

Osteoarthritis

Osteoarthritis is a degenerative disease in which the cartilage wears away leaving exposed bone and causing the formation of rough bone deposits. It generally affects hips, knees, and fingers. Traditionally we have come to believe that it is the result of overuse in early years. However, latest research shows that it is really a sign that the body is too toxic and that L-forms have been allowed to create a challenge.

The first thing you need to do, when dealing with any sort of arthritis, is begin detoxing the body.

To detoxify:

- Start on the Liver Cleanse today! There are several different levels, which level you begin with depends upon how you feel. If you are feeling pretty good, you may want to start with a more heavy-duty level. If you don't feel well at all, start at a lower level so you don't make yourself feel worse. However, if you feel you are running out of time and are in crisis mode, you may choose to start heavy duty even though it will dump more toxins. The choice is yours. The basic liver cleanse is 1 drop of Lemon essential oil, 1 drop of Peppermint essential oil, and 1 teaspoon to 1 Tablespoon of freshly squeezed lemon juice taken every morning upon rising. Other levels (and the benefits of the Liver Cleanse) are discussed in our Liver Cleanse article, located on our website in the library section.
- Bath daily in warm water with salt (not table salt, Epsom salts or other bath salts). You can use up to ½ cup salts, use as little as ¼ cup if you are diabetic or know you are severely toxic. Be sure you rinse off after you bathe to get rid of the toxins that have been drawn to the skin, you don't want to reabsorb them. You can add many wonderful essential oils to your bath to help detoxify, a bath recipe follows. Some people have expressed concern about being able to get in and out of a bathtub (or simply don't have a tub). If you fall into this category start with foot soaks. Bath or foot, you want to soak for at least 20 minutes. Remember, longer is not necessarily better, generally I don't recommend soaking for more than 40 minutes.
- Begin consuming fresh ground flax on a daily basis. Start with a few teaspoons and work your way up to ¼ cup. Fresh ground is best, you can purchase a small coffee grinder for \$15.00 or less at most stores. If you don't like grinding it every day you can grind some extra and keep it in the freezer. It will last and be good for you for around a month that way.
- Look at your diet. Begin eliminating: white flour, all fake sugars, soda pop, fast food, fried foods, and prepared foods. I know most people's diets consist almost totally of what I just mentioned—that's why we're so toxic! That's also why I said start eliminating; many people have to take it a step or two at a time. That's fine. Replace these foods with fresh fruits and vegetables (preferably raw), good whole grain foods, and some basic home cooking. Limit regular sugar intake. Try Stevia. If that's not your cup of tea, or you have problems cooking with it, learn to use honey or raw sugar. I cook with raw sugar, it's easy, simply cut the measurement in half and cook as usual, if your cookies take 1 cup of sugar, you only need ½ cup of raw sugar. Raw sugar is also called Turbinado. If I'm looking at something that just takes a little sweetener (a fruit smoothie, bowl of cereal, drink, etc) then I generally use Stevia.
- Drink water! Lots of water! Take your body weight, divide it in half, and drink that much water a day. For example, if you weigh 100 pounds, you want to drink 50 ounces of water a day. NOT ALL AT ONCE! Space it out throughout the day so that you are hydrating your body the whole day. By the way, water is water—not juice, not milk, not pop, water. Spring water is best, but most of us don't have a spring. If you live in the city, filter your water.

You will find that you will look forward to your soaks in the tub because they will make you feel better, especially if you add essential oils to your soak. The best way to add an essential oil to a soak is to add it first to the salt, then add the salt to the bath water and swish it around to dissolve. If you add the essential oil without the salt it will all float to the top of the water and simply wind up on whatever part of your skin that it touches first. By adding it to the salt it gets mixed into the water and do more good.

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Detox Bath Recipe:

7 drops Eye Vision blend

2 drops Fennel

½ cup Epsom salt

Osteoarthritis makes it painful to move, but it is important that you keep those joints in motion. Let's look at some essential oils that will help with the immediate pain.

Layer (that means apply one essential oil, let it be absorbed—about 30 seconds, then apply the next one)

- Birch (Helps bone rebuild and is excellent at reducing inflammation)
- Guardian Blend (Helps kill the l-form bacteria that are in the area, more about that later)
- Black Cumin (Helps bone marrow cell production increase up to 250%! That means that it will help the bone marrow in the affected area be able to rebuild the cartilage and bone in the area.)

Note: if you're dealing with one joint, say a finger, you can just put a drop or two directly on the finger and rub it in. If you're dealing with a larger area, say the whole hand, you may want to add 3-5 drops of the essential oil to ½-1 teaspoon of carrier oil and then massage into the hand. If the oils feel warm or hot when you put them on, put some carrier oil on over them and it will cool them down.

Some people find pain relief from the following essential oils as well. We are all individual, the above oils have shown the most consistent relief, but you are unique and may need to play with the oils to find the right one(s) for you.

