

YOUNG LIVING TRAINING CD #73

The Power of “Thieves”

Gary Young, ND

We welcome you to Training CD #73 from the 2005 Young Living International Convention, a highly informative lecture by Gary Young on the Power of Thieves Essential Oil Blend and other Young Living products utilizing the Thieves essential oil blend. And now here is Gary to share this important information.

Gary Young - Let's Talk about Thieves

Let's talk about *Thieves* this morning because of our *Thieves* line. This was an oil blend that I made in about 1990 of 1991—it was created as a result of study-ing at the Warwick University in London, England and spending many hours at the London library research-ing oils and oil history. It's been a wonderful time because of the stories that have been written.

I must tell you that I have read 17 different versions of the story of the thieves during the plague of the 1700's. Of course, there was a plague in the 1400's and there was a story written then about thieves. We have four thieves and we have 40 thieves and there are many stories, but I can tell you a little bit about the story of the thieves.

Stories Behind the Thieves

The thieves happen to have been merchants and spice traders, and that's how they knew about the oils because they were importing cinnamon and clove from India and when the plague hit, the kings of the various countries sent out a mandate closing down inter-national commerce and shipping. So all of the ships were docked and they couldn't sell and they couldn't engage in their business and they were going broke. The spice trade was a very lucrative trade and they made money at it, so they decided, “Well—all of these people are dying and they are afraid to touch them. We might as well go loot their bodies and take the things off and go into the homes where everybody is dead and take the things out of the homes, like pots and pans and jewelry and clothing and set up a pawn shop trade...” that's when pawn shops evolved.

Of course, you have heard the story when the king issued the proclamation to have the thieves captured, but the constables were afraid to touch them because they knew they had been touching the

dead bodies and going in the homes of the dead people, and they didn't want the plague.

It became so severe that the king even executed a few of the constables that refused. Finally, it was a life or death issue, and as the story goes on there were four of them who were caught. The king gave them an opportunity to confess the secret of their immunity, either with the choice of burning at the stake or being hung by the neck, meaning if they didn't give up their secret they would be burned at the stake, and worse if they gave up their secret they would be hung by the neck—and they chose hanging. They gave up their secret and it was published and plastered all through the town.

Oils Used in the Stories

The oils in the 17 different stories and different versions list different oils that were used, and so I am sure that no one really knows for sure which oils were actually used, but we definitely know that they were spiced oils. We definitely know that *Oregano*, *Cinna-mon*, and *Clove* were oils that were traded at that time and we know because of the power of *Cinnamon* and *Clove* they were most likely two of the oils of choice. Most of the 17 stories listed *Clove* and *Cinnamon*, so taking that, we looked at it and then I went back and started looking at some of the stories and going through the oils and looking at their chemistry structure to determine what to use.

They didn't have access to all of the oils. We asked, “Do we want to duplicate exactly what they were doing, or can we make it better?” My feeling was, “Let's make it a little better.”

Rene-Maurice Gattefosse wrote about the story of the four thieves and told his version of it, and it varied from many of the other versions. I'm not saying that his is wrong or theirs are right or anything. Stories are told—that's typical.

The formula of the thieves, they said, was *Worm wood, Meadow Sweet, wild Marjoram, Sage, Clove, Angelica, Rosemary, Horehound, Camphor.*

However, in the other stories it was *Cinnamon, Clove, Oregano, Rosemary*, so I just looked at it and said, “Well, I am going to use the story as an education factor, so let’s go forward and make a blend that I feel is going to be the most beneficial for our time.

There was another story in Marseilles that was adding *Rue and Garlic and Calamus*. *Calamus* is a very beautiful oil. It’s not produced in large volume, so we haven’t used it because of that fact. It appears that the antidote for the four thieves of Marseilles is only a repetition of a much older story—and that is true, and that’s why there are 17 different stories, so we looked at *Thieves* and what we could do with it.

Acid, Mucous, and Inflammation

Let me just share a few things before I go further. When you are dealing with respiratory problems or colds or flu of any kind, the body produces a great deal of acid and that acid produces a great deal of mucous. Abnormally, thick, tenacious mucous accumulating in the pancreatic ducts creates a delineation, and this is the beginning of fibrocystic conditions and low grade inflammations. Inflammation is the host for heart disease, cancer, and other diseases, so any time our body starts accumulating mucous we have a problem developing.

