What are Essential Oils?

“Essential Oils are the volatile liquids that are distilled from plants (including their respective parts such as seeds, bark, leaves, stems, roots, flowers, fruit, etc.)” Reference Guide for Essential oils.

1. Grade of the Essential Oil
2. Where is the plant located?
3. Do you get the scientific name of the plants when looking?
4. What type of distillation is used for extracting the essential oil?
5. Do they add synthetics to their oils?
6. Cost? If it is cheap and it shouldn’t be then you’re paying for synthetics
7. Does it smell like the plant or off?
8. Do they have an expiration date on the bottle? If yes, synthetics have been added.
9. Are Essential oils just a fad, or have they been around a long time?

Why Emergency Preparedness:

Because Essential Oils do not expire, they have the ability to be used at any time, if the grade of the oil is high enough.

Essential Oils have been used for centuries and can be traced as far back as about 760 BC, if not further. There are references all over the Bible of the use of plants in an oil form.

Essential Oils are just now being scientifically researched. There is much to still be uncovered about the properties that the plants used for essential oils, but the current results are very promising.

Emergency Preparedness with Essential Oils:

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The basic uses of lavender are that it can help in the following areas: allergies, antidepressant, antifungal, anti-inflammatory, antimicrobial, antiseptic, antispasmodic, antitoxic, regenerative, anticoagulant, dry skin, and bug bites.

Lavender can be grown in France and here in the United States. There is a Lavender Farm in Mona, Utah that does allow tours that is used to make the essential oil of lavender.

Thieves (Blend of the following Essential Oils: Clove, Lemon, Cinnamon Bark, Eucalyptus Radiata, Rosemary):

1. Thieves as a blend of oils is known for aiding in the following areas: colds, the flu, strep, MRSA, teething, cold sores, sinus, the plague, infections, pneumonia, bronchitis, whooping cough
2. The history of Thieves is from the time of the black plague. A band of thieves were in charge of removing the bodies of the dead due to the fact they were not getting sick. They were later given a choice: give their secret over or be beheaded. They gave their secret up, which is the plants used in this blend of essential

oil. The thieves rubbed the oil on their hands, ears, and temples.

Weber State University did a study on airborne bacteria in 1997, and

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Banishing skepticism about the validity of the use of essential oils is growing. Researchers at the University of Manchester, confirmed through clinical trials, that essential oils killed the bacteria known as MRSA, and gangrene, as well as other pathogens. That same university is in pursuit of doing more clinical research. Obtaining funding for the research is difficult since there is no way to patent essential oils, as stated by the University’s Faculty of Medicine, Peter Warn. The excitement pointing to the use of the essential oils stems from the fact that when those oils were applied to an assortment of bacterium, fungi and E. coli, they were killed nearly instantly upon contact.

<http://guardianlv.com/2014/05/black-death-skeletons-talk-and-thieves-survived/>

Frankincense (Boswellia carterii):

Why Frankincense? The basic uses for Frankincense are: anticancer, antidepressant, anti-infectious, anti-inflammatory, antiseptic, antitumor, immune-stimulant, sedative, brain injuries, Parkinson’s’

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disease, ulcers, scars, arthritis, and multiple sclerosis

1. Frankincense has been around since the time of the Bible. There are 52 references to it in the Bible, including as a gift given to the Savior at His birth. Frankincense was considered to be worth more than gold at the time of the Savior’s birth and part of the why is it is considered one of healing.

2. Scientists have observed that there is some agent within frankincense which stops cancer spreading, and which induces cancerous cells to close themselves down. He is trying to find out what this is.

"Cancer starts when the DNA code within the cell's nucleus becomes corrupted," he says. "It seems frankincense has a re-set function. It can tell the cell what the right DNA code should be.

"Frankincense separates the 'brain' of the cancerous cell - the nucleus - from the 'body' - the cytoplasm, and closes down the nucleus to stop it reproducing corrupted DNA codes."

Working with frankincense could revolutionise the treatment of cancer. Currently, with chemotherapy, doctors blast the area around a tumour to kill the cancer, but that also kills healthy cells, and weakens the patient. Treatment with frankincense could eradicate the cancerous cells alone and let the others live.

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<http://news.bbc.co.uk/2/hi/middle_east/8505251.stm>

Eucalyptus (Eucalyptus Radiata):

What is special about Eucalyptus: antifungal, anti-infectious, anti-inflammatory, antiviral, antiseptic, purifying, bronchitis, colds, congestion, fevers, and neck aches.

