

# How Essential Oils Work

Essential oils are really not an oil. They are essential, essential to the plant because they are the immune system or defense system of that plant. They are not really oils though, they are a lipitic acid. Your body is made of lipids; they are one of the building blocks of the body. Because of this, essential oils will be recognized as part of your body and taken in to create a change.

## **Four ways essential oils work scientifically in your body to create a change:**

1. Topical application.
2. Frequency enhancement.
3. Limbic System—emotional response, glandular reaction
4. External/Internal ingestion. Stick your tongue out (it is now external), put a drop of an essential oil on your tongue = external ingestion. We are not doctors, we can't tell you to take something internally. BEFORE taking any essential oil internally make sure that it is EOBBB tested and has the FDA GRAS (generally regarded as safe) rating.

**Topical application:** absorption in the venous system and being taken throughout your body. When you put an oil on topically, because they are lipids, they are instantly absorbed and begin affecting your body within 3 seconds. Each essential oil has 200-16,000 different constituents. Constituents are those Latin words we use to identify a part of the oil and what it does. For example methyl salicylate in Birch is a natural cortisone, it will take inflammation out. Because an essential oil has so many different constituents, it can have many different effects on the body. For example: Lavender can soothe a burn, reduce scar tissue, decrease heart rate, calm a fussy child, reduce tension and stress, serve as an antibiotic or an antiseptic, detoxify the body, serve as an immune system stimulant, assist in shock treatment, and more.

Why do you put them on the bottom of your feet? Because the feet have the largest number of pores of anywhere on your body. There are 800 per square inch. You get the quickest absorption this way.

**Frequency enhancement.** Everything on this planet has a frequency. We can measure frequency in rocks, plants, animals, people--everything. A frequency is where there is a positive and a negative charge.

Normal body frequency should be between 62 and 78 megahertz. The body is generally 62 and the brain soars to 78 when you're using it. Cold symptoms show up at 58 megahertz, flu at 57, candida at 55, Epstein Barr at 52, cancer at 42. As the frequency of the human body diminishes, disease enters in. Essential oils range from 50 megahertz to 320 megahertz. When you're using essential oils they elevate the body's frequency and disease cannot live in a host where the frequency is higher than its own self.

**Limbic system:** through smelling various essential oils we can elevate the body's heart rate, we can lower the heart rate, we can raise blood pressure, we can lower blood pressure, etc. When you smell the essential oil it goes to the olfactory center of your nose where you have 40 million olfactory neurons. From the olfactory neurons it goes to the olfactory bulb, then from the olfactory bulb to the pineal and pituitary glands in your brain—we have now changed things in your body in a matter of seconds.

**External/internal ingestion.** Stick your tongue out (it is now external), put a drop of essential oil on your tongue = external ingestion. We are not doctors, we can't tell you to take something internally for something, we can only teach you about the properties of essential oils and how they can have an affect on your body.

All of the essential oils we have at Be Young are approved by the FDA to be taken internally as either a flavoring agent or a food additive. So we can do a lot nutritionally. You change the pH of your body in this way.

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**Some specific ways essential oils take action:**

- Essential oils are the regenerating, oxygenating, and immune defense properties of plants. They will provide the same for our bodies.
- Essential oil molecules are tiny enough to quickly penetrate the skin and then begin interacting with the blood system.
- Because essential oils are lipids and our cells are made up of lipids, essential oils are able to penetrate the cells of our bodies, and because they carry oxygen with them, even though a cell membrane may be hardened because of lack of oxygen, the essential oils can provide the oxygen needed to soften the cellular membrane and enter the cell. This also makes it so that other nutrients (your body sees the essential oils as a nutrient) can now enter that cell as well.
- Essential oils are very powerful antioxidants. (Antioxidants prevent cell mutation, scavenge free radicals, prevent fungus, kill bacteria, kill viruses, they even take out parasites!)
- Many essential oils are also detoxifiers.
- Essential oils begin to affect your body within 3 seconds of application and will be through the whole body in less than 20 minutes.
- Some essential oils (like Frankincense) contain sesquiterpenes—this enables them to pass the blood brain barrier so that they can assist with problems that originate there. Some examples are: Parkinson’s Disease, Alzheimer’s disease, Multiple Sclerosis, and others. They also carry that precious oxygen with them to your brain—a definite plus!
- Essential oils work on a physical, mental, emotional, and even spiritual level.

**If you diffuse an essential oil it will clean the air.** Some of the things that essential oils can remove from the air are:

- Metallic particles
- Toxins
- Odors (from cigarettes, pets, mold, etc)

They also improve the air you breathe by:

- Increasing oxygen
- Creating ozone and negative ions (these inhibit bacterial growth)
- A pleasing scent

**Will an essential oil stay in my body forever?** No. They are eliminated through exhalation, perspiration, the skin, and through the bowels. If you’re a healthy person with a good functioning elimination system you will eliminate the essential oils in three to six hours, if you’re not in tip top shape it can take up to fourteen hours.

**To order, for class information, or if you have questions contact:**

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