

Holistic Approach for Healing with Essential Oils



The benefits of quality essential oils go far beyond the pleasures of scent. Quality essential oils are concentrated, highly potent substances. Knowledge of how to use them safely is vital to get the most benefit from them.

In humans, blood is the essence of life, distributing oxygen and nutrients to the body, giving us energy and vitality. In plants the clear liquid or the "life blood" works the same way. Because the molecular structure is similar, the human body has the ability to use essential oils to nourish, detoxify, increase blood circulation and mobilize the body's own self-healing powers. They enter the blood stream easily and leave efficiently, with no side effects. The oils are very concentrated, so it takes very little to have a dramatic healing effect.

We are exposed to toxins in our environment, personal care products, and even in the food we eat every day. Daily exposure can cause these toxins to build up in the body. The organs of detoxification become overwhelmed and cannot perform effectively, resulting in a weakened immune system, discomfort, pain, and a wide array of emotional conditions.

Five unique properties:

1. All have anti-bacterial properties
2. Many are anti-fungal, anti-viral and/or anti-parasitic.
3. They create a higher frequency and more energy in our body.
4. European scientists have found that essential oils work as natural chelators, bonding to heavy metals and carrying them out of the body
5. They benefit on all levels –physical, emotional, mental, and spiritual

Selecting Genuine Quality Essential Oils

1. The **most important** thing to understand **when selecting** essential oils is the **difference** between genuine, pure, authentic oils and adulterated or synthetic
2. **Quality** affects the price of essential oils. **Growing plants and distilling essential oils are labor intensive. Therapeutic grade** comes from plants **grown and distilled at optimal conditions** including best soil and climate conditions, as well as harvest methods, including low temperatures and pressures.
3. **Oils from the first distillation are the most therapeutic.**
4. The words **pure or natural** on the label is **not a guarantee of quality.**
5. **Because the FDA has no regulations in labeling,** companies can do what they want, without indicating it on the label.

How Do Essential Oils Work?

Absorption through the skin in a massage, bath or compress is a very effective. It is recommended to use a carrier when applying quality essential oils to the skin. A carrier is a lotion, massage oil, shampoo, bubble bath, hand soap, or any unscented skin care product. Avoid products with synthetic scents, mineral oil, petrolatum, or propylene glycol, a systemic, harmful ingredient, used as a humectant.

Once beneath the skin, essential oils go to the intercellular fluid surrounding skin cells and enter the blood stream. They travel to the internal organs and the lymphatic system where they stimulate the immune system to ward off infection and disease.

Effects of Essential Oils on Different Body Systems

Choosing which essential oil depends on the effects you want. **Choosing or creating a blend** can be more effective than using a single species because **blends work synergistically** to address **more than one aspect** of a condition. Explore and experiment with the oils to learn and understand their power and effectiveness.

Muscular: Generally, we think of using essential oils to **relieve pain**.

We can relax sore muscles and relieve headaches and migraines with *Lavender, Peppermint, Marjoram, Ginger, or Winter green*

Respiratory: We can **boost our respiratory system** with essential oils. A few basic oils responsible for helping with colds, flu, coughs, chills, sinus, and allergy symptoms are *Eucalyptus, Lavender, Lemon, Peppermint, Rosemary, or Tea Tree,*

Digestive: Essential oils proven to be effective to help conditions like **diarrhea, constipation, indigestion, and nausea** are *Roman Chamomile, Ginger, Peppermint, Orange, Lemon, Grapefruit, Lavender, or Black Pepper.*

Circulatory: **Improve circulation, cold hands and feet, low blood pressure,** with *Ginger, Peppermint, Black Pepper, Cypress, or Rosemary.* **High blood pressure** may be lowered with *Roman Chamomile, Lavender, Marjoram, or Ylang Ylang.*

Tame the Brain - Brain and Nervous System

Did you know essential oils have the capability to interrupt a pattern of stress in any system in the body? When neurons do not fire together, an imbalance occurs. The norm for our culture, a stressful, fight or flight life style, keeps our bodies saturated with destructive chemicals, producing immune system depletion, digestive problems, cardiovascular overload, blood sugar problems, and a racing mind that doesn't allow a quiet sleep.

Using quality essential oils regularly can break the pattern of fight or flight of the sympathetic nervous system. This interference helps tame the brain, calm, refocus, and shift the energy instantly.

Important properties of essential oils:

- **They raise electrical frequency** of the human body.
- **They stimulate the release of endorphins,** which help to relieve physical and emotional discomfort, and encourage a feeling of joy, and well-being.
- **They can clear and balance emotional trauma** and negative emotional patterns which the body holds in its subconscious.
- **They can interrupt and cause a physical or emotional pattern change.**

Changing a pattern is like erasing a groove- the deeper it is imbedded, the longer time it will take to erase. For some emotions we need only to bring them into our awareness to release them, while others are more deeply rooted emotions require more time and attention.

