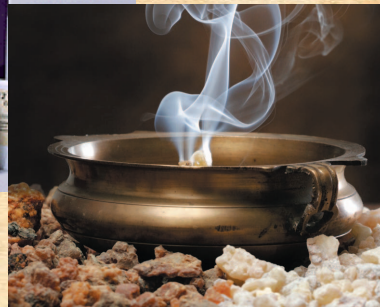


Essential Oil Therapies

Vol. 8 No. 5-6



**"In the middle...was the tree of life...
and the leaves of the tree were for
the healing of the nations." Rev 22:2**



The Creator's Pharmacy - Twelve Oils of Ancient Scripture

Since the dawn of man, plants have been used for healing. One of the oldest and most respected natural therapies known to man has been essential oils, the aromatic liquids that result from careful distillation of plants. From the leaves to the roots, bark and fruit, nearly every part of the plant has offered itself as medicine.

Documents found in China dating back to 2000 B.C. record the use of oils and herbs. The Ebers Papyrus, an early medical book from 1600 B.C. Egypt, lists 877 prescriptions and herbal remedies using plants and the essential oils from plants. The Vedas, the most sacred book of India and one of the oldest known books, mentions over 700 different products, such as cinnamon, spikenard, coriander, ginger, myrrh and sandalwood. The Vedas codifies the use of perfume and aromatics for liturgical and therapeutic use.

Our Bible refers to essential oils over 200 times. In Exodus 30:34-35 the Lord gives Moses the formula for making sacred temple incense and strict instructions that it be used for that purpose only, "Take sweet spices, stacte and **Onycha** and **Galbanum**, and pure **Frankincense**, with these sweet spices shall be equal amounts of each. You shall make of these an incense, a compound according to the art of the perfumer, salted, pure, and holy." At the other end of the Bible, James, an important church leader in Jerusalem, instructs his congregation to put their faith into action in a very practical way, which includes the use of essential oils. "Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the sick, and the Lord will raise him up." James 5:14



**James Niederland, LCSW
Psychotherapist & Wellness Consultant**

PHONE (201) 906-2994

EMAIL oilman@essentialoiltherapies.com

ORDER www.essentialoiltherapies.com

YOUNG LIVING MEMBER #290271

Today's science makes the wisdom behind the ancient formulas and instructions for their use completely clear: **The plants and essential oils used to make anointing oils and incense have powerful therapeutic properties.**

The Onycha, Galbanum and Frankincense spices in the temple incense have anti-inflammatory, anti-microbial, antioxidant, anti-tumoral and antiseptic properties.

These three spices plus **Myrrh**, Cinnamon and **Cassia** were combined to make the holy anointing oil for consecrating the tabernacle of meeting, the table, altars and utensils. Exodus 30:33 Together, these spices have anti-bacterial, anti-viral, anti-fungal and immune-strengthening properties.

As a result, those who went to temple not only received the mental and spiritual uplift from these holy formulas, they **also received a powerful inoculation against disease!**



I am a music minister and an avid student of ancient Hebrew customs. In the time of King Solomon's Temple, the singers would anoint their throats with the oil of **Myrtle** and the musicians would anoint their instruments with **Frankincense**. I decided to do this before my own time of worship. I learned to apply Myrtle oil at least 30 minutes before the first song, because it helps to expel the excess mucous in the throat and clear the vocal chords in preparation for singing. The Twelve Oils of the Bible are still as relevant today as they were 3,000 years ago!"
Rev. Janet M., Arizona

Twelve Oils of Ancient Scripture



Sandalwood Was This Mother's Answer to Prayer

In 2003 my daughter was diagnosed with cervical cancer. She refused conventional medical treatment and I recommend Young Living's therapeutic grade essential oil of sandalwood. I had read that Sandalwood essential oil had a 93.1% kill rate on specific cervical cancer cells without damaging healthy cells. I got her the oil and 18 months later she was cancer free. What an answer to prayer!

Cristina C., Illinois



BBC News

Immunologist's Research Suggests Frankincense Could Revolutionize Cancer Treatment

"Frankincense effectively separates the nuclei of cancer cells from their cytoplasm bodies which stops cancer cells from reproducing themselves and the corrupted DNA codes. Because Frankincense attacks only malignant cells while leaving health cells alone, it could revolutionize cancer treatment protocols."

