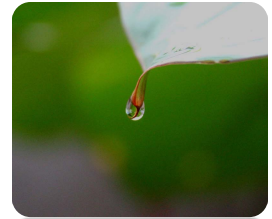


Essential Oils Then & Now Newsletter

- By Joanna Barrett, RN, CNHP, FCCI



April 2007

APRIL SHOWERS

*“Let my teaching drop as the rain,
My speech distill as the dew,
As raindrops on the tender herb,
And as showers on the grass.”
Deuteronomy 32:2*

Thought it might be a good time to write about the Raindrops done in our office and classes. According to the Dept. of Education for NYS, licensed massage therapists, and any person authorized to practice medicine, nursing, physical therapy, podiatry, or chiropractic as a part of his or her profession may do massage. Fortunately, for others who want to give Raindrops, the Technique is not characteristically a massage. It's more spiritual/physical, a laying on of hands, an anointing of oils. Ancient Mesopotamians, Egyptians, Syrians, and Persians as well as the Hebrews practiced the act of anointing. Anointing meant they would touch with oil individuals, groups, sacred objects or even their homes to signify a sacred connection to God was being made. It was a way of recognizing the coming together of the physical world and the spiritual world. If you believe the Bible is true and every word is inspired, I think it's significant that God thought it important enough to mention the use of oils and anointing throughout both the Old and New Testaments. In the story of the Good Samaritan, Jesus extols the Samaritan for his compassionate healing of a stranger - pouring wine and oil into the man's wounds and paying for his care. Jesus sent out the Twelve to preach repentance, cast out demons and anoint with oil those who were sick and heal them. The Epistle of James says the sick should call for the elders of the church to pray over and anoint him for healing.

Gary Young developed the Raindrop Technique and only Young Living oils are used. Most people come to our office because of physical complaints and allergies. Because of the many attributes and components of therapeutic essential oils, even the maladies of the heart and soul whether acquired or inherited often find release, root causes dealt with, and physical problems eliminated. A Raindrop session consists of at least 7 single oils and 3 blends.

Valor blends four oils including frankincense, to help balance the electrical system of the body, stimulate spinal realignment and give a sense of courage, confidence and self-esteem.

Oregano and thyme are highly anti-viral, anti-microbial, anti-bacterial, anti-fungal, and anti-parasitic. Boosts the immune system

Basil, the King of the herbs, is an anti-spasmodic, anti-inflammatory, muscle relaxant. Fights mental fatigue.

Wintergreen (plant-based, not the toxic manufactured kind) has a cortisone and analgesic effect. Excellent for joints and arthritis.

Marjoram is applied for muscle and nerve pain. Good for migraines and PMS.

Essential Oils Then & Now Newsletter

- By Joanna Barrett, RN, CNHP, FCCI



April 2007

Cypress helps those who are grieving a loss. Excellent with any fluid problems. Used for the circulatory and lymph systems.

Peppermint supports the digestive, respiratory, and nervous systems. Improves concentration and mental retention. Detoxing to the liver.

Orthoease is like a sports blend for nerves, tendons, joints, muscles, circulation, respiratory and sinus. Contains vitamin E and natural antioxidants.

James 4:17,

Joanna