



Aromatic transformations

Vol. 1 No. 8



James Niederland, LCSW

Psychotherapist &
Wellness Consultant

201-567-8119

WEBSITE

<http://jnied>

younglivingworld.com

EMAIL

jnied@aol.com

Solving the Mystery of the Scriptural Oils

“They’re fabulous!—What do I do with them?”

The Twelve Oils of Ancient Scripture have been a bit of a puzzle for many of us. We’re drawn to their rich spiritual heritage, which is recorded in the Bible and woven into the fabric of history, religious and community life. Yet we aren’t sure of their health benefits or how to use them. This month’s issue offers practical information to help you integrate these oils into your health regimen.

The Creator Planned Ahead for Our Health

The fact is that plants and pure essential oils are the Creator’s original medicine, intended for the protection and restoration of our body, mind and spirit. That the Levites were directed to use oils in the temple—where the community met frequently—demonstrates God’s plan for all to enjoy and benefit from them.

Consider that the oils and gums used for temple incense—**Frankincense**, **Myrrh** and **Galbanum**—have anti-microbial properties when diffused. As a result, going to temple was spiritually uplifting AND a fragrant inoculation against disease! (Exodus 30:34)

Essential oils were part of everyday life in the Jewish home, too. Travelers were welcomed with washing of the feet and anointing with oils. At the close of Sabbath, a spice box, typically filled with **Myrtle**, was passed around for a final Sabbath blessing.

Science Tells Us What the Israelites Already Knew

The practical wisdom behind these two rituals has been revealed by modern science:

1. Applying therapeutic-grade essential oils to the soles of our feet is an effective way to absorb their health benefits. Because of the large pore structure on our soles, it takes only about 20 minutes for the active constituents of an oil to travel to every part of our body.
2. Inhaling essential oils offers efficient transport of health benefits through the circulatory system. Essential oils such as **Myrtle** and **Cedarwood** support our respiratory and immune systems. Diffusing essential oils cleanses the air in your home, office and car and combats air-borne germs and pollutants.

Scriptural Oils for the Body

Powerful support for every body system can be found in the Twelve Oils:

Body System	Essential Oil	Applications
Circulatory/ Cardiovascular	cypress, frankincense	Cypress supports improved circulation. Apply topically for cellulite, fluid retention.
Digestive/ Cleansing	galbanum, hyssop, myrrh, spikenard	Apply oils topically to soothe indigestion. Hyssop & myrrh antiparasitic.
Hormonal	myrrh, myrtle	Traditional tonics for hormonal system. Apply topically. Diffuse myrtle.
Immune	cassia, frankincense, myrrh, myrtle	Builds immune system when inhaled & applied topically. Dilute cassia.
Nerves/ Emotions	cedarwood, cistus, cypress, frankincense, myrrh, spikenard, aloes/sandalwood	Frankincense et. al. high in sesquiterpenes, helps overcome stress & depression. Diffuse & apply topically.
Skin/Hair	cedarwood, cistus, cypress, galbanum, hyssop, myrrh, myrtle, spikenard, aloes/sandalwood	Sandalwood soothes normal, dry & disturbed skin. Blends w/myrrh for wrinkles. Myrtle in V6 Oil for friction facial.
Respiratory	cedarwood, cistus, frankincense, hyssop, myrtle	To support respiratory conditions, rub on chest & back, inhale, diffuse.

Aromatic transformations

Page 2

Twelve Oils of Ancient Scripture

Young Living's
one-of-a-kind
collection of the essential oils
referenced in the Bible and
other ancient texts.



Scriptural Oils for Mind & Emotions

Did you know that only the sense of smell is connected to our emotions? Have you had a memory flashback triggered by a scent, such as a perfume, a flower, etc? That strong connection is the olfactory nerve, which transmits signals directly to the limbic system—the seat of our emotions.

Why is this important? Because we can actually use pure therapeutic-grade essential oils to relax, reduce stress, and help release emotional trauma. There are VERY few substances that are safe enough to cross the blood-brain barrier, our brain's protective shield. Certain essential oils—those that are high in a chemical constituent named sesquiterpenes, including **Frankincense**, **Spikenard**, **Hyssop** and **Cedarwood**—are among them.

These oils offer a way to help us become healthier in body, mind and spirit without the use of potentially harmful prescription drugs.

Scriptural Oils for the Spirit

Most importantly, essential oils are God's provision for our spiritual health through their ability to quiet our minds and uplift our spirits. You'll find several oils in this collection to be a beautiful addition to your prayer and meditation time. Apply a few drops of **Myrrh** or **Frankincense** on your forehead, temples, the crown of your head and mastoids (bones behind the ears).

In these times of rapid change and upheaval in our world, the Twelve Oils can help you stay grounded and guided in your daily journey.

Half the Cost, Twice the Value

Save \$ with this Precious Collection of Oils

Did you know that the price of this kit is near HALF the price of the oils if purchased separately? Just the galbanum alone costs \$53 for 5ml—more than half the cost of the entire kit. Gary Young makes the Twelve Oils available at this incredible price as a special gift to us all.

ORDER NOW

QUESTIONS? CALL JAMES
201-567-8119

ORDER ONLINE

<http://jnied>.

younglivingworld.com

YOUNG LIVING ORDER ENTRY

1-800-371-2928

NEW CUSTOMERS

When signing up, please place your sponsor or enroller's ID# on the enrollment form. If I am your sponsor, use my Young Living Member ID

#290271

# to Order	Product Name	Code # Size	Preferred Customer & Wholesale Prices
	Twelve Oils of Ancient Scripture	#3143 12-5 ml bottles	\$115.00 \$105.00
	V-6 Mixing Oil for diluting	#3775 4 fl oz	\$8.00 \$7.00
	Subtotal		\$123.00 \$112.00
	Book Scriptural Essence	Author Janet McBride	\$10.00 888-718-3068

Radiant Health News

EDITOR

Bonnie McDermid

CONTRIBUTING EDITOR

Teri Williams

(612) 920-9205

EMAIL

essentialmarketing@mn.rr.com

Copyright 2004 All Rights Reserved

DISCLAIMER The information contained in this newsletter is intended for educational purposes only and is not meant to substitute for medical care or to prescribe treatment for any specific health condition. The publisher and subscriber assume no responsibility to or liability for any person or group for any loss, damage or injury resulting from the use or misuse of any information in this newsletter.