This statement might be of interest to you as well, “Mucous in excess in the edema fluids (which accumulate interstitially with the tissue is the primary cause of nasal polyps.” So what is causing that? Acid and excess mucous. That is the primary cause of those conditions—nasal polyps. Polyps will grow in other areas, but this is much more specific and that will also contribute to certain tumors in the body. All the more reason to keep the mucous level (which is keeping the acid levels) as low as possible.

Individual Reactions are Different

We do that by simply eliminating the foods that create acid. Something that is very important to remember is that what creates acid in one body doesn’t necessarily create it in another body, so it is extremely important to look at yourself and not look

at the whole picture of what everyone else around you is doing. One person can eat a teaspoon of sugar and get away with it and another person eats a quarter of a teaspoon of sugar and has cancer six years later, so we each need to pay attention to our own individual bodies. Now, how does this fit with *Thieves*? For the very simple reason that *Thieves* is an oil blend that is extremely powerful in dissolving excess mucous in the body.

***Thieves* Dissolves Mucous**

Thieves is an oil blend that is very powerful in suppressing the activity of the macrophages when they start secreting nitric oxide acid, and that is a condition that happens every time there is a contusion to the body, every time there is an abnormal condition with inflammation, such as stress that causes inflammation. Where does inflammation come from? Perhaps this is an area that a lot of us don’t understand, but whenever there is excess stress cortisol levels go up, the body will start secreting acid, and acid triggers the macrophages in the tissues to release nitric oxide acid and it starts to build once it enters the interstitial fluids. Then it can start contributing to certain tumors and polyps.

When dealing with cancer and fibroid tumors, it’s an acid condition, and the first thing you have to do is start reducing that acid. *Thieves* is exceptionally strong in the dissolving and the digestion of the interstitial acids and fluid acids and the digestion of hardened mucous.

Structure of Polyps

When you understand the structure of polyps, you find that polyps is hardened mucous matter. People say, “Well, it grows.” Yes, it does grow. It grows through accumulation, and so it will constantly keep repeating itself. If you remove the polyps they will come right back in time because the condition is there that is still feeding it. We feel we can remove it surgically, and we do—and we have temporary remissions at times—but it will come back. The duration of it being gone and how quickly it comes back depends on how quick the acid supply is reestablished. Those are some things that can be very key to that.

Vinegar Neutralizes Acid

The people at Marseilles claim to be more lenient and grateful and they spared the lives of the

Vinegar and olive oil were used at great lengths in working as an emulsifying agent for essential oils. Because vinegar is very powerful (and if we look at this structure) it becomes very interesting. Vinegar is neutralizer of acid, so it makes an absolute perfect medium to put essential oils into. What a great way to ingest *Thieves* by putting a few drops in a two ounce glass of vinegar and taking it down in the morning. Now you've got a substance that will reset pH of the stomach, and the oils are there present in the reestablishment of the pH to immediately go to work in digesting acid.

For those of you who were in my classes on Thursday, we talked a great deal about that and I just reiterated again the power of oils literally giving up themselves (or sacrificing themselves) to neutralize acid in the body.

Good Daily Ritual

If you do it on a repetition basis where you are doing this as a practice every morning and maybe in the evening before going to bed, then you are going to start reducing those acid levels very quickly, and over a period of time (and I don't put a time frame on it because it's different for everyone) you will reestablish that proper balance in the body, and that's very important. It's interesting to me that the ancient people knew this without even understanding what we would call the "Law of Physics" or understanding nutritional chemistry and knowing that vinegar was a neutralizer of acid.

Essential oils, naturally, are very powerful antiseptics and antibacterial agents and antimicrobial agents, and because of their action that's why they have such a global effect on the body.

