



Message Scent News

ANCIENT SECRETS FOR A MODERN AWAKENING

HEALTHY HEART

by Ruby Gibson

A couple of weeks ago, a good friend of mine had a heart attack. Fortunately for him, his myocardial infarction happened while in the hospital for an unrelated reason, and the doctors were able to get a couple of stents in his heart in record time—forty-eight minutes. They said it was a miracle—and that with follow-up care, dietary and lifestyle changes, his future health is optimistic. Unfortunately, the dinner meal that the hospital provided for him that very same evening was a hamburger on a white bun, french fries, decaf coffee, and low-fat milk! We were appalled, and asked for a vegetarian meal. The nutritionist brought pizza! I learned how important it is to have a health advocate in the hospital. The entire event necessitated a deeper look into heart health, nutrition, and recovery. Although already on the road of changing lifestyle, here are a few things we discovered. YL products along with knowledge and affirmative action can maintain a healthy heart for life.

✓ **Inflammation** is at the core of heart troubles. It is very important to learn how to minimize inflammation in the body to get to the source of the problem. **Stop Inflammation Now!** by Dr. Richard Fleming, MD, provides simple concepts for extending life and improving overall health.

✓ **Supplements** are necessary for recovery. *Be sure to check with your physician before beginning any new supplement.* Young Living's **CardiaCare™** (#3197) provides important ingredients shown to support a healthy heart and cardiovascular system and maintain cholesterol levels that are already within normal range. It includes CoQ10, hawthorn berry, magnesium, vitamin E, and Rhododendron caucasicum, and is enhanced with wolfberries and essential oils. **HRT™**

(#3260) is a tincture containing concentrated extracts of herbs that have been studied extensively for their contribution to normal heart health. Hawthorn berry, noted for its ability to strengthen and nourish heart muscle function, along with garlic, and essential oils enhance the synergistic qualities of the blend.

✓ **Minerals** are very important for heart health, as the heart runs on electricity, and minerals are the conductors of electricity in our bodies. According to two-time Nobel Prize winner Linus Pauling PhD, "You can trace every sickness, every disease, and every ailment to a mineral deficiency." **Mineral Essence™** (#3222) is a balanced, full-spectrum ionic mineral complex enhanced with essential oils. **MegaCal™** (#3280) is a source of calcium, magnesium, manganese, and vitamin C to support normal nerve function, bone and vascular health.

✓ **Hormones** are involved, and our body needs Essential Fatty Acids (EFA's) to create hormones. Taking flax oil capsules or adding ground flax seeds to food will help. Walnuts and avocados are also excellent sources of EFA's. **Omega Blue™** (#3190), a clinically proven dose of omega-3 fatty acid nutrients critical for heart health, contains pure fish oil free of heavy metals, PCBs, and dioxins. It combines blue chamomile and myrrh for a healthy inflammatory response, lemongrass for cardiovascular protection and healthy cholesterol levels, clove and myrrh for antioxidant support. (Read Alpha & Omega article on page 7 for more information on EFA's.)

✓ **Emotions** need attending. **Aroma Life™** (#3306) essential oil blend combines the harmonizing effects of ylang ylang with known powerhouses cypress, helichrysum, and marjoram. Pulsing with life, this vibrant blend energizes your life force. It is best applied over the heart and chest - front and back.



Compliments of
James Niederland, LCSW
Psychotherapist &
Wellness Consultant
office 201-567-8119
cell 201-906-2994
www.essentialoiltherapies.com
ningxiaredman@gmail.com

In This Issue

Healthy Heart

Spring Cleaning with YL
Thieves Cleaner Proportion Guide

Making Your Own
"Helichrysum Blend"
by Dr. David Stewart

Animal Care Testimonials

Ten Practical Steps to
Breast Cancer Prevention

Heat, Essential Oils & Salt Show
Antifungal Activity in Athlete's Foot

Suggestions for Emotional Health
and Brain Chemistry

The Alpha & Omega of EFA's

101 Uses for YL's Essential 7
(second installment)

All information contained in Message Scent is intended for educational purposes only. It is not provided in order to diagnose, prescribe or treat any disease, illness or injured condition of the body, and the authors, publisher, printer and distributors accept no responsibility for such use. Anyone suffering from any disease, illness or injury should consult with their physician.