BBC News Feb 9, 2010 http://news.bbc.co.uk/2/hi/middle_east/8505251.stm

DISCLAIMER These statements have not been evaluated by the Food and Drug Administration. The information contained in this newsletter is intended for educational purposes only. It is not meant to substitute for medical care or to diagnose, treat, cure or prevent any specific health condition or disease. The author, publisher and subscriber assume no responsibility to or liability for any loss, damage or injury resulting from the use or misuse of any information in this newsletter.

Essential oils were part of everyday life in the ancient home as well. 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 blessing. Each member of the family would inhale the aroma from the box. The practical wisdom behind these two frequently-practiced rituals has been made clear by modern science:

1. Applying therapeutic-grade essential oils to the soles of the feet is an effective way to absorb their health benefits. Due to their large pore structure, it takes about 20 minutes for the active constituents of an essential oil to reach every part of our bodies.
2. Inhaling essential oils offers efficient transport of health benefits through the respiratory system. In the modern home, diffusing essential oils cleanses the air, literally destroying odor-causing molecules and air-borne pollutants.

Each of the Twelve Oils are described below with just a few of their most common uses. Learn how to apply them properly by reading *How to Use Essential Oils Effectively* on page four of this newsletter.

Aloes/Sandalwood

Sandalwood has a high level of sesquiterpenes, a constituent that stimulates the pineal gland and the limbic region of the brain (the seat of the emotions). The pineal gland is responsible for releasing melatonin, which enhances deep sleep. "I have perfumed my bed with myrrh, aloes and cinnamon." Song of Songs 4:14 Used for centuries for skin revitalization. Recent research documents that Sandalwood inhibits skin cancer cells.

Everyday Uses

- Skin care and repair: acne, wrinkles, scars
- Viral infections: herpes simplex, cold sores
- Beneficial for anxiety, depression, emotional trauma

Properties Anti-tumoral, antiviral, immune stimulant, anti-inflammatory
Fragrance Woody, sweet, spicy, oriental

Cassia

Among the oldest known spices. It's Hebraic root is qadad, meaning "to bow the head in reverence." Is it any wonder that God mandated Cassia to be an ingredient in the temple incense? Dilute Cassia for topical application.

Everyday Uses

- Indigestion, gas, intestinal discomfort (topical)
- Depression, stress related conditions
- Used for vascular disorders in Chinese culture (topical)

Properties Anti-viral, anti-bacteria, anti-fungal, antiseptic, anticoagulant
Fragrance Exotic vanilla-cinnamon fragrance

Cedarwood

ADHD research showed significant improved attention and retention in children when Young Living Cedarwood essential oil was inhaled. Traditionally used in medicine, incense. High in sesquiterpenes (see Aloes).

Everyday Uses

- Hair loss/alopecia: Apply 1-2 drops to scalp daily.
- Skin care and repair: acne, eczema, psoriasis
- Enhance sleep, reduce anxiety - Inhale/diffuse

Properties Antibacterial, lymphatic stimulant
Fragrance Deep, woody, balsamic

Cypress

This essential oil is most frequently used to stimulate the circulatory system. It may also be beneficial for respiratory conditions such as bronchitis, asthma, coughs, throat problems.

Everyday Uses

- Coughs, minor chest discomfort, bronchitis
- Varicose veins, hemorrhoids, discourages fluid retention
- Skin care and repair: revitalize, scar tissue.
- Emotional trauma, loss, insecurity

Properties Improves circulation, anti-infectious, antispasmodic
Fragrance Balsamic, woody

Twelve Oils of Ancient Scripture

Frankincense

Frankincense was valued more than gold during ancient times and only those who had great wealth possessed it. Mentioned in the Ebers Papyrus, frankincense was "used to treat every conceivable ill known to man." High in sesquiterpenes, frankincense may increase production of human growth hormone (see Aloes).

Everyday Uses

- Respiratory infections, asthma, bronchitis
- Immune system: increases leukocyte activity to prevent infection
- Depression, stress

Properties Anti-tumoral, immuno-stimulant, antidepressant, muscle relaxant

Fragrance Balsamic, camphor-like, spicy, woody.