Essential Oils Make a Difference

How many of you used *Peppermint* oil while at the farm yesterday? Fantastic! Did it make a difference? You bet it does! *Peppermint* has the ability to reduce temperature because of the cooling action of the menthol and menthone in *Peppermint* oil. So there are many, many benefits that you get from that. Not only do you get a cooling action, but you get the antimicrobial action as well, so we find many benefits.

poor thieves. In any case, whatever its origin, the vinegar was a type of antiseptic based on aromatic substance.

Thieves. How many put *Thieves* on their feet yesterday morning before going to the farm. Yes! And none of you came back sick! Why did you put it on your feet? Because it's a safe place to put it. But maybe tomorrow you might want to try putting it in a little vinegar and drinking it and seeing the difference it makes, particularly for clearing the throat. It is very powerful. Use apple cider vinegar, and it's best if you go to the health food store and get the raw apple cider vinegar that still has the culture inside of it that you can see through the bottle. Don't go to Safeway and buy Heinz Vinegar! It will destroy your oil.

Formula Documented in 1830

The formula of the four thieves was documented in 1830 to have been used up as late as 1793 for treating the Yellow Fever. What happened during this time period from 1780 that they quit using the oils in vinegar? Who knows what started taking place in 1780? That is the year when antibiotics started being engineered and experimented with, and by 1790 they started using some antibiotics and by the 1800's they were coming on fairly strong, so this was a new wave. What happens when there is a new wave? Everybody wants to jump on the surf board, don't they! This is new and it's exciting! Education was evolving at that time. Medicine in the education arena was evolving and newspapers were being written and news articles and medical articles were being written, and they were being circulated. The educated people were telling the uneducated people, "We have found a new way to protect the human body with these new antibiotics."

Well, these folks were remembering the stories of their grandparents and great grandparents of the plagues and all the people who had died, and yet it is very interesting that we had these antibiotics in 1920 and they didn't prevent the flu that swept around the world killing millions of people. That didn't make a difference because the campaign was for the anti-biotics—and everybody wanted to be part of this "new generation," this new energy, this new information, these new revelations—and they all became part of it and it gained a lot of energy and a lot of momentum. So old formulas that had worked

for hundreds or thousands of years gave way to the new world.

Coming Back Full Circle

Where are we now, 200 years later? We are coming full-circle back to that which worked and worked much better and more effectively. So we look at the *Thieves* oil blend and the oils that are in it. It's a very exciting blend, needless to say.

Oils in the *Thieves* Formula

I chose *Clove* oil because of the eugenol, which is a very powerful anti-inflammatory agent. Eugenol, as you know, is a natural anesthesia. It's antiseptic, it's antibacterial; it's antimicrobial. *Clove* is a very, very beautiful oil in its global effect on the human terrain. Look at *Rosemary*, and this is *Rosemary Officinalis*, 1.8 cineole, which is very specific as an antibacterial agent. When you are dealing with microorganisms that create bacteria, you have got to have some very strong substances, very strong and very powerful in fighting that, and *Rosemary Officinalis* happens to be very powerful.

Then *Eucalyptus Radiata*. I talked quite a bit about *Eucalyptus Radiata* on Thursday for the simple reason that it is an oil that I have seen tremendous success with, with patients past and present and the effect of dealing with respiratory infections. And, of course, the plague always attacked the respiratory tract and because we have so much trouble today with tuberculosis, pneumonia, emphysema, and whooping cough, it made total sense to put *Eucalyptus Radiata* in this formula.

Four Basic Oils Used Anciently

Out of the 17 stories that I have read on the thieves, *Eucalyptus* was not an oil that was used in those formulations. However, at that time in our world, *Eucalyptus* wasn't being distilled or produced, so it wasn't available. But *Lemon* oil, *Cinnamon*, *Rose-mary* and *Clove* were four of the oils that were mentioned in various of the 17 different stories.

Lemon oil was very plentiful because it was pressed. They didn't have to distill it and they pressed it in a cold expeller pressing of the rind. Was it really clean? Who knows the techniques they used for filtering, but it really doesn't matter. It was very effective as an antiseptic.