Published by Carl Janicek
Produced by Ruby Gibson
© 2008 Medicine Wheel
Consultants, Inc.
1-800-332-3969
messagescent@earthlink.net

Thieves Cleaner Proportion Guide

NOTE: One capful of Thieves Cleaner = ½ tablespoon

Light Degreasing: One capful Thieves cleaner to 3 ¾ cups of water

Medium Degreasing: One capful Thieves cleaner to a little less than two cups water

Heavy Degreasing: One capful Thieves cleaner to a little less than one cup water

Hand Cleaner: ½ cup Thieves cleaner to ½ cup water

Dishwasher: One capful of Thieves cleaner per load

Pots and Pans: ½ capful of Thieves cleaner to three+ cups of water

Floors: One capful of Thieves cleaner to 6 ¼ cups of water

Walls: One capful of Thieves cleaner to a little less than two cups of water

Fabrics/Carpet Spotting: One capful of Thieves cleaner to two cups of water

Washing Machine (laundry): Depending on size of washer, use one to two capfuls of Thieves cleaner per load

Carpet: One capful of Thieves cleaner to 6 ¼ cups of water

Glass/Windows: 1 capful of Thieves cleaner to 5 quarts of water

Use this fantastic cleaner to clean your sinks, toilets, showers, etc. Fill a 32 oz. spray bottle with water and add one capful of Thieves cleaner. Have it ready to clean counter tops, stove tops, or whatever is needed quickly. Use to eliminate mold on walls, appliances, and cupboards. You can even spray it on bugs, and it works to rid them. Hope you have your Thieves Cleaner on hand. We would be lost without ours! —Richard & Shauna Dastrup

SPRING CLEANING with ESSENTIAL OILS

Spring cleaning does not have to be hazardous. Start spring cleaning with Young Living Essential Oils! Throw away, or better yet, bring those chemical cleaning products to the hazardous waste collection. Refresh your house and your senses! Give your home that personal, familiar scent that is uniquely yours. Use essential oils that please your senses and at the same time deep clean your home.

Essential oils are ideal cleaning supplies. They remove toxic mold, stale air, unpleasant odors, and kill viruses, bacteria, and dust mites. Imagine your kitchen with the smell of lemon, grapefruit, cinnamon, or rosemary. Your living room inviting with fragrant cushions of peppermint—a natural insect repellent. Pine, cedarwood, sandalwood, frankincense, juniper and clary sage are relaxing companions in your sitting room. For a calming and romantic environment in the bedroom, choose rose, ylang ylang, jasmine, geranium, and lavender. Scent your office with basil, rosemary, and lavender for concentration and stress relief. Don't forget to scent the pet pillow with flea deterring lavender and peppermint.

Basic Disinfectant:

In a spray bottle, put water and a squirt of natural soap such as Bath Gel Base. Add your favorite antiseptic, anti-bacterial YL essential oils. Shake well before each use. You will need:

- Spray bottle with water
- One squirt natural soap
- 5 drops each lavender, lemon, lemongrass

Or simply add a drop or two of eucalyptus, lavender, lemon, pine, juniper, thyme, or rosemary to a damp cloth and wipe down surfaces. Note: Use natural cleaning tools (natural sponge, mop, etc.) as essential oils react with plastic.

Dishwasher:

A few drops of YL essential oil may be added to the dishwasher to help disinfect and purify. Some popular oils are pine, orange, tangerine, lemon, and peppermint.

Dishwashing Soap:

To add fragrance or improve the antiseptic action of your liquid soap, add several drops of YL essential oils such as lavender, Melaleuca alternifolia, fir, spruce, pine, lemon, orange.

Non-toxic Floor & Carpet Cleaner:

By combining YL essential oils with common household products, you can create your own non-toxic aromatic floor and carpet cleaners. You'll need a bucket, hot water, a rag and Thieves Household Cleaner that you enhance with your favorite essential oils.

Hard Floor:

Add ¼ cup of white vinegar to a bucket of water. Then add 5–10 drops of YL lemon, pine, spruce, melaleuca, Purification, or any other suitable oil. If the floor is especially dirty, add several drops of dishwashing soap. This will clean even the dirtiest floor.

- 1/4 cup white vinegar to bucket of water
- 5–10 drops of YL lemon, pine, spruce, melaleuca, Purification, or other oil
- Dishwashing soap if needed

Floor Cleaner:

Add ¼ cup white vinegar to a bucket of water. Add 10 drops of lemon oil and 4 drops of oregano essential oil. Oregano oil has powerful antiseptic properties! You will need:

- 1/4 cup white vinegar to bucket of water
- 10 drops YL lemon oil
- 4 drops YL oregano oil

Carpet Freshener:

To make a carpet freshener, add 16–20 drops of essential oils to a cup of baking soda. Mix well and place in a covered container overnight so that the oil can be absorbed. Sprinkle over your carpet the next day and then vacuum the powder up. Use Joy for a comforting, loving scent! Or Peace & Calming in the children's room. You will need:

- 1 cup baking soda
- 16–20 drops YL essential oils of choice

Vacuum Cleaner:

Saturate a disposable cloth or tissue with several drops of YL essential oil and place into the collecting bag of your vacuum. This will diffuse a pleasant odor as you clean. If your vacuum collects dirt into water, add a few drops into the water reservoir before cleaning. Refreshes carpet and the room.

Window Cleaner:

In a spray bottle mix:

- 1 cup white vinegar
- 10–15 drops of YL lemon oil
- Water

Mix vinegar, water and essential oil in a spray bottle. Shake well before use.

