

Raise Your Immunity Frequency with Essential Oils to Beat the Common Cold

In Touch News

The humble cold is one of the most common illnesses, leading to more doctor visits and absences from school and the workplace than any other illness every year. So what causes you to catch colds? Technically, you do not "catch" colds but, rather, you create a cold/flu by changing your internal milieu. This allows you to become infected with a cold/flu bacteria or virus.

What keeps you from coming down with a cold is your immune system and internal milieu is working at its best to ward off pathogens. When we function at our optimal level, our immune system - which protects us from pathogenic bacteria and other micro-organisms. However, when we are stressed our diet changes and our immune system is greatly challenged and that is when we spiral downwards because our healthy body frequency range is lowered, allowing the microbes to take over our system.

What is meant by Healthy Frequency Range?

Frequency is a measurable rate of electrical energy that is constant between any two points. It's what I call the spin of life. Every living thing has a frequency, including our brain and our bodies. Electrical frequency is measured in hertz (Hz), kilohertz (kHz), and megahertz (MHz). The average frequency of a healthy human body is between 62 - 78 Hz.

How is all of this known?

In 1992, Bruce Tainio of Tainio Technology, a division of Eastern Washington State University, developed new equipment to measure electrical frequency in humans and foods. This equipment was used in a research study at Johns Hopkins University to determine the relationships between frequency and diseases. Tainio found the average frequency of a human body is between 62 - 78 Hz, the upper body being between 70 - 78 Hz and the lower from 62 - 70Hz.

In Dr. Robert O. Becker M.D.'s book, *The Body Electric*, is further support for these. He explains that a person's health can be determined by the frequency of the person's body.

Another doctor and scientist, whose research has been buried for some time but has managed to resurface due to the work of avid supporters, is Dr. Royal Raymond Rife M.D. who developed a frequency generator in the late 1920's. In brief, Rife successfully treated 1,000 patients diagnosed with incurable cancer in the 1930's. He was honored with 14 awards and an honorary doctorate. After the unsuccessful attempt by pharmaceutical companies to buy out his research and equipment, his office was ransacked, his research paperwork was stolen, and the machine that "healed" all those 1,000 "incurable" cancer patients was destroyed.

In 1934, before this destruction occurred, the University of Southern California appointed a Medical Research Committee to bring terminal cancer patients from Pasadena County Hospital to Rife's San Diego Laboratory and clinic for treatment. The team included doctors and pathologists assigned to examine the patients - if still alive - in 90 days.

After the 90 days of treatment, the Committee concluded that 86.5% of the patients had been completely cured. The treatment was then adjusted and the remaining 13.5% of the patients also responded within the

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next four weeks. The total recovery rate using Rife's technology was 100%, (<http://www.rife.org>).

What Rife had developed was a 100% effective cure for many forms of cancer. So why do we not know about this and why are there so many cancer research foundations in existence? Put simply, it is due to the economic motives of the orthodox medical community, which relies on funding for cancer research - such funding often coming from pharmaceutical companies - and whose fortunes would be damaged if a cure for cancer was found. (That is, it's OK to search for a cure but not really find one!)

*"In every culture and in every medical tradition before ours, healing was accomplished by moving energy."
- Albert Szent-Gyorgyi, Nobel Laureate in Medicine (1937)*

What Rife proved is that every health disorder has a frequency, which in turn responds (resonates) to a specific (optimal) frequency for its dissolving/healing in the body. People who maintain their optimal frequency, at least of their immune system, would prevent development of symptoms and illnesses associated with the common cold. Of course, in practice this does not work for most of us because, being human, we experience stress and emotional challenges on a daily basis, which lower our body's frequency. Hence, we need to raise our body frequency regularly/daily with the right substances that are compatible at the cellular and energetic level of our being, rather than wait until our body frequency has dropped so low that it becomes a friendly host for microscopic microbes to morph and grow.

How can this be proven?

According to a report (Epidemiology, May 2001; 11:345-349), psychological stress - particularly the chronic type that may accompany a personality with a negative outlook - is a risk factor for contracting colds. An optimistic outlook and outgoing personality seemed to protect individuals, researchers found.