Eucalyptus Radiata was extremely important because of its action on microbial activity, bacterial

and viral inflammation. This was a paper that Sue Chao and I published at Weber State University a few years ago, and this was a very exciting time. There was an 82% reduction in the m-lutius bio-aerosol, the bacteria that was airborne. There was an 96% reduction in another bio-aerosol and 44% reduction in s-aurius bacteria. These three bacterias were significantly killed by the diffusing of the *Thieves* oil blend.

Documentation on *Thieves*

This was one of the papers that was really exciting to me because it was about eight years ago, in 1998. It was very exciting because this was one of our first published documentations and it really supported again the development of the *Thieves* line and has been very exciting.

Weber State University studies further demon-strated the power of *Thieves* essential oil blend and 90% reduction in the number of grandpas that have micrococis luteius organisms after diffusing for 12 minutes.

Diffuse in Your Home

I have said it many times—one of the best things you can do is diffuse oils in your home. Because of the *Cinnamon* and the *Clove* in *Thieves*, it's a little caustic to the nasal passage if you diffuse for it a long period of time, but if you turn your diffuser on and run it for 15 to 20 minutes and then shut it off. Depending on the air system in your home, depending on the size of your home, the structure of your home—you could run *Thieves* for an hour, so you just have to pay attention. If you feel your nose getting a little bit irritated, shut the diffuser off.

One of the things I really like to see are homes that have overhead fans because this really moves the oil through the home and through the rooms. If you don't have overhead fans, then put a free-standing fan in a corner of the home behind the diffuser so you can push it through the home. However, rather than spending money on a fan, it would be better just to buy some diffusers and put them in every room. That eliminates the hassle of having to change the fan around, and you get much better saturation.

Use Diffusers, Not More Chemicals!

As time evolves we are going to constantly be bombarded with more and more bacteria and

mutations of bacteria and viruses and fungi. You can't afford not to have a diffuser in your home diffusing and fighting those bacterial organisms because that is your protection.

I get a chuckle out of people who spray PineSol in their house and people that use Lemon Pledge to clean their furniture. All you are doing is just putting chemicals in your home, and you've got enough chemicals in your home.

What Constitutes a Chemical Environment?

If you have carpet, if you have cupboards, if you have a counter top, if you have floor tile, if you have paint on the wall, if you have drapes—you are living in a chemical environment. How many of you have put new carpet in your home recently? And how many enjoyed the smell of it? When we remodeled our home and put the carpet in we dumped oils in the steam cleaner and cleaned the brand-new carpet with oil just to try to neutralize some of the chemical action that was being released from the carpet.

Diffusing will Protect Your Home

So the best way to protect your home environment is having a diffuser—at least two or three diffusers—in your home. If you have a multi-level home, make sure you have a diffuser on each floor so you are getting good saturation. You can even put an appliance timer on your diffuser. Go to WalMart and buy a 24-hour appliance timer where it will shut off and turn on by itself. Then when you are going to the store or to church on Sunday, when you are going to work, when you are going to pick the kids up from school, whatever—turn your diffuser on and fill it with *Thieves* and go out to do your thing and just let it saturate the house. That's when you are going to have the most effect.

If you are going to be gone for a couple of hours, set it for several hours and have it shut off a few minutes before you get home so it's had time to aerate a little bit so you don't get a harshness to the nose. As you use oils and become more accustomed to them that won't be a problem for you. You won't be as sensitive to it, but in the beginning, do that.

What about Lemon Oil?

Lemon. This book was written by Dr. Valnet, *The Practice of Aromatherapy*, and he showed here again the neutralizing of typhus bacillus

and pneumococcus and staphylococcus aureus. These are very interesting, and how quickly it neutralized these microorganisms and bacterial forms. It's very, very powerful with anti-septic, bacterial properties. *Lemon* oil has many benefits, and one of the things I love about *Lemon* oil is its vitamin P action. Vitamin P is extremely important for circulation, particularly microcirculation, like around the eyes and in the eyes. If you are diffusing it in the home (you can diffuse *Lemon* oil just by itself), but if you are going to wipe down the wood in your home, use *Lemon* oil and get it into the wood and be breathing it while you are wiping it on because of the benefits you are getting from that.

