

## **Physical Aromatic Touch Program Overview**

### **Description**

The Physical Aromatic Touch Program is a simple, alternative way to tune into your body's communication – through the powerful senses of touch and smell. This systematic method uses special essential oils as stimuli to assess a person's responses in seven targeted areas. The goal is to determine which essential oil will be the most beneficial to the individual's particular condition. The body's response to each individual oil will indicate which "system" needs additional attention with the application of oils.

Experience shows that Physical Aromatic Touch can get to the root of health needs and issues, as well as indicating what can be done to "usher" out pain and discomfort permanently.

The 7 areas that are targeted and assessed are:

- \*Structural alignment
- \*Bone
- \*Muscles
- \*Circulation
- \*Nerves
- \*Tendons/Cartilage
- \*Emotions

This approach supports the body's healing in a holistic way - as a fusion of the mind, body, and spirit.

### **Listening and Deciphering Your Body's Own Language:**

The Physical Aromatic Touch Program is also based on a chiropractic principle - that the spine is the structural and the communication center of the body. Through it, one can address many, if not all, of the body's challenges. Through the vertebrae, the nervous system is protected and also connected to different areas of the body.

In order to determine which systems of the body to target with an essential oil application, the oils are systematically applied to the foot or hand for an initial assessment. Once the challenged areas are identified, the targeted essential oils are gently applied to the spine, and supported with a warm compress.

- \*Chiro Touch Blend - targets structural alignment
- \*Birch oil - targets bone
- \*Helichrysum oil - targets the nervous system
- \*Marjoram oil - targets the muscular system
- \*Lemongrass oil - targets the tendons and cartilage
- \*Geranium oil - targets the emotional system
- \*Cypress oil - targets the circulatory system

### **How to Use**

Diffusion: the PAT Oils can be diffused separately or by using a blend of two or three individual oils.

Topical: Primary application of the PAT Program oils is done by using the back application. In times when no one is able to do a complete back application, oil applications to the feet can be very effective. The individual oils and/or blends can also be applied on location for specific, targeted needs.

### **Success Stories**

Just to tell you some results I've had using the oils through my massage practice. My partner has a paralyzed foot, which often gives him pain. I have many of the involved joints moving again, but he cannot move them on his own. Recently he broke an adhesion in his foot, which was very painful. I started with Physical Touch and Chiro Touch. I also used Lemongrass because a joint was involved and it

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seemed to make a huge difference. He was VERY skeptical at first but then admitted it did feel better. Since the beginning of treatment I've added a few other oils like marjoram for muscles and Helichrysum to improve the nerves. He is even walking without a limp again! I've tried the same combination on two other clients who were in major pain, one in the knee and one in the hip, and they both were much better. Thanks for all the lessons! --D.S.W.

*I have been working with a new client who is truly amazed with the results she is experiencing with the oils. She was born with one leg longer than the other and has chronic hip and body pain. Within minutes of her PAT assessment, there was an amazing energy shift. She broke from continuous pain into relief. It was written all over her face! I have known this individual for two years, and did not know she was in constant pain. She has been using Physical Touch and Chiro Touch. The Chiro Touch has been truly amazing with her posture. She has been using these oils for the past month and is pretty much pain free at all times. It feels so good to see a life change right before my very eyes. Thanks again, Dana! --LB*

I've had wonderful success for my Sciatica pain. About 5 weeks ago it affected my whole right side, so I used Chiro Touch on both feet, then Physical Touch. This helps a lot. Later in the day my pain started up again so I added Marjoram and Lemongrass. I applied them first to my feet, to the base of my neck and lower back. Within minutes I had tremendous relief! About 1 week later the same type of pain affected my left side. Only this time I could hardly walk or sit. I tried just the Chiro Touch and then wimped out and took some Advil. Stupid me! After no relief I got my oils back out, because I knew they had to work. I applied the Chiro Touch, Physical Touch, Marjoram, and Lemongrass one at a time to first my feet, a little to the base of my neck, and lower back area. The pain was gone within 30 minutes! I love my Essential Oils!!! Thank you, Dana, for taking God's gift and making it possible for us to use the oils with such ease!!! --Clara

