

# Explanation of Essential Oils

The Man Behind Young Living, Gary Young



In 1973 Gary Young suffered a crippling injury from a logging accident that nearly cost him his life. Doctors told him that his paralysis would be permanent and he would be in a wheel chair for life. The next two years were filled with intense pain and depression, with lots of morphine & he tried to take his life 3 times. Since he wasn't getting results from traditional medicines, he gradually turned to alternative remedies. He studied and researched all over the world until he was introduced to essential oils and this changed his life! However, the essential oils that he could find had too many extreme variations and qualities. Some were chemically altered or diluted with other substances and were ineffective or even harmful. This led to Gary's research into organic farming, distilling his own oils. He since has designed and built the largest & most technologically advanced distillery for the production of Therapeutic-grade essential oils in North America. Today his company of Therapeutic essential oils and oil enhanced supplements has grown to more than 250, 000 distributors in the U.S.A. and several foreign countries. Past records uncovered around, the world revealed that most advanced civilizations of the ancient world the Egyptians, Greeks, Romans, Chinese & Indian people used essential oils to regain, or increase, or maintain health of the body & mind.

## Therapeutic-grade Essential Oils

The following information about essential oils have been gleaned from the books; "Essential Oils Desk Reference" by Essential Science Publishing, "An Introduction to Young Living Essential Oils" by Gary Young, "Healing Oils of the Bible" by Dr. David Stewart, "The Old Testament Apocrypha" 300 B.C. & 100 A.D "King James Version," (Bible) published 1881, "The New Revised Standard Version," (Bible) published 1989, "Young's Analytical Concordance," "Pseudepigraphal Books" 200 B.C., "Strong's Exhaustive Concordance of the Bible," "Harpers Bible Dictionary," "Natural Home Health Care, Using Essential Oils" by Daniel Penoel M.D., "The Medical Miracle of The Essential Oils" Tape by Terry Freedman M.D., and from "Translated Egyptian Hieroglyphics" from over 5,000 years ago, and tests done with modern technology such as Tainio Frequency Evaluator, ORAC'S antioxidant scale which is used by the Unites Stated, Department of Agriculture and by independent University testing labs at Weber State University.

It is not our intent, to diagnose, prescribe, make medical claims, to practice medicine in any form, or to encourage anyone else to do so unless they are properly licensed to perform such functions. For these

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Authorised Distributor for Young  
Living Essential Oils

things you need to see a physician or other appropriate licensed health care professional. Healing is a holistic spiritual term, not a medical one.

Essential Oils are composed of tiny molecules that can penetrate into every cell administering healing therapy at the most fundamental level of our bodies and can pass throughout tissues within minutes. Essential oils come from the vital fluids of plants that are their life blood. Essential oils contain "Life Force" intelligence & vibrational energy that imbues them with healing power that works for people.

Because God created the plants for us (Genesis 1 :11-12, 28), these oils could serve many of the same purposes for us as they do for plants. Thus, they could support and balance our endocrine, circulatory, digestive, nervous, emotional, hormone & reproductive systems. They could clear our sinuses and lungs & help us metabolize our nutrients, minerals, and vitamins. They could also boost the natural defenses of our immune systems and detoxify our bodies. They could clear our negative emotions and remove Demons or entities from our bodies. They are the world's most powerful antioxidants. Their frequencies are the highest of all known substances on the earth. They could heal balance & cleanse our mind, our emotions and our bodily systems. Last but not least, they Soothe invigorate and uplift us!

Essential oils magnify intent. When we apply them and mentally or verbally direct them to places in the body that need therapy, the oils respond to your thoughts and understand. They will go where you have directed and administer their healing vibrations. When we pray over oils, their frequencies increase. When their electromagnetic frequencies increase, so does their ability to uplift and heal. When our intent is expressed as prayer, oils amplify that intent and increase the effectiveness of the prayer. Prayer can work without oils. Oils can work with prayer. When both are used together, each increases the power of the other such that their combined ability to heal is greater than the sum of the two. This is no coincidence. It was programmed into the oils by God from their creation. Prayer and oils were meant to be used together.