What else can Essential Oils be used for:

1. MRSA
   1. Eucalyptus, Melaleuca (Melaleuca Alternifolia) aka Tea Tree, Oregano, Lemon Myrtle, Thieves, Cinnamon Bark, Lemongrass, Lavender, Purification, Nutmeg
2. Killing Bacteria
   1. Thieves, Frankincense, Oregano, RC
3. Antiviral, Antifungal, Anti-inflammatory, antioxidant, Common cold, the flu, and cancer.
   1. Lavender, Peppermint, Oregano, Thieves, Frankincense, Fennel, Ginger, Lemongrass, Lemon, Eucalyptus, Basil, Cinnamon Bark
4. Whopping Cough and Hand, Foot and Mouth Disease
   1. Thieves, Oregano, Frankincense

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1. Indigestion
   1. Fennel, Ginger, DiGize, Lemongrass, Peppermint
2. Cuts, Scrapes, Bruises, Burns, broken bones, fevers
   1. Lavender, peppermint, Copabia, Lemongrass, Deep Relief, Valor, PanAway
3. Headaches, allergies, sleep
   1. Peppermint, Valor, Lemon, Lavender, Peace and Calming, Cedarwod, Dream Catcher
4. Emotional Health (Anxiety, depression, stress)
   1. Peppermint, Rose, Frankincense, Joy, Ylang Ylang, Orange, Citrus Fresh, Purification, Lemon

Safety with Essential Oils:

1. Always talk to your doctor to verify that an essential oil will not mess with any medications you are on.
2. There are over 50 hospitals around the country that do recognize and use essential oils in their facilities.
3. Do not use Essential oils topically on children under the age of 6 months old. Some oils are not even recommended to use until the age of 5 or 12, depending on the oil.
4. Essential Oils should be diluted on children. Some essential oils are called hot oils and those must always be diluted according to the instructions on the bottle.
5. Not all oils are safe to ingest, but some can be to help with things like allergies or weight loss.

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Any Questions?

1. Come see me after class
2. E-mail me at [books2you@mail2world.com](mailto:books2you@mail2world.com)
3. Facebook friend me and I’ll invite you to a great informative oil group called Drop Talk as well as one called The Oil Exchange (recipes using essential oils).

Further Information:

Frankincense:

<http://news.bbc.co.uk/2/hi/middle_east/8505251.stm>

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3538159/>

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3796379/>

<http://guardianlv.com/2013/07/cancer-treatment-found-in-ancient-resin/>

<http://www.naturalnews.com/035296_frankincense_cancer_natural_cure.html>

<http://www.ncbi.nlm.nih.gov/pubmed/22835693>

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3258268/>

Safety/General Information:

<https://umm.edu/health/medical/altmed/treatment/aromatherapy>

<http://neatoilessentials.com/how-do-essential-oils-work/>

<http://healthcare.utah.edu/pediatrics/integrativemedicine/medical_aromatherapy_essential_oils.php>

<http://www.mayoclinic.org/healthy-living/consumer-health/expert-answers/aromatherapy/faq-20058566>

<http://www.takingcharge.csh.umn.edu/explore-healing-practices/aromatherapy/how-do-i-determine-quality-essential-oils>

<http://www2.hawaii.edu/~johnb/micro/m140/syllabus/week/handouts/m140.8.3.html>

<http://dspace.udel.edu/bitstream/handle/19716/5901/Dana_Hoffman-Pennesi_thesis.pdf?sequence=1>

<http://www.takingcharge.csh.umn.edu/explore-healing-practices/aromatherapy/what-does-research-say-about-essential-oils>

Killing Bacteria:

<http://www.josiahsoils.com/josiahs-oils-blog/how-do-essential-oils-naturally-kill-bacteria>

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3346404/>

<http://umm.edu/health/medical/altmed/herb/lavender>

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1693916/>

<http://www.medicalnewstoday.com/articles/266580.php>

<http://umm.edu/health/medical/altmed/herb/eucalyptus>

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3609378/>

<http://jac.oxfordjournals.org/content/47/5/565.full>

<http://www.mdpi.com/1420-3049/17/4/3989>

Dangers of Vicks Vapor Rub:

<http://www.blogher.com/turpentine-baby-dangers-vicks-vapor-rub>

<http://www.mayoclinic.org/diseases-conditions/common-cold/expert-answers/nasal-decongestant/faq-20058569>

Thieves:

<http://guardianlv.com/2014/05/black-death-skeletons-talk-and-thieves-survived/>

<http://www.experience-essential-oils.com/thieves-essential-oil.html>

<http://www.josiahsoils.com/josiahs-oils-blog/how-do-essential-oils-naturally-kill-bacteria>

<http://aromatherapyliving.com/thievesessentialoil.html>

MRSA:

<http://www.essentialoilseeker.com/?p=51>

<http://www.sciencedaily.com/releases/2010/03/100330210942.htm>

<http://aromatherapy4u.wordpress.com/2009/08/05/mrsa-staph-infection-and-young-living-essential-oils/>

<http://www.sciencedaily.com/releases/2010/03/100330210942.htm>

<http://onlinelibrary.wiley.com/doi/10.1002/ffj.1904/abstract>

<http://www.examiner.com/article/mrsa-cases-double-five-years-while-natural-solution-is-overlooked>

<http://www.examiner.com/article/nature-has-the-answer-for-the-global-super-bug-crisis-essential-oils?cid=db_articles>

Lavender:

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