

Essential Oils 101

First, let's cover a few stats.

Our medical industry is really good at sick care but not so good at health care. I totally believe there is a time and a place for modern medicine and thank doctors for dedicating their young adult lives to learning how to help you. But traditionally, they only get four hours of training in nutrition in their twelve years of school.

The majority of their education is for them to learn about the human anatomy and physiology and about medications. They learn how to diagnose symptoms of diseases and prescribe medicine to treat them.

Today, almost 1 in 4 of women are on antidepressants and anti-anxiety meds. (article here: https://www.huffingtonpost.com/2011/11/16/women-and-prescription-drug-use_n_1098023.html) There is a time and a place for these meds, but there is usually no plan to get off these meds. That means one-fourth of our women are walking around emotionless, numbed to varying degrees by meds. Instead, let's learn some coping techniques and plan an "out" strategy.

Another big issue is ANTIBIOTICS. Most people agree they are way over-prescribed. Antibiotics kill a majority of the good bacteria with the bad. This can lead to [poor gut health, which in turn affects your moods](#) and immune system and also creates antibiotic-resistant bugs. The bugs get stronger while your ability to fight them gets weaker.

[100,000 people die a year from taking their prescription medications](#) as prescribed. So it is important to do what we can to find total wellness so we don't become a statistic.

I am not saying that you should ignore your doctor or never take medication. What I am saying is that you need to be your own health advocate. We have the world at our fingertips, Don't be afraid to do some of your own research and make an informed

decision on what you do to your body. After all, this is YOUR body. It's the only one you have.

Let's pay a little more attention to not only what goes in our body but also to what we use on it and around our families.

An average adult is exposed to more than 700,000 different toxic chemicals on a daily basis. Toxic chemicals are found in our food, our water, the air we breathe, the clothing we wear, the carpet we walk on, and the plastics that surround us. (Stats found [here](#).) By eliminating unsafe products like shampoos, conditioners, lotions, face care products, air fresheners, candles, and cleaners, we can decrease a major load on our body.

Also, the Environmental Working Group (the EWG) posted the results of a recent study that found 287 toxic chemicals, pollutants, and pesticides in a newborn baby's umbilical cord blood. This shows that what mom does absolutely affects her unborn child.

<http://www.ewg.org/research/body-burden-pollution-newborns>

I mentioned before that some of these chemicals can cause cancer. According to the American Cancer Society, 90-95% of cancer is caused by environmental factors and lifestyle. That means only 5-10% of cancer is genetic. And so cancer is mostly a PREVENTABLE DISEASE.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2515569/>

I have a little challenge for you all.

Download the Think Dirty app.

It is an app to scan products to see how safe their ingredients are. A score of 4-7 means ingredients have moderately negative long-term health impacts and a score of 8-10 means they have serious long-term health impacts.

When you go home, scan your all-purpose cleaner and your laundry detergent.

My guess is they will scan as an 8-10.

Most detergents contain Sodium lauryl sulfate (SLS) a foaming agent that has been linked to

- Irritation of the skin and eyes
- Organ toxicity
- Developmental/reproductive toxicity
- Neurotoxicity, endocrine disruption, and biochemical or cellular changes
- Possible mutations and cancer

<http://articles.mercola.com/sites/articles/archive/2010/07/13/sodium-lauryl-sulfate.aspx>

Most people don't feel deathly ill immediately after using their laundry soap, but often things like low energy, weight gain, and headaches can be the effects of toxic chemical build-up in your body. So ditch the chemicals and start using your oils!

The absolute easiest step to take to start eliminating these chemicals from your home is to get your hands on the Thieves Household cleaner. It is highly concentrated so you only need one cap in a big spray bottle and so it gives you a cleaner that costs less than \$1.50 a bottle. It's plant-based and completely safe and effective.

We use it to clean floors, counters, mirrors, windows, bathrooms, kids toys, even on clothes and carpets.

Thankfully, Young Living sells everything I could possibly need from personal care to household products. So instead of making my own laundry detergent or going to the grocery store to buy it, I just buy it through Young Living on the Essential Rewards program and I know that it is completely safe and effective.

Another thing that is really cool is that all YL products are infused with essential oils.

Essential oils are...

the highly aromatic essences of plants. These are molecules that plants produce to protect themselves, to keep them safe and healthy. Plants can't swat at bees or move around, so God has

designed these plants to make molecules for protection! They have medicinal qualities for the plant and we get to take advantage of them.

Essential oils are all around us in trees and flowers. So if you go outside among your trees and shrubs, you will literally be surrounded by essential oils! They aren't as weird as some people think.