### **You Can Trust Young Living Therapeutic-grade Oils**

Before Dr. Gary Young's oils are released for sale, every single batch of oils is quarantined, inspected, and tested for purity and quality. We send samples

to independent laboratories for testing by state-of-the-art gas chromatography and infrared analysis. Some oils are subject to further testing in England and France. Altogether, oils can go through five separate levels of quality analysis.

### **What Essential Oil' s Could Do For You**

- 1 Raise Up Our Body Frequencies (Life Force)
- 2 As Fighters Against Unfriendly Microbes
- 3 Cleanse & balance our bodies systems (Detox)
- 4 Purify our bodily systems with antioxidants (anti aging)
- 5 Clear negative emotions & remove Demonic Entities
- 6 Uplift our spirit & Spiritual awareness

#### **1. Raise Up Our Body Frequencies "Life Force"**

One of the most important dimensions to the healing powers of essential oils is the electrical charges, or in other words, megahertz frequencies, also can be called, radio frequency range, or millions of cycles per second or "Life Force." (Look at chart A) These frequencies are measurable with properly designed instruments. Bruce Tainio, of Tainio Technology, has developed sensitive meters to measure megahertz frequencies or "Life Force." These Frequencies of essential oils are between 52-320 MHZ. The highest of all known substances is Rose oil at 320 MHZ. By comparison, fresh herbs measure 20-27 MHZ, dry herbs 12-22 MHZ & fresh produce 5-10 MHZ. Processed or canned foods measured zero. Another words, there is no life or Life Force in canned or processed foods. They contain chemical nutrition but not vital frequency nutrition of live fresh foods. Measurements on the human body found that a healthy person has a frequency around 62-68 MHZ. If a person's frequency drops to 58 MHZ, cold symptoms can manifest. Flu symptoms start at 57 MHZ, Candida at 55 MHZ and Cancer can begin when the body falls below 42 MHZ. Dying at 25 MHZ goes to Zero.

Other experiments by Tainio were the effects of coffee. Finding that even holding a cup of coffee lowers ones frequency by 8 MHZ and that a sip lowers ones frequency by 14 MHZ. But when essential oils are inhaled after the exposure to coffee, the body frequency restores themselves in less than a minute, but if no oil is inhaled, it can take up to three days for the body to recover from one drink of

coffee. Oils that will clear - Rose, Ravensara, Blue Tansy, & Peppermint. One of the most important healing modalities of the oils is their ability to lift our bodily frequencies to levels where disease cannot exist.

Tainio also found that the frequencies of oils are also affected by thoughts. Negative thought lowered the frequencies of the oils by 12 MHZ while positive thoughts raised them by 10 MHZ. Prayer made an even greater difference, raising the frequency levels by 15 MHZ. Applying oils in an attitude of prayer, greatly enhances their effectiveness. Prayer can work without oils, oils can work without prayer, when both are used together, each increases the power of the other such that their combined ability to heal is greater than the sum of the two. The intent & righteousness of the person applying the oils, as well as the faith of the receiver, has a great deal to do with the progress for success in healing. We must be clear channels for God's healing power.

**Chart A  
Electromagnetic Frequencies of Selected Oils**

Rose (Rosa damascene)	320 MHZ
Helichrysum (Helichrysum Italicum)	181 MHZ
Ravensara (Ravensara aromatica)	134 MHZ
Lavender (Lavendula angustifolia)	118 MHZ
Blue Tansy (Tanacetum annum)	105 MHZ
German Chamomile (Matricaria recutita)	105 MHZ
Melissa (Melissa officinalis)	102 MHZ
Juniper (Juniperus osteosperma)	98 MHZ
Angelica ( Angelica archangelica)	85 MHZ
Peppermint (Mentha piperita)	78 MHZ
Galbanum (Ferula Gummosa)	56 MHZ
Basil (Ocimum basilicum)	52 MHZ

**2. Fighters Against Unfriendly Microbes**

Another method by which essential oils could exert a life-lengthening effect is through their microbial & antiseptic abilities to inhibit the growth of bacteria, fungi, parasites & virusus.

