

ESSENTIAL OILS - TEACHING & SUGGESTIONS

The following are notes taken from "The Chemistry of Essential Oils Made Simple" by David Stewart. I highly recommend purchasing this book if you want to understand more about Essential Oils.

"Phenylpropanoids which are antiseptic and cleanse receptor sites.
Sesquiterpenes which are oxygenating, mood elevating, and deprogram miswritten codes in the DNA. Monoterpenes are hostile to microbes and reprogram cells with correct information. Phenols cleanse cellular receptor sites and promote hormonal balance and healthy bodily function. Thus, the oils of the Bible serve us on all levels: Spiritual, Emotional, Mental and Physical."

Immune System

Innate or nonspecific immunity

Phagocytes

NK cells

Acquired or specific immunity

B cells & T cells -

B cells from bone marrow

T cells from bone marrow then they move to thymus

The marrow of your bones is where the white corpuscles (lymphocytes) and antibodies of your immune system are produced.

Pro 17:22 A merry heart doeth good *like* a medicine: but a broken spirit drieth the bones

Cypress and Lemon help stimulate lymphocyte production.

Phenols pg 571 for oils high in phenols

While phenolic oils are known for their cleansing and detoxifying properties, ketones have many of the same cleansing and detoxifying properties.

Of all known compounds in oils, menthone has been shown to have the highest rate of cell penetration. This is why peppermint is often layered over other oils to help carry them deeper into the tissues and enhance their therapeutic actions. Peppermint is one of the last oils applied in a raindrop. Peppermint oil is 34-44% L-Menthol.

All phenolic compounds in essential oils cleanse cellular receptor sites and detoxify the body emotionally and chemically.

Oregano & thyme can cause skin rash due to high phenol content (their cleansing ability)

Oils rich in phenols include thyme, oregano, clove, marjoram, cinnamon, cassia, calamus, fennel, anise, basil, and tarragon.

Bacteria can't live in high phenols, carvacrol, thymol, and terpenes:

Alkane

Rose oil contains the highest known concentration of alkanes in an essential oil. Rose oil can be up to 19% alkanes while all other aromatic oils contain less than 1%. The oil of rose petals contains at least ten different alkanes.

With any oil 1% is considered a major ingredient.

Methyl, Ethyl, Propyl, Butyl

Goes after free radicals.

Oxygenated Hydrocarbons

When alkanes become oxygenated, they become alcohols. They end in 'ol'

Alcohols easily mix with water in all proportions. They also dissolve oils.

Allergic Reactions - take apple cider vinegar to prevent reaction

Allergic reactions are also possible with expressed oils (citrus and aromatic oils obtained by solvents (such as Jasmine, onycha, or neroli)

People with acidic conditions in their bodies are more prone to detox reactions such as a rash. Taking a teaspoon of any alkalizing product before and/or after a raindrop session can prevent such experiences even with toxic clients.

Sesquiterpenes pg 572 for oils

Have properties like hemoglobin in them and they carry oxygen molecules throughout the body and into the cells themselves. They also delete faulty info in cellular memory.

Monoterpene alpha Pinene is found in

Rose of Sharon (Cistus), 50%

Myrtle 26%

Galbanum 13%

Frankincense 38%

Cypress 51%

Spikenard

and may be the principal component responsible for the reprogramming function in all of these oils.

Look for high phenols: They kill bacteria, viruses, and fungi.

Carvacrol (oregano, thyme)

Thymol (thyme)

and terpenes (tee tree, nutmeg, marjoram)

Dill - skeletal and smooth muscles

Progressence Plus Serum - hormones after menopause

Take Cedarwood 95% sesquiterpenes

Frankincense 8% sesquiterpenes; 78% monoterpenes

Sadalwood (aloes) 83% sesquiterpenes

Myrrh 65% sesquiterpenes

these are all resinous trees

Take Cinnamon (high antioxidant)

& Clove (highest antioxidant of them all even though not in Bible),

Spikenard (high antioxidant),

Calamus, & Saffron

Clove - Eugenol - reduce pro-inflammatory cytokines and increase anti-inflammatory cytokines.

Eat daily pomegranates

SUGGESTED OILS

When bacteria and Parasites are killed, then Adenovirus can appear and take hold:

Anti-Adenovirus Essential Oils: **Thyme & Cinnamon** (also anti biofilm)!!!

