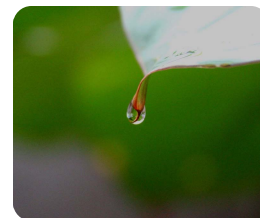


# Essential Oils Then & Now Newsletter

- By Joanna Barrett, RN, CNHP



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## LIFE FORCE - GOOD, GOOD VIBRATIONS

The effect of vibrations on health, our foods, our water, from music, from colors, from thoughts and feelings, from words written and spoken, is a fascinating study. Unfortunately my space is limited, so I'll just share some vibratory facts about oils. The information regarding Dr Aker's research is from an e-mail by Doug and Barb Mills

James Aker, Ph.D., is a biochemist with two Ph.D.s, one in Biochemistry and one in quantum physics. He has been doing research with an incredibly powerful microscope. It magnifies more than 18,000 times and allows visualization of motion exhibited by minute particles of matter when suspended in a fluid.

Unlike an electron microscope, you do not need to pull a vacuum on the sample, which destroys all life. Dr Aker tested over 200 different essential oils and was disappointed to find no movement in any of them. Without movement there is no life force. A gas chromatograph or a mass spectrometer could show constituents in an oil. But if these constituents were 'dead', then they would be useless for healing the body on a cellular level.

Dr Aker gave up trying to find quality oil until he found Young Living essential oils. Upon testing the oils, he was surprised to see they were full of life. He saw Young Living's lavender shimmering, moving and vibrating all over on the monitor. Young Living's peppermint nearly jumped off the screen! Pulsating, vibrating molecules were everywhere like a fireworks display. Then a number of MLM and store-bought oils were tested and Dr. Aker again found no life, only a dark screen with a very few non-moving specks.

According to books by David Stewart, Ph.D. on the chemistry of essential oils and Biblical and historical therapeutic oils, healing vibrations resonate with body systems of the same frequencies, measured in megahertz (MHz) This is taught in CARE seminars. Healthy people have frequencies around 62-68 MHz. When MHz drop, people get sick - at 58 MHz, cold symptoms; Flu at 57 MHz; Candida, 55 MHz; and Epstein Barr, 52 MHz. Cancer can begin when the MHz of the body falls below 42 MHz and dying begins at 25 MHz and goes to zero at death.

Stresses cause our good vibrations to fall. Holding a cup of coffee lowers one's frequency 8 MHz and taking a sip can lower one's frequency by 14. Inhaling essential oils following exposure to coffee restores body frequencies in less than a minute. If no oils are administered, it can take up to 3 days for the body to recover. Negativity lowers MHz, positive thoughts and prayer raise MHz

Fresh herbs have MHz of 20-27, dry herbs 12-22 MHz, and fresh produce 5-10 MHz. Canned and processed foods have chemical nutrition but no life force. All Young Living oils have still higher MHz with Damask Roses the highest known at 320 MHz.

Choose Good vibrations. They bless you and everyone around you.

*Joanna*