

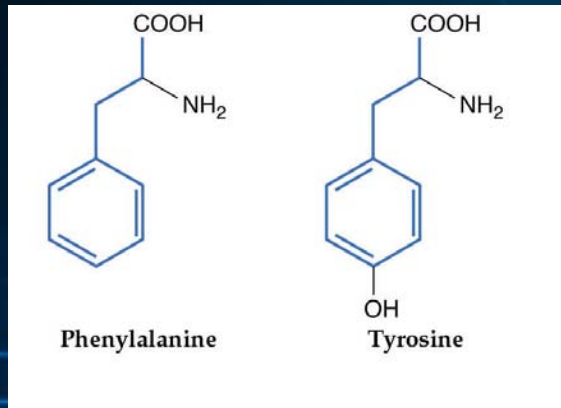


Essential Oils

Natures First Medicine

Essential Oils

The Missing Link
In
Modern
Medicine!



Objectives:

- Define Essential oils.
- Discuss how essential oils are made.
- Know how treatments are given.
- Discuss essential oils and bodywork.
- Discuss general safety for using essential oils.
- Discuss contraindications.

Key Terms

- Essential oils – are aromatic volatile liquids distilled from shrubs, flowers, trees, roots, bushes, and seeds.
- Aromatherapy- The art and science of using essential oils to relax, balance, and stimulate the mind, body and spirit.
- Base notes- These are among the most tenacious aromatic components that are among the last to evaporate. These oils are less volatile and are longer lasting which makes them more effective.
- Cineol- Is a component found in many essential oils and is characterized by it's penetrating, cool aroma. Oils with a high amount of Cineol are useful for respiratory complaints. A example is Eucalyptus.

Key Terms Cont:

- Carrier oil- Any vegetable oil that is used to dilute essential oils.
- Cold pressed- Vegetable (carrier) oils are extracted by pressing the seeds to release their oils.
- Dilution- To lessen the consistency or strength by mixing with something else.
- Enflourage- The process of extracting the aromatic compounds of delicate flowers and blossoms using fat.
- Fixative- An oil that is able to slow the evaporation of more volatile oils.

Key Terms cont:

- Infusion- The process of soaking plant material in a carrier oil to release the soluble contents into the carrier oil.
- Middle notes- These are the oils, or aromatic components with in the oils, that are neither first, nor the last to evaporate. (They form the middle or body of the aroma.) Example: Lavender
- Olfaction- The physiological function of smelling. Your olfactory sense is your sense of smell.
- Percolation- A different form of distillation where the steam is forced from the top down through the aromatic plant material, rather than rising from beneath.

Key Terms cont:

- Photosensitizing- The process by which chlorophyll containing plants make carbohydrates from water and from carbon dioxide in the air in the presence of light. In reference to essential oils, this will increase your skins sensitivity to the sun.
- Single Note- The pure and unblended essential oil from a single plant.
- Synergy- A combination of essential oils (single notes) that when balanced correctly provide a great therapeutic effect.

Key Terms cont:

- Top Note- The most volatile aromatic molecules that evaporate quickly. They are the ones you smell first and do not last as long as the middle and base notes. Therapeutically they are fast acting and short term.
- Viscosity- a term used to describe the thickness of an essential oil.
- Volatile- The characteristic of an essential oil to evaporate. The more volatile an oil the quicker it will evaporate.

Key Terms cont:

- Codes for OILS
- FA = FDA –approved food additive
- (FL) = Flavoring Agent
- GRAS = Generally Regarded as Safe

Facts to note...



- Today approximately 300 essential oils are distilled or extracted with several thousand chemical constituents and aromatic molecules identified and registered.
- **Only about 2% are produced for therapeutic and medicinal applications.** The other 98% is used in the perfume and cosmetic industry.
- Importantly, because of their complexity, essential oils do not disturb the body's natural balance or homeostasis: if one constituent exerts too strong of an effect, another constituent may block or counteract it.
- Synthetic chemicals, in contrast, usually have only one action and often disrupt the body's homeostasis.