*I talked to a woman I work out with who has crippling RH arthritis. She has not been in to the gym lately because she is pain free! She discovered she could walk the mall for the first time without pain and shopped for hours! She is working with her horses again, even in freezing weather, with no pain. She was not able to go barefoot, EVER, and now can be barefoot and has the luxury of wearing slippers. Oh, and her elbows that were as big as oranges are now just a little puffy. Before, she could not even lightly touch her elbows, and now, was pounding them on a table to show they were pain free! She puts the oils on her feet, which gives her one-week of NO pain! She is doing all the things that she loves to do, and you cannot keep her down. She is so excited for her next treatment and can't wait to share her success with others. God bless. --Debbie*

I have a neighbor who has been experiencing severe back pain. The doctor has indicated that she needs surgery. She has been avoiding it for years, as sometimes it doesn't bother her at all. Last year around this time, she had knee surgery, and I think that this was a contributing factor to her back pain. I have been treating her twice a week with PAT treatments, and the joy on her face is my best reward. On Monday she indicated that her back did not hurt at all, but her knees did. Then she admitted that she was on the go all weekend with family and friends. All of her family is elated by her response to the treatments. She has not filled a pain prescription she received over two weeks ago because "The oils work so much better and longer." WOW! --Lisa

*To say I was a skeptic about essential oils is a huge understatement. I had heard of Be Young's oils from my friend, but I totally dismissed them. My areas of pain were Calcium deposits on my shoulder leading to surgery and one full year of physical therapy. At the same time I also was suffering from plantar fasciitis, severe pain in both heels, and at times was totally unable to walk. After putting the oils on, I experienced immediate relief from the pain in my feet. I was standing on tile with no shoes on! This was totally impossible before the oils. By the time I applied the fourth oil in the assessment, my arm flew up to the side of my head, a motion I have not been able to do for over one year. Everyone in the room began to cry. It was so amazing! I can't tell you HOW these oils work, but I can tell you that they DO WORK! I now start every morning with oil to my feet and shoulder. What a difference in just one week. Thanks for not giving up on me! --Joyce*

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Today I assessed a man with bursitis in both shoulders, sciatica pain on the whole left side from the hip down, and right ankle arthritis, he registering a 7 on the assessment, and we got all the pain gone!! He even has full range of motion! He was so skeptical, but his wife forced him to come see me. He bought the whole PAT program, plus 1 extra Chiro Touch oil. He goes to the Chiropractor weekly and has never been completely relieved of pain, only some relief on the day he goes. He will save money using the oils, because his insurance does not pay for the chiropractor.

*My friend had two disks rupture in her lower back and had surgery in December. She is now up and around, but has numbness in one of her feet. I told her what I am doing with the oils and she agreed to an assessment. We met after work, did some catching up and a PAT assessment on her. She believes more and more in a holistic approach to healing, so was very receptive to the assessment. The Chiro Touch Blend gave her some relief, but when we used the Physical Touch she stopped limping, and had far less tension in her shoulders. We discussed the tension in her shoulders and I showed her how tight those muscles were. After using the Physical Touch, she walked without a limp and her shoulders were far less tense and more pliable. We continued through the assessment and I think she really began to understand what I was doing! I reminded her to listen to her body and it will tell her what is happening. At the end of the assessment she said she was feeling "something going on in her ankle. The numbness is still there but it is different," she said. She couldn't explain what was happening, because she wasn't sure. She was amazed at how much easier it was to stretch, and do what she needed to do and how much more flexibility she had. Because of the difference she had after the Physical Touch she had me put some on the site of the incision. It got very warm, she was questioning that. I reassured her and explained if it got uncomfortable I'd put some Message (Grapeseed) oil on. She refused, but said it was HOT. We went to dinner and she did very well, no limp, the heat at the incision cooled and she was without discomfort. --Barb*

*I have a good friend who has multiple health problems, but the problem that causes the most pain is arthritis in the back, deposits on each vertebra and something that is the opposite of scoliosis. Doctors predicted over ten years ago that within ten years he would be dead or in a wheelchair, paralyzed. He's not either. He takes Vicodin, other pain pills, plus alcohol, to allow him to sleep, but nothing dulls the pain. So as I started to do the PAT assessment on him, my good friend Kathy, his wife, said, "if this works tonight we are going to stop selling body jewelry and start selling essential oils." I just smiled. She believed in oils, but thought it would take much longer for them to work. By the time I did the assessment and then the massage he was pain free and asleep. He didn't take any pain pills for four or five days. They were in town visiting with me at the time, so when he started to feel pain again Kathy did the oils on him herself. Needless to say, they are totally sold on it now. What it did for Kathy is another story! Live, Laugh, Love--Carol*