Lemon oil is also quite high in camphor, so it's very good for the bloodstream. *Lemon* oil is just a powerful antibacterial, antifungal, and antiviral agent. It's a great tool and was frequently used a great deal in the European communities in veterinary clinics for sterilization. So let's use it. And here, again, it's part of the *Thieves* blend.

Accumulative Effect with Various Oils

By using these various oils in a compound we see an accumulative effect and benefit from the overall action of these constituents put together that gives a much greater action. It's the relationship between volatile components of citrus fruit, essential oils, and microbial action.

Here we see the various studies that are conducted, again, giving more documentation to the value of *Lemon*, *Orange*, *Mandarin*, *Grapefruit*. Many of the citrus oils have a lot of similar characteristics, but because they don't have identical constituents and identical percentage ranges, they are going to vary in their actions for different applications and have tremendous value.

This is very interesting—watching the inhibition and reduction of *Lemon* oil per liter on four selected bacteria and salmonella and coli's, *Staphylococcus aureus* and *Pseudomonas*, and there is the exhibition ratio and reduction ratio—it is right to zero on these three here. It is very interesting. All the more reason, again, for diffusing.

Drink Pure Water Enhanced with EO's

How many of you enjoyed the *Lemon* water? You've also got your *H2Oil Packs*. One of the things I feel I may have done as a disservice to you is making too many products like the *Aqua Packs* and the *H2Oil Packs* that I don't see selling

that well—not as they should. Those are packs that everyone should be using daily in their homes—the *Aqua Packs* and the *H2Oil Packs* because you should never drink water without oils in it. You’ve probably got filters in your home, but not everything is taken out by filtration systems, so if you have *Lemon* oil or *Grapefruit* in your water you are going to get a great deal of benefit from it—much more so. Take advantage of those things we have created for you for your protection. Everyone of these oils as you are using them is building your immune system and strengthening your immune system. Why?

Because the citrus oils increase lymphocytes, and that’s really important as being a marker for the immune system. It is very helpful.

Looking at Cinnamon

Let’s talk about antibacterial activities of plant oils and their components, and here we are looking at *Cinnamon* leaf, which has cineol and eugenol in the oils. Eugenol is in the *Clove*, *Lemongrass*, *Cinnamon* bark, and *Lemon*. High performance, liquid chroma-tography analysis showed the bacterial sidle results are related to the composition of the oils. So we know it, and the ancient people knew it—this is not something that is new. It is not something that was unknown—it just was not published, but the people knew it.

About Rosemary

Rosemary—here we go, the officinalis chemotype cineol is 1.8. It contains the eucalyptol, as well as alpha pinene and beta pinene (which both work very harmoniously on the immune system, the pituitary, and the anterior pituitary particularly in conjunction with sesquiterpenes in stimulating the secretion of human growth hormone. The human growth hormone is the regulation agent that regulates immunity—and there are immune responses, so that’s very important—and that’s in *Rosemary*. That was another reason I chose it.

Here we see the activity of *Rosemary* against microbial action, and this was done again on the officinalis we investigated, and the identification of 33 compounds of this essential oil. The main components of these fractions were alpha pinene 1.8 cineol and camphor. Now camphor and verbanone work very harmoniously together as a very powerful antiseptic, and if you take either one of them individually and isolate them, they are very powerful as an antibacterial agent, but when you take camphor

and verbanone you get a whole different action for the simple reason that verbanone is a very strong antibacterial agent and beronial is as well, but camphor has the ability to penetrate—it has a penetrating nature—and so it will take the verbanone and the beronial compounds and actually drive it deeper into the tissue structure or the cell structure, so you get more penetration of those concentrations. Thus, with that you are going to carry in the 1.8 cineol (which is antiviral and antibacterial in action). That’s why *Rosemary* is so powerful in going in and fighting any respiratory problem or infection.

Just to deviate a little, when you are dealing with infection, *Rosemary* is a great companion to put with *Myrrh* oil. Why? Because the camphor in *Rosemary* will drive properties in *Myrrh* oil deeper into the tissues. These are things that are very valuable to you, so keep that in mind.

The major components of *Rosemary officinalis* were analyzed for their antibacterial activities against different strains of staphylococcus aureus and always gave positive results. There has never been a case where it didn’t prove great benefits.