The findings indicate that high levels of psychological stress are closely associated with contracting the common cold. While the common cold is rarely a serious health hazard, it is responsible for about 30 million days of lost work in the U.S. alone each year. In order to investigate whether stress increased the likelihood of developing a cold, the researchers surveyed more than 1,100 Spanish university staff and students at regular intervals over a one year period. The study focused on different types of stress, including stress from life events, perceived stress, having a generally negative outlook, anxious or compulsive personality, compared with having a positive outlook/attitude to life.

Individuals with a negative outlook were at greatest risk of developing colds - regardless of their intake of vitamin C and zinc or their smoking and drinking habits.

The next highest-risk individuals were those who believed that they were under stress. These people were nearly three times as likely to develop a cold, according to the report.

Why should Antibiotics be avoided?

Colds can manifest as the result of contact with more than 200 different viruses. However, among all of the cold viruses, the rhinovirus and the coronavirus cause the majority of colds. Each time you have a cold, it is caused by a distinct virus - e.g. adenovirus, rhinovirus, parainfluenza virus, and coronavirus. Viruses are much smaller than bacteria. They are tiny clusters of genetic material surrounded by a protein 'wrapper'.

Medical science currently does not have any drugs that can kill these viruses. Antibiotics, including penicillin, do not have any effect on viruses. They are only used to treat secondary bacterial infections that can further complicate the effects of a cold. The major thing antibiotics do to the body is change the internal environment which helps the bacteria/virus to morph turning pathogenic.

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How Are Colds Actually Contracted?

The most common source of infection is not from coughing or sneezing, or walking barefoot in the rain, but from hand-to-hand contact with someone who has L-forms already going on in their body. That is why, when you have a cold, washing your hands frequently is very important. The likelihood of contracting the cold virus increases, however, if one is overtired and physically exhausted, because this changes the internal environment.

Most uncomplicated colds last eight to nine days; about 25% last two weeks; and 5-10% last three weeks.

As long as one's temperature remains below 38.8 degrees Celsius, (101.8 degrees Fahrenheit) there is no need to lower it. Cold viruses do not reproduce at higher body temperatures. In fact, a slight fever should help us get rid of the virus quicker and feel better much sooner. It is our body's own way of ridding itself of toxins. Aspirin and Tylenol are counterproductive for many reasons.

A study (J Infect Dis, Dec 1990; 162(6):1277-82) showed that people who take aspirin and Tylenol (acetaminophen) suppress their body's ability to produce antibodies that destroy the cold virus. This actually causes the body to take longer to fight the cold and it accounts for any secondary infections and post-nasal drip.

What Can Be Done to Prevent Getting the Common Cold?

While orthodox medicine does not have the answer for colds and 'flu', nature does - it comes in the form of pure organic unadulterated Therapeutic Essential Oils. Why? Because they are made up of very high frequency molecules (ranging from 52MHz to 320MHz) and contain nature's wisdom and power to raise the body's frequency and to assist our immune system in fighting viral invasions of classical and morph L-forms.

For greater clarity, organic Therapeutic Essential Oils are not the same as everyday aromatherapy oils, which are produced for fragrance and other purposes.

We now know that, in order to prevent colds, we need our immune system to be working in top gear and our overall body frequency to be in its optimal range. Our optimal range of body frequency can be lowered by negative thoughts/emotions, stress, blood chemistry imbalance, and ingested chemicals, which allow the internal environment to change thus allowing us to contract colds and viruses in the first place. Research has found that the high frequency of essential oils creates an environment where bacteria, fungi and viruses cannot survive. Essential oils provide a high frequency environment for the body.

Researchers have found that some essential oils - oregano, thyme and cinnamon oils, in particular - create an autolytic (destruction of cells and tissues by enzymes produced by the cells, themselves) reaction in organisms, including streptococcus pneumonia. Dr. Diane Horne of Weber State University in Ogden, Utah, told the 98th general assembly of the American Society of Microbiology about the serendipitous discovery of the impact of essential oils on cells such as streptococcus pneumonia (bacteria that causes a very serious type of pneumonia in children with sickle cell disease).