Fly Repelling Window Cleaner:

Wipe windows down with a damp cloth containing fly-repelling essential oils such as YL purification, lavender or lemongrass.

- 2 fl.oz. (50 ml) water
- 10 drops of YL essential oils

Insecticide and Repellent:

Essential oils such as lavender, lemon, peppermint, lemongrass, cypress, eucalyptus globulus, cinnamon, thyme, basil, Thieves, and Purification effectively repel many types of insects. Peppermint placed on entryways prevents ants from entering. Canadian red cedar, or rosemary can just as effectively repel moths and other insects.

MAKING YOUR OWN "HELICHRYSUM BLEND"

BY

DAVID STEWART
PHD, DNM, BCRS

*Reprinted from The Raindrop Messenger
a free e-line newsletter
with permission from Dr. David Stewart
www.raindroptaining.com*

Helichrysum (*Helichrysum italicum*) is a powerful and versatile single oil. **Helichrysum** also goes by the common names of "Everlasting" and "Immortelle." It is used in many Young Living oil blends and products: **Aroma Life, Brain Power, Forgiveness, Awaken, JuvaFlex, Juva-Cleanse, Live With Passion, M-Grain, PanAway, Trauma Life, Chelex Tincture, ArthroTune, and CardiaCare.**

Unfortunately, Young Living's European source for **Helichrysum** is no longer available, and hence **Helichrysum** is not currently available through Young Living. Gary Young is planning to establish an annual **Helichrysum** crop on his farm in Ecuador. However, it may be a year or more before the oil is in production in sufficient quantities to offer as a single oil.

Until Young Living can produce enough to sell, you can make your own substitute from other oils that are available. I developed this formula based on a chemistry that approximates the compound composition of **Helichrysum**. I call it "**Helichrysum Blend**."

It is simple. Mix equal parts of the following six oils, all available from Young Living: **Clary Sage** (*Salvia sclarea*), **Elemi** (*Canarium luzonicum*), **Roman Chamomile** (*Chamaemelum nobile*), **Wild Tansy** (*Tanacetum vulgare*), **Wintergreen** (*Gaultheria procumbens*), and **Ylang Ylang** (*Cananga odorata*). Use equal numbers of drops or of any other measure, depending on the quantity of **Helichrysum Blend** you want to make.

The similarities of chemistries between Actual **Helichrysum** and **Helichrysum Blend** are as follows:

GENERAL CHEMISTRY OF **HE- LICHRYSUM** (*Helichrysum italicum*)

Esters 43%
Ketones 20%
Sesquiterpenes . . 15%
Monoterpenes . . . 12%
Alcohols 6%
Phenols 1%
Oxides 1%
Other Compounds . . 2%

GENERAL CHEMISTRY OF **HE- LICHRYSUM BLEND** (Equal parts of Clary Sage, Elemi, Roman Chamomile, Wild Tansy, Wintergreen, Ylang Ylang)

Esters 41%
Ketones 15%
Sesquiterpenes . . 14%
Monoterpenes . . . 16%
Alcohols 8%
Phenols 1%
Oxides 1%
Other Compounds . . 4%

(The category, "Other Compounds," includes minor amounts (less than 1%) of Aldehydes, Carboxylic Acids, Coumarins, and Ethers.)

Except for a slight minty tone from wintergreen and a floral tone from **Ylang Ylang**, the fragrance of **Helichrysum Blend** is very similar to the oil of the single species, **Helichrysum italicum** itself.

While the chemistry of none of these six individual oils are like that of **Helichrysum**, as a combination they come very close. For example, it has been suggested that **Wild Tansy** is a good substitute for **Helichrysum**, and in many ways it may be. But the dominant chemistry of **Tansy** is 77% ketones with only 5% esters, while that of **Helichrysum** is only 20% ketones with 43% esters. Another suggested substitute for real **Helichrysum** is a blend of **Tansy, Elemi, and Wintergreen**. While **Wintergreen** (like **Helichrysum**) is predominantly esters (97%), this is double the concentration of esters as found in **Helichrysum italicum**. Furthermore, **Wintergreen** oil does not contain any of the remaining compounds of **Helichrysum**. As for **Elemi**, it is mainly monoterpenes (71%) and contains no esters or ketones while **Helichrysum** contains mostly esters and ketones and only 12%

monoterpenes. Even so, despite the major differences chemically between **Helichrysum** and any of these six oils separately, when these six oils are combined in equal proportions, the general chemical profile of **Helichrysum** is duplicated to a very close extent, as seen by the percents above.

Specifically, there are seven compounds found in **Clary Sage** that are also found in **Helichrysum**, except in different proportions. These are beta-caryophyllene, curcumene, 1,8 cineol, l-limonene, linalol, nerol, and neryl acetate. Beta-caryophyllene is also found in **Ylang Ylang** and **Roman Chamomile**. Linalol is also found in **Ylang Ylang**. And l-limonene, which has a pine-like fragrance, is also an ingredient of **Elemi**. **Helichrysum** and **Ylang Ylang** both contain eugenol, which is a local anesthetic and is the predominant compound of clove oil.