Working with Clove Oil

Clove oil, and here again you see the eugenol, 75% to 85% eugenol. Why do we have a wide range with eugenol—75 to 85%? Why is it not 75 or 76 or 81? Why do we have a varying range? It’s very simple. Climate will change it, harvesting times will change it, distillation practice will vary the level of eugenol that’s extracted at that time—and it’s the same with all oils. That’s why yesterday I shared with you that distillation is a very precise art and one little mistake can change the oil even to the point of losing it entirely. The eugenol and the eugenol acetate is very powerful in the response in its antibacterial and anti-inflammatory action. Also, it is sedating—it’s a very good immune enhancing oil as well.

Here is something you can do. You can take these formulas—and let’s say you know your immune system is a little bit compromised and you need to build that immune system up—but when you put the *Thieves* in your diffuser to saturate your home, then take *Clove* oil and add four or five drops to the *Thieves* blend in the diffuser. Or if you have a compromised system—say you are dealing with a little respiratory infection—then take *Thieves* and add a few drops of

Eucalyptus Radiata to it, and now you are giving more direction to the respiratory condition.

So you start isolating the problem that you want to deal with, rather than creating a global effect. You are still going to have that with the *Eucalyptus*, but by adding a few more drops of the *Eucalyptus Radiata*, now you intensify that action to go more directionally into the respiratory. If you are looking at a viral condition, then take the *Eucalyptus* and add a few more drops of *Cinnamon* to it. If you want to increase the aerosol bacterial action and stimulate more circulation, then add *Lemon* oil to it. This is what makes it so beautiful in taking a blend that's already created and adding a single oil to that to increase the action of what you are needing to deal with. Then you literally create another whole application.

Ziziem aromaticum possessing growth inhibitory activity against oral pathogens received a growth inhibition activity against gram negative, anaerobic, periodontal and oral pathogens.

Many Thieves Applications

A lot of you have had experience with the *Thieves* formula in putting it on your toothbrush before we made toothpaste. How many did that before we made toothpaste? There are still quite a few of your old-timers around—and probably some of you still do put a drop of *Thieves* on top of your toothbrush. You are doing it automatically—you are compounding. You are becoming engineers and pharmacists and didn't even know it! That's what makes it work and gives it that extra strength, just adding to your toothpaste or putting it on your toothbrush.

How many of you use the *Thieves* to rinse with? It's beautiful. It doesn't last long in my home because I drink it! I literally drink the mouthwash because I like that antiseptic action going all the way down and through. It really helps in reestablishing pH, it kills any unfriendly bacteria that might be accumulating in the system through the night. It absolutely goes after the acids and the mucous—and for me, that's the answer. I rinse once with it and then I take a big swallow and drink it down. Mary likes me doing that because she says it gives me good kissing breath!

Essential Oils Used for Centuries

We see actions of traditional herbal medicines have been safely used for the treatment of

various human diseases since ancient China. Then we see this action again with *Clove*—and how much stronger it is as an anti-HSV activity in combination.

Eucalyptus Radiata—again here we see the eucalyptol at 65-70%, the terpenol 5 to 10%, limonine 4 to 8%, and alpha pinene 2 to 6%. This is very interesting here. We've talked a lot about it and its power as an anti-tumoral agent; also, its power as an antiviral agent. However, if you were to take linalol or limonine at 4 to 8% it isn't going to have any action at all as an anti-tumoral agent. It's too weak, and so that's not the benefit we get with *Eucalyptus* at this point, but what it does is take the Eucalyptol with the alpha pinene and it works indirectly on the immune system, and creates a greater antiviral action because the Eucalyptol is an alpha terpenol and is very strong in the antibacterial and antimicrobial action.

***Eucalyptus Radiata* has Great Value**

So this combination sets the stage immediately for attacking mucous and stimulating immune response against viruses. You can take *Eucalyptus Radiata* and you can diffuse it. You can rub it on the throat; you can put it in a glass of water and gargle with it. You can swallow it down; you can rub it on the feet; you can do raindrop on the back. Every application of the human body you can do with *Eucalyptus Radiata*.

