

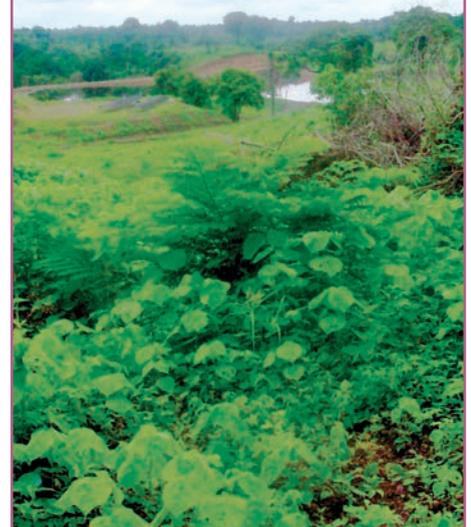
The Powerful Influence of Essential Oils

Maria Low



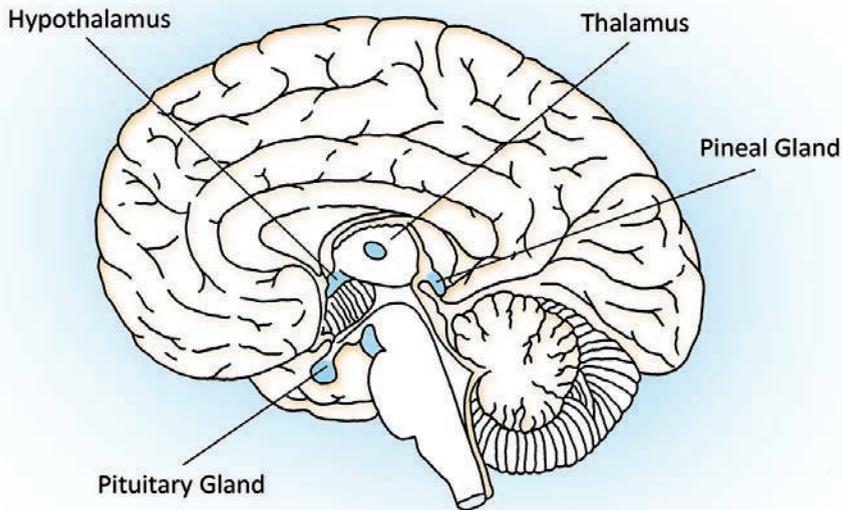
essential oils that meet the Seed to Seal standard. This standard is a rigorous process from selecting the seed, stewarding the soil, distilling the oil using proper methods, scientific testing, and finally preparing the oils or products with the oils in them for purchase by consumers.

Young Living's Ecuador farm



There are a number of popular oils: peppermint, lavender, lemon, orange, spearmint, frankincense, oregano, basil, thyme. Additionally, Young Living has farms growing medicinal plants that are less familiar including:

ELEMI - Plant origin: Philippines. The gum resin is distilled from the Elemi tree. Traditionally Elemi was used as a healing ointment for wounds,



Essential oils are no longer the missing link in modern medicine. More and more health practitioners, doctors, scientists, veterinarians, dentists, massage therapists, spas and health-conscious consumers of all ages understand the ancient science of aromatherapy for both people and animals. Now millions of people are applauding the power of essential oils. Millions more are being introduced to essential oils every year.

Therapeutic essential oils have powerful influences. The fragrance of an unadulterated essential oil can directly affect everything from your emotional state to your lifespan. An oil molecule functions like a lock and key, similar to an odor molecule fitting a specific receptor site. In 1996, an Italian scientist named Luca Turin theorized that the vibrational properties of mol-

ecules enable humans to distinguish smells. He suggests that the olfactory receptors sense the quantum vibration of each odorant's atoms. Each olfactory receptor is tuned to different frequencies. This allows humans to perceive an almost limitless number of odors.

Essential oils, with their unique molecular structure and fragrance, can directly stimulate the limbic lobe and the hypothalamus. Not only can the inhalation of essential oils be used to combat stress and emotional trauma, but they can also stimulate the production of hormones from the hypothalamus and the pineal gland. For example, selected Biblical oils are used during anointing and baptism to help to "raise up" energy and for personal protection by applying them to the forehead.

The key is to find organic

skin rashes, wrinkles and to improve skin tone. Elemi has inflammatory, antibacterial, antiseptic, and anticancer qualities.

OCOTEA • Plant Origin: Ecuador, Central and South America. Steam is distilled from the leaves of this plant. Ocotea is sometimes referred to as the false cinnamon. The tree is often about 48 inches in diameter and grows up to 60 feet tall. The oil is often used to aromatize sweets and cakes. Health-supporting properties: antifungal, disinfectant, anti-inflammatory, can lower insulin levels and balance mood. This particular oil is used for children attending the Young Living Academy in Ecuador to help support their immune systems.



RAVINTSARA • Plant Origin: Madagascar. Steam is distilled from the branches and leaves of this plant. The people of Madagascar referred to this essential oil as “the oil that heals.” Health-enhancing properties: antimicrobial, antitumoral, antiviral and antibacterial. Can be used to clear brain fog, strengthen motivation, and to support the nerves and respiratory system.

MASTRANTE • Plant Origin: Ecuador. Steam is distilled from leaves. Mastrante means “lemon balm of the field.” The bush is now grown in southern Texas. The leaves of the Mastrante are used to flavor foods. Health-supporting properties: antidepressant, pain reliever, antibacterial, antiviral, antifungal, and antispasmodic. The oil of Mastrante can support the body’s healing from bronchitis and headache. Mastrante can ground the emotional body and calm the mind.

Young Living supplies over a hundred single oils and blends, as well as baby care, skincare, and CBD products. Enjoy a Young Living membership! Over time, essential oils will become a natural adjunct to your lifestyle. ■

Get to know a Young Living member who has used the Young Living oils over the years for health and education. Consider using these oils for yourself, your family, and for your pets and livestock.

To receive a discount on all Young Living products, you have the option of becoming a member. To keep your membership, all that is required is that you place a single order of \$50 or more just once a year!

To receive ongoing, free, educational information, please contact Maria to be added to the *Aroma Transformations* newsletter. Simply email your request to yleo.aspirations@gmail.com. Maria will be happy to answer any questions you may have.

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