The extent to which the therapeutic action of **Helichrysum Blend** mimics that of actual **Helichrysum italicum** can only be determined by trial and experimentation. The formula developed above is based on matching the common chemistry, not an attempt to match any common effects. There are many potential benefits from this blend, but are they the same benefits as **Helichrysum italicum**? What additional benefits might there be? Those are the questions at this time. I am trying the blend myself to observe its effects - physical, emotional, and otherwise.

If you create some of this blend and try it yourself or on others, please let me know your observations and experiences of its results and I will report them, giving you credit. One of the most dramatic therapeutic effects of actual **Helichrysum** is in the restoration of hearing loss in applying the oil with the Vitaflex ear technique. Among other things, I am going to experiment with the hearing restoration effects of this blend as compared to my past experiences with **Helichrysum italicum**. If you use the **Helichrysum Blend** with the ear Vitaflex, please let me know what results are achieved, positive or negative, and whether they are like those of actual **Helichrysum** or otherwise.

General Guidelines: Oils can be applied to paws for faster absorption, neat or diluted.

FOR SMALL ANIMALS: Apply 3-5 drops **diluted** (80-90%) in carrier oil mixture per application.

FOR LARGE ANIMALS: Apply 3-5 drops **undiluted** per application.

Canine Papilloma

My chocolate lab puppy, seven months old, got canine papilloma which is contagious only to other dogs. Once a day I put a drop of **Melissa** oil, neat, on all the sores and it reduced them within two days. After that I diluted the **Melissa** with olive oil and applied it to the sores in his mouth. I also made a mix of olive oil and **Thieves** and put it on his paws once a day. Often I would add **Frankincense**. I did that for two weeks and by the beginning of the third week the sores had vanished. The funny part was that my poor puppy was slipping and sliding around my house.

—Nidia Zabala

Intestinal Distress

I have two small dogs. Whenever they get diarrhea from licking and sniffing in the streets of New York, I put three-four drops of **Thieves** in about 1/4 tsp. carrier oil and apply to their front paws. Within a day or so they are back to normal. I also use this same formula when I feel myself coming down with a cold. I apply **Thieves** to my chest and/or neck and by the next day it's gone.

—Leigh Candell

Intestinal Worms

I use **Di-Gize** on my dogs for worming. I drop three-four drops on their back and in a couple of days their coats are shining.

—Nancy Sanderson

Seizures

I have a MinPin who has been having seizures since she was about 1 1/2 years old. She has rolling bouts for over an hour before easing off. I heard that **Peppermint** oil was good for seizures. Once when she was in the middle of some pretty strong seizures, I rubbed **Peppermint**

mint on the tips of her ears tips, the top of her head, and down her spine. I also put a couple of drops of **Peace & Calming** on her tummy. Within a couple of minutes she stopped vibrating and her muscles unlocked. After a seizure she generally loses the use of her back legs and sleeps a lot, but within 5-10 minutes after applying essential oils she was up and moving! I have done this several times using **Peppermint** and **Lavender**. It always works. She even smells and licks my fingers after I put the oils on her. —Adele Mix

Nervous, Frightened Dogs

I raise and show longcoat Chihuahuas. Sometimes I have a dog that is very nervous or frightened in a noisy dog show environment. I use **Peace & Calming** on their ear flaps, top of heads, bottoms of feet, and navel area. I also put it on my ankle so they smell it as we walk around. I have found that it calms my dogs quite well. —Liz Moore

Thunderstorms

1. My dog is petrified of thunderstorms. Prior to putting essential oils on her paws, she went through a basement window as a storm was approaching. Now, I apply **Peace & Calming** when she starts to shake, and she settles right down and is not bothered. Eventually, she comes looking for the oil in my purse. Animals are very smart and you don't have to convince them.

2. My dog was becoming more terrified during thunderstorms or fireworks. He shakes badly, along with pacing and barking. I use a small amount of **Release** followed by **Lavender** and within minutes he settles down. I have used other combinations of oils, but this seems to work best. First, I rub the oils in my hands, let him smell it, then lightly run my hands over his ears, back, and legs. I rub the rest on the front pads of his paws. He is a lean, medium size dog, and I use one drop of each oil. —Gerry Cartor

Bath Time

My older lab was terrified of bath time. I was reluctant to bathe him but he needed it. We used **Peace & Calming**. The oil was diluted and placed nearby. I placed some oil on my hands prior to the bath and let the dog smell it. We also diffused **Valerian** as an added calming agent. The bath went well and my dog was relaxed. —Mary Hess

