



ESSENTIAL OILS: THE BASICS







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WHAT ARE ESSENTIAL OILS?

EO's are natural, aromatic oils that are obtained through the distillation of plant material. They come from the leaves, flowers, stems, roots or resin of the plant. They have the characteristic odor of the plant that they came from. Inside the plant, EO's act as protectors against fungi, bacteria, insects and other predators. They attract pollinators and prevent other plants from growing in their territory. We are getting the "life blood" of the plants in the form of the oil. Humans have used essential oils for centuries and across many cultures for their aromas and flavors to enhance wellness, spirituality, recipes and cosmetics. Volatile compounds evaporate quickly into the air. The ratio of the molecules are what influences the aroma of the oil. When the plants are grown there are factors that can influence the outcome of the oil including season of the year, geography, and distillation techniques. These conditions can change the ratio of the molecules resulting in change that can be subtle or dramatic causing differences in aroma, volatility (how quickly the oil evaporates) and how the oil feels on the skin.

HOW CAN EOS BE USED? 1. AROMATICALLY 2. TOPICALLY 3. INTERNALLY

Aromatically

Open the bottle and inhale directly out of the bottle. Drop a drop in the palm of your hand, move the drop in a clockwise fashion to stir up the molecules, then inhale by cupping your hands over your nose. Drop some oils into your diffuser and inhale the mist created from the diffuser.



Topically

If you have never used an EO before applying to the bottom of the feet is a good place to start. Skin is thicker on the bottom of the feet so that area is less sensitive. Also the pores on the feet are larger so the oils enter the bloodstream faster. Mix with a carrier oil such as coconut oil, jojoba, almond, vitamin E, etc and apply to your skin. If you don't use a carrier oil, then you are applying the oil "neat". A "neat" or undiluted application can be perceived as warm or hot on the skin, and some as cold. If it is one or the other simply apply some carrier oil and this will dilute it and make it more comfortable on the skin. With most adults a dilution of 1 drop of EO to 10 drops of carrier oil will avoid skin irritation. You can mix it in a small dish, a roller ball bottle or in the palm of your hand.

APPLYING TOPICALLY ON INFANTS IS A CONTROVERSIAL SUBJECT. MOST OF THE TIME IF THE OIL IS HEAVILY DILUTED WITH A CARRIER OIL, IE., 1 DROP EO:20-50 DROPS CARRIER AND APPLIED TO THE BOTTOM OF THE FEET, THEN MOST INFANTS WILL TOLERATE THIS WELL AND NOT RESULT IN SKIN IRRITATION. NEVER USE WATER TO FLUSH AN EO. ALWAYS DILUTE OR FLUSH WITH A CARRIER OIL.

Internally

Oils can be directly dispensed on the tongue, under the tongue, placed in a vegetable capsule, or included in foods and beverages as flavoring agents. Start "low" and go "slow". When cooking with EOs, you may want to use a toothpick to get the oil out of the bottle. A little goes a long way as they are very strong and potent.

Vitality Oils by Young Living are considered safe for ingestion



Can EO's be safely Ingested?



More on safe ingestion: The FDA has allowed safe labeling of many essential oils so they can be ingested. (GRAS) generally recognized as safe for ingestion. That list includes peppermint, cinnamon, clove, nutmeg, most citrus varieties, chamomile, geranium and more. These are resins (not extracted by solvents), distillates and cold pressed oils.

BASICS OF ESSENTIAL OIL CHEMISTRY



Eo's are naturally occurring, aromatic compounds. They are found in leaves, flowers, stems, roots, bark and resin of plants and trees. They are volatile (which means they rise quickly) bringing the aroma of the plant into the air. They are different than fatty oils like olive, almond or coconut oils. They are small compact and non-greasy where the fatty oils are large and lubricating.

There are at least 13 different chemical compounds in EO's. (alcohols, esters, ethers, phenols, aldehydes, phenylpropanoids, ketones, oxides, lactones and furanocoumarins).

Essential oils are basically hydrogen and carbon that form hydrocarbons. The terpenes and terpenoids are hydrocarbons with different isoprene units. The way they are formed determine the outcome and purpose of the oil we use.

For example: an oil rich in monoterpenes may be beneficial to relieve mucous if you have a cold. They have capabilities to dry up the mucous. The citrus oils and tree oils (Black Spruce, Pine, etc) fall into this category.



