



**WELLNESS THROUGH
THERAPEUTIC ESSENTIAL OILS**

By Sue Nixon

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Part 1: Introduction and History

From the moment we were introduced my senses were piqued and alive. I knew at once we were meant for each other. My whole being was affected by each subtly. The air was full of energy, the aroma was intoxicating. Communication was easy and on a deep level. I wanted to spend every minute together. I was captivated, intrigued and falling in love...in love with Therapeutic Essential Oils that is.

Essential oils are the subtle, aromatic and volatile liquids extracted from plants, bushes and trees through distillation. Essential oils are found throughout their stems, leaves, roots, seeds, flowers, branches, and woody parts. The oil is often referred to as nature's living energy—the blood of a plant. These distinct constituents are what protect plants, shrubs and trees from insects, disease and harsh environmental conditions.

Plants produce two types of oils:

- The Essential oil not only protects the plant but is vital - essential for a plant to live and grow and also adapt to its surroundings, therefore labeled Essential Oil.
- Plants also produce “fatty oils” which are found only in their seeds. Aromatherapists refer to this oil as vegetable, carrier, neutral, or base oils, while nutritionists and organic chemists call them “fatty acids”.

When properly extracted, the Essential Oils contain virtually all of the plant's healing nutrients, oxygenating molecules, amino acid precursors, co-enzyme A factors, trace minerals, enzymes, vitamins and more. Interesting enough because essential oils are so highly concentrated, they are actually many times more potent than the herbs or plants from which they are derived. Being so concentrated only 1-2 drops is necessary when using pure Therapeutic Essential Oils. Of the 500,000 known species of plants, only 3.6% have the means to make Essential Oil.

Essential Oils rejuvenate the mind and body; and are known to meet our emotional and physical needs. They are invigorating, calming, energizing, balancing, and mysterious, everything we might want in a healthy relationship.

Essential Oils have been used since 4500 BC, and were once considered greater than gold, and were referred to as liquid gold. There are 188 Essential Oil references in the Holy Bible, and textbooks tell us oils were the early medicines, deodorants, and were also used as perfumes, and for aromatherapy and embalming. When King Tut's tomb was opened in 1922, 350 litres of oil were discovered in alabaster jars. Plant waxes had solidified in a thickened residue around the inside of the container opening, leaving the liquefied oil in excellent condition.

In 1817 the 870 foot long Ebers Papyrus was discovered. This scroll is now referred to as a medicinal scroll. It dated back to 1500 B.C. and mentioned over 800 different formulations of herbal prescriptions and remedies. Other scrolls indicated that the Egyptians had a very high success rate in treating 81 different diseases.

Many mixtures contained myrrh and honey. Myrrh is recognized today for its ability to help with infections of the skin and throat and to regenerate skin tissue. Myrrh was also used for embalming because of its effectiveness in preventing bacterial growth.

Essential oils were not produced in Europe until the 12th century. Although Medieval Europeans lost touch with personal cleanliness, which helped bring on the great plagues of the 13th and 14th centuries, Essential Oils are still known and talked about in relationship to the thieves who robbed the bodies of the dead and were not infected. These robbers, known as spice traders and perfumers, bathed in such oils as pine, frankincense, balsam, clove, cinnamon and rosemary. Imagine the knowledge and confidence they must have had in the oils, that they were willing to expose themselves to an otherwise certain death.

Just as in a good relationship, Essential Oils know how to communicate love to us, often knowing what we need before we have realized it ourselves. Essential Oils have the ability to penetrate cell

membranes, travel throughout the blood and tissues delivering oxygen and nutrients into the cells, stimulate the regeneration of tissue, stimulate nerves, repair cell DNA and enhance electrical frequencies. Essential Oils also offer immune support, aid detoxification and are alkalizing....pheeew – they're busy!

As Essential Oils function in the plant, so they do in people: carrying oxygen into the cells and carrying impurities back out, being one of nature's best body cleansers. It boggles the mind that Essential Oils are able to cleanse our cellular receptor sites of pharmaceutical drugs, petrochemicals, and other inter-cellular communication. Not only that-they can chelate heavy metals and other toxins, helping to remove and flush them through the liver, colon, sweat glands, lungs and kidneys. They can also increase our ability to absorb vitamins and other nutrients. For more fascinating facts see Dr. David Stewart's book, Chemistry Of Essential Oils Made Simple: GOD'S LOVE MANIFEST IN MOLECULES

One of the beauties of Essential Oils is that they don't make your butt look fat. They have very, very small molecules. There are approximately 40 million trillion molecules in one drop of Essential Oil; when translated that's approximately 40,000 molecules for each cell in the average human body.

You may have heard Vitamin C mumbling "Excuse me, passing through!" as it is a large molecule and cannot go everywhere in your body. It does its job while passing through. Another very large molecule is Insulin. It is so large that it has problems penetrating the cells and when it can no longer get into the cells, Type II Diabetes, or Non-Insulin Dependent Diabetes develops.

Disease in both plants and humans can be caused by the inability of nutrients to penetrate the cell wall. Without adequate delivery agents to assist the cell to receive needed nutrients, the cell wall thickens and becomes deprived of nutrition. This causes cell deterioration, leading to cell mutation, creating a host for bacteria and disease. If your vitamin/ supplement program has fallen short of the mark, it may be for this reason.

Stay tuned for Part 2 **“HOW TO USE THERAPEUTIC ESSENTIAL OILS”**