

Essential Oil Secrets

By Dr. Dana Clay Young, PhD

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Secret #1

Why did the ancients feel essential oils were "essential" to life?

What was it that they knew about essential oils that people today are only beginning to rediscover?

Those two questions and more are answered in this post. Over the next few days I will reveal seven secrets the ancients knew about essential oils that are largely unknown today. Let's start with the first...

Secret #1:

Essential Oils Have Extremely Powerful Antimicrobial and Anti-Infectious Properties

Essential oils are some of the most powerful antimicrobial substances known to man. Researchers have found that certain essential oils have powerful anti-infectious, anti-oxidant and anti-inflammatory properties as well as immune-supporting actions. In addition, studies show that essential oils increase the uptake of oxygen and the delivery of ATP (adenosine triphosphate) to the cells.

Combinations (or blends) of essential oils combine the strongest and best qualities of several essential oils to create an even more powerful oil. The Spice for Life blend is such a blend. Spice for Life® essential oil is a blend of some of the most powerful, pure and potent, antimicrobial essential oils in existence.

Tested at Georgetown University Washington the oils in the Spice for Life proprietary blend was found to be 99.968 percent effective against airborne bacteria. This means that it literally destroys 99.968 percent of all bacteria in the air. (It works just as well on surfaces and in your body.) It is also deadly to molds and fungi. And it does so safely and without side-effects or harm to humans or the environment.

You may be wondering how this essential oil got the odd name of "Spice for Life."

Directly from history; you see, during the 14th-century the dreaded black plague was indiscriminately killing citizens of all rank and file in England. During this time, a fearless band of spice traders took advantage of the dead and dying by robbing plague victims (and their graves) of all their jewelry and valuables. To the shock and chagrin of the population and the law, the spice traders turned thieves never fell ill with the highly contagious disease themselves.

Everyone wanted to know how these shameless thieves could repeatedly handle plague-infested bodies without contracting the fatal disease. This was unheard of! What stopped them from falling ill?

Eventually the spice trader thieves were caught and faced death sentences for their crimes. But the public's demand to know the secret of the thief's health defenses swayed the judge to offer them leniency in exchange for a lighter sentence if they revealed the secret that protected them from the plague. Would they part with their closely-guarded secrets? The thieves took the deal. As it turned out, these thieves weren't ordinary grave robbers. They were spice and perfume traders who traveled the Silk Road through the Orient and were well-versed in the power of essential oils. They knew exactly which oils would protect them from the plague. Court documents show the thieves revealed their secret of using essential oils before they robbed their victims. They would apply cinnamon, cloves, rosemary, and other aromatic essential oils on their bodies.

Be Young's Spice of life® essential oil blend was created based on this historical accounts and ships manifest. It includes a carefully blended combination of clove, cinnamon bark, ravensara, lemon, orange, lime, thyme, oregano, black cumin and Eucalyptus radiata essential oils, resulting in pleasantly smelling, powerfully antimicrobial oil.

Spice for Life essential oils has been university tested and found to be highly effective against airborne bacteria. It has also been independently tested and found to eliminate toxic mold, black mold and mildew in as little as 24 hours.

Tomorrow, we're going to look at Secret #2: Why bacteria cannot build up resistance to essential oils. That's a bold statement considering how quickly bacteria develop immunity to antibiotics and other drugs. If you're interested in developing super immunity, I'm sure you'll find the next secret very interesting.

Dana Young
Be Young Essential Oils

Secret #2:

Bacteria CANNOT Build Up Resistance To Essential Oils

In 1985, Dr. Jean C. Lapraz stated that, according to his research, no microbe could survive in the presence of the essential oils of cinnamon or oregano.

This bold statement seems even bolder today than in 1985 because of the intense lobbying, advertising, regulating and conditioning the pharmaceutical and medical industry has been doing in the last couple of decades discrediting natural substances and trying to get people to believe that only drugs can kill germs.

Yet drugs fail with regularity. Each drug is only effective on a limited number of germs or microbes - and those microbes tend to develop immunity to that drug very quickly or are morphed into L-forms.