No More Fleas

My Golden Retriever is highly allergic to fleas. He was bitten above the tail and managed to pull out his hair which created about a 3 X 6" hot spot exposing his bare flesh. I mixed two T. of V6 carrier oil with eight drops **Helichrysum** in a spray bottle. Spraying the area twice per day, the biting/chewing ceased immediately, the pain was relieved, and he began to heal within a couple of days. His hair has grown back. I then added a few drops of Lemongrass (neat) to the underside of his harness, and NO MORE FLEAS! This dog does not like spray bottles so I would get in a couple of good sprays while he was concentrating on eating his breakfast and dinner. —Elizabeth Farrington

Ear Hematoma

A lab collie mix developed an ear hematoma. The malassezia or yeast was controlled by the combination of **Animal Scents ointment**, **Melrose**, and **Lavender**. The hematoma was located in the upper pinna only. It was small at the point of treatment. Essential oils of **Helichrysum** and **Cistus** were used to reduce the size and control additional bleeding. After one day it was reduced to half, and no longer bothered the dog. We continued to use oils several times a day until resolution. This took five days for complete regression of the hematoma. The scarring that usually occurs with the hematoma absorption was also reduced to minimal. The yeast infection resolved with the oils and are being used on a maintenance basis to control the yeast overgrowth. —Mary Hess

TEN PRACTICAL STEPS TO BREAST CANCER PREVENTION

by Karen Balistreri

There is already a "cure" for breast cancer, and every type of cancer under the sun, according to Jeff Kaplan. It does not lie in drugs or hospitals or doctors or anything mainstream medical.

The answer lies in your diet. Are you eating 5 to 7 servings of phyto rich fruits and vegetables every day? Are you in harmony with fresh air, pure water, sunshine, healthy food, healthy attitude of love and forgiveness toward your fellow human beings? Happiness and laughter and faith in prayer and God?

Create a Natural Healthy Lifestyle

1. **QUIT** using petro-chemical personal care products. Do you use shampoo, lotion, bath gels and toothpaste with sodium fluoride and sodium laurel sulfate, or deodorants laden with aluminum? All those chemicals are not good for you. They go right through the dermashield of your skin and into the lymphatic and blood vascular systems. Propylene glycol (anti-freeze), sodium laurel sulfate (an engine

degreasing agent), and sodium fluoride (a waste product of aluminum manufacturing), are very toxic. Use YL's natural line of personal care products.

2. **QUIT** drinking and eating out of plastic containers and bottles. Eliminate microwaved food.

3. **CLEAN UP** your home environment. Discontinue use of petro-chemical laden soaps, detergents, air fresheners, fabric softeners, etc. These clog up your receptor sites and act as gender benders to our reproductive system, contributing to the increase in infertility today. Use Thieves Cleaner to spruce up your home.

4. **CLEAN** up your diet. Cut out sodas, white flour, white sugar products, all fast food, and fried food. Eat whole food, fruits, grains, vegetables, nuts and seeds. Stop ingesting aspartame (Nutrasweet), a powerful excito-toxin which is very damaging to the nervous system.

5. **AVOID MERCURY**. Eliminate or reduce mercury toxicity from dental fillings, flu shots, and fish.

6. **GET AN OIL CHANGE**. Eliminate trans fats; hydrogenated oils of any kind are bad science. Essential fatty acids are a must - Omega 3, 6, and 9 in a healthy proportion. Flax and cold water fish oil are good. Avoid Canola and soybean oil, which are genetically modified foods. Be wary of all food listed as NO FAT as these contain high levels of high fructose sugar and other sugars. YL's Omega Blue is a great source of fatty acids.

7. **DETOXIFY** your body and feed it powerful antioxidants. A drop of clove and a bowl of berries are the very best! Ningxia Red, Longevity, Digest & Cleanse, and Juva Cleanse are great additions.

8. **AVOID** all synthetic hormones, HRT, and hormone laden food; especially dairy and meat. If estrogen dominate, take progesterone cream to balance. Read the chemistry of this in *What Your Doctor May Not Tell You About Breast Cancer* by Dr. John Lee M.D.

9. **EXERCISE** aerobically and lymphasize your breasts daily with self-massage.

10. RUB your breasts with a mixture of Grapefruit, Cypress, and Frankincense essential oils diluted in grapeseed oil, daily.

Heat, Essential Oils and Salt in Foot Bath Show Antifungal Activity for Athlete's Foot

Inoue S, Uchida K, Nishiyama Y, Hasumi Y, Yamaguchi H, Abe S. Combined effect of heat, essential oils and salt on the fungicidal activity against Trichophyton mentagrophytes in foot bath. Jpn J Med Mycol. 2007;48(1):27-36.

Tinea pedis, also known as athlete's foot, is a common fungal infection of the toes and feet. Trichophyton species of fungus are typically responsible for the infection. Tinea pedis is treated with topical or oral antifungal drugs. Aromatherapy practitioners suggest that a heated foot bath containing essential oils may be useful in the treatment of Tinea pedis. The purpose of this study was to investigate the effects of essential oils, salt, and heat on the survival of Trichophyton species in a water bath.

