



Powerful, *Ingestible* Essential Oils



What Are Essential Oils?

Essential oils are versatile and can be used for aromatherapy, personal care, cleaning—and certainly for their health benefits. Essential oils are not only 100% natural—they are 100% awesome!

Most people think of essential oils for diffusing in the air, or using them on the skin externally. But relatively unknown is their value when taken internally, usually in the form of gel capsules, which can be a powerful addition to any healthy regimen, especially for immune support and even to promote longevity and healthy aging.

Many Young Living single oils and blends have been independently tested, including studies conducted by universities, to evaluate their efficacy. Young Living's Seed to Seal® Standard is carefully maintained, resulting in creative and effective ways to use essential oils for both people and animals.

Here's a quick overview of the most common uses of essential oils before we take a deeper look at two of Young Living's ingestible products.

AROMATHERAPY

- **Relaxation and Stress Relief:** Oils like Lavender and Bergamot are commonly used in diffusers to promote relaxation and reduce anxiety. Lavender is particularly noted for its calming effects and can also aid in improving sleep quality.

- **Focus and Clarity:** Peppermint and Rosemary essential oils are often used to enhance mental clarity and concentration. They can be diffused during study sessions or work hours to boost productivity.

PERSONAL CARE

- **Skin Health:** Tea Tree oil is well-known for its antiseptic properties and is effective in treating acne and minor skin irritations. Frankincense and Geranium oils are also popular for promoting skin rejuvenation and balance.

- **Hair Care:** Essential oils like Tea Tree and Lavender can be added to shampoos or conditioners to help with dandruff and promote a healthy scalp.

CLEANING AND HOUSEHOLD

- **Natural Disinfectants:** Essential oils such as Lemon and Eucalyptus can be used in homemade cleaning products due to their antimicrobial properties. They not only clean but also leave a pleasant scent.

- **Insect Repellent:** Oils like Peppermint and Lavender can deter insects when used in sprays or

diffusers, making them useful for natural pest control.

HEALTH BENEFITS

- **Respiratory Support:** Eucalyptus oil is commonly used to relieve respiratory issues, such as colds and congestion. It can be inhaled or added to steam inhalation for relief.

- **Pain Relief:** Oils like Peppermint and Ginger can be diluted with a carrier oil and applied to sore muscles or joints for relief from tension and discomfort.

Gary Young's Vision

Gary Young, the founder of Young Living, understood how essential oils are delivered within the body. He recognized their ability to support balance, lift the spirits, and strengthen the body's natural protective "force-field."

One of his most well-known formulations is Thieves®, a powerful blend rich in compounds such as thymol, carvacrol, and eugenol. This blend supports immune health and helps create an unfriendly environment for candida, yeast, mold, and fungi. Thieves® is often used during colds, flu, and respiratory challenges.

Essential Oils vs. Herbal Formulas

Essential oils are not used like herbal formulas. Plants for essential oils are harvested fresh from fields or forests and are never dehydrated or boiled. Because essential oils are highly concentrated, only a small amount is needed to support body systems and immune health.



body with a powerful directive. Each gel capsule includes:

- *Thyme*
- *Orange*
- *Clove*
- *Frankincense*

Individuals who are sensitive can take the capsules with food. Longevity softgels can be used as an alternative to the Inner Defense softgels. The capsules swallow easily. Young Living also carries the Longevity essential oil blend in a 15 ml. bottle for topical application or diffusing.

CONCLUSION

Essential oils offer a wide range of applications that can enhance well-being, promote relaxation, and support health. When taken internally for their medicinal benefits, they provide powerful, natural alternatives to conventional products.

Always consult your healthcare practitioner if taking medications, are pregnant or nursing, or have any other concerns. *Enjoy!* ■

Introducing Inner Defense®

Gary Young later encapsulated the Thieves® blend into a liquid soft-gel called Inner Defense. These easy-to-swallow softgels dissolve quickly in the stomach for maximum effectiveness. Key ingredients of Inner Defense include:

- *Oregano*
- *Thyme*
- *Clove*
- *Eucalyptus radiata*
- *Cinnamon*
- *Rosemary*
- *Lemon*
- *Citronella*

The formula also includes fish oil and coconut oil.

When and How to Use Inner Defense

The best time to begin using Inner Defense is at the first sign that you may be catching a cold or when your immune system feels compromised. Soft-gels may be taken one-to-five times daily, depending on whether they are used for maintenance or short-term support.

It is recommended to take Life 9™ Probiotics at least eight hours after using Inner Defense,

or to take probiotics regularly once you feel your system is back on track.

Introducing Longevity®

Young Living's Longevity blend of essential oils is mentioned on the ORAC (Oxygen Radical Absorbance Capacity) scale and scored near 150,000! 220 mg. of this blend of oil has been placed in capsules for easy consumption as a dietary supplement. It may help to promote longevity and improve premature aging. The oils sit in a coconut carrier to help disperse the oils throughout the body.

It is suggested the capsules be taken twice a day; however, if a person is experiencing a cold or a respiratory issue, they can be used more often, tapering off when symptoms subside. The selected oils have been shown to help cardiovascular problems, inflammation, and cellular regeneration, as an immune support and stimulant, for antifungal support, to benefit the nervous system, and more.

This blend in the gel caps is powerful—the oils synergistically amplify each other, and the fusion works to recognize the needs of the

Learn more from Young Living members who make essential oils a natural part of their lifestyle:

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