration. Essential Oils have a lipid-soluble structure that is similar to that found in human cells and tissues. This makes them compatible with human protein and enables them to be readily identified and accepted by the body. Essential Oils are highly concentrated and far more potent than dried herbs. Herbs, when dried, only retain 3-5% of the essential oils (life force) of the plant.

Because Essential Oils are lipid-soluble and their molecules are so small, they act as an effective delivery agent to bring nutrients through the cell walls to feed the cell nucleus. They are even able to cross the blood/brain barrier. Without an adequate delivery agent to assist the cell to receive needed nutrients, the cell can become deprived of needed nutrition. Without proper nutrition, the cell wall thickens, making it harder to receive nutrients into the nucleus. When malnutrition occurs, the cell begins to deteriorate, creating a host for disease-causing pathogens. Essential Oils easily penetrate the malnourished cell wall, carrying nutrients in and waste out so that cells are restored to health. When applied topically Essential Oils will penetrate every cell in your body within 20 minutes. Essential Oils do not build up in the body. Because of their chemical structure they are metabolized, like other nutrients, into the cell and are gone from the body within 3 hours. The effects of one oil application can last for days. Essential oils stimulate the body to function at its best.

### **How do Essential Oils help balance emotions?**

Essential Oils are able to penetrate the blood/brain barrier. For many years it was thought that the interstitial tissues of the brain served as a barrier to keep damaging substances from reaching the neurons of the brain and the cerebrospinal fluid. Recently it has been discovered that these tissues actually act like a filter that only allows small molecules to pass. That's why chemotherapy is not effective on brain cancer - many of the molecules of the chemo are too large to pass through the filter. Scientists and doctors aren't positive but they think that the molecules must be smaller than 800-1000 atomic mass units (amu) to pass through. All Essential Oils are 500 amu or smaller. The only way for a substance to be aromatic is for the molecules to be so small that they leap into the air and enter our noses.

When we inhale a fragrance, it goes right up our nose and triggers electrical impulses to the olfactory bulb in the brain. The olfactory bulb transmits the

impulses to the limbic system, including the Amygdala. The limbic system is directly connected to the parts of the brain that control heart rate, blood pressure, breathing, memory, stress levels and hormonal balance. Therefore, Essential Oils can have profound effects on our physiological and psychological well-being.

Our sense of smell is the only one of our 5 senses that is directly linked to the limbic lobe of our brain. Scents can evoke emotions and memories before we are even consciously aware of them. All of our other senses are routed through the thalamus, which acts as the switchboard for the brain, passing stimuli onto the cerebral cortex (the conscious thought center) and other parts of the brain.

The limbic lobe can also directly activate the hypothalamus. The hypothalamus is one of the most important parts of our brain, acting as our hormonal control center. It releases chemical messengers that affect everything from sex drive to energy levels. The production of growth hormones, sex hormones, thyroid hormones, and neurotransmitters (serotonin) are all governed by the hypothalamus.

1 drop of Essential Oils contain approximately 40 million trillion molecules. We have 100 trillion cells in our body. So 1 drop of Essential Oil contains enough molecules to cover every cell in our body with 40 thousand molecules. Considering it only takes 1 molecule of the right kind to open a receptor site and communicate with DNA to alter cellular function, you can see why even inhaling a small amount of vapor from an oil can have profound effects on the body and brain and, therefore, the emotions.

Additionally, Essential Oils have high vibrational frequencies. As we use them, we embody their frequencies and raise our own. Using Essential Oils can help release the stuck emotions from the cells, bring them into consciousness and allow us to release them from our body and our energy field.

### **Why do I choose Young Living Essential Oils?**

Essential Oils are very complex. There are many things that affect their chemical make-up: what part of the plant is used, altitude, region, climate, soil condition, organic methods, harvesting methods, distillation methods and

whether or not chemicals are used during the manufacturing process. Many Essential Oils are adulterated with synthetic chemicals, which can be dangerous and hard to detect. Young Living's primary mission is to heal the world by educating and empowering people to take control of their health, their personal choices and their lives. Gary Young, CEO of Young Living, is very passionate about Essential Oils. For many years he has traveled all over the world to study with experts in Essential Oil research and application. He is emphatic about the quality of the oils he uses and sells. Young Living guarantees the purity and therapeutic quality of the oils they sell. All Young Living Oils are inspected and tested for purity and quality. Samples are sent to independent labs for analysis. Young Living is a major proponent for the U.S. to adopt AFNOR (Association French Normalization Regulation) and/or ISO (International Standards Organization) for the sale of Essential Oils. If Essential Oils do not meet these standards, they should not be called Essential Oils, they should be called perfume. The therapeutic benefits discussed of the Essential Oils can only be achieved when using oils that meet AFNOR standards. All Young Living oils meet or exceed AFNOR standards of quality.

### **Why Young Living Chooses Network Marketing as Their Sales Venue**

Young Living chose network marketing as the way to get their product out into the market place because there is a certain amount of education that is involved with selling a quality product. Because Young Living oils are therapeutic grade, they are more expensive than the perfume grade oils being sold in retail stores.

The chemistry of essential oils is so complex that in order to achieve maximum therapeutic benefits, proper distillation is necessary. It is an expensive process. The oils available in the U.S. in retail stores have been adulterated with chemicals or have been created with inferior distillation methods. An example is lavender. In order for lavender to have the chemistry necessary to achieve therapeutic benefits for burns and skin wounds, it must be harvested and allowed to sit for a period of several days so that the oil rises to the surface of the plant. Then it must be distilled at low temperatures for a long amount of time. Companies that don't care about the therapeutic properties and just want something that smells like lavender will cut production costs by spraying a chemical on the cut plant

material in order to bring the oils to the surface quickly. Then they distill at higher temps for shorter time. Lavender is also commonly mixed with lavandin - a hybrid of lavender. While it smells like lavender, it has a completely different therapeutic action. If you put lavandin on a burn, it will make it worse, not better like therapeutic grade lavender. So, if Young Living were to put their lavender at \$25 a bottle on the shelf next to the Auria Cassia lavender at \$7, it wouldn't go anywhere.

Network marketing is really relationship marketing. It builds on the network of relationships, sharing an exceptional product and providing education and personal experiences about the products. Here in the U.S. people don't have the luxury of walking into a pharmacy and buying therapeutic grade oils like they do in many European countries. Daniel Péroël, M.D., a French Doctor of Aromatic Medicine and Essential Oil Researcher has this to say about Young Living as a network marketing company - "What makes Young Living different is that (the founder) Gary Young does not come from the business side but from the natural medicine side. His goal has been to create a means of producing therapeutic-grade essential oils - oils of the very highest quality - on a very large scale. While in most cases emphasis on quantity means decreasing quality, this is NOT the case with Young Living."

### **References:**

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