This laboratory study was conducted at Teikyo University Institute of Medical Mycology in Tokyo, Japan. Plates of agar were inoculated with T. mentagrophytes or T. rubrum, small sections of the agar were treated in a water bath

with and without essential oils, 10% salt (sodium chloride) at temperatures ranging from 27°C to 42°C (80°F to 117°F), and the proportion of surviving fungal cells were calculated to kill most of the cells and reduced the concentration of essential oil needed to kill 99.99% of the cells (referred to as the minimal fungicidal concentration). For example, the minimal fungicidal concentration of tea tree oil was 5.12% at 27°C for 20 minutes but only 0.16% at 42°C for 20 minutes.

The order of fungicidal activity of the essential oils was oregano = thyme (thymol) = cinnamon bark > lemongrass > clove = palmarosa = peppermint = lavender > geranium = tea tree > thyme (geraniol).

The addition of salt without any essential oils had no effect on survival of fungal cells, but the combination of salt plus essential oils further reduced the number of cells surviving at 42°C after 20 minutes. The effect of the salt is believed to be due to enhancement of absorption of antifungal constituents from essential oils to the surface of the fungal colony.

The authors conclude that heated foot

bath therapy combined with essential oils and salt offers a promising alternative to antifungal drugs in the treatment of Tinea pedis. Additional studies are needed to evaluate the effects of foot bath therapy on other fungal species implicated in Tinea pedis and to evaluate the effectiveness, safety, and tolerability of foot bath therapy in clinical trials.

—Heather S. Oliff, PhD

Essential oils used were cinnamon bark, clove, geranium, lavender, lemongrass, oregano, palmarosa, peppermint, tea tree (Melaleuca alternifolia), and thyme (Thymus vulgaris; one oil being rich in thymol and one oil was rich in geraniol). The oils were obtained from Sanoflore Laboratoire in France and Pranarom International S.A. in Belgium. More than 99% of the fungal cells were killed after 20 minutes in the 42°C water bath (too hot for human flesh) without added essential oils or salt. All essential oils showed fungicidal activity, but increasing the temperature from 27°C to 42°C markedly reduced the amount of time needed.

Suggestions for Emotional Health and Brain Chemistry

Health Notes by Vicki Opfer

I wish I had a nice compiled collection of all the tidbits I've come across relating to ADHD, bipolar, and Essential Fatty Acids (EFAs). Alas, I don't. So I just hope to whet your appetite enough so you will do more research and experimentation on your own.

Firstly, the brain is made up of 80% cholesterol. A low fat, high sugar diet is no more feeding the brain, than it feeds the rest of the body. Good EFAs (Omega 3, 6, 9) are exactly what the name implies—essential. There is no life and no brain function without EFAs and cholesterol.

I attended a class with an herbalist who has been “in the business” for over 30 years. She mentioned that she has huge success weaning her “bipolar” clients off medication simply by giving them an omega supplement. I pressed her to give me a more solid percentage of times this approach worked for her—10%, 30%, 50% of clients? Her reply was, “every one of them.” By the time clients come to see her, they are serious about getting to the root of the problem.

Dr. Udo Erasmus is the world's leading authority on the subject of EFAs (kind of the Gary Young of the Fatty Acid world) and has written a book called *Fats that Heal, Fats the Kill*. This is a good reference. Use Omega Blue™. It will help avoid *so* many issues down the road, everything from skin problems, to hormone problems, pancreas problems, heart problems, etc.

Many years ago, Gary Young taught a protocol for depression that I have found not only to be very uplifting and soothing, but many people with whom I've shared this protocol have written back to tell me that it's helped their family members with bipolar, manic depression, panic attacks, and other brain-chemistry situations as well. This is probably my favorite protocol because of how wonderful everyone feels when they use it. Here it is:

Valor—apply several drops on the bottom of your feet, or if it's easier, a drop on

one wrist and hold the other wrist to it for a minute. This is very balancing.

Harmony—apply a single drop on the solar plexus above your belly button.

Joy—apply a single drop over your heart and chest.

White Angelica—apply a single drop in one hand, rub with the other hand and then brush the top of your head, shoulders, chest, arms, torso, all the way down your legs, touching your body right over your clothes. It feels like you're applying an angelic shield.

At the First Congress of Integrated Medical Aromatherapy in Grasse, France, there was a doctor there who told the story of a client who was so hyperactive that he was quite unmanageable. He took this young man for a walk to talk to him because sitting in an office was not working. Soon he noticed that the boy was calm. Since they were walking among pine trees, the doctor surmised that **Pine** oil might be a good treatment. It worked beautifully. From this story, we learn that **Pine** oil, rich in sesquiterpenes which can cross the blood-brain barrier, may be helpful.

Once she realized that **Joy** blend brought her daughter from a bipolar, psychotic state to the point where she acted normal, a friend of mine diffused **Joy** in her daughter's room 24 hours a day, 7 days a week. Eventually, her daughter went on to lead a normal and very productive life. This friend is Kathy Farmer, one of Young Living's leaders. All kids may not respond this favorably, but it's worth a shot.