Just deviating a little to give you more information about using these oils, let's say you've got congestion in the chest and you're not sure what it is and you're not sure where it's coming from—and you use *Thieves* and it doesn't go away. There is a very specific reason for this, and those of you who have been in my Level One's and Level Two's in the past have heard me make this statement. "You can use oils to diagnose a condition." How many have heard me say that? I've said it over and over. So you've used *Thieves* and it seems to be hanging on. It doesn't want to break up; it doesn't want to go away.

Those of you who have been in my classes have heard me say this.. "If you don't see a change in 60 seconds, you are using the wrong oil.." but we are so conditioned to worldly ways of dealing with disease that we take it and we wait a day and we take some more tomorrow and we wait and we take some more and wait until next week, and we take some more and wait until next month—because we have been conditioned to do that. And yet I teach you, if

you don't see results in 60 seconds, you are using the wrong oil.

The 60-Second Trial

So please write that down. I think there are about 32 lines on your paper, so write it down 32 times. "If you don't get results in 60 seconds, change oil." I think humans have been driving cars for so long that they are used to only changing oil every three months or every 5,000 miles, so they will use the same oil for three months for 5,000 miles and then they will go *Release* or *Pane Away* or something else. But you have the oils at your disposal—use them, for heaven's sake! The most fun you will ever have is experimenting with them. So coming back to that, if you don't see results in 60 seconds (and I am not saying 100% remission), but at least 99%—then switch oils. Go to *Eucalyptus Radiata* and you take a little of the mouth wash and you gargle with it and you put it on the chest points on the feet.

Be Persistent with Essential Oils

Put some on the sinus points between the toes. Do it on the respiratory points on your eyes, the auricular points on your ears and rub it on your chest and on your back—and if you don't start feeling a difference by the time that is done, then there's a problem!

So here's what you do. You now add *Pine* to it. *Pine* is very specific, as well as *Spruce*. One of the things that *Spruce* will do with *Eucalyptus Radiata* is it pulls it in, particularly through inhalation. *Spruce* has a little more density to it, but it's gravity. It's the lower lobes of the lungs, so if you put *Eucalyptus Radiata* (4 or 5 drops in your hand) and then you put two or three drops of *Spruce* and two or three drops of *Pine* and rub it very lightly (don't rub it in) but keep it moist and just cup over the nose and inhale deeply. The *Spruce* gravity will carry the *Eucalyptus Radiata* and the *Pine* right through to the lower lobes of the lungs, and now you have a de-ventilation where *Eucalyptus Radiata* by itself will not go into the lower lobes of the lungs—it will stay on the upper levels of the lung, where we exchange oxygen.

Most people don't breathe deep; 99% of the people don't breathe deep unless they are doing aerobics. The blood is filtered in the lower lobes, and that's where all the garbage is. That's where you need to get the oxygen. That's where bacteria grows and accumulates—in the lower lobes. *Spruce*

helps to pull it by gravity into the lower lobes, so there are some very specific things there.

Enhancing Thieves for Empowerment

You can take *Thieves* and add *Spruce* to it; you can take *Thieves* and add *Pine* to it. You can empower your blends by adding another single oil. This is what I get so jazzed and so excited about because there is no stopping of the potential you have with essential oils, because you can empower every oil or every blend by simply putting another one in association with it. All you have to do is just listen to your body, put the oil on, and just kind of sit back and listen. Pay attention to the feelings going on, but if you don't feel that oil going to where the problem is, it's because you haven't put the right combination together. I promise you that if you just work at it a little bit at a time, by the time you have added 110 oils you will have gotten to the problem!

You don't have to be a master at this. There was a gentleman who asked, "How do oils work?" And the answer was, "Very well." I heard another statement made when a person was asked, "Well, how do you use the oils?" and the answer was, "I put the oils on this side of me in the morning (my oil case on this side of me), and when all the oils are on this side of me, I have used them all!" So don't be afraid to use your oils and don't be afraid to experiment. Play with them; pretend you're a chemist and start mixing and blending and see what happens. This is the thing I can tell you—you have nothing to worry about because you cannot harm oils other than adulterating them—so have a lot of fun.