Stronger and stronger drugs have to be used, but that doesn't stop the bacteria. They continue to develop resistance to the stronger drugs. There are already several immune-resistant bacteria that modern medicine has no answer for.

Yet, Dr. Jean C. Lapraz stated that NO MICROBE could survive in the presence of the essential oils of cinnamon or oregano. It was true then and it is still true now.

Bacteria and microbes simply cannot develop resistance to pure and potent essential oils (we're not talking about the cheap diluted essential oils you find at the drug store or health food store. Dr. Lapraz was referring to the highest quality essential oils only).

The reason for this is that essential oils are very complex. As soon as a microbe tries to outsmart one constituent, it's hit from the side with another, from the back with another, from the other side with another, and from the front again with another, and another... Germs, bacteria and microbes are left defenseless.

Essential oils are not simple substances. They are mosaics of hundreds, or even thousands, of different natural chemicals. The average essential oil may contain anywhere from 80 to 1600 chemical constituents. Many contain even more in minute quantities, yet they all contribute to the oil's therapeutic effects.

The bottom line is that the complex chemistry of essential oils makes them ideal for killing and preventing the spread of bacteria, since microorganisms have an impossible time mutating in the presence of so many different antiseptic compounds.

Another reason germs and bacteria have a hard time developing immunity to essential oils is because of the variability in the oils. Chemical drugs are always uniform. They contain exactly the same amounts of constituents in the same proportions every time. It's easy for microbes to develop defenses to a substance that is completely predictable and unchanging.

But plants grow a little differently every time depending on the weather, soil, amount of nutrients

in the soil and other natural factors. This creates subtle, but detectable variations in the chemical constituents of essential oils, so no two oils are exactly alike in structure or effects. The wide variety of compounds in essential oils makes the mutation of microorganisms extremely difficult. In case you're wondering, here are a few of the main constituents found in essential oils:

- Alcohols
- Aldehydes
- Esters
- Ethers
- Ketones
- Phenols
- Terpenes

Each of these can be broken down into numerous smaller units. Each constituent has its own action, or effects. A single oil may have several actions.

For example aldehydes; found in lavender and chamomile, are antimicrobial and calming. The ketones found in lavender, hyssop and patchouly stimulate cell regeneration. Whereas phenols, found in oregano and thyme oil, are highly antimicrobial. The eugenol found in cinnamon and clove is antiseptic and stimulating. Other constituents in clove make it antitumoral.

This is just a brief glance at the chemistry of essential oils. It takes years of study to fully comprehend it. But hopefully this gives you an idea of the complexity of essential oil chemistry. This complex chemistry produces many diverse effects of essential oils, including antimicrobial effects.

The next secret holds another surprise. I won't give away the entire secret, but I will say that essential oils are effective against more than just bacteria. Look for the next lesson here on Facebook.

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Secret #3:

Thanks for joining us again for the third lesson of the 7 Secrets of Essential Oils. Today, we're looking at a surprising fact that can mean a lot to your health and the health of your family...

Essential Oils Are Just as Effective against Viruses and Fungus as They Are Against Bacteria

Modern medicine today has many antibiotics to fight bacteria, a few medications to fight fungus, but they have little to offer to fight viruses. They want people to believe that nothing exists that can help them fight viruses.

Not true.

I already mentioned in Secret #1 that the Spice for Life® essential oils were tested and found to

be 99.968 percent effective against airborne bacteria. Those airborne bacteria include viruses just as much as bacteria.

But the Spice for Life blend isn't the only essential oil that is effective against viruses. Many oils that have antimicrobial action, such as oregano, thyme, ravensara, clove, lemon, cinnamon, rosemary and others are also effective against viruses and bacteria. Oils containing limonene have been shown to be antiviral.

The essential oils of thyme, cumin, clove, caraway, rosemary and sage all possess antifungal properties. These oils completely inhibited growth of fungal mycelium and aflatoxin production in tests at Cairo University. In other studies in Morocco, cinnamon, thyme, oregano and cumin were shown to have strong antifungal properties.