The average American spends 93% of their time indoors. So let's eliminate the toxins in our homes and bring the powerful properties of plants inside our homes with oils and a diffuser. No green thumb needed.

The essential oils starter kit comes with a diffuser and 11 bottles of oils: the best starter set you could ask for.

Before we dive into smelling the oils, I want to briefly mention Seed to Seal.

Young Living has a seed to seal guarantee and promise. They abide by very strict guidelines to fulfill their promise to all of us.

- They own their own farms, which no other major company does. They have sister and partner farms that have to abide by the same standards.
- They won't plant on soil that has had been in contact with ANY chemicals within 50 years. (Organic standards are only five years)
- They pick the absolute best seeds from strong thriving plants.
- They hand weed and use their own oils on plants for pest control to avoid toxic chemicals.
- They harvest at peak times.
- They distill on site without chemicals.

All of these factors make a huge difference in quality and effectiveness.

They test every batch multiple times. If a batch doesn't meet their standards for any reason, they do not bottle the oil up to distribute. They would rather have something go out of stock than

let an inferior product slip through to us. It's rare to find a company with such high standards.

We can use these oils in **THREE** ways.

The solid labels have aromatic and topical directions on them.

1. **Topically** on our skin after diluting them with a carrier oil like coconut oil. They are quickly absorbed and effective.

2. **Aromatically** in the diffuser or by inhaling them from diffuser jewelry or after putting some on our hands.

3. **Internally** since Young Living oils are safe to ingest. The labels that are white are from their vitality line and have dietary instructions on them

***Please note that the Peppermint oil from the regular line and the Peppermint oil from the vitality line are the SAME OIL. The bottles just have different directions for usage.

There are literally thousands of uses for your oils, but I'll only cover a handful of really common ones.

These oils are VERY different than oils you get in the store. These are 100% pure. There are no regulations on oils so the ones in stores could have as low as 5% pure oil, so you are buying a bottle of fillers. They will be cheaper but also way less effective. There is a night-and-day difference that you will be able to tell instantly.

Lemon Vitality supports your liver and your lymphatic and immune systems to provide a gentle detox. Put a drop of Lemon Vitality in your water for a gentle detox.

**When adding Lemon vitality to food or a beverage, use glass, stainless steel, or ceramic dishes because it will interact with the plastic and you don't want to ingest that.

Lavender is very calming. It might remind you of a spa. Great in the diffuser or on your feet before bed for a restful night's sleep.

Peppermint Vitality is great to help curb your appetite and gives you an afternoon pick-me-up. Also great for an upset tummy. Add a drop to a capsule or water and drink after a big meal.

I love combining Lemon, Lavender, & Peppermint in the diffuser or roll-on for seasonal support in the spring.

Copaiba Vitality is also calming. It helps the body naturally respond to injury and is a great everyday support oil. Add a drop to your ounce of NingXia Red or to a daily wellness capsule.

DiGize Vitality contains Tarragon, Ginger, Peppermint, Juniper, Fennel, Lemongrass, Anise, and Patchouli. While not great smelling, it is everyone's favorite because it works so well. Add a drop or two to a capsule or your ounce of NingXia Red after a meal.

Combining Copaiba vitality and DiGize vitality daily to provide amazing digestive support. You are so lucky to get these digestive powerhouses in your starter kit.

Frankincense, like Lavender, is very calming. It is grounding: great for meditation. It is also amazing for your skin to help create a youthful appearance. Apply a drop to your forehead or diffuse for a peaceful atmosphere.

Combine a drop of Frankincense and Lavender in your moisturizer daily and you will be amazed at the appearance of your skin.

PanAway is great for soothing your muscles and joints before or after exercise. If you slept funny and woke up with a stiff neck or if you have growing kids, this is a great one to combine with Copaiba and Peppermint to use on your muscles and joints.

Raven™ is a powerful blend of Ravintsara, Lemon, Wintergreen, Peppermint, and Eucalyptus radiata. It is perfect to diffuse or apply topically pre- or post- exercise and before bed. Apply topically to lungs and throat. Diffuse or put on pillow at night. (Put

a few drops in your palm, rub your hands together, and rub pillow.) Pairs well with Thieves. Not recommended for small children.

Citrus Fresh™ is a blend of Orange, Tangerine, Mandarin, Grapefruit, Lemon, and Spearmint. It may help to enhance the feeling of well-being in children. It is relaxing and calming and it smells SO good. Think citrus with a hint of mint.

May be applied on the ears, heart, and wrists or worn as a perfume or cologne. Dilute with V-6 Oil for a full-body massage. It may also be added to water for a relaxing bath. It is excellent for children, though dilution with V-6 Oil is highly recommended.