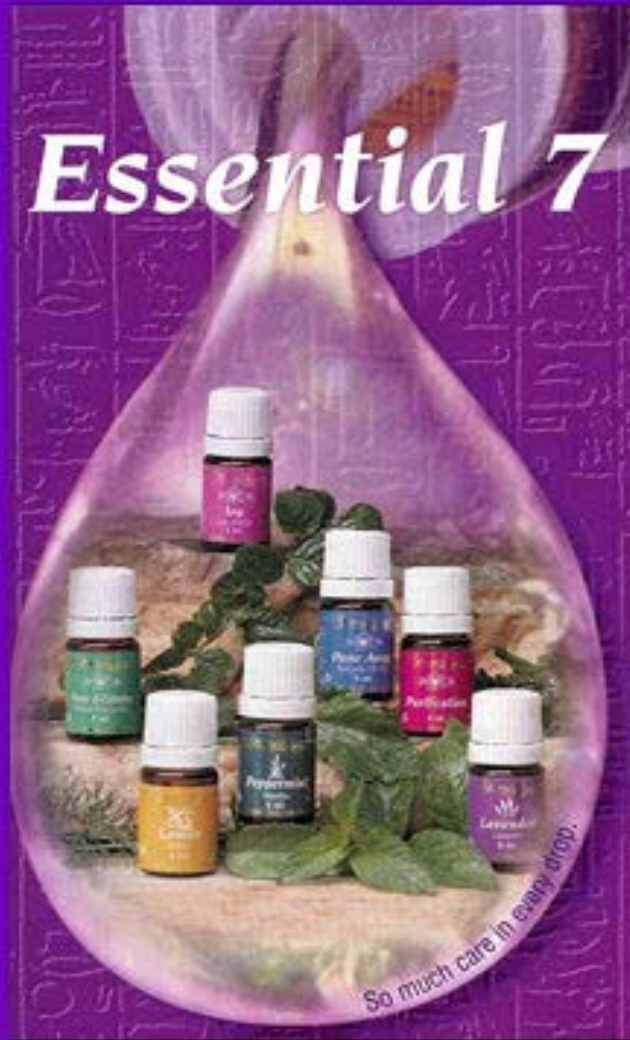
Yesterdays Wisdom, Tomorrow's Destiny

- Plants play an important part in balancing our environment
- Plants have been linked to the well being of humans dating back to 4500 BCE – physically, emotionally, and spiritually
- 30% of all Prescription drugs in the states are based on naturally occurring compounds from plants

Yesterdays Wisdom, Tomorrow's Destiny cont:

- Essential Oils – have been used to kill bacteria, fungi, and viruses.
- Fragrances used to balance mood, lift spirits & dispel negative emotions.
- Can stimulate the regeneration of tissue or stimulate nerves.
- ***They can carry nutrients to, and oxygenate the cells.***

Essential 7



So much care in every drop.

Yesterdays Wisdom, Tomorrow's Destiny cont:

- In ancient times oils were understood and used in medical applications, religious rituals, and embalming.
- Historical records describe how one of the founders of “pharaonic” medicine was the architect Imhotep, who was the Grand Vizier of King Djoser (2780 – 2720 BCE)
- Imhotep is often given credit for ushering in the use of oils, herbs, and aromatic plants for medicinal purposes.

Yesterdays Wisdom, Tomorrow's Destiny cont:

- Ancient Scrolls have been found
- Some contained over 800 different remedies, they dated back to 1500 BCE, and were over 870 feet long. It is called the Ebers Papyrus
- Egyptians were masters in using essential oils
- 50 alabaster jars were found to hold 350 liters of oil for KING TUT.

Biblical & Ancient references

- Over references of aromatics, incense, and ointments in the bible.
- 12 century mystic, Hildegard of Bingen, used herbs and oils extensively in healing. This Benedictine nun found her own convent, and her book Physica had more than 200 chapters on plants and their uses and is STILL available on Amazon today!

What is Essential Oils?

- Are aromatic volatile liquids distilled from shrubs, flowers, trees, roots, bushes, and seeds.



Chemistry of Essential Oils

- Are mosaics of hundreds – or even thousands – of different chemicals.
- Highly more concentrated and potent than dried herbs, each drop may contain anywhere from 80 to 300 or more different chemical constituents.
- Distillation process is what makes essential oils so concentrated.
- Often times takes a COMPLETE plant to make a single drop of distilled essential oils.



Methods of Extractions

- The oldest form is enfleurage (this places flower petals on goat or goose fat and the oil is extracted out of the petals then processed to separate from the fat.)
- Soaking in boiling water
- Cold-pressing
- Soaking in alcohol
- Steam distillation



Application of Essential Oils

- Diffusers - device that runs air through oil and disburses it in the air.
- Heated dishes – oil is suspended over heat and evaporated it the air.
- Internal (with capsules or colonics)





Dr. West Kirkley <http://www.westphd.com>

Application cont:

- Snorted/ Inhaled (stimulates the Limbic system)
- Applied Neat – no dilution, safe for most over 2, except sensitive skin
- Applied diluted
50-50 would be 1 part oil to 1 part carrier.
20-80 would be 1 part oil to 4 part carrier.

