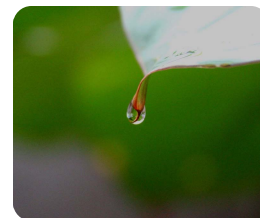


Essential Oils Then & Now Newsletter

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WHY'S AND HOW'S

I have been asked to explain how essential oils work so that people realize we are not practicing voodoo or using potions (sigh). It will take more than one article.

The first thing to understand is that there are two major schools of aromatherapy. The British (the major teaching in the U.S.) and the French. British aromatherapists dilute their oils - carrier oils plus 1-5% scented oil. The aroma is the healing aspect. Their oils are diluted because tests of perfume grade oils or single constituents of oils in vast amounts applied on animals proved toxic. Sadly true. However, there are fallacies in that research because 1) The sense of smell in a dog is at least 10,000 more sensitive than a human's and their skin is generally more porous. Neither school ever recommends massive amounts. 2) Perfume or food grade oil producers are concerned with fragrance and taste, not health. French-quality therapeutic oils are not required for British massage use. 3) Testing a fraction of an oil is like tasting baking powder and concluding that chocolate cake tastes terrible. God put all the constituents of essential oils together to work synergistically. The aromatherapists of the British philosophy have a considerable number of forbidden oils including three of the Biblical oils decreed by God to Moses and Aaron for the holy anointing oil - calamus, cassia, and cinnamon. According to the formula given in Exodus, this blend was 82% essential oils and only 18% carrier (olive) oil which, you will note, does not comply with the British standards of amounts and accepted oils.

French requirements for essential oils must pass very stringent tests. Only one company in North America offers it's oil for the French and International testing and approval. The French use oils internally, aromatically, as suppositories, and transdermally. Physicians there also used essential oils hypodermically in tumors. Applying oils undiluted on the skin is called neat. It is only oils that are from the correct genus and species, the right plant part, organically grown with no pesticides or herbicides, picked fresh at the right time, distilled at the lowest possible temperature and pressure in vats of a material that cannot leach into the oil, without solvents to speed the process and kill the living force, without added chemicals and without deleted constituents. For example, perfumers delete terpenes for clear perfume and add chemicals if that year's fragrance is not what customers expect.

Essential oils are the lifeblood of the plant circulating through cell walls, carrying nutrition into cells and removing waste. They act the same way in people, carrying oxygen into the cells and removing waste. Essential oils are one of nature's best body cleansers. They cleanse our cellular receptor sites of pharmaceutical drugs, petrochemicals, and other disruptors of cellular communication, chelate heavy metals and other toxins, and flush them through the liver, colon, kidneys, sweat glands and lungs. They also increase our ability to absorb vitamins and other nutrients.

God created these incredible oils for our health and blessing.

Until next time,

Joanna