Many of these essential oils are also antiseptic. And the amazing thing is, they are not only antiseptic, but they are also non-toxic - an extremely rare combination. This is why they are so beneficial to the body and so life-supporting.

Remember that earlier I mentioned that tests found the Spice for Life blend has a 99.968 percent kill rate against airborne bacteria. Spice for Life also dramatically inhibits the growth of many types of drug-resistant bacteria L-forms (both gram negative and gram positive), including *Micrococcus luteus* and *Staphylococcus aureus* (staph is one of the most difficult bacteria to control).

The 99.968 percent kill rate was against the toughest gram negative bacteria, *Pseudomonas aeruginosa* - a bacteria that is far more resistant to antiseptics because of its thick cell wall. But thick cell walls do not deter the effects of essential oils.

In general, most essential oils that are antibacterial and antimicrobial are also anti-viral. In addition, many essential oils are anti-infectious, anti-cancerous, anti-tumoral, and anti-parasitic all at once.

But let's be clear that we are only talking about pure and potent E.O.B.B.D essential oils here, not cheap imitations. Today, far too many essential oils on the market are completely or partially synthetic. They are created in a laboratory by chemists who have figured out how to recreate the main constituents and fragrances of the most popular oils in the laboratory with chemicals.

These synthetic oils totally lack therapeutic benefits and may even carry risks of chemical toxicity. They may cause irritations and allergies. Chemicals are easily absorbed through the skin due to its permeability. Once absorbed, they can become trapped in the fatty sub dermal layers where they can leach into the blood stream.

The truth is, it is impossible to manufacture all the molecules and isomers contained in naturally grown essential oil in a laboratory. The only way to get the benefits of essential oils is by using pure and potent E.O.B.B.D. oils.

The next secret will give you a look into the stratospheric antioxidant levels of many essential

oils. Antioxidants are tremendously important to health and anti-aging, but very few substances on this earth can come close to the astoundingly high antioxidant levels of essential oils.

Secret #4:

Essential Oils Are Incredibly Powerful Antioxidants

Here's the fourth lesson of the 7 Secrets of Essential Oils. You may have been hearing a lot about antioxidants and how they fight free radicals and help you stay younger. You may also be inundated with supplements and antioxidant drinks that claim to have extremely high antioxidant levels. While their levels may be high in comparison to normal foods or supplements, they pale in comparison to certain essential oils. Let me explain...

Many essential oils are the highest antioxidants on earth! One essential oil, which I'll tell you about later, is the highest-scoring single ingredient ever tested for its antioxidant capacity on the ORAC scale! And other essential oils come close.

What does this mean to you?

It means that the powerful antioxidants in essential oils create unfriendly environments for damaging free radicals. They may prevent mutation, fungus, and oxidation in cells, and work as free-radical scavengers.

What is an Antioxidant, Exactly?

An antioxidant is a substance that acts to slow down or prevent the oxidation of another chemical. It is a substance that protects cells in the body against free radicals. Free radicals are molecules produced during normal metabolism or as a result of an unhealthy diet or exposure to pollution, tobacco smoke and chemicals. Free radical damage may play a role in heart disease, cancer and other diseases. Antioxidants are found naturally in many foods, including fruits, vegetables and nuts, and can also be found in nutritional supplement form.

The human body comes with an amazing system of checks and balances. Antioxidants balance out the damage of the free radicals. Antioxidants act as "free radical scavengers" that prevent and repair the damage done by free radicals.

What is Oxidation?

In its simplest definition, oxidation is the loss of electrons. An example oxidation turns good fat into rancid fat. This process creates toxicity in the body and causes damage to DNA. This is what causes aging and illness.

That's not to say that all oxidation is bad. A certain amount of oxidation reactions are crucial for life. However, too much oxidation is damaging. That's why plants and animals have well worked out systems that use multiple types of antioxidants.

What Prevents Too Much Oxidation?