Inhaling the oils is the fastest and most often preferred in **balancing mood and emotions.** Scents can affect our emotions and work on a subconscious level to modify emotional

imbalances or change behavior. Studies show individuals who use essential oils experience a higher self-esteem. A **quality diffuser** is an important consideration.

To reduce stress and anxiety and aid relaxation and sleep: Lavender, Orange, Cedarwood, Clary Sage, Frankincense, Geranium, Ylang Ylang, Nerolina, Rosemary, Marjoram, Rosalina, Roman Chamomile

Fatigue: Hydrate, hydrate, hydrate. Feelings of fatigue may be cause of the body being dehydrated. Most important thing you want to do with many symptoms is to be sure you drink plenty of water. A good rule to follow is to drink half of your body weight in ounces of water. Often water is all you need to eliminate fatigue symptoms. Some essential oils to use to **reduce feelings of fatigue and mental exhaustion** are Frankincense, Peppermint, Rosemary, Orange, Clary Sage, or Lavender.

Balance and Clarity: Quality essential oils raise the frequency of the human body. They stimulate and release endorphins and have the capacity to clear and balance emotional patterns which may be the root of discomfort, chronic pain, or illness. Consider using Geranium, Lavender, Peppermint Frankincense, Ylang Ylang, or Lemongrass. Many times, when we release emotional patterns and trauma, we find a physical condition improves greatly.

In choosing an essential oil you simply get to listen to your thoughts. That is your higher- self talking. It helps you made decisions and choices. With a clear intention and as you fell the energy or hear the thoughts, **trust and be confident** that you will choose the essential oil for your needs and well-being.

Each essential oil has its own unique frequency and purpose. I chose 14 essential oils:

Cedarwood - encourages the strength we need to continue on our pathway, and urges us to hold fast to our dreams, helping bring our hopes to reality. It encourages the spirit to have focus, concentration, balance, persistence, and confidence.

Clary Sage - teaches us to be satisfied with our achievements and brings the realization that most problems exist in our imagination and understand they will be resolved eventually. It encourages calmness, confidence, grounding, tranquility, balance, and restoration.

Cypress - has frequencies that are in transition between the physical and the spiritual and brings comfort to the heart. It encourages comfort, change, assertiveness, understanding, balance, stillness, confidence, inner peace, stability, patience.

Frankincense - adapts and supports a wide range of circumstances. It promotes deep breathing, elevating, spiritual, meditative thoughts and inspiration. It helps emotional stability, protection, courage, and acceptance

Grapefruit – encourages joy, positivity, confidence, alertness, generosity, spontaneity, and cooperation. Its purpose is to awaken the mind, to connect with our inner spirit.

Lavender - is a universal oil. It encourages nurturing, caring, security, gentleness, compassion, reconciliation, vitality, clarity, comfort, acceptance, awareness and emotional balance.

Lemon - clarifies everything through uplifting and focus, so we can become centered to experience precious thoughts. **Its** fragrance enables our meditations to be deeper and our prayers to take flight, encourages clarity, direction, awareness, concentration and liveliness.

Orange- has the adaptability to pick us up when we need a lift or calm us down when we are over anxious. **It** conquers fears of letting go, and obsessions. It encourages joy, uplifting, creativity, positively, and self-confidence.

Nerolina – an Australian Oil, with antibacterial and antifungal properties lifts the spirit while it regenerates cells. and harmonizes oils in a blend

Roman Chamomile –encourages stillness, calmness, softness, gentleness, spiritual awareness, relaxation, emotional stability, inner peace understanding, and cooperation. **It** helps calm mind and body and soothes the digestive system. It is often used in a blend with Lavender or Geranium, Clary Sage or Lemon.

Rose Absolute– vibrates with the energy of universal love, operating in the light of unconditional love and giving. Rose encourages contentment, devotion, inner vision and freedom, happiness, acceptance, completeness patience, love and purity.

Rosemary - helps us to do what we need to, on our spiritual pathway, and to assist others along their way if we are asked to do so. **It** encourages uplifting, clarity, stability, concentration, purification and awareness.

Rose Geranium - offers comfort, opening our hearts and memories. **It** encourages emotional balance, assurance, and tranquility.

Ylang Ylang - shields and guides the passion of love and true emotion. It may soften the hard-hearted and those who are judgmental to feel only goodness. **It** encourages uplifting, self-confidence, awakening, calmness, joy and enthusiasm.

In summary, 3 immediate benefits you receive from using quality essential oils regularly:

1. Your **immune system becomes more efficient**, your body will release less cortisol (damaging stress hormone), you will breathe regularly to get more oxygen rich blood.
2. **Clearing all that mental stuff** and becoming grounded in the moment helps to make better decisions
3. You can **alter negative thoughts, tame the brain**, calm, refocus and lift your vibration to a higher frequency.

When you **choose, or you create a blend** it will be more effective than using a single species because blends work synergistically to help with **more than one aspect** of a condition.

Joyce Sobotta, educator
Certified aromatherapist and reflexologist
715-878-4474 /715-828-0117 cell
joyce@aromatherapynaturesway.com
www.aromatherapynaturesway.com