The day we left for vacation didn't go as planned. We sat in the Chicago airport for almost 6 hours before our rescheduled flight left for Las Vegas. That evening I walked a lot, which is normally not a problem. When I awoke the next day I couldn't move my left leg without extreme pain in the knee area. It felt as if something was dislocated. I've never had anything like this before. After hobbling to the counter where my oils were I used Chiro Touch, Physical Touch, and Lemongrass on my feet and also the knee area. Within 30 minutes the pain had gone away and hasn't returned! --Clara

*I injured myself at work on Feb 7 and have been on workman's comp since 27<sup>th</sup> of February. The doctors say that I have an impinged shoulder, and possible torn rotator cuff. I went to see a Sports Massage Therapist who used these wonderful Be Young oils on my shoulder. Birch for the bones, lemongrass for the ligaments, cypress for circulation, geranium for whatever it is for, marjoram for the muscles, Helichrysum, Chiro Touch, and Message (Grapeseed). My pain and constant achyness did not subside until the 4<sup>th</sup> time I saw my sports massage therapist who used these essential oils every time I had a treatment. I'm thrilled to say that I have no more pain or achyness in my arm, am able to function better with my shoulder problem--not to mention that my attitude is much better because I do not hurt anymore! --E.M.*

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When I brought the oils home and tried them on my husband, with scoliosis and constant pain in his foot when he doesn't get cortisone shots, my findings were that his back had not only straightened 1/2" from the first application, but the spasms were gone and the pain in his foot was 90% better, I knew that this was for my father, too! My dad just laughed at me and my excitement over the oils, but God bless him, he let me put them on. I used Physical Touch, Lemongrass, and Marjoram just in case. He got up on it and laughed because it did feel quite a bit better. I made him put new batteries in his hearing aid and adjust it to the correct degree before I did the treatment on his ears. Then I made him remove the hearing aid, and I applied the oils like Dana had shown us. Dad then put back in his hearing aids and had to keep turning them down. He said it echoed. Now he is a believer in oils! Thanks, so much! --Pamela

*I am 33 years old; I have six children and have been married for 9 years. I joined Be Young because I know the products work. My friend invited me to have an assessment done. I could literally feel some of the oils moving through my body. It was amazing! I am hypersensitive to medications and things like it, so that is probably why I could feel it. I was amazed! I also use some of the oils on my son who has a mood disorder. He is by no means cured, but he has calmed down so much. Now I am reading everything I can and listening to all of the recordings so that I can help others. I am very excited and cannot wait to start! -Susan*

I believe in these essential oils now! Despite my lack of belief in most alternative medicine, there is no question about the results I've had, and that was from 1 back application! I'm only 30 years old, and I've been hurting bad! I had Karey (my wife) follow my Dad's notes from your last essential oil training. She applied the oils from the PAT program by doing a back treatment on Saturday night. I can't believe the amount of relief it gave me! I got up in the morning, reaching for my Percocet bottle out of habit. I caught myself before I took it because I didn't have the pain! Aside from Ibuprofen (doctor's orders since I've had shoulder surgery) the essential oils are the only other thing I've used. I now have complete range of motion despite the Compression Fracture in my three lower Lumbar (3 weeks ago), Scoliosis, Degenerative Bone Disease, Arthritis, and Bone Spurs in my back. I've had noticeable improvement from taking Phytoplankton (Masaji) alone. However, the essential oils caused almost immediate relief of the remaining pain. I can't remember the last time I've had no pain in my back. It is incredible! Thanks again for your help. --Dave W.