When Dr. Horne's co-researcher was spraying aromatic oils in the laboratory, Dr. Horne looked at the streptococcus pneumonia bacteria that she was preparing for another experiment and noticed that its cells were literally falling apart. Dr. Horne and co-worker tested the autolyzing properties of 74 essential oils and discovered that the best results occurred with oregano, thyme and cinnamon and that intermediate inhibition of the pathogens was achieved with cinnamon oil and clove oil. Dr. Horne pointed out that the oils also proved to be a powerful remedy against E. coli (a bacterium and virus in one) and several species of fungi.

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What these tests revealed is that essential oils, such as oregano, clove, cinnamon, thyme and rosemary, are so powerful that viruses and bacteria cannot survive in their presence. That is, the viruses and bacteria are destroyed when they are exposed to these therapeutic essential oils. This action I call "bacteria/virus birth control," because it disrupts the life cycle.

Dr. Horne is not the only ones who now understands therapeutic essential oils for destroying viruses and bacteria. Up until a decade ago, France was the forerunner of medical aromatherapy, where essential oils are encapsulated and prescribed to be taken orally or as suppositories by the patient.

French aromatherapy doctors employ the aromatogram, where a sample is taken from the infected area of the patient, cultivated in a laboratory, and then subjected to various essential oils to find the most effective oil to treat the infection for the specific patient.

They have found that different oil combinations work better when the oil combination is specifically blended for a patient. Even if various patients suffer from the same strain of bacteria, some oils seem to work better on certain people than on others. This is due to the internal milieu of each person being different than someone else.

While this is an over-simplification of the serious medicinal aspects of aromatherapy, it is helpful, nevertheless, in demonstrating the effectiveness of therapeutic essential oils in the medical arena. In this particular field of essential oil therapy, there are some prominent medical doctors, such as Dr. Lapraz and Dr. Duraffourd of Paris, who have undertaken thousands of clinical trials to determine the effectiveness of essential oils in medical applications.

How Do Essential Oils Exert Such Powerful Effects In Our Bodies?

Chemically, essential oils' cell structure is very similar to the human cell structure. The essential oil of a plant and the human blood share several common properties.

The four primary elements in both human beings and essential oils:

- * Plant Cells - carbon hydrogen nitrogen oxygen
- * Human Cells - carbon hydrogen nitrogen oxygen

This shared chemistry makes essential oils one of the most compatible of all plant substances with human biochemistry. In addition, essential oils have a protein-like structure that is similar to that found in human cells and tissues, which allows the human protein cell structure to readily identify and accept the chemical constituents (powerful healing properties) of essential oils.

Essential oils have been proven to fight infection, improve the immune system and, because they contain hormone-like compounds, are very effective in initiating cellular/tissue regeneration. Why do they do this? Simply, because it is their job; because Mother Nature is complex so we do not have to be. This is nature's way to protect the plants, themselves. Let's examine how...

Working as the chemical defense mechanism of the plant, essential oils possess potent antibacterial, anti-fungal, and antiviral properties. Essential oils are the plant liquid containing the Life Force of a plant. Comparable with the human body, essential oils are the immune system of a plant. They are volatile liquids distilled from various parts of plants, including seeds, bark, leaves, stems, roots, flowers and fruit (essential oils are sensitive to heat and should not be burned, as that destroys their therapeutic properties).

If a leaf or any part of a plant has been cut or damaged for some reason, the plant releases a liquid

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substance that protects it from further damage from microbes, bacteria, and viruses, and helps the plant to regenerate itself. This liquid is the essential oil that helps the plant to survive, which is why essential oils are called essential. Put simply, without it, the plant can't survive. This same principle works in a very similar way in the human body, due to the fact that essential oils can permeate our tissues by being so highly compatible with our cell structure.