Antioxidants prevent or slow oxidative damage to our body. In order to function optimally and maintain health and youth, there must be sufficient antioxidants in the system. In fact, low levels of antioxidants in the body (or if the antioxidant enzymes are not working well), causes oxidative stress which start chain reactions that damage and even kill cells.

Antioxidants stop these chain reactions by removing free radicals and preventing the formation of new free radicals. They also inhibit other oxidation reactions by being oxidized themselves. Antioxidants can come in the form of vitamins, minerals, or enzymes.

What Can Antioxidants Do For You?

1. Antioxidants can prevent serious health issues: Oxidative damage causes health problems like heart disease, macular degeneration, diabetes, cancer, joint problems, arthritis, etc. Antioxidants are one of the basic mechanisms in our body to boost immune function and lower the risk of infection. Antioxidants also prevent the fats in your body from going rancid and becoming toxic waste which can cause cell death.

2. Antioxidants can help keep you younger: Because of the protective action of antioxidants, they can keep you looking, feeling and functioning younger. That's why antioxidants have become such an important factor in anti-aging products today.

Where Are Antioxidants Found?

Antioxidants are found in fruits, vegetables, beans, eggs, some meats, whole grains and essential oils. In fact, essential oils are some of the highest antioxidant substances in the world.

Clove oil, for example, is a highly antioxidant oil. Clove is the highest-scoring single ingredient ever tested for its antioxidant capacity on the ORAC scale.

ORAC stands for the Oxygen Radical Absorbance Capacity (ORAC). This score is a test-tube analysis that measures the antioxidant levels of food and other chemical substances. If a food has a high ORAC score, it means the food is high in antioxidants. With the ORAC score, a higher score means the food is better at countering the negative effects associated with free radicals.

Clove oil measures 1,078,700 ute/100g on the ORAC score, which is simply phenomenal.

Clove is one of the oils used in Spice for Life and GuardianT essential oil blend. GuardianT essential oil contains oils that rank among the most powerful antioxidants known. It is a blend of thyme, orange, clove and frankincense and scores a very high 1,500,000 on the ORAC scale.

A few other high antioxidant oils are myrrh (the second highest ranking substance on the ORAC scale), ylang ylang, laurus nobilis, spikenard, geranium, nutmeg, tea tree, marjoram, rose oil, rosewood, patchouli, vetiver, white fir, Birch, Melissa, the Brain Gem blend, and many more!

Another excellent source of antioxidants is Masaji. Masaji is a powerful antioxidant drink that taps the power of whole food synergy by combining the super antioxidant Maqui berry with a wide selection of antioxidant juices, olive leaf extract and essential oils.

The rich wide-spectrum antioxidant activity, Masaji has the highest levels of naturally occurring, age-defying ORAC activity of any antioxidant drink to help support immune function, cardiovascular health, and nourish the eyes. Masaji also contains frankincense and ginger and rose essential oils rich in the powerful antioxidant α -Pinene to promote healthy cellular repair.

The primary ingredient in Masaji is the Maqui berry it benefits all parts of your body but especially the circulatory system. The reason it is so beneficial is because of the antioxidants it contains but these antioxidants are quite different from the ones so highly publicized in so many "miracle" foods. Maqui berry plants are harvested and the berries carefully processed so that the acidity is retained; this is why the berry juice is tart as well as sweet. Anthocyanins are a form of antioxidants that only retain their power if they are in an acidic environment such as the juice of berries or citrus fruits. They are what lend the fruit its dark color. Most supplements over-process fruits so that they can make them taste sweet, thus destroying the anthocyanins that are so vital to good health.

Polyphenols are another antioxidant present in the Maqui berry. These form a shield that protects against the enzymes that cause out of control cell growth that lead to cancer. Along with anthocyanins, they are antioxidants that protect against degenerative diseases and help keep your arteries clear of plaque, cholesterol and fat deposits. Thus, your circulation is not impeded by narrow arteries and oxygenated blood can reach the areas just below the surface areas of your skin. Healthy circulation prevents pore blockage and delivers moisture to the cells, encouraging the suppleness and elasticity needed to avoid wrinkles.

