



How Essential Oils Work

Why are they effective, How do they work, What do they do for us.

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Why are Essential Oils so effective?

Can be summed up with: Nature is designed by an intelligent Creator, therefore it is intelligent, just as we are.

What do Eos do in the plant?

Plant Metabolism, Plant growth, *Basis of immune system, warding off parasites, viruses, bacteria, etc.*

Each EO can have up to 300 different chemical constituents (different parts) and one drop of that EO can have up to 400,000 molecules in it, each a different size and shape meant to interact with various receptor sites.

What happens from growth of seed until they seal the bottle will affect how many of the constituents are available.

Two properties that make Eos especially available to humans: Size and lipid solubility.

1. Their small size allows them to quickly circulate and travel throughout our blood stream. When we diffuse essential oils into the air these molecules are being brought into our bodies through our nose and lungs and able to have great effects on our brain through the response of our limbic system.

2. Eos are lipophilic molecules, meaning they like lipids (fats) which is what surrounds our cells and the individual organelles inside of our cells, all the way to the nucleus where DNA is housed.

In summation, the size, diversity, and affinity for lipids is why Essential Oils are so effective at getting into the cells, including across the BBB to do their work on many different proteins all over the body.

How are Essential Oils so Effective?

There are some key Chemical Compounds in EOs that are known to have certain effects in our bodies. *Combine these specific compounds with the other constituents of EOs and you have truly remarkable plant medicines.*

Some of these:

Phenols + Phenylpropanoids: cleans receptor sites on cells. This improves communication between cells.

Monoterpenes: found in most Eos. Can reprogram miswritten information in the cellular memory (DNA)

Sesquiterpenes: delivers oxygen to cells. Also able to reprogram miswritten information in DNA. Cancer cells are due to miswritten DNA and low oxygen .. this makes this compound especially good against cancer.

Beta-Caryophyllene: found in many oils that act on CB2 receptors. Govern processes such as sensation of pain, appetite, mood, memory, growth of pain, and many immune responses.

-How western researchers use this information greatly inhibits the effect of the plant. They use a method called Monomolecular therapy. One molecule, one receptor, one (intended) effect. Very ineffective with many side effects as a result of "loose ends."

-Nature is the only thing that can restore the body back to its natural state of balance within the cell. This is done through Polymolecular therapy. Many molecules, acting on thousands of different receptors at

a time, allowing for true homeostasis to be reached within the cellular network. This doesn't leave anything "unchecked."

-Essential Oils also manifest their power through the process of Synergy. Recall we have up to 300 constituents in one oil. If molecule A opens the door, and molecule B does all the work, how much molecule A do you need? Not much. But without it, molecule B is useless. Now, combine this by 100, or 150 and you have all the range of possibilities of what one drop of essential oil can do.

Sometimes, the smallest trace elements of the oil magnify the power of the rest. Without those trace elements, you have a lackluster product.

What do essential oils do for our health?

- They improve aging and decrease risks of illness.

ORAC scale: a measure of antioxidants in food adopted by the USDA. Higher the number, better antioxidant properties.

Some foods:

Carrots: 210

Oranges: 750

Strawberries: 1,540

Blueberries: 2,400

Wolfberries: 25,300

Some oils:

Sandlewood: 160

Frankincense: 630

Cinnamon: 10,340

Myrrh: 379,800

CLOVE: 1,078,700 - an ounce of clove oil has antioxidant capacity of 320 pounds of carrots, 28 quarters of blueberries.

These super high levels of antioxidants make living with essential oils one of the best things you can do for your health. Even when used in small amounts or only inhaling them.

. They raise our frequency:

A healthy person has a frequency of about 62-68 hz. Cancer can begin when a persons overall frequency dips below 42. Essential Oils have very high frequencies.

Rose: 320 mghz

Lavender: 118 mghz

Juniper: 98mghz

Peppermint: 78mghz

As you can see there is a lot to the Why, How and What. Do not take a mechanistic view of essential oils. Do not approach essential oils as a cover up for a symptom. They are a solution to the root of the issue, which can be quite complicated. Not one oil is going to be the fix for one problem. It sometimes takes a village as they each have different properties and mechanisms of actions. Find the one or ones that work best for your specific problem.