It is possible because essential oils are complex substances, each containing 80 - 1600 compounds of different chemical constituents, and all these compounds work synergistically. Hence, nature's wisdom is encoded in the life force of a plant. Because essential oils are the liquid manifestation of the power of nature, they need to be treated with the utmost professional respect and understating in order to retain their powerful healing properties.

So, how therapeutic are they?

Just follow your nose! The smell of the oil reveals how pure and potent it is. For example, when inhaling any oil - particularly peppermint, lavender or rosemary - the smell should linger on in the Human brain and have a very fresh smell. If it has a very sharp tinge to it or causes a sudden sharp sensation in the any part of the head, it contains chemicals which are 'playing' with the neurotransmitters and receptor sites in your brain. It also helps if you ask the company where and how they distill the oils and what chemicals are used. Many essential oil companies still use solvents in the process of distillation. You can tell by the smell. Why do they do it? Because, distillation is a very expensive process, which requires time, care and integrity to get the best oil.

A brief look at some essential oils and the results of research so far:

Oregano is very aggressive against all microbes and it helps with digestive problems and is anti-inflammatory. Oregano and cinnamon tested at 95% efficiency against candida, E. coli and streptococcus strains.

Thyme oil is very powerful oil on viruses and has demonstrated protective properties for liver, kidneys and the heart due to its very high antioxidant properties.

Fennel oil, strengthens digestion, expels parasites and supports and raises overall metabolism.

Fennel and Geranium together exert a warming effect on the kidneys; very helpful during winter.

Cinnamon is 99.9% effective against all viruses. Ebola virus cannot survive in the presence of pure unadulterated cinnamon.

Rosemary is effective for parasites, fungi and, therefore, candida.

Clove is highly protective, and is the most powerful antioxidant in nature.

In summary, orthodox medicine has no cure for the common cold and the latest mainstream advice for preventing colds comes from studies on stress, stating to just avoid stress. This is neither possible nor realistic for the majority of the population as stress is always there in some way, emotional or just the demands of the 21st century. Extensive scientific research has proven that essential oils are quite capable of fighting the common cold because they are anti-viral, anti-bacterial, anti-fungal, anti-parasitic and anti-inflammatory.

Using Grade (A) E.O.B.B.D therapeutic essential oils like those in the Be Young line may help your immune system to ward off the attacks of the common cold as well as destroy other microbial invasions,

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such as candida infections, viruses and parasites. As essential oils are very high frequency molecules, ranging 52MHz - 320MHz, they are able to raise our overall body frequency (which is 62-78 Hz when in its healthy range) every time we use them. This way, essential oils are the best ammunition against the common cold as well as destroying unwelcome microbial invasions, along with the daily dose of genuine positive thinking.

So what do we do?

The choice of delivery method often depends on the intended goal.

There are many ways you can use essential oils to maintain a healthy internal milieu, thus staying safe from the invasion of the microbe.

1) DIFFUSING ESSENTIAL OILS...

The Ultimate Home Health Care Defense against Infectious Disease

When the great flu pandemic of 1918 was in full swing, gauze masks were worn over the face in attempts to keep from inhaling the lethal virus. It didn't work ... The virus was many times smaller than the openings in the gauze. Many volunteers who wore those masks lost their lives, thinking they were safe, in removing the dead from homes and city morgues. They simply inhaled the virus right through their masks. It would be another 12 years before the first virus would be seen under a microscope.

Today, we know that by diffusing a micro-fine, vaporized mist of therapeutic grade essential oils into an enclosed atmosphere, potentially life-threatening viruses and bacteria are rendered harmless. Hospitals and clinics in England and France today routinely diffuse essential oils to keep the air purified and free from airborne micro-organisms. Their death rates are almost zero. Here, in the U.S. the annual hospital death rate from Staphylococcus aureus related infections numbers in the tens of thousands. They die because the drugs doctors use to fight the bug are powerless against the superior virility of the bacteria.

Staphylococcus aureus is now a world-wide threat to anyone who relies upon allopathic medicine. Doctors have run out of antibiotics that can kill the bug. Their big gun, vancomycin, is in case after case, not stopping staph infections. Mortality rates are rising.