Many people have found that due to commercial farming methods, even whole foods contain less antioxidants and natural vitamins and minerals than a hundred years ago. They feel it is necessary to supplement their diet with the type of organically grown, whole-food based nutrients found in Masaji and essential oils.

The antioxidant levels found in essential oils are truly stratospheric and I hope you take advantage of them. Antioxidants levels like this combined with all the other health-protecting benefits in essential oils are truly extraordinary.

The next secret holds another unexpected benefit of essential oils. In the next post, you'll find out that side effects are optional...

Dana Young
Be Young Essential Oils

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Secret #5

You know, the drug industry would have us believe that side effects are a normal reaction to taking drugs. It seems they want us to think that side effects are part of "managing" our health and we should get used to them.

But are side effects something you really want to live with?

Secret #5: Essential oils have NO side effects!

Try saying that about current medications! The list of meds that gets pulled off the shelves because of the harm they cause gets longer every year.

When you listen to drug commercials on TV, half or more of the commercial quickly rattles off the side effects of the drug they are advertising. Have you noticed that "death" is a very common side effect? In addition to death, there is typically a long list of other life-impairing side effects like liver damage, kidney failure, neurological diseases, etc...

It is common, even expected, that once a person starts a new medication, additional medications will be needed to manage its side effects... and often times, even more medications will be needed for the side effects of those meds, locking a person into an endless cycle of medications that cause dependency and making it very difficult to get out of the cycle.

Yet, the only "side effects" of essential oils are positive! Not only that, but they benefit your body in multiple ways.

Essential oils work holistically, benefiting you on the mental, physical, emotional and spiritual levels. And they work systemically to improve many aspects at once.

Many may be safely taken internally as dietary supplements. Pure and potent E.O.B.B.D. essential oils cold expressed or steam distilled essential are designated Generally Regarded As Safe (GRAS) or certified as Food Additives (FA) by the FDA may be safely taken internally as dietary supplements. In fact, some oils such as lemon, grapefruit, orange and tangerine are more effective taken orally.

More potent oils, like cinnamon, oregano, lemongrass and thyme may require dilution with carrier oil so they don't sensitize the skin i.e., heat the skin like a hot chili pepper does. Let's review some of the benefits of essential oils and take a look at some new ones:

- Essential oils are antibacterial, anticancerous, antifungal, anti-infectious, antimicrobial, anti-tumoral, antiparasitic, antiviral and antiseptic. Essential oils have been shown to destroy all tested bacteria and viruses while simultaneously restoring physiological balance to the body.
- Essential oils containing sesquiterpenes have the ability to pass the blood-brain barrier.

- Essential oils can stimulate the regeneration of tissue or stimulate nerves. They can act to oxygenate and carry nutrients into the cells.
- Pure and potent E.O.B.B.D grade essential oils contain highly oxygenating components that help transport oxygen and nutrients to various parts of the body.
- They aid in removing carbon dioxide, toxins and other wastes from the body.
- They work as natural chelators, binding with heavy metals and petrochemicals and ferrying them out of the body.
- They can enhance circulation and immune function.
- The aromas of the oils help balance electrical frequencies of the brain allowing it to function more optimally and efficiently.
- Essential oils also affect the limbic system positively, where reason, emotion, and smell are processed in a significant way.
- Their exquisite fragrances can help balance mood, lift spirits, dispel negative emotions or create a romantic atmosphere.
- When inhaled, certain components of essential oils help release emotional trauma.

Pure and potent E.O.B.B.D -grade essential oils offer natural and holistic solutions to many of today's needs. The tiny molecules easily pass through cell walls and membranes, delivering their benefits directly where they are needed and throughout the entire body, especially when applied on the feet.

All in all, you can't beat the wonderful benefits of essential oils. They do not disturb the body's natural balance or homeostasis, because they have a built-in system of checks and balances. If one constituent exerts too strong an effect, another constituent may block or counteract it.

Synthetic chemicals, in contrast, usually have only one action and often disrupt the body's natural balance or homeostasis.