Galbanum

Uplifting mentally, spiritually and emotionally

Everyday Uses

- Digestive problems, indigestion, diarrhea
- Muscle aches and pains, cramps, rheumatism
- Skin care and repair: scars, wrinkles
- Depression, nervous tension, stress

Properties Antiseptic, analgesic, antispasmodic, anti-inflammatory, circulatory stimulant

Fragrance Complex green, spicy, woody, balsam-like fragrance

Hyssop

Throughout the Scriptures, Hyssop is depicted as the oil for purification. King David writes, "Purge me with hyssop and I shall be clean; wash me and I shall be whiter than snow." Psalms 51:7 Hyssop was used at the first Passover: Israelites dipped a bunch of hyssop in the blood of the Passover lamb, then struck the lintel and door posts of their home.

Everyday Uses

- Respiratory congestion, infections, coughs, colds, fever, asthma
- Regulating lipid metabolism
- Expelling parasites
- Anxiety, nervous tension, fatigue

Properties Anti-viral, antibacterial, antiseptic, antiparasitic, decongestant

Fragrance Aromatic, reminiscent of sage, marjoram, lavender



Myrrh

In the story of Esther, the queen-to-be was required to complete twelve months' preparation before her presentation to King Ahasuerus. "...Six months with oil of myrrh and six months with perfumes and preparations for beautifying women. Esther 2:12 Myrrh was also one of the priceless gifts given to the Christ Child by the Wise Men.

Everyday Uses

- Respiratory congestion, asthma, coughs, sore throat
- Skin care and repair: chapped, cracked, wrinkled, stretch marks
- Tooth and gum infections, gingivitis, mouth ulcers
- Fungal infections: Candida, thrush, ringworm, eczema
- Mentally, emotionally, spiritually uplifting

Properties Immune system stimulant, antioxidant, anti-tumoral, anti-inflammatory, anti-viral, anti-parasitic, analgesic, anaesthetic

Fragrance Pleasant, balsamic, incense-like

Desert-Dry Hair Restored

After a few months of the hot, dry weather in Qatar, my hair was dry, brittle and falling out - it was shocking. After looking through my Essential Oil Desk Reference, I mixed 5 drops of Myrrh, Spikenard, Cedarwood and Sandalwood in a 1/2 cup of olive oil and covered my hair and scalp with it. After two hours I shampooed my hair and WOW, I couldn't believe the difference. My hair was soft again! I use this combo once a week on my hair now and it has stopped falling out completely and has become thicker and softer. All my friends here are asking me for my oil treatment now! Carolynn W., Qatar



Myrrh & Precancerous Skin Condition

My husband Carl was told by the doctor that he had a precancerous skin condition on his face that should be frozen with liquid nitrogen. Carl had this done once before, and it was expensive. So he asked if we had any essential oils for that. I suggested **Myrrh**. He applied a couple drops of Myrrh topically on the area once a day for 2 weeks. The area was dry for about 2 weeks, then it totally healed and the condition was reversed.

So we are total believers in the power of Myrrh for skin conditions.

Carl & Jan W., Colorado

Resources

¹Essential Oils Desk Reference. 4th ed. Essential Science Publishing. 2007.

²Lavabre, M. Aromatherapy Workbook. Healing Arts Press. 1997.

³McBride, J. Secrets of the Cohanim. 3rd ed. Essential Opportunities. 2002.

Myrtle

"Instead of the thorn shall come up the fir tree and instead of the brier shall come up the myrtle tree: and it shall be to the Lord for a name, for an everlasting sign that shall not be cut off." Isaiah 55:13

- Everyday Uses
- Immune system support, fight infection and infectious disease
 - Respiratory infections, sinus/lung decongestant
 - Skin care and repair: acne, blemishes, oily skin, psoriasis
 - Hormonal system: normalize and balance thyroid, hypothyroid

Properties Anti-infectious, liver, thyroid and prostate stimulant, antispasmodic

Fragrance Fresh, close to eucalyptus

Onycha

An essential component of the temple incense, Onycha and other sweet spices were compared to the unfathomable wisdom of Adonai.