With the threat of super bugs growing ever more resistant to vaccines and antibiotics, diffusing essential oils makes more and more sense. It simply is the ultimate home health care defense against life-threatening organisms.

Doctors may not be able to stop Staphylococcus aureus, but you can. A simple blend of oils containing clove, lemon, cinnamon, eucalyptus and rosemary (Spice for Life) in clinical studies was found to dramatically inhibit the growth of many forms of bacteria ... INCLUDING Staphylococcus aureus.

While diffusing essential oils will not stop a person from being infected outside of the home, it does create an infectious free zone of air within the home you can use to protect your loved ones. Breathing air diffused with essential oils attacks any virus or bacteria lining the respiratory tract which may have been inhaled outside of the infectious free zone. It also keeps the infection from spreading to other family members. It may be years before every household routinely diffuses to keep the air purified and free of infectious organisms, but these devices are available today.

Diffusing:

A diffuser is a special air pump and nebulizer designed to disburse essential oils in a micro-fine vapor

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where they stay suspended for several hours to reduce airborne infectious pathogens, fungus, and mold and freshen the air with natural fragrances. Diffusing releases oxygenating molecules as well as negative ions, which kill microbes. Testing at Weber State University in Utah proves conclusively that diffusing essential oils kills life-threatening airborne micro-organisms.

A 10 ml bottle of Essential Oil is enough to diffuse for 21 days or more, depending on usage. Single oils like Tea Tree, Rosemary, Lemon, and Eucalyptus are highly effective against airborne viruses and bacteria.

Be Young Essential Oils have formulated blends of oils proven effective against airborne infectious organisms. Spice for Life and Holiday Gift blends, are two examples that proved extremely effective in testing conducted at Weber State University.

2) Create and customize your own personal BYEO Sniff Stick™.

Instructions for assembling and using your BYEO Sniff Stick™

- 1) Apply 5-15 drops of your desired essential oil(s) or blend onto the highly absorbent cotton wick until it is well saturated.
- 2) Insert the wick into the sniffer chamber.
- 3) Insert the base cap into the bottom end of the sniffer chamber to seal it firmly in place. Screw the cover over the sniffer for storage.
- 4) To use the BYEO Sniff Stick™, unscrew and remove the cover. Place the opening in the top of the sniffer near the nostril and inhale. Replace screw-on cover when not in use. Use for relief of uncomfortable symptoms, and to support the body's healing response.

May assist with: Sinus Congestion / Allergies / Insomnia / Headaches / Anxiety / Stress / Mood swings / Nausea & Travel sickness / Fatigue / Hangovers

3) Aromatic Necklace:

Another easy way to always protect yourself and keep your frequency up is to use the hand crafted from Brazil clay necklaces. This is a safe way to always have the wonderful essential oils diffusing and maintaining a higher body frequency. Just add your favorite oil. Even little girls love wearing them.

4) Methods of Application:

Pure essential oils have a wide range of therapeutic benefits. The method applied can affect the results you receive. First of all, please remember that many essential oil should be applied neat (undiluted) to the skin. The hot oils like Oregano, Thyme, Spice of Life, etc should be diluted. "Normal dilution" is 2.5%, ie, 15 drops of the essential oil or synergistic blend to one ounce of carrier oil. Less is more when we speak of these powerful healing essences.

Because I am so often asked "how to dilute"..."how many drops" etc here is a dilution and measurement charts.