One of the most comprehensive studies to come out about these powerful anti-microbial effects of essential oils was conducted by Dr. Gary Young & Sue Chao at Weber State University. They tested 67 different oils against a variety of yeast, mold and

bacteria. Out of all of these 67 oils that they tested, the strongest for antibacterial properties were Cinnamon Bark, Clove, Mountain Savory, Oregano, Peppermint, & Thyme. They then tested Clove, Oregano, Thyme, & Thieves (which is an oil blend) against the bacteria streptococcus, airborne bacteria, & viral pneumonia (which are most responsible for throat, sinus & lung infections). The oil blend Thieves provided a 99.96% kill rate against those bacteria. The important oils to consider using against bacteria, fungi, parasites are: Clove, Cinnamon Bark, Eucalyptus Radiata, Melalueca, Mountain Savory, Oregano, Peppermint, Rosemary, Thieves (blend), and Thyme.

Some essential oils are used as antiseptics in place of alcohol, such as Galbanum, Grapefruit, Helichrysum, Juniper, Lavender, Lemon, Melrose, Thieves. Pouring oils into cuts & wounds could accelerate healing without scaring and protects you from infection because of their antiseptic properties. When essential oils are used to attack a bacteria that has invaded our bodies, it is very selective, it kills only the bad bacteria & saves the good bacteria to help the immune system to deal with the illness. Sometimes when the oils clear up one condition, it could also clear up other conditions.

Essential oils that were effective against bacteria, virus, fungi, & parasites in Egypt thousands of years ago, are just as effective today as they ever were. Their effectiveness will never diminish, even thousands of years, hence!

**3. Cleanse & Balance Our Bodies Systems (Detox)**

Purify our bodily systems with antioxidants.

As we age there is a greater opportunity for buildup of chemical contamination & toxins to accumulate in our bodies and to rob us of our nutrients and effect our health and cause degenerative diseases.

When the body is purged of heavy metals, undigested food, internal pollution, parasites, fungi & yeast (candida) it relieves stress on organs and tissues. This is why cleansing is so important. The ideal cleansing program should target many parts of the body, colon, intestines, stomach, liver & pancreas. Cleansing your system should not be done only once a year, it should be continuous! Young Living has supplemental products with oils that could cleanse your body.

As men and women grow older, hormones like testosterone and progesterone decrease and cortisol increases. Cortisol, in fact, has been known as a hormone which promotes accelerated aging. Excess cortisol contributes to high blood pressure, obesity, and hormone dysfunction that increases with age.

There are certain essential oils that are found to balance the hormones in your body. The following oils that could balance your hormones in a natural manner, are Clary Sage, Blue Yarrow, Fennel & Geranium. Young Living also has supplemental products with oils that could balance the hormones, for both women & men.

Clinical studies in 2002, at Piza University in Italy, found that essential oils enhance the ability of these natural hormones to penetrate the skin & enter the blood stream. These oils found were Cajeput, Cardamom, Melissa, Myrtle & Orange oil. Cleansing and balancing your bodily systems can all be accomplished with Young Living essential oils and supplements.