Cautions when using

- Some oils have qualities that make your skin sensitive to sunlight or UV rays. This is called Photosensitive.
- Some oils can raise blood pressure like Rosemary
- Keep away from eye area, if it does get in the eye use vegetable oil to wash out, NOT water because water drives the oil deeper.
- When using Internally, check codes for the oil.
- Oils will stain fabric, and can burn the skin.

Essential oils and massage...

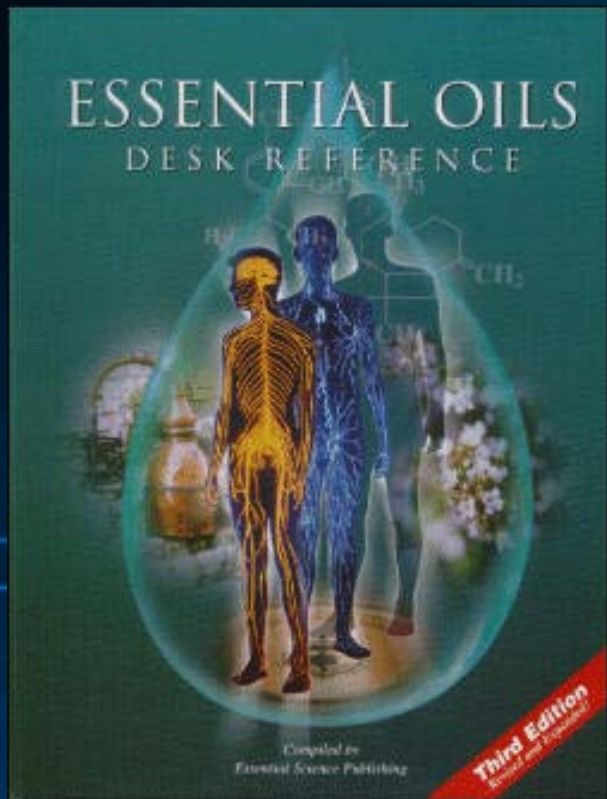
- Can be added to your lotion, oil, or cream, the diluted method.
- Can be used NEAT on the client.
- Will assist your client in many ways.

Note: please refer to the hand-outs for this information.

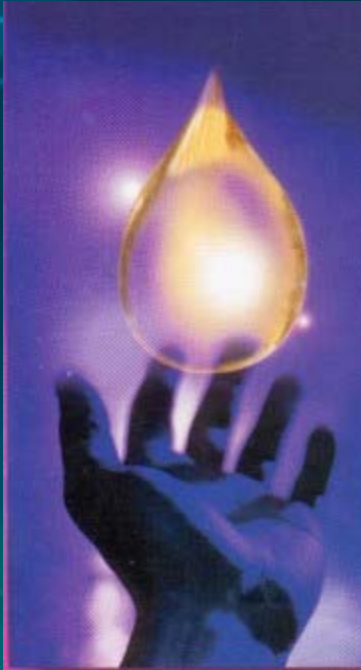
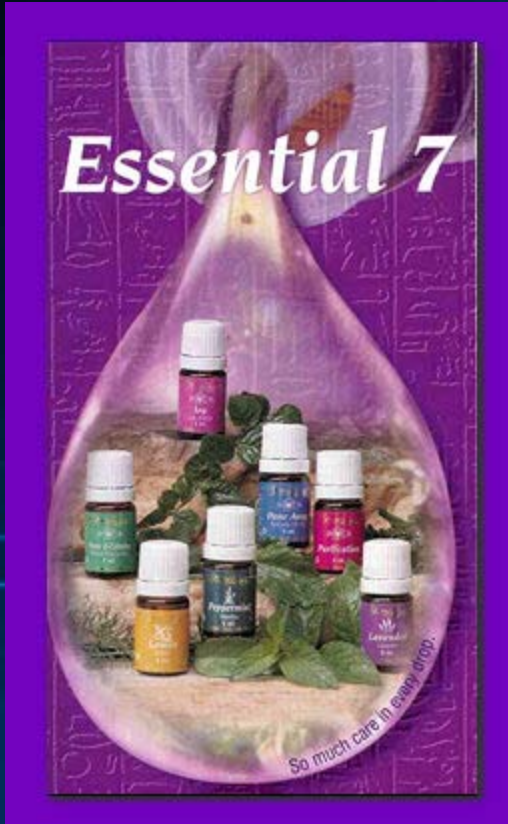
RainDrop Therapy (RT)

- Is a HIGHLY rated technique to use essential oils with massage techniques.
- Some of the techniques came from the Lakota Indians.
- RT is a powerful, non invasive tool for assisting the body in correcting defects in the curvature of the spine by utilizing the antiviral, antibacterial, and anti-inflammatory actions of several key essential oils.
- Dates back to 1980 and has been explored by many scientific studies.