- Everyday Uses
- Respiratory: colds, coughs, laryngitis, bronchitis, asthma
 - Skin care and repair: chapped, irritated, inflamed
 - Circulatory problems
 - Traditionally used for calming nervous tension and stress

Fragrance Rich, warm, slightly woody, vanilla; melds fragrances together

Properties Anti-inflammatory, antioxidant, antiseptic, expectorant

Rose of Sharon/Cistus

This rose-like flower is found in a fertile plain between Jaffa and Mount Carmel in Israel. Cistus is being studied for its therapeutic effect on cell regeneration.

- Everyday Uses
- Immune system support
 - Respiratory infections, bronchitis, coughs, rhinitis
 - Arthritis
 - Anxiety, nervous tension, insomnia

Fragrance Musky, balsamic

Properties Antiviral, antibacterial, anti-hemorrhagic, anti-inflammatory



Spikenard

"While he was in Bethany, reclining at the table in the home of a man known as Simon the Leper, a woman came with an alabaster jar of very expensive perfume, made of pure nard. She broke the jar and poured the perfume on his head." Mark 14:3

- Everyday Uses
- According to Dietrich Gumbel, Ph.D., spikenard strengthens the heart and improves circulation, tachycardia.
 - Skin care and repair: nourish and regenerate, scar tissue
 - Anxiety, agitation, nervous tension, insomnia
 - Indigestion, nausea, gas
 - High in sesquiterpenes (see Aloes)

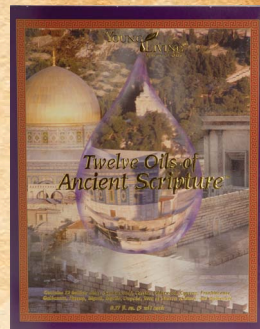
Fragrance Strong scent of moist earth

Properties Antibacterial, anti-inflammatory, relaxant, immune-stimulant.



Young Living's Twelve Oils of Ancient Scripture have a rich spiritual heritage which is recorded in the Bible and woven into the fabric of history, religious and community life. Their legacy of health and healing is as ancient as the first medical records and as current as the stories you've read in this newsletter. Discover for yourself the Creator's blessings of hope and healing with these beautiful essential oils.

Order the Twelve Oils of Ancient Scripture



Save 50% on the Twelve Oils Collection

This collection of rare essential oils costs HALF the price of the essential oils if purchased separately. Aloe/Sandalwood alone costs over \$69 for 5ml—more than one third of the entire kit's price. Gary Young makes the Twelve Oils available at this incredible price as a special gift to us all - to use, to learn about and to share with others.

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.

Item 3143

12-5 ml bottles plus educational CD

Wholesale \$199.75

Pref Cust \$231.29

Retail \$262.83

V-6 Vegetable Oil Complex

To create custom massage oils and to dilute certain essential oils for sensitive skin. No scent, no stain.

Item #	3775	3772
Size	8 fl oz	32 fl oz
Wholesale	\$17.75	\$38.75
Pref Cust	\$20.55	\$44.87
Retail	\$23.36	\$50.99

All prices in US\$

How to use essential oils effectively

There are four primary ways to receive the health benefits of essential oils.

1. Topical - Apply 1-2 drops on location of the scar, pain, discomfort, etc. Apply again as needed. Dilute at least 1:1 with V6 Mixing Oil for sensitive skin.
2. Topical - Apply 1-2 drops to the Vita Flex points related to the location of discomfort or problem.
3. Inhalation - Directly inhale the essential oil from the bottle for 2-3 minutes. Begin with the bottle at arms length from your nose and bring it closer as you become accustomed to the strength of the fragrance.
4. Diffusion - A diffuser creates a micro-fine mist of essential oils that lingers in the air, extending the therapeutic effect. Start slowly, diffusing for five to ten minutes at a time.

Common sense precaution

Avoid getting any essential oil near or in your eyes, nose, ears and sensitive skin.

Radiant Health News

editor Bonnie McDermid, Ind YL Distributor phone (612) 242-7700

email RadiantHealthNews@comcast.net website RadiantHealthNews.com

© 2010 Radiant Health News