**4. Purify Our Bodily Systems With Antioxidants (anti aging)**

As if the foregoing were not enough to demonstrate the amazing abundance of healing properties of essential oils, they are also the world's most powerful antioxidants that can gobble up free radicals in our bodies. Scientists at Tufts University have developed a scale for the U.S. Department of Agriculture called the ORAC test (ORAC = Oxygen Radical Absorption Capacity). The higher the ORAC score, the more capable that particular food or oil is of destroying free radicals, thus retarding the aging process and preventing cancers and other diseases. The lists below give more examples of ORAC scores:

**Chart B**

**Antioxidant (ORAC) Scores for Selected Fruits & Vegetables**

Carrots	210
Oranges	750
Beets	840
Raspberries	1,220
Strawberries	1,540
Blueberries	2,400
Wolfberries	25,300

**Antioxidant (ORAC) Scores for Essential Oils**

Sandalwood (Aloes)	1,655
Juniper	2,517
Rosemary	3,309
Rose of Sharon (Cistus)	38,624
Cinnamon Bark	103,448
Thyme	159,590
Clove	10,786,875

The contrast in the two sets of figures is striking. Chinese Ningxia Wolfberries are the highest scoring food in the world, while Clove is the highest scoring essential oil and is 400 times more potent as an antioxidant than wolfberries. Most essential oils score higher than most fruits and vegetables, as the two tables above suggest. In fact, essential oils have the highest ORAC scores of all substances in the world. An ounce of Clove Oil has the antioxidant capacity of 450 lbs of carrots, 120 quarts of blueberries or 48 gallons of beet juice.

While eating foods high in antioxidants is a desirable and very healthy thing to do, learning to use essential oils in your daily life could potentially be even more desirable and health producing. The exceptionally high ORAC scores of essential oils partially explains why living with them in your daily environment - to breath, eat, and apply to your body - could support all of your systems and contribute effectively towards long term healthful living, even when used in very small quantities, and even when only inhaling them. You can see by the chart above the Chinese Ningxia Wolfberries are the highest antioxidant fruit in the world, and Young Living has developed a high antioxidant drink made from the Chinese Ningxia Wolfberry called, Berry Young Juice, and many of their supplements also contain.

**5. Clear Negative Emotions & Remove Demonic Entities**

One of the most powerful healing aspects of therapeutic essential oils is their ability to penetrate the Blood - Brain Barrier. After you breathe oil molecules through your nose, they go straight to the central portion of your brain called the amygdala. This is where your storage & filing of your emotional experiences is located. It responds only to smell, these essential oils are able to contact that non-verbal

portion of our brains that store our feelings & emotions. When essential oils penetrate your central brain, it makes us able to access the forgotten memories of emotions that could have caused us to be sick and gives us an opportunity to deal with that emotion and release it from our systems which could affect a healing.

The body is composed of 100 trillion cells with DNA strands. The DNA cell-strands within your body carry more combined memories than all the computers in the world. One drop of essential oils contains approximately 40 million-trillion molecules. Enough to cover every cell in our bodies with 40,000 molecules. It only takes one molecule of the right kind to open a receptor site and communicate with our DNA to alter cellular function. All essential oils are composed of carbon, hydrogen and sometimes oxygen, called Terpenes which are very small and very unique in the world of natural substances.

- I. Examples of Hemiterpens; it programs miswritten information in the cellular memory, protects against free radical damage & clears receptor sites of cells so microbes cannot live in them.

Phenylpropanoids - Clove (90%) Cassia (80%) Basil (75%) Cinnamon (73%)

Oregano (60%) Anise (50%) Peppermint (25%)

- II. Examples of Monoterpens; they Re-program miswritten information in the cellular memory (with improper coding with DNA) Protect against free radical damage.

Galbanum (80%) Angelica (73%) Hyssop (70%) Rose of Sharon (54%)

Peppermint (45%) Juniper (42%) Frankincense (40%) Spruce (38%)

Pine (30%) Cypress(28%) Myrtle (25%)

- III. Examples of Sesquiterpines; Penetrates the blood-brain barrier. Delivers oxygen molecules to cells, Erase or deprogram miswritten codes with DNA. Could help fight Cancer, Alzheimer's, MS, Parkinson's, & Lou Gerigs disease as they are brain oxygenizing oils.