That's why Pure and potent E.O.B.B.D -grade essential oils are safe, good for the whole body on multiple levels, and free of side effects!

Now I'm not saying that you shouldn't use medications if you need them. But there is no substitute for prevention and living a healthy lifestyle that fosters good health. Essential oils can help you achieve a healthy lifestyle.

Have you heard of anything that can benefit almost every condition known to man from acne to nerve damage? Sounds like a snake oil claim, but in the next lesson, you'll discover that this claim is held by one of the most revered substances on earth.

Dana Young
Be Young Essential oils

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Secret #6:

Essential Oils Can Benefit Almost Every Condition Known to Man From Acne to Nerve Damage.

You may have heard me mention that essential oils have been used for centuries. Today, let's take a look at how they've been used.

Over 3,000 years ago, one essential oil developed the reputation of benefiting almost every condition known to man from acne to nerve damage. That reputation still holds. Essential oils do have incredibly impressive properties and there's an oil that can help just about anything...

Essential oils are much more than just nice-smelling substances. They have been esteemed for their medicinal and spiritual properties for centuries. For example, in the Middle East, frankincense is considered the "holy anointing oil" and has been used in religious ceremonies for thousands of years. It was well known during the time of Christ for its anointing and healing powers and was one of the gifts given to Christ at His birth.

This is the oil that was used "to treat every conceivable ill known to man," including acne, wounds, asthma, depression, ulcers, bronchitis, insect and snake bites, cancer, headaches, hemorrhaging, high blood pressure, inflammation, stress, warts and baldness, to name a few.

Frankincense was valued more than gold during ancient times, and only those with great wealth and abundance possessed it. The finest Frankincense oil was reserved for royalty and was forbidden to commoners.

Researchers today have discovered that frankincense is high in sesquiterpenes, which help stimulate the limbic system of the brain (the center of emotions) as well as the hypothalamus, pineal and pituitary glands. Frankincense is now being researched and used therapeutically in European hospitals and is being investigated for its ability to improve human growth hormone production.

Let's take a look at a few more essential oils and their uses:

The Roman historian Dioscorides records that in ancient Rome, galbanum was used for its antispasmodic, diuretic and pain-relieving properties. Geranium, rosewood and lavender have been used for centuries for skin care. Lavender oil is also famed for its ability to speed the healing of burns and promote tissue regeneration.

During the Middle Ages, Bay laurel (*Laurus nobilis*) was used for angina pectoris, asthma, gout, migraines, palpitation and liver and spleen complaints.

Lemon oil is well known today for its ability to remove grease. But it also has antiseptic-like properties and contains compounds that have been studied for their effects on immune function. According to Jean Valnet, M.D., the vaporized essence of lemon oil can kill meningococcus bacteria in 15 minutes, typhoid bacilli in one hour, *Staphylococcus aureus* in two hours, and *Pneumococcus* bacteria within three hours. Even a 0.2 percent solution of lemon oil can kill diphtheria bacteria in 20 minutes and inactivate tuberculosis bacteria. Lemon oil has been widely used in skin care to cleanse skin and reduce wrinkles.

Cinnamon bark is one of the most antimicrobial essential oils in existence. It has been produced in Sri Lanka for over 2,000 years. It was used in ancient Egypt, China, and India for culinary and medicinal purposes, and its use has also been documented in the Bible and Torah.

Recently, researchers found that viruses cannot live in the presence of cinnamon oil. Recent research has also discovered that cinnamon helps lower blood glucose levels in people with Type 2 diabetes.

Clove bud oil has been used to numb gums and teeth for hundreds of years. Eugenol, clove's principal constituent, is used in its synthetic form in many dental products today.

The people of Penang depended on the antibacterial properties of the clove trees that flourished on the islands. But in the sixteenth century, Dutch conquerors destroyed the clove trees... and the population, which was decimated from the epidemics that followed. The reason is that clove is extremely antimicrobial. Courmont et al. demonstrated that a solution of .05 percent eugenol from clove oil was sufficient to kill the tuberculosis bacillus.

