

I have been a Young Living Essential Oils Distributor since 1995. My ID No. is 24131.
This is a wonderful synopsis of why one might want to investigate therapeutic grade essential oils, written by Vickie Opfer. EnJoy! Trinity Thomas

I've been involved with natural healing for about 30 years, teaching for 17, and I've been working with these essential oils for 7. I teach about the therapeutic use of essential oils both locally and nationally.

At the risk sounding exuberant, **I've found essential oils to be quite profound in their ability to help the body restore health and balance.** I believe that this is because they're basically very concentrated plant material - one drop of peppermint oil is equivalent to 28 cups of peppermint tea.... It takes 5,000 pounds of rose petals to distill one pound of rose oil, making it one of the most precious, and expensive oils available... You have only to go to the health food or grocery store, and find a bottle of rose oil for \$5 to know that most of the world's essential oils are either adulterated, synthetically produced, or highly diluted, all of which would destroy the healing qualities we're looking for.

The great news is that having studied with 22 medical doctors from the European medical community, I've had the opportunity to ask a lot of questions. One of my primary concerns was, "If the oils are so concentrated, can they be damaging to the liver?" The answer from every one of these doctors was, basically, "With a few exceptions, we do not see toxicity when using therapeutic grade essential oils, even when fairly large amounts are used internally or topically over a lengthy period of time." If these were fatty oils, it would be different... These are very light and volatile and the body either uses the molecules, or they evaporate out - but are not stored...

The most interesting and helpful thing I've learned is that the molecules in the oils are interchangeable with the molecules our bodies create to heal with... Therefore, if the body is not able to produce a molecule, for some reason, and we can find a molecule in a plant oil which is very similar, the body's receptor sites are willing to use the molecule from the plant to make the corrections....

This is why purity becomes absolutely essential... An oil, perhaps created as a potpourri or to mask odors, can actually contain detrimental molecules, and make a person sick, instead of well... Young Living is a company that has a very consistently high level of quality and I know I can count on every oil in my large kit to do exactly what it's supposed to... and not hurt anyone...

There are a few simple precautions: We're not doctors, so if someone has a serious condition, I refer them to the EDR or to the Young Life clinic. It's not that I don't want to help them - I'm just not qualified. With people who are looking for ways to use the oils for simple things, like first aid, or to elevate the mood, I start with a small amount to test for skin sensitivity, or if a personal has brain chemical imbalances, you'd start with a small amount, one oil at a time, to make sure that they don't have an adverse response. If you get them in the eyes, it hurts, although

it doesn't seem to damage the eyes (yes, this is personal experience talking). If I get them in my eyes, I just wait it out, but you can dilute with vegetable oil... Water drives oils into the body, instead of diluting them... If an oil heats up (like oregano, cinnamon, thyme, even peppermint) we rub vegetable oil over the area and it cools down in a few minutes. If a woman is pregnant, we're cautious, even though the doctors tell me that the oils are safe for pregnant women. If someone is elderly, or is on lots of medications, we're cautious and conservative in our use of oils... It's always better to err on the side of caution, in my humble opinion....

On the other side, oils can be used topically, for pain, infection, or for wellness enhancement. They can also be used in diffusion (using a diffuser or cold water humidifier), internally, for pets, in supplements, in massage, in food, and many, many other ways... I believe they enhance wellness so tremendously that I'm committed to teaching as many people as I can about them, because I believe that if I do, future generations of people will benefit from my having done so...

For further study, you'll want to order an Essential Oils Desk Reference from Essential Science Publishing at <http://www.essentialscience.net/> or by calling 800-336-6308.

Let me know how I can be of further assistance. Young Living is a network marketed company, and while, at first, I was extremely resistant to that concept, what I have observed in 7 years with Young Living is that it IS possible to combine this type of marketing with professionalism, and to do it without hype.

The bottom line here is that essential oils appear to many of us to be not only the leading edge of natural healing, but also a quantum leap from using herbs and homeopathics. They're concentrated, clean and pure, and it only takes a short time of using them to see for yourself how magnificent they are, and how successfully they support our health and wellness...

Vicki Opfer