Credits...



- All information in this presentation came from the EDR 3RD edition.
- It is the compiled work of Dr. Gary Young
- Who healed himself with oils.

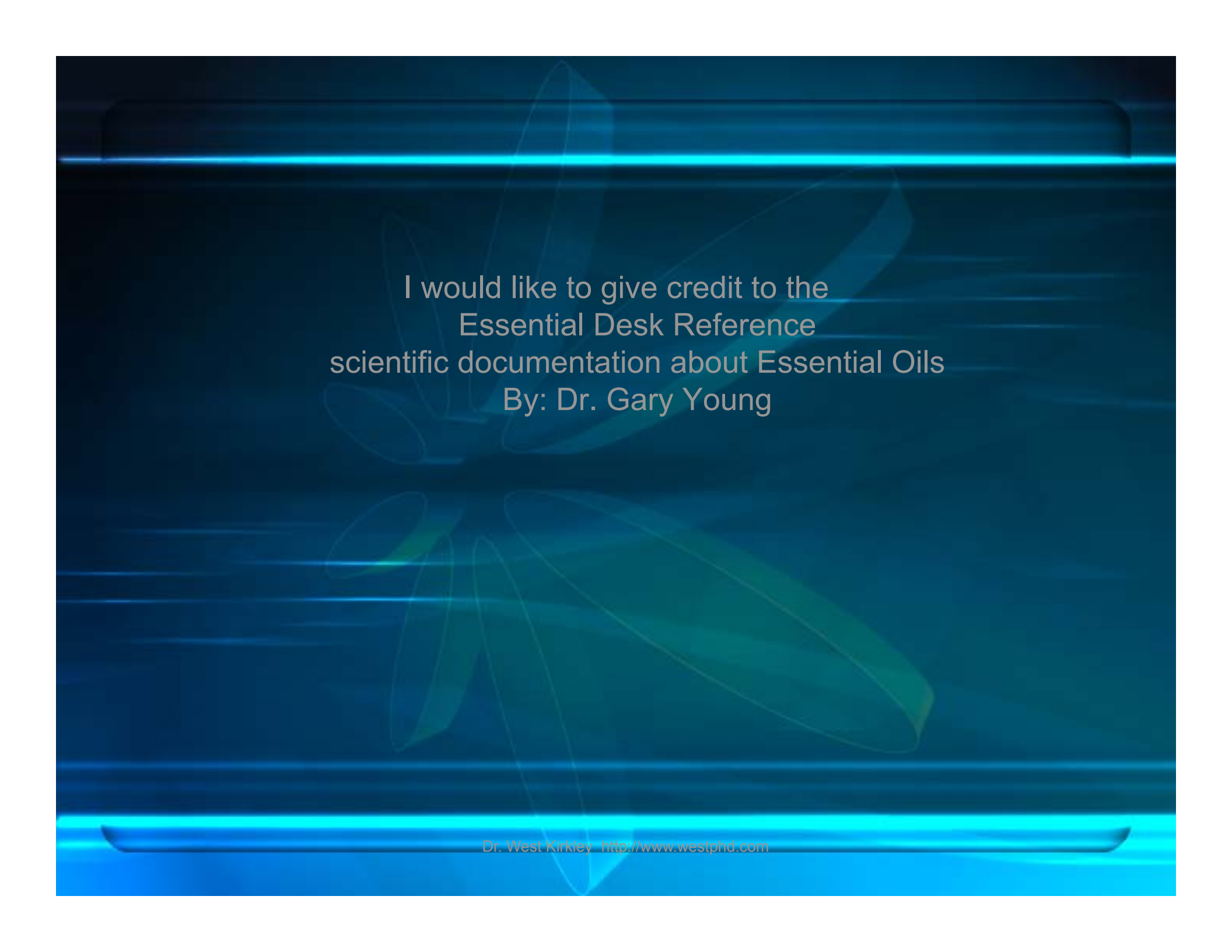


Dr. West Kirkley

Young Living Essential Oils
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Please contact me for more information on the best
essential oils on the market.

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I would like to give credit to the
Essential Desk Reference
scientific documentation about Essential Oils
By: Dr. Gary Young