Biofilm - Cinnamon & Peppermint Oil. CISTUS TEA!

Peppermint Oil - fungi and biofilms (candida &azole drugs like I'm on)

Helichrysum for hearing loss & tinnitus

Exodus ii

Aroma Seiz for tight muscles

Valor on energy alignment in the body

Valor and AromaSeiz on inflamed tendons

Aroma life

Egyptian gold

PanAway, Deep Relief Roll-on, RutaVaLa

Sacred Frankincense - stronger anti-microbial than tetracycline.

Myrrh prevents bacterial growth

3 kinds of Cinnamon stopped the plague; see story of Aaron. It's about Korah, then the people complained against Moses and Aaron about killing Korah, then the plague came upon them. Anti-microbial, anti-infectious, anti-bacterial.

Num 16:46 And Moses said unto Aaron, Take a censer, and put fire therein from off the altar, and put on incense, and go quickly unto the congregation, and make an atonement for them: for there is wrath gone out from the LORD; the plague is begun.

Num 16:47 And Aaron took as Moses commanded, and ran into the midst of the congregation; and, behold, the plague was begun among the people: and he put on incense, and made an atonement for the people.

Num 16:48 And he stood between the dead and the living; and the plague was stayed.

Stacte - a sweet myrrh related spice. Anti-infectious and anti-viral

lavender - canker sores

cypress to build white blood cells

exodus 30 for pathogens & mold

clove

The Gift - put on feet rather than just frankincense & myrrh & galbaldum & cistus (regeneration of cells) & more!!!

Citrus - d-Limonene - inhibits cancer cells, lung injury, anti-oxidant, anti-diabetic

Tangerine, lemon , Orange, Citrus,

Orange (90% monoterpenes) huge antioxidant boost. apply 8-10 drops neat to abdomen

Orange oil vapors prevent/fight MRSA & Staph

Grapefruit (93% monoterpenes)

lemongrass - mrsa - before and after visiting hospital, etc.

cypress

get all 3: marjoram, Juniper, or helichchrysum, - nerves in feet (neuralgia) pain from damaged nerves

carpal tunnel recipe - wintergreen, cypress, peppermint, marjoram, myrrh

Nutmeg

Cedarwood: Insomnia; stimulates release of melatonin. 1 drop between brow on forehead & 1 drop on each wrist.

To inhibit hair loss, rub 1-3 drops of **Cedarwood** essential oil into your scalp. To help relieve symptoms of bronchitis, rub a drop or two of Cedarwood essential oil on the chest. Place a drop of Cedarwood essential oil on cuts or wounds to disinfect and protect from infection. This will also promote healing.

Cinnamon - Antibiofilm

Thyme is anti-endovirus

Ganglion Cyst - Oregano & Thyme both needed and Myrrh

Marjoram for muscles

Lemongrass for Ligaments

Wintergreen for bones

Fir - I am a green fir tree

Song of Solomon - **I am the Rose of Sharon among thorns (cistus)**

Rose is unique among all - highest frequency of all

Strategies for Essential Oil

Strategy #1 Essential Oils and Coconut Oil Detoxification

Using an oral rinse of coconut oil and anti-inflammatory essential oils of frankincense, furocoumarin free (FCF) bergamot, and lavender help to remove microbial toxins in the mouth and deliver anti-inflammatory essential oils into the nervous system. A 50:50 combination of coconut oil and essential oils can also be held under the tongue to increase delivery into the sinuses and the nervous system.

Strategy #2 I went to my Guide book for Essential oils and looked up the two strongest things I could find for antibiotic and anti-inflammatory. I slathered her arm with coconut oil, and put 5 drops of Oregano (antibiotic) and Copaiba (anti-inflammatory) on her arm, smoothing them over the skin. That night. First thing in the morning. Wrapped it in gauze and taped it so it would soak in. And when we pulled the bandage of the following morning after two more treatments, this was what her arm looked like:

5 drops each one mixed with a TBs coconut oil, slathered everywhere the infection was. It eliminated the infection completely in four days and the last two days was located directly inside and around the IV site, so about the size of a dime or smaller.
Blessings.

Strategy #3 Aha, oregano oil. It is wonderful, isn't it? I introduced my husband to it some years back. Now, whenever he has a cold coming on, he takes several drops directly to the back of his tongue. Cold gone in two days flat. I