Phenols

- In general the constituents in the oils can create conditions where unfriendly viruses & bacteria cannot live.
- Phenols specifically, can act as protectors against fungus & bacteria
- They stimulate the nervous and immune systems
- Act as a tonic within the body, help normalize inflammation
- Help expel gas from the intestines
- Diuretic, Antiseptic, Useful for rheumatic conditions
- They clean receptor sites on the cells (with clean receptor sites, cells communicate effectively resulting in health & wellness)

Anise, clove, basil, oregano, thyme, calamus, cinnamon & cassia are high in phenols

- Care must be taken when using oils with Phenols due to likelihood of causing skin irritation & may irritate the lining of the stomach.
- Use for short periods, take in lower doses internally and always dilute if applying topically

They should not be used in animals due to animals not having the cytochrome P450 system

Terpenes

When cells are improperly coded they malfunction and disease results

Terpenes can influence the reprogramming of miswritten information in the cellular memory (DNA)

- They protect against free radical damage & work within cells to produce properly programmed strands of RNA & DNA.
- This helps with proper cell to cell communication thus helping maintain healthy bodily functions.
- Deliver oxygen molecules to cells & can cross the blood brain barrier which is why they have been shown to increase blood flow and oxygen to the brain

Grapefruit, angelica, frankincense, cypress, galbanum, pine, rose of sharon, juniper, spruce, myrtle, hyssop, peppermint, Cedarwood, vetiver, sandalwood (Aloes), patchouli, ginger, myrrh, spikenard and black pepper





How are EO's extracted from plants?

> 4 methods: distillation resin tapping cold-pressing absolute extraction

Steam Distillation

The most common method involves placing harvested plant material into a vat suspended over a water bath. The water is brought to a boil which generates steam that percolates up through the plant material catching the essential oils in the process. The resulting mixture of steam and oil is directed down a condensing column where the oils are separated from the water and collected.

Resin tapping

This method also uses steam distillation but because resin is the product being distilled it has to be removed from the tree first. This is done by making multiple V-shaped cuts along the trunk of the tree. The tree responds by secreting a protective resin which is then collected. Only certain trees are selected for resin tapping such as Frankincense, copaiba and some other conifers.

Absolute extraction

This is the most complicated form because it requires repeated cycles of steam distillation, first with a solvent and then another extraction to remove the solvent. Solvents are substances that dissolve other substances. The way it works involves combining the plant material with the solvent, extracting the Oil from the plant along with chlorophyll, waxes and other plant tissue creating a "concrete-like" mixture. This mixture is rich in essential oils but also contains the solvent. The next step involves mixing the concrete with alcohol which splits the oil from the solvent. The solvent then gets recycled back to the beginning of the process and the aromatics are collected. But, there is still a trace amount of solvent left behind in the essential oil. This process is used to extract oil from very delicate, fragile plants such as jasmine, rose, violet and carnation and neroli.

Cold Pressing

In modern cold-pressing the rind of the citrus fruits are hit with spikes and the puncturing of the skin allows most of the essential oils to be released. The oil is separated from the rind by centrifugal force

Do Essential Oils Expire?

They will not go putrid or grow mold but they may oxidize if not stored properly. This will change the chemical profile. They should be stored in amber bottles and out of direct sun light.

Do EO's contain vitamins, proteins or enzymes?

No, except in very rare exceptions. The explanation for this is due to the requirements during the distillation process. The oil constituents must be small and heat stable. Proteins and enzymes are larger and unable to withstand the high heat of the distillation process.

Vitamins are water soluble and not likely to be compatible with essential oils.

Do Allergies to Essential Oils Exist?

Skin irritation, sensitization, & photosensitization are possible with many natural products including essential oils. Essential oils are powerful and must be respected as you first introduce your body to these concentrated healing compounds. Always diluting them with a carrier oil, and not using repeatedly can help reduce the chance there may be allergic reaction.



Where can I look for credible information about essential oils?

- 1. For more scholarly articles that focus on various studies: PubMed & Google Scholar
- 2. For texts that are informative regarding usage and chemistry: David Stewart - "The Chemistry of Essential Oils" "Healing Oils of the Bible" Lindsey Elmore- "Essentials: 50 Answers to Common Questions About Essential Oils" Dr Scott Johnson- "Evidence-Based Essential Oil Therapy" D Gary Young - Essential Oils Integrative Medical Guide"
 3. Youngliving.com is a wealth of information
- 4. There are many blogs and information on social media. Pinterest has tons of information but not all the information can be backed up with evidence

How can I choose an Essential Oil company?

- My experience is with Young Living http://www.seedtoseal.com
- Ask the company you are investigating for sourcing & quality standards
- Ask a family member or friend
- Contact the company, do they sell therapeutic grade oils, what is their definition of therapeutic grade oils
- Are the oils safe for internal use
- Test some from different companies: lavender, peppermint & lemon: check label, odor, result to see if that brand is good for you or not
- Many small companies get oils from the same suppliers, they just private label them
- The larger companies have unique suppliers or in the case of Young Living, supply their own oils because they own their own farms or have stringent relationships with other farms they contract with.
- Companies can label their oils 100% therapeutic but the contents of the bottle only has to have 5% of actual therapeutic product in it

Why Young Living?

Young Living has a seed to seal guarantee that they live by. It is a promise to us that they will provide us with the absolute best products around. Their seed to seal promise has 3 pillars.

Sourcing Science

Standards

YoungLiving abides by a rigorous process in regards to sourcing oils from their very own farms, partner farms, and carefully vetted suppliers.

Every single batch is tested multiple times using state of the art technology. They do sustainable sourcing and go above and beyond to comply with local environmental rule



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