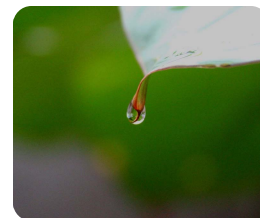


Essential Oils

Than & Now Newsletter

- By Joanna Barrett, RN, CNHP, FCCI



January 2009

Why Pay More?

Glad advertising using essential oils rankles me and it's sad when someone buys cheaper, "organic" essential oils and can't understand why they remain in a chronic state of unwellness. How would customers know the pretty smell of an "essential oil" could actually be - unhelpful? Not all essential oils are created equal.

The only absolutes I use are the beautiful oils of Neroli (from orange blossoms), Jasmine, and Onycha. They cannot tolerate the heat and hydration of distillation and are therefore obtained by chemical solvents. Unfortunately that leaves a chemical residue. Absolute oils should not be taken internally. Some companies generate their oils solely by this method since it's a faster process.

Some businesses distill with hot heat and a lot of pressure to produce oil quickly. "Time is money." Although there is still aroma, any cellular healing properties have been destroyed.

Others redistill their oil to make a small amount go farther. That is like using a tea bag several times. The first drink is stronger and good but by the second or third use the flavor is weakened. You get more tea that way but it's less beneficial. France is the number one producer of lavender oil. In 1997 they produced 25 tons of lavender and 67 tons were shipped to the U.S. alone. What's wrong with this picture?

Perfumers redistill oils several times and remove terpene constituents so the perfume will be clear and not cloudy. Since seasons differ, the fragrances of the oils can differ from year to year so, for example, if the Frankincense in Old Spice doesn't quite smell the same as what people expect - synthetic ingredients are added to make that fragrance.

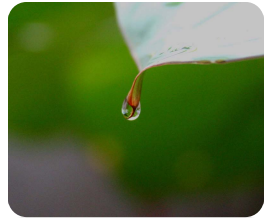
Pure essential oil? Some companies dilute oils with lesser quality oils - for example, Lavender (*augustertifolia*) is often cut with lavandin - a hybrid lavender. As a blend, the myriad of therapeutic benefits of Lavender *augusterfolia* is nullified. "Pure" does not mean no chemicals are added. In the U.S., only 5% of essential oil in the bottle is required to label it "100% pure."

Many oils are adulterated. That's how France can ship more Lavender than they grow. Frankincense is one of the most adulterated oils in the world. Adulterated is when colorless, odorless petrochemicals and synthetic compounds are added. These may even be labeled as 100% pure, organic, natural, genuine and/or therapeutic

Essential Oils

Then & Now Newsletter

- By Joanna Barrett, RN, CNHP, FCCI



January 2009

Therapeutic Grade - Great care is taken from seed (not from hybrids) to bottle. Chemicals are never used on the organic soil, the plants in the field or during distillation.

Distillation is by steam at low pressure and low temperature in upright stainless steel containers. Must have clarity of definition (one plant could have 200 species.) The time in the distiller is also important - cypress oil needs to be distilled for 24 hours. At Young Living there are a scientist and chemist who test the quality of each batch the oils before it is released to be marketed.

Which is the better buy?

Joanna