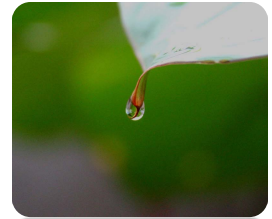


Essential Oils Then & Now Newsletter

- By Joanna Barrett, RN, CNHP



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JESUIT'S BALM

OK, I'm done with politics – it's really not my genre. I'd rather write about things pure, lovely, virtuous and praiseworthy - like authentic oils and noble people. I believe essential oils are spiritual with emotional and physical side effects. Essential oils bring balance to the body and facilitate healing in ways drugs cannot. The intuitive subconscious spirit of the body and cells understand and give off a frequency the oils resonate with to amend difficulties – be they viral, bacterial, emotional, mental, spiritual, structural...

Copaiba (or Copal) oil has been used in some form for centuries by native healers of the Amazon Rainforest, typically for skin problems including dermatitis, psoriasis, eczema, rashes, herpes, insect bites, and for injuries, wounds, and boils. Diluted Copal was prescribed by Amazonian curanderos as an expectorant and for alleviation of respiratory problems like bronchitis. A traditional sore throat remedy consisted of 4 drops of Copal with a spoonful of honey. Copal was introduced to the rest of the world in 1625 by Jesuit Missionaries returning from South America. It then became known as "Jesuit's Balm" and has been featured in European and American pharmacopeias ever since.

There are many types of Copaiba trees in the rainforests of Brazil, Argentina, Bolivia, Columbia, Peru, Equator, and Venezuela but not all of them produce oil with effective therapeutic properties. Gary Young discovered the *Copaiba reticulata* found in the Savannah Region of the Amazon Basin in Brazil as the most potent of the species. The oil occurs naturally in the tree as clear, thin, colorless fluid but when it comes in contact with air, it becomes thick, dark and bitter tasting. The resulting oleoresin has traditionally been used in the oxidized form. Most companies who sell Copaiba sell the resin not the distilled essential oil. Instead of harvesting Copal in the traditional way by boring holes in the tree trunks and removing the thick resins that form on the outside of the tree, Young Living extracts the oil in its raw unoxidized state as it exists inside the tree then submits it to a state-of-the-art vacuum distillation process. This process preserves all the subtle healing components of the natural oil resulting in the highest quality pure therapeutic-grade Copaiba oil in the world. In a peer review paper in France, Copal is listed as one of the most powerful oils for inflammation, twice as strong as wintergreen. Young Living's oil is the only one high (60%) in the anti-inflammatory component beta caryophyllene. All other varieties contain only 9% so don't have the same anti-inflammatory effect.

"In many traditions, the conscious active mind is considered an obstacle to spirituality because it pulls away from focusing on the truly important. Copal balm brings discernment, helping to focus on the truly meaningful from a spiritual perspective. It helps us be more effective in dealing with the less important aspects of our lives. When our mind is aligned with God, the gifts of vision, faith, humility, and wisdom are bestowed." It takes that to begin

To know the heart of Essential oils.

Joanna