Cedarwood (98%) Vetevier (97%) Spikenard (93%) Sandalwood (90%)

Black Pepper (74%) Patchouli (71%) Myrrh (62%) Ginger (59%)

Galbanum (82%) Onycha (80%) Frankincense (8%)

## Removing Demonic Entities

In the Bible they mention demonic possessions and that some sicknesses are out of demonic origin.

Demonic spirits don't like essential oils. They are repelled by them. The oil's high vibrations, put there by God, are too much and make them want to leave. When the demonic entities are removed the void must be filled with a righteous intent to honor your physical body and develop a more positive attitude in all areas affecting your life. After the removal of the demonic entities you could protect yourself with the use of either White Angelica or Frankincense essential oils. Some demons are unclean spirits of our own making, psychological disorders, hang-ups, and psychiatric diseases, that hide our true selves and prevent the flow of God's love into our lives. Both kinds of demons, those conscious entities from the unseen realms of darkness and of our own making need to be dealt with and "cast out" in order to affect a healing. The emotional oils such as in the Feelings Kit of (12 essential oils) provide Emotional release, along with other emotional based oils such as Sacred Mountain, Transformation, Exodus II, Legacy, Awaken, Hyssop.

The point is that when engaged in a healing mission, one must be ready to deal with all aspects of disease including demonic entities.

## 6. Uplift our spirit & spiritual awareness

There are many essential oils that could uplift our spirit & spiritual awareness and they are talked about in the Bible endlessly. They could be applied to the skin or released in a diffuser in your house to penetrate the mind & uplift you. Below is listed some of the single and blended oils such as;

- 1 Exodus II - which is an oil blend which gives spiritual & emotional benefits
- 2 Three Wise Men - is an oil blend of Sandalwood, Myrrh, Frankincense, Juniper, Spruce in an almond oil base. This blend could open the subconscious mind through the pineal stimulation to help release deep seated traumas. These oils could bring a sense of grounding & uplifting through emotional release & elevate spiritual unconsciousness.
- 3 Valor - is an oil blend of Rosewood, Blue Tansy, Frankincense & Spruce. This blend could help balance electrical energies within the body, giving courage, confidence & self esteem. Body

will self correct it's balance & alignment while giving relief of pain. overcome fear & is called "a Chiropractor in a bottle." Release in a diffuser

- 4 Essence of the Season - is a blend of Frankincense, Myrrh, Orange, Cinnamon, & Spruce. This is refreshing, lifts up your spirit and a great air purifier!

Additional up-lifters are Joy, Acceptance, Abundance, Australian Blue, Awaken, Christmas Spirit, Citris Fresh, Clarity, En-R-Gee, Envision, Harmony, Live with Passion & Magnify Your Purpose.

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### Summing it All Up

It takes life to produce life. It takes a life process to produce a living substance. Only God can do that. Chemistry is not all there is to the components of an essential oil. There is also electro magnetic frequency, or "life force." If frequency is measured, you find that synthetically produced substances are motionless and inert, Zero frequency. At the same time, a naturally grown component in an intact oil gently coaxed from the plant with all of its companion components is vibrant. In fact, there is intelligence in essential oils that have been properly grown and extracted without adulteration. Oils produced by a living process as Young Livings Therapeutic-Grade Essential Oils, are living with a high frequency! Oils produced by mechanical man-made processes are lifeless.

You see, only God can make a therapeutic oil. All we can do is to extract it as lovingly as possible and leave it untouched. It is man's arrogance that makes him think he can improve on nature by tampering with the oils. Essential oils are God's gift to everyone. They can never be copyrighted or trademarked or patented for profit. Anyone with patience and willingness can learn to produce them or to find producers they can trust. Their applications, while healing, are not the practice of medicine. In the Biblical tradition, the application of essential oils was the practice of religion. Every American has the right to exercise that freedom.