Dryer sheets are another popular product filled with toxins. Use a Young Living baby wipe in the drier for a fresh clean scent, or use with wool dryer balls. Dry your clothes with the wool balls. When clothes are dry, add a few drops of oil to the dryer balls and tumble dry for 5 minutes to scent clothes. You don't need to spend \$ on fabric softener or dryer sheets and just eliminated a TON of chemicals. #WinWin

Thieves Vitality is another GREAT one to use regularly for immune support. It smells amazing and works wonders. It is a blend of Lemon, Clove, Cinnamon Bark, Eucalyptus radiata, and Rosemary cineol. I use it regularly with my oils and products but if I start feeling a little drained, I double up on my Thieves and NingXia Red. I drink a wellness tea with a little raw honey, a drop of Thieves vitality, Lemon vitality, and Peppermint vitality and I feel as good as new. It never turns into anything that keeps me down. Who has time for that?

*Young Living carries an entire **Thieves line**. The Thieves Rewards kit comes with cleaner, toothpaste, hand soap, hand purifier, and more. It's the easiest way to start making the switch to toxin-free living. It is definitely worth ordering through your Essential Rewards once you get started.*



And then they have a bonus oil, which is **Stress Away**, which does exactly what you think it does.

This does have lime oil in it, so if you apply it topically, just be aware that it can make your skin sensitive to the sun. Any citrus oil (except grapefruit) is sun sensitive, so after you apply it, cover up before going outside.

Also a little goes a LONG way.

There are hundreds of chemical components in 1 drop and each one of these bottles hold about 85-100 drops. It is said that one drop has 40 million trillion molecules! They absorb into the skin fast and when inhaled, they get into the limbic system almost instantly which stimulates memories and emotions. Have you ever smelled a pine tree or cinnamon sticks and you instantly are taken back to Christmas? Oils are GREAT to use with emotions.

(Stats from 'Healing oils of the Bible' by Dr David Stewart)

EMOTIONS

I never really thought about using oils for emotions in the beginning. I always used them for physical health. I have started using oils for emotions and have been floored with their positive effects. They can help bring joy on a gloomy day. They can help calm wild children and they can help calm your nerves. They can release emotions and do so much more.

Emotions are directly tied to our physical bodies. Have you ever gotten so nervous that you feel your stomach drop, or your heart starts to race? Being stuck in emotions can have a negative effect on our physical health. Using oils to release these negative emotions can actually change the way you feel physically.

One more analogy and quote and we will wrap it up.

Imagine medications are big molecules that bump around in the body and have to perfectly wiggle their way into a receptor cell like a key in a lock.

Essential oils carry a frequency. They are much like your keyless entry to your car. If you have the key in your pocket and you get close enough to the car, it unlocks it. Essential oils come close to

a cell and are attracted to it. This makes it so easy for your body to use essential oils in a therapeutic way.

I loved something I heard recently, which said, “Therapeutic-grade essential oils serenade your cells with songs they want to hear, bringing relief and healing in a thousand ways. They vibrate in tune with your body and its needs, balancing and restoring natural function.”

I love that quote!

There are two other HUGE perks to becoming a wholesale member with a PSK.

The **Essential Rewards program** is a perk to members and perfect for transfer buying. Instead of spending \$50 at the grocery store on makeup, cleaners, skin care products, or over the counter products, you can order clean, safe, and effective products through Young Living on the rewards program and always get free gifts for ordering. That's how **we** always get free stuff.

You can change your products every month based on what you want and need. You can change your ship date each month and you can cancel anytime with no penalty or fee.

THE YL OPPORTUNITY

One other perk to being a member is being able to get a paycheck from YL, so in effect you can get reimbursed for products. I mentioned this in the beginning and that it really

happened by accident for me. It is something a majority of our members take advantage of, so I want you to know about it. Once you order your kit, you will have your own member number. I will write it down on this card for you, so that when you talk to people about your products (trust me, you will), you can give them this card with your number and step-by-step instructions on how they can order their own Premium Starter kit. When they do that, you will get a \$50 thank you check from Young Living. You could literally get your kit paid for before it even shows up on your doorstep.

Or think of a few people who could really use these products and let's invite them to your party! I will come to you and do this same thing for you and your friends.

These oils and products have changed our families' lives. We sleep better, have happier moods, have more energy, rarely get sick, and if we do, we're better in a couple days, That's why everyone deserves to know about them.

THREE MONTH WELLNESS PLAN

Once you order, we will help get you connected to the resources and also help you with a three-month wellness plan using your products. I highly recommend that you commit to using your new products and trying things like the Thieves line and NingXia Red for at least three months. I believe this is why I felt so good after joining, because I committed to using and trying new things regularly.