Try different things. Observe changes, use another oil, and watch the response. You may not ever feel perfectly normal (whatever that means), but I know that with persistence, you will find a way to ease suffering for yourself or another.

Another note—be sure to test **Peace & Calming, Lavender, Vetiver, Frankincense**, and **Lemon**. Also, please use Mineral Essence (very important) and notice any response or change.

Young Living's Omega Blue™ is a clinically proven dose of omega-3 (EPA, DHA, ALA) fatty acid nutrients blended with therapeutic grade Omega Enhance™ blend. Volumes of research confirm that omega-3 fats reduce systemic-inflammation and support cardiovascular, joint, eye and brain health. While eating more fish is one way to consume these essential fatty acids, it is important to note that fish is often polluted with mercury and other toxins. What's more, a Precision Delivery coating triples omega-3 absorption by releasing these stable, bioactive nutrients directly in the intestines. The single most important factor to consider with fish oil is freshness. Fish oil can be so fragile that some cultures prefer to buy live fish and avoid dangerous rancidity. Consuming rancid fish oil is like declaring war on your body, and it can contain millions of free radicals that damage your cells. Thus it is important to look for fish oil that is strengthened with natural antioxidants to preserve the fish oil and protect freshness. Omega Blue™ contains Omega Enhance blend of blue (German) chamomile, lemongrass, myrrh, and clove essential oils, which delivers a number of health benefits, including the very best antioxidant protection from clove and myrrh oil, the two highest ranking substances on the ORAC scale. The Omega Enhance blend also keeps the fish oil ten times more stable to ensure freshness throughout preparation, while in the softgel, and during metabolism. Code #3190



Young Living Essential Numbers

Automated Phone Ordering System (IVR)
1-888-880-1549

Live Order Entry Operators
1-800-371-2928 Mon-Fri 7am - 7 pm MST

Distributor Network Services
1-800-371-3515 Mon-Fri 7am - 7pm MST

Fax Numbers 1-866-203-5666 (US & Canada) 1-801-418-8800

Live Help Operators Mon- Fri 8am - 11pm
Saturday 10am to 5pm, MST
Sunday 3pm to 11pm, MST

Essential Science Publishing
www.essentialscience.net
1-800-336-6308

www.youngliving.us

Over the last 10 years, nutritional and medical experts have made it perfectly clear: We are eating too much fat and oil. The logical step is to avoid fatty foods wherever and whenever possible. For the most part, this is good, but there are some oils which we need in our diets to keep us healthy.

There are two basic types of fatty substances which come from food: fats and cholesterol. Since there is no need for any intake of cholesterol as your liver can make plenty, it is not an essential nutrient. There are certain fats, on the other hand, which the body needs to function but it cannot make them from other nutrients. These are called essential fatty acids (EFA's).

Fats are made up of two parts: a glycerine 'backbone' with three fatty acids attached. (Thus the name *triglyceride*.) Imagine the arrangement by picturing a flagpole with three banners flying in a stiff wind—the pole is glycerine and the banners are fatty acids. Saturated fats, solid at room temperature (like butter or lard), have all three fatty acids completely 'saturated' with hydrogen. Unsaturated fats, liquid at room temperature (like safflower oil) have some spaces in their fatty acids where more hydrogen could be added. It is the unsaturated fats which can be *essential* to the body.

Fats and fatty acids are used for many purposes in the body. Cholesterol is needed to make hormones. Fats, in general, help as a storage of energy for when we do not get enough to eat, and as a padding to keep internal organs from bouncing around. Fats are also needed as protection around the nerves and to keep cell membranes fluid so cells can change shape as needed, for instance, when red blood cells need to squeeze through capillaries.

Fats that are saturated are used primarily as energy storage. As we eat more saturated fats, blood cholesterol levels tend

to increase and body fat increases. Butter, lard, bacon 'grease', margarine and solid shortening are all forms of saturated fats.

Fats that are unsaturated contain essential fatty acids. These include nut and seed oils, fish oils and vegetable oils. Essential fatty acids are used in many ways. Let's focus on how they help determine the level of inflammation in the body. Fatty acids can be converted in the cells of our bodies into substances called prostaglandins. These are cellular messengers which tell other cells in the area whether they should be more or less inflamed, as well as telling the body whether blood should or should not clot. These fats from shellfish, dairy, and red meat tend to become those prostaglandins which increase inflammation in the body and encourage blood clotting. Those from vegetable, nut, and seed oils tend to do the opposite. In fact, aspirin works by blocking the conversion of fatty acids into inflammatory prostaglandins. This is why it helps reduce the risk for heart disease and certain cancers.