- Cedarwood
- Clove Bud
- Eucalyptus
- Lavender
- Marjoram
- Peppermint
- Physical Thera P blend
- Rosemary
- Sandalwood

You can also try adding many of the above oils to your soaks. If you want to do that, do not add them in addition to the Eye Vision and Fennel in the recipe above. Try them individually until you know which ones help you. **DO NOT** bathe in Peppermint or Clove Bud essential oils, though. They are too "hot" for bathing purposes. Remember, when doing a soak you always want your salt.

How do we provide our body with what it needs to prevent or repair damage done by arthritis?

Scientists have recently begun working on some theories postulated in the first half of the 10th century. They had to wait until some tools were invented that could see some extremely small things in order to prove the ideas. What it boils down to (and you can learn more about this by reading our article on "Why Antibiotics Don't Work" found in our library) is that when a bacteria, virus, or fungus is in our body, it's main goal is to survive. They have learned to morph into each other. Antibiotics do not kill a bacteria, they burst the cell wall of a bacteria, which makes it so it can no longer be seen with a microscope and so that it isn't making you feel sick, but those little bits of bacteria without a cell wall are still alive. They are now smaller than a cell and can travel anywhere they want to in your body via the blood stream. They like to congregate in lymph nodes, joints, organs, and they really love places where there is metal in the body (from a plate, screw, or other implant). After there are enough of them in one spot they get together and essentially decide what they want to be—a bacteria, fungus, or virus. They then begin to morph until they are all the same thing and begin to multiply. This is why we see so many people who are chronically ill, who take something for an illness and then a few weeks or months later come down with the same thing or something else. It's also why many people who have cancer will see the cancer come back or see it come

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back in some new place (had breast cancer, got rid of it, now have liver cancer). The cause of the illness wasn't totally killed. Essential oils don't kill a bacteria, virus, or fungus, they interrupt their life cycle, they make them sterile so they can't reproduce, then they die naturally and don't leave behind any offspring to keep you ill.

Dana Clay Young, founder of Be Young oils, has developed a trio of essential oil blends to help break this cycle.

- Spice for Life Blend targets viruses
- Guardian Blend targets fungi
- Defence Blend targets bacteria

Because a fungus can morph into a bacteria or a virus and vice versa, we need to use all three oil blends in order to give our body the best chance to be healthy. The following protocol is called the L-form Cleanse.

Stick to the following order:

- Spice for Life essential oil blend for breakfast
- Guardian essential oil blend for lunch (Fungus has a growth spurt in the early afternoon.)
- Defence essential oil blend for supper or before going to bed (Bacteria grows twice as fast at night as it does during the day! Bacteria have a very large challenge with sunlight.)

Dosages:

1 drop is generally ample for maintenance

2-3 drops for crisis

4-6 drops for acute

We suggest that you put the drop(s) in a capsule, fill with Grapeseed oil (or olive oil, or other consumable carrier oil). Spice for Life essential oil blend tastes pretty good, but the others aren't the yummiest.

- **Maintenance:** 1 drop, do daily for 2 weeks, then take 1 week off. If symptoms begin to return, go back on. (ie: 1 drop Spice for Life essential oil blend for breakfast, 1 drop of Guardian essential oil blend for lunch, and 1 drop of Defence essential oil blend before going to bed.)
- **Crisis:** 3 times a day (2-3 drops) for 5 days. (ie: 2-3 drops of Spice for Life essential oil blend for breakfast, 2-3 drops of Guardian essential oil blend for lunch, and 2-3 drops of Defence essential oil blend before going to bed.)
- **Acute:** take every 15 minutes (4-6 drops) for 2 hours—then revert to crisis dosage for 5 days—then revert to maintenance for 30 days AND DRINK LOTS OF WATER! We would also recommend that you do at least one soak in Healing bath salts and that you consume fresh ground flax (work yourself up to ¼ cup of flax a day). (ie: assuming you're starting at 10:00 am—take 4-6 drops of Spice for Life essential oil blend at 10:00 am, take 4-6 drops of Guardian essential oil blend at 10:15 am, take 4-6 drops of Defence essential oil blend at 10:30 am, ROUND ONE COMPLETE, repeat round one starting at 10:45 am (Spice for Life), 11:00 am (Guardian), and 11:15 (Defence). ROUND TWO COMPLETE, repeat, taking at 11:30, 12:00, skipping the third dose of Defence). The next day start the crisis dosage.

Make sure you take time off to give your body a rest.

You NEED to LISTEN to YOUR BODY! If you have any negative reactions you will need to retreat from the use of the oil, continue the Liver Cleanse, and re-visit it in two weeks.

A child under 2 years—75% dilution of essential oil.

A child between 36-24 months—50% dilution of essential oil.

Can the essential oils be used on location? Not Spice for Life. Yes Guardian and Defence.

If you do any of the things that we have talked about in this article you should see some pain reduction. If you do them all you may see that your body is capable of working miracles and that you can become arthritis free! It's happened to others, why not you?

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

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