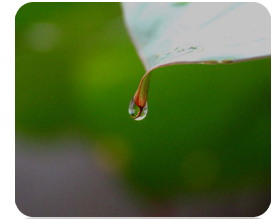


Essential Oils Then & Now Newsletter

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THE INTELLIGENCE OF ESSENTIAL OILS

As I think about essential oils and how they work, I realize I could write for months. Mer and I teach about the chemistry of essential oils using David Stewart's text [The Chemistry of Essential Oils Made Simple](#). (Next class September 8-10, Apalachin, NY.) Much of this article is taken from this wonderful book, chapter 2.

In order to be healthy, plants, animals, and humans need to be in a state of homeostasis. Homeostasis is that perfect condition of wellness where every vital biological process within a living organism is functioning, as it should. Essential oils always work toward restoring and maintaining balance and homeostasis, first in the plants that created them, and then in the humans who apply them.

In plants essential oils act like hormones, regulating plant functions and orchestrating the production of vitamins and enzymes. They act as messengers and supervisors within the plant that help coordinate and initiate vital plant activities. In people essential oils can act as neurotransmitters, peptides, steroids, hormones, enzymes, vitamins, and other message carrying molecules (ligands) to intelligently assist our body functions and help to restore or maintain wellness.

Now to say that essential oils are intelligent as they work toward balance and homeostasis comes from the fact that the same oil can work in different ways depending on the needs of the plant or person. Myrtle oil acts as an adaptogen that can stimulate an increase or decrease in thyroid activity depending on the need. Oregano will kill hostile microbes while nurturing those that are friendly. Drugs are unable to discriminate and act on only preprogrammed directions.

Which brings up why living vibrational oils are smarter than antibiotics. Antibiotics indiscriminately kill all the bacteria in our bodies including the friendly bacteria our bodies need to help us digest and engage in other essential bodily functions. Plus antibiotics and most pharmaceuticals make our bodies more acid, which can stimulate the growth of fungi and other organisms - thus trading one sickness for another.

That is not to say that antibiotics should never be used especially in severe infections when no other available means would work. You would just have to deal with the side effects after the crisis has passed. True essential oils have no negative side effects (although they sometimes have some temporary detox effects) plus they also attack viruses and fungi (which antibiotics can't). Furthermore, essential oils alkalize your body to a natural healthy pH. This is helpful against cancer. A tumor placed in a beaker of acid causes the cancer to grow. In a beaker of an alkaline solution the cancer will shrink and die.

This is one of the values of aromatherapy and therapeutic essential oils. Just breathing and living around essential oils goes a long way toward maintaining vitality and wellness. The action of essential oils is toward balance and homeostasis where every organ and cell is working perfectly and in harmony.

Towards balance and harmony,

Joanna