Cinnamon and Cassia

Cinnamon Cassia bark is a very wonderful oil, and this is an oil that you can carry around. *Cinnamon* and *Cassia* are very similar—they are cousins and they have a lot of similar constituents. *Cassia* is not quite as caustic because the cinnamic aldehyde in it is not as high, and it is a good oil just to carry in your pocket and put it on your hands.

I know a lady and she likes *Cassia* better than she likes food! It's great, and when you look at this lady's complexion and you look at her hair, you know that *Cassia's* at work because it just radiates *Cassia*. It's beautiful and a little more gentle to take as an oil internally, and it has almost the same properties as *Cinnamon*.

Flavor Foods with Essential Oils

How many of you use *Cinnamon* by itself? That's good! How many of you cook with it? Fantastic! Try cooking with your blends—there is a lot of value in cooking with your blends, and I hope you understand that when I say “cooking,” I mean that you don't cook with oils, you flavor with oils. You do your cooking and then you put the oils in at the very end when you are through cooking—and you just blend it in. You don't pour it in, hit it with a blender, and put it on the stove at 300 degrees and boil it. You cook your food and then sprinkle your oil and blend it in very gently. Oils are musical—have fun with them!

Antimicrobial Activity of Volatile Oils

In antimicrobial activity of volatile oils, bacterio-static and fungastatic activity of the 22 volatile oils, *Cinnamon* oil showed the highest activity against the tested bacterial/fungal forms—very strong. You can do the same thing with the *Cinnamon* oil; you can always add another drop—and when you work with *Cinnamon* oil you only use one or two drops.

With the *Eucalyptus* you use five or six, so always keep your *Cinnamon* oil in a smaller amount.

Now you have your entire *Thieves* line and doesn't it look like they just went back to the 1800's and found this? Well, they did! It is a beautiful line that will sit on your shelf—and it creates a great conversation piece. I have had people come up to me a lot of times and say, “Thieves—what's that?” and I will say, “It's a real steal!” You heard Steve Bentley say the other day say that he really likes the cleansing soap with *Thieves* and it really invigorates the skin. It's beautiful.

Of course, we have the *Dentarome. Ultra* is my favorite toothpaste. We go through it pretty fast in our home because it's fun just to eat it—and because I love the value of *Thieves*. Why not—it tastes good! Brush your teeth, eat it, put it on your cake, put it on your pudding, your cereal—it's great!

***Thieves* Tastes Good—not *Lavender*!**

I have a little story that happened in Tamara in Copper Canyon when we were there a year and a half ago on our service project. I had *Thieves* in one pocket and *Lavender* in my other pocket because it was really hot. We came off the mountain and hiked

out to the vehicle and we were driving up the road to go pick up another load of the beams, and right as we were packing into the villages I reached in my pocket to grab *Thieves* and give me a squirt. I had switched pockets somehow in the process of hiking out, and it took the third spray before it registered! I almost drove off the cliff into the river! *Thieves* tastes a whole lot better in the mouth than *Lavender*! But I didn't get any burns, so who knows!

Keep *Thieves* Spray Handy

Again, we have the one-ounce spray now, which is much easier for you to carry in your purse or in your briefcase—and you really want to use the spray every where that you go because of what we deal with today in our world. When I am traveling in third world countries, the spray goes with me. I spray the doorknob, wipe it, go in, spray the toilet seat. You'll only forget NOT to wipe the toilet seat once! After you have made the mistake of spraying and forgetting to wipe it off and sitting down, you'll never ever forget again! I can tell you this: *Thieves* is extremely beneficial for improving memory!

So enjoy the *Thieves* line and all your oils, and enjoy incorporating them together and working with them together and seeing the phenomenal benefits that you are going to get from using all the oils.

As we go through our summer season and start into fall when the bugs start coming back, you don't have to be a victim of it. Keep the *Thieves Spray* handy. Spray the throat several times a day. Put *Thieves* on the feet every morning before you go out the door. Protect yourself as the ancient people did many, many years ago with a couple of drops under the tongue. Use your products. Thank you.

Narrator:

Thank you, Gary, and thank you for being with us on Training CD #73.

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