The simple oil of myrtle (*Myrtus communis*) has been researched by Dr. Daniel Péroël for normalizing hormonal imbalances of the thyroid and ovaries, as well as balancing the hypothyroid. It has also been researched for its soothing effects on the respiratory system.

The essential oil of thyme (*thymus vulgaris*) has powerful antimicrobial properties and has been used for respiratory problems, the prevention and treatment of infection, gastritis, bronchitis, pertussis, asthma, laryngitis, and tonsillitis. The Egyptians used thyme for embalming.

Sandalwood oil has been used for centuries in Ayurvedic medicine. It was used traditionally for skin revitalization, yoga, and meditation.

Pine was first investigated by Hippocrates, the father of Western medicine, for its benefits to the respiratory system. In 1990, Drs. Péroël and Franchomme described pine oil's antiseptic properties in their medical textbook. Pine is used in massage for stressed muscles and joints. It shares many of the same properties as *Eucalyptus globulus*, enhancing the action of both oils when blended. American Indians stuffed mattresses with pine to repel lice and fleas. It was used to treat lung infections and even added to baths and revitalize those suffering from mental or emotional fatigue.

Helichrysum has been studied by European researchers for regenerating tissue and nerves and improving circulation and skin conditions.

These are just some of the many, myriad uses of essential oils. In addition, essential oils make great green household cleaners and can add fantastic flavors to your food.

If you haven't tried them yet, head on over to:

www.BeYoungEO.com/2183

or contact a sharing partner today.....and start reading more about the oils.

Dana Young

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Secret #7:

In today's seventh secret, we're going to talk about the cleansing action of essential oils. When your clothes, floor, sink (or anything else you use regularly) gets dirty, it needs cleaning. It's the same with your body, especially your inner organs and blood. Which leads us to the last secret...

Secret #7:

Essential Oils Are Powerful Cleansing Agents (Detoxifiers) That Not Only Clean Your Intestines, But Also Your Cells and Your Blood

E.O.B.B.D grade essential oils are very detoxifying – they clean up toxicity and initiate regeneration in the body wherever they are used. They are natural chelators, binding with heavy metals and petrochemicals and ferrying them out of the body.

One of the reasons essential oils are so effective is because the essential oil of a plant and human blood share several common properties:

- They fight infection
- They contain hormone-like compounds
- They initiate regeneration

Essential oils have a chemical structure that is similar to that found in human cells and tissues. This makes essential oils very compatible with human protein and enables them to be readily identified and accepted by the body.

One of the areas of greatest toxicity that people carry around with them every day is in the colon. So many people suffer from irregularity in our largely sedentary culture that its almost epidemic. In addition, there are many other causes of irregularity such as poor diet, illness or injury.

When fecal matter stays in the intestines longer than it should, some of the toxins in it can't help but get reabsorbed to some degree. It can also harden and cause impactions, gas, bloating, cramps and pain... and more serious issues over time.

Being the innermost essence of herbs and plants, essential oils can be tremendously helpful in restoring regularity, dealing with overgrowths of the wrong bacteria, and soothing inflamed intestinal tissue.

The Be Young 3-Day Smart Cleans is a gentle, effective approach to colon and digestive system cleaning that you can do without disrupting your schedule.

(3 x 3) x4 = Better Health!

Three products for three days, four or five times a year is all it takes to keep your colon clean! The 3-Day Smart Cleanse™ facilitates gentle and effective cleansing to improve overall health and well-being. It helps fight the ravages of today's bad-fats, high-sugar, low-nutrient diets by:

The 3-Day Smart Cleanse™ is especially effective when combined with essential oil blend, Digest and Be Fit which soothes gastrointestinal discomfort, supports healthy digestion and stops cravings.

Be sure to also listen to a very informative conference call in your back office with Dr. K. Steven Whiting about Smart Cleanse

We've come to the end of our 7 Secrets, but there is still so much I want to tell you about the power of essential oils. We've hardly gotten into how to use them and I'd like to continue sending you valuable information about that if you don't mind.

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