Some seed and fish oils are more powerful in reducing inflammation and clotting than others. Cold or deep ocean fish contain more of the omega-3 fatty acids which reduce blood clotting and reduce the risk for heart disease. They are also particularly good at reducing joint inflammations like bursitis and the common form of arthritis called 'degenerative joint disease'. Borage seed oil contains a high amount of omega-6 fatty acids good for reducing inflammation in the skin (eczema), and lungs (asthma), and this oil has been particularly effective in reducing pain and inflammation from autoimmune diseases such as rheumatoid arthritis and lupus. Evening primrose oil is another oil high in omega-6 fatty acids. Many people find it more effective than other oils to treat female problems such as menstrual cramps and menopausal vaginal inflammation.

The one type of oil which contains a

significant amount of all the essential fatty acids (omega-3, -6 and -9) is flax oil. Flax is a highly unsaturated fatty acid and as such can go rancid very quickly. But because it contains a high level of anti-inflammatory essential fatty acids, it can really make a difference in all types of inflammatory diseases from asthma and eczema to arthritis and even cancer. Be aware, however, that because flax is so highly unsaturated, its fatty acids can become oxidized easily. Oxidation causes free radical formation which can cause inflammation and impaired immune function, counteracting any benefits from taking this oil. So when using flax oil, it is imperative that you take an antioxidant nutrient, such as vitamin E, at the same time.

So how do you modify your diet to help reduce your risk of heart disease while still getting these essential fatty acids? First, avoid all saturated fats whenever possible. If you must use butter on your bread, use real butter rather than an artificially saturated fat like margarine which causes more damage than it's worth. Use as little as possible and try substituting olive oil or apple butter instead. Keep total fats down down to 20% of calories (on a 1500 calorie diet, 300 calories from fat, just over 30 grams of fat, or 2 1/2 Tbsp oil per day). When sauteing, use a little olive oil and mix in some broth to keep the fish or vegetables from burning. When baking, substitute applesauce for butter or oil in most muffin and quick bread recipes. Use balsamic vinegar and a dash safflower or olive oil on your salads. Avoid all fried foods. Eat cold water fish (halibut, cod, salmon, tuna) twice each week. And if you have a specific health problem, try using an essential fatty acid supplement (such as Young Living's Omega Blue™), plus an antioxidant nutrient (such as Ningxia Red™) to enhance your diet.

Dr. Brett is a Naturopathic Physician with offices in Stratford and Stamford, CT

WELCOME TO THE WONDERFUL WORLD OF ESSENTIAL OILS!
101 USES FOR THE YOUNG LIVING ESSENTIAL 7 KIT (SECOND INSTALLMENT)

LAVENDER: (*Lavandula angustifolia*) is the most versatile of all essential oils. Therapeutic-grade lavender has been highly regarded for the skin. Lavender has been clinically evaluated for its relaxing effects. It may be used to cleanse cuts, bruises and skin irritations. The fragrance is calming, relaxing and balancing—physically and emotionally. This plant is grown and distilled at the Young Living Farms.

1. Rub Lavender oil on your feet for a calming effect on your body.
2. Rub a drop of Lavender oil on your palms and on your pillow to help you sleep.
3. Put a drop of Lavender oil on a bee sting or insect bite to soothe itching, stinging, and discomfort.
4. Topically apply 2-3 drops of Lavender oil to soothe a minor burn.
5. Drop Lavender oil topically to soothe a cut.
6. Mix several drops of Lavender oil with V-6 Oil topically to soothe skin irritations.
7. Alleviate the symptoms of motion sickness by placing a drop of Lavender oil on the end of the tongue, around the naval, or behind the ears.
8. Rub a drop of Lavender oil over the bridge of your nose to help unblock tear ducts.
9. Rub Lavender oil on dry or chapped skin to bring relief.

10. Rub a drop of Lavender oil on chapped or sunburned lips to help discomfort.
11. Reduce or minimize the appearance of scar tissue by massaging Lavender oil on the area.
12. Rub 2–4 drops of Lavender oil in your armpit area as a deodorant.
13. Rub a drop of Lavender oil between your palms and inhale deeply to alleviate the discomfort of air borne pollen and/or dust.
14. Rub several drops of Lavender oil into your scalp to help with flaking.
15. Place a few drops of Lavender oil on a cotton ball and place in your linen closet to scent the linens and help repel moths and insects.
16. Place a drop of Lavender oil in your water fountain to help to scent the air, help sanitize and prolong the time between cleanings.
17. Place a few drops of Lavender oil on a wet cloth and throw into the dryer to help deodorize and freshen your laundry.
18. Diffuse Lavender oil to support your body's natural defenses against air borne sensitivities to your skin and immune system.
19. Spritz several drops of Lavender oil mixed with distilled water to soothe sunburn.
20. Drop Lavender oil on a cut to help clean, sanitize, and soothe a wound.
21. Apply 2-3 drops Lavender oil to soothe rash.

Medicine Wheel Consultants, Inc.
306 S. Lookout Mtn. Rd., Suite C
Golden, CO 80401



*Shared with love for all Mankind
and Mother Earth.*