

Essential Oils Than & Now Newsletter

By Joanna Barrett, RN, CNHP



November 2009

HURRAY! YAHOO! WHOOPEE! FIREWORKS AND SPARKLERS!

Exuberantly, we share the news that Mer has retired from IBM and is now able to do the work that he loves most. So whether you want auto-immune allergy elimination; or detox foot baths; immune enhancing, pain alleviating Raindrops; PKPs (resolving our sabotaging ourselves from optimal health and well-being); Wellness –Pro TENS work; ear candling; Young Living Essential oils, herbs, soaps, classes... Just stop in or give us a jingle.

Deep in the small area of the Amazon Rainforest in Ecuador and Columbia grows the quixos variety of the Ocotea tree. Female trees produce the foliage suitable for distillation and is gathered, loaded on a bush plane, flown to the Young Living farm (Finca Botanica Aromatica) in Ecuador and distilled there. The trees are now being grown at the farm. Traditionally, Ocotea was and is used medicinally as an appetizer, eupeptic, anti-diarrheal, disinfectant and local anesthetic and as a spice. Every two years large ishingpo flowers bloom on the tree and are used to flavor chocolate(s) made there. Ocotea is from the same botanical family as common cinnamon and the bark has a similar aroma. Although different in characteristics, Ocotea is often called the American Cinnamon tree. It contains the highest level of alpha Humulene than any other oil making it exceedingly anti-inflammatory. Ocotea has beenⁱ used at the Clinic in Ecuador for decreasing blood glucose levels (1-3 drops under the tongue 1-3 times a day), ridding the body of parasites and candida overgrowth (1 drop in water and diffuse), for its anti-diarrhea, anti-inflammatory effects, regulating the liver, balancing metabolism, for weight loss and reduction of cravings. A naturopath in Utah using Ocotea with a patient – April 21st blood sugar level 340, April 28th came down to 212, May 7th even lower to 140. This patient also noticed a feeling of well-being and peace. Ocotea is an antioxidant, highly antibacterial against E.Coli, Staph and streptococci, and is antifungal. Regarding parasites and candida overgrowth in children – Gary Young and many YL benefactors built a school for the children in that area. Most of the children had parasites and candida issues. 1 drop of Ocotea was put in 8 ounces of water and given to the Ecuador school children. Each only drank 1 ounce of the water. One eighth of a drop per child was effective in ridding them of parasites and the candida overgrowth. A recent study from an Italian researcher found that Ocotea may prevent the clotting of red blood cells and protect blood vessels.

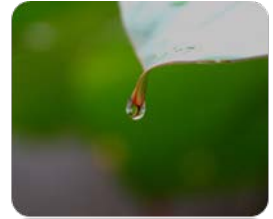
Ocotea is effective for preventing the negative consequences of stress. The cycle starts with the perception of stress by the hypothalamus which raises cortisol and Insulin levels, causing adiposity (Like that word?) which results in oxidative stress on tissues and blood cells, and the increase of cytokines that sends messages to increase fat and immune cells. Basically, stress lowers your immune system and can cause body fat, particularly abdominal fat. Coffee incidentally also increases cortisol.

Celebrating!

Joanna

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