*I did a PAT assessment on Marilyn and Ron. Ron had been working on his car all day and lying on a cold cement floor and could not lift up his right arm. He has had cortisone shots a couple of times before for this injured shoulder. It has never been right. He was thinking he might have to have surgery for the shoulder and has not had full range of motion for a very long time. I used Chiro Touch and Birch as my first two oils. He obtained full range of motion and had no pain after just having these two oils. That was in January and he has not had any problems since and it is now the end of April 2006.*

I am a 40-something-year-old recovering alcoholic & drug addict. I've been clean since October 1996. For years I've experienced physical pain. In November of 2005, my medical doctor suspected I had Ankylosing Spondylitis and referred me to a Rheumatologist. It took months for me to get an appointment to see the Rheumatologist. I lived with excruciating pain without adequate relief. Because of my past, doctors were reluctant to prescribe adequate levels of Darvoset and Vocodin so those medications never provided complete relief. I was finally able to see the Rheumatologist in August of 2006 at which time this doctor confirmed my diagnosis of Ankylosing Spondylitis and suggested I could take as many Motrin 800 mgs as needed without negative results to my liver. I continued my search for relief and in April of 2006 I was introduced to Be Young Essential Oils. Although somewhat skeptical at first, I agreed to be the volunteer 'demo guy' at one of Dana Young's Aromatic Touch Training Programs. Dana did the PAT program on me to show the class how to apply the treatment to people. I was absolutely amazed at what I experienced! Upon completion of his Physical Aromatic Touch Treatment, when I got off the massage table and stood up I noticed my body was straightening up and for the first time since I can remember, I felt more balanced on my feet. I've had tremendous results using the PAT oils for some time now. I just follow the protocol outlined by Dana Young. More recently, I was introduced to the wonder oil of wild Oregano. Since using this oil internally and externally, I've had even more amazing results. Before Oregano, I needed a

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minimum of 4 - 800 mg Motrins each day and even with this, I still had discomfort daily! Now, I put 5 drops of Oregano in a veggie capsule and fill it with Message (Grapeseed) Oil and take 1 of these at night. When I wake up in the morning I have NO PAIN. The work I do is quite strenuous and oftentimes I am physically exhausted at the end of the day. If I have severe pain after work, I mix Oregano, Physical Touch and Helichrysm together and massage that into my back at the location of pain. Then apply a very hot towel to drive the oils in further. The next morning I have no pain again and this was not my experience prior to the introduction of Oregano into my regime. Now I'm a VERY happy camper! Persistence has paid off for me. What I notice is that the longer I continue to use the oils, the more responsive my body is to the oils. These oils have literally changed my life...have actually given me my life back and I am eternally grateful to have been introduced to these particular oils. -Don White

*A man came in with the bad arm and hand. His doctor told him it would soon have to have the hand amputated. He had a growth on a nerve. They operated to remove the growth on the nerve near the elbow. Apparently they severed something that shouldn't have been severed because his arm got numb from the elbow down and he was unable to move his hand and it was turning blue/black. Nasty looking. It was the end of the day and I gave him an herbal combination to feed the nerves and told him to alternate immersing the arm in hot and cold water to stimulate circulation. The next morning when he came in for his appointment for the Physical Aromatic Touch Assessment we started and on the application of the third oil, he made an exclamation and said it was shocking him from the elbow to the tips of the fingers and I told him that was a miracle brought about because the oils were bridging the gap and within about 20 minutes his hand was flexing on its own, the color was starting to come back and when he left he said he would have paid Thousands for that kind of results. I had never had anything work faster or better. -- Marilyn N.*

I just wanted to report of a testimony from my husband. He went to the post office to get the church mail as he daily does. As he walked in he hit a patch of water and his feet went in the air. He tried to catch himself with his arm to keep his head from hitting the ground and as he landed on his back he heard a loud pop.

He knew he was in trouble.

He called me when he got back to church. I told him to get home quickly so I could start applying peppermint.

When he got home he was in a lot of pain. I started layering peppermint, lavender, and birch and that evening I used the oils in the PAT (physical aromatic touch) and finished up with lavender on the feet, hoping he would be able to catch a little sleep. I was amazed that he actually slept good and in the morning he was down from a pain level of a 10 (being the worst) the day before to a 4.

I kept using the PAT oils and by evening the second day his back (where I had been focusing) was not hurting but his upper arm still was. I then focused on that area and after the fourth day he no longer had any pain. When he went back to the post office the next day the manager met him and asked him if he had called his lawyer. He told him that he would be ok and no, he did not plan on suing.

We thank God for these natural oils that do such a miracle job and are so grateful for Be Young for keeping them so pure and making them not only available but also give us the training to use them for any need we have. I am always excited to open my e-mails to see if you have another testimony for us and thank you for all you do to get the information out to us. --Darlene S

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