How to achieve a specific dilution:

For one fluid ounce (600 drops) of carrier oil:

- 1 % 6 drops / oz of carrier
- 2 % 12 drops/ oz of carrier
- 2.5 % 15 drops/ oz of carrier
- 5 % 30 drops/ oz of carrier

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Measurements/conversions (volume)

30 ml	1 fl oz	600 drops	2 tablespoons full
15 ml	1/2 oz	300 drops	1 tablespoon full
5 ml	1/6 oz	100 drops	1 teaspoon
1 ml	1/30th oz	20 drops	1/5 teaspoon

The most popular or common way that the oils are usually administered, in the USA at least, is through a Massage. Chose your blend or single oil you don't need to be a trained massage therapist, warm hands and a gentle touch with the oils will produce the deep muscle results that a trained Licensed Massage Therapist can produce, long sweeping strokes can relax tensions and relieve anxiety. Please bear in mind that from a scientific standpoint the path the oils take to affect our bodies is through topical application and the olfactory system. It is by inhaling the aromatic molecules that comprise these natural oils that affect our central nervous system, and cross the "blood-brain" barrier.

Inhalation:

Add 5 to 7 drops to a bowl of steaming hot water, put a 'towel tent' over the head to capture the steam. Close your eyes and inhale until water cools or until you stop smelling the oil. Repeat, if necessary, every four or five hours.

General use, for colds, flu, sore muscles, relaxation:

Bath:

Try adding 5 to 10 drops the oils to a spoonful of honey, a small cup of milk or cream, cup of Starflake bath salt, or to your favorite carrier oil, and then adding to the water. Fill tub, swish to disperse in the water.

Compress:

Topical application to ease pain, from strained muscles, menstrual cramps, etc. Add 4 to 7 drops of Essential Oil to a bowl of warm water. Swish the surface of the water with a cloth, wring out, apply to area, repeat when cloth cools. You may cover the warm cloth with a towel to keep the warmth in longer. This is an excellent method for treating painful menstrual cramps.

Spritzer:

The amount of Essential Oil used depends on the purpose of the spritzer

For 4 ounces of distilled water use:

- A) 8 to 10 drops for the face
- B) 30 to 50 drops for an all over body spritzer
- C) 80 to 100 drops for a room spray/air freshener

This mixture will require a lot of shaking, since the essential oils do not dissolve in water. Shake well, spray. May be used as facial toner, to moisten a body wrap or as an all over freshener, or as a room spray.

Shower:

After a shower, apply 5 to 7 drops to a damp wash cloth. Rub briskly all over the body. Preferably allow to air dry.

Bath Salts:

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Use a blend of Starflake bath salts, Epsom Salts (good for sore, aching muscles), Sea Salt, Baking Soda. Add 6 to 10 drops of your chosen oil blend. Either add to warm bath, or use as a 'salt glow' rub before the bath. Adding a spoonful of your favorite carrier oil to the salt glow leaves your skin feeling soft and silky, but makes the tub harder to clean.

Household Use:

Laundry:

Essential Oils may be added to the washing machine, or a few drops put on a cotton cloth and added to the dryer. If using in the washer, the warnings above about possible damage to plastic or hard rubber parts would apply.

Adding a teaspoon of Lemon Oil to the washer will remove greasy/oily smells. (A great trick for Massage therapists!)

Research indicates that adding Eucalyptus to the washing machine MAY kill dust mites in bedding.

Lavender EO in the dryer can scent bed linens

To really preserve the scent of EO's used in the dryer, add them and run on a 'no heat' cycle for a few minutes at the end of the drying cycle.

General Cleaning:

Use Lemon or Thyme EO, possibly with a touch of Tea Tree oil added, in the water you clean with. Wipe down kitchen counters and your bathroom with these cleansing, germicidal oils. I find that Lemon Oil in water does a wonderful job cleaning the bathroom mirror, as well as all the fixtures.

Washing Dishes:

Lemon Oil is a great grease cutter; I add a few drops to the dish pan. And while we are in the kitchen:

All of these ways to use essential oils help to raise your over all body Frequency and protects your family from invading microbes whether they come from within or from our surroundings.

****This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.***

Testimonials

My sister had a bad cold over Christmas that she couldn't kick with her usual mushroom something remedy. The disgusting coughing up of crud went on for weeks as the post nasal drip continued.

A friend of hers gave her a recipe for a mustard plaster to smear on her chest and go to bed. Long story short this plaster gave her a bad burn and even blisters by morning. She didn't tell me about this until a day or two had passed. She had been using aloe vera on the burn and it helped a tiny bit. I told her to pour on the Lavender several times a day as it heals at the cellular level. She was amazed at how fast the Lavender took away the pain! She was also amazed at how fast the burn began to heal with the Lavender!! Hind sight is everything.....she was suppose to put on an old t-shirt BEFORE she applied the mustard plaster!

The plaster helped a little with the congestion, but the nasty cough continued. She asked me about some oil that might work to stop the post nasal drip. What the naturopathic doctor gave her did nothing. All my oils information led me to Eucalyptus on the neck above the clavicle 3X day. It worked! She was healed within a day!

Thanks again Dana for your oils and all that you've taught us!

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Marilyn D

Here is my success story you've been wanting for some time. I am glad I waited to write it, however, because there have been some new developments just recently. As you know, I have been battling autoimmunity all my life. I'm now 38 years old . . . I missed my freshman year in high school because of Hashimotos (a thyroid autoimmune problem), and from there I spent my high school life not very healthy.

When I started college I got sick easily - things like Mononucleosis, Chronic Fatigue. Things started to pick up with my health heading to graduation time so I started to really push myself, like most college kids do at this time. I worked long hours at my job, studied every waking minute that I wasn't in class. I was getting about 4 hours of sleep a night, but I was happy this way. I didn't know what I was doing to my body. I graduated, got promoted at work, started interviewing for grad school, and started feeling awful.

It began with a pain in my chest. I thought I had injured my ribs, but the pain was deep inside and intense. I couldn't lie back in bed, take a deep breath, and I had to sit very still. A doctor diagnosed this as a duodenal spasm. I knew in my soul that he was wrong, but didn't know what to do. My condition was left to get worse and worse, and I ended up in cardiac intensive care with 3 cups of fluid around my heart. I had been having attacks of pericarditis (inflammation of the sac around the heart). The doctors started me on cortisone, and the rest was a nightmare.

Little did my doctors know that my pericarditis was caused from more autoimmune problems, which were later diagnosed as Lupus, Rheumatoid Arthritis, and Fibromyalgia. Starting the cortisone started a cycle that I have not been able to get out of. I would have an attack of pericarditis, raise the cortisone level, the pericarditis would subside, I would lower the cortisone and just as I was getting to a low enough dose to perhaps start coming off it - I would flare again. This started the process all over. I have been doing this for 13 years now. Needless to say we tried every medical treatment available, including some that were experimental. None helped, and I became more and more ill.

When we started in with the oils, things really started to change. On a Wednesday night oils call on Sandalwood, Dana Young mentioned in passing that Sandalwood was also good for inflammation. That is all he said about it, but something rang true to my spirit. The next attack that came I applied the Sandalwood and the attack went away. This had never happened in all the years of using traditional medicine. Only the Sandalwood worked some of the time, and if I was to get off the cortisone I knew I needed something that worked all of the time.

This last boot camp I was unable to attend, but Valerie and some of my family went, and Chamomile was introduced. Every one of them thought of me. Valerie brought be home a bottle, and my next attack I treated with my new Chamomile. It worked. I have not had an attack since starting the Chamomile and am in the process of lowering my cortisone in hopes of getting completely off.

Believe it or not, this is a condensed version of events over the past 13 years, but the bottom line is - without the oils I don't think I would be here to write this story. If anyone out there has autoimmunity, try these products. You will get your life back.

Mitzi M

PS Just in the week since I sent my Success Story to you I have had another huge breakthrough. I went into another episode of Pericarditis - a really bad one this time. Normally I would have to raise my steroids up to an incredibly high level, usually resulting in yet another fracture in one of my feet.

Since I have been using the Chamomile on a regular basis, I just increased the drops on that to 5 drops

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every 3 hours applied right to my heart area. I did have to take some aspirin along with it, but only 3 aspirins about twice a day. The pericarditis is gone - GONE. This has never happened. I am going to be able to come off the cortisone completely.

In Complete Gratitude, Sincerely,

Dana Clay Young
Be Young

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