

YOUNG LIVING TRAINING CD #86

ESSENTIAL OILS - “BACK TO THE BASICS”

Vicki Opfer and Marilee Tolen

We welcome you to Training CD #86, a highly informative presentation by Vicki Opfer and Marilee Tolen on the basics of essential oils. And now, here is Marilee and Vicki to share this exciting presentation.

Marilee Tolen - From a Nursing Perspective

Hi and good afternoon! My name is Marilee Tolen and I have been with *Young Living Essential Oils* since 1997, and the past few years I have been a Distributor Trainer for *Young Living*. I have really enjoyed going out in the field and meeting a lot of distributors in different parts of the country and seeing what you're all doing.

For those of you who don't know me, I have a nursing background, and my clinical experience has been in intensive care nursing and critical care, but for the most part, I have always been holistically oriented, so I've always had an affinity for nature and natural healing. In the early 1990's I went through a program to become one of the first 25 nurses in the country to become Board-Certified in Holistic Nursing.

Exposure to Aromatherapy

Actually, we had to learn a lot of things in holistic healing and A to Z modalities, and I had been introduced to aromatherapy. I enjoyed it. I had my bottle of *lavender* and I had sprinkled it in my house and my life, and that was the extent of my aroma-therapy orientation. However, it wasn't until I ran into and was turned onto *Young Living Essential Oils* that I really got the value of therapeutic-grade essential oils. What I have learned in *Young Living* and what I had been oriented to in aromatherapy had been like apples and oranges, so it has been very exciting working with these in my private practice as a nurse healer, as well as in my personal life. I'm looking forward to sharing with you today (along with Vicki) a lot of good experiences that I have had and some insight.

Vicki Opfer - From Science to Nature

My name is Vicki Opfer and I just want to thank each and every one of you for taking the time out to be here with us today. It's just a pleasure to be with you.

About 30 years ago I was a computer scientist working for the U.S. Geologic Survey doing earthquake risk analysis, writing programs from geophysicists to help them figure out how to determine if an area had an earthquake risk—and I thought that would be my career path.

However, I started getting really sick and I went from physician to physician to try to help me get well. I had a lot of symptoms and the physicians could not understand why this was happening to me, nor could they give me anything that would help alleviate it. I actually got to the point where I couldn't even get my head off my desk at work.

I was terribly desperate, and out of sheer desperation I actually went to see an herbalist named Hannah Kroeger in Boulder, Colorado. This little German grandmother gave me two essential oils to use internally—and it was *sassafras* and *pine* oil combined—and within about three days I felt normal again. I was so astounded that I ended up studying with her for 21 years because I was so intrigued that she was able to help me when the physicians whom I had so counted on couldn't.

Introduction to *Young Living Essential Oils*

So, about 11 years ago I was introduced to *Young Living Essential Oils* at the store of a friend of mine, and to be frank, I wasn't impressed with oils. I figured that we were helping a lot of people using herbs and homeopathics and I didn't think that aromatherapy was as powerful as what we were already using.

I went ahead and bought some oils for my daughter, Jessica, because she demanded that I buy them, and we began to play with them and within about a month I was astounded again. I felt that I had come upon a modality that was the most powerful and profound modality I might see in my lifetime, and today I believe that this has the ability to change medicine as we know it. So it is very exciting for me to have this opportunity to share it with you

because I believe that we can literally change the course of events of our planet if we work together

Joint Discussions between Merilee and Vicki

I am going to talk about what oils are, where we get them, why purity is so important, and why it is vital that we take care of ourselves and use essential oils and oil-enhanced products to help us live longer, healthier, and happier lives.

So, for just a moment I would like you to think back upon what it might have been like when a man or a woman first realized that plants healed the

My Favorite—Frankincense

In ancient times *frankincense* was considered to be the cure-all plant and this versatile plant is king of all oils—it's my very, very favorite essential oil. This scruffy little tree has been soothing the weary and the sick throughout the history of our world. In the Bible they talk about using *frankincense* and they talk about using essential oils. In fact, there are over 200 references to the use of essential oils in the Bible.

They're disappointing—I read every one—and they don't tell you how much about how often or where to put it, but they do talk about the use of these valuable healing agents.

This is my favorite quote from the Bible. It says, "*God hath anointed thee with the oil of gladness.*" Which oils in *Young Living* do you think would be appropriate to an "oil of gladness..." Joy or *frankincense* or *rose*? The Egyptian pharaohs associated *frankincense* oils with wealth, and in current research (especially French Medical Text) we find that *frankincense* is listed as anti-inflammatory and immuno-stimulant. In other research we find that *frankincense* may, in fact, aid us in clarity of thought.

The way I feel about it, if you are thinking more clearly and you're not getting sick as often, and you have an elevated mood, you might in fact, become more wealthy—don't you think? And I believe that is what I have seen in my own experience, not just with *frankincense* oil, but with all of the oils. I believe they have given me clarity of thought, helped me to stay healthy, given me a higher energy level, and (in fact) my wealth has increased along with that, so it's a fascinating thought.

Thieves at Work in 15th Century

and do that.

human body. It's possible that a man had injured himself and laid a leaf on the site in order to soothe it and noticed that the wound healed more quickly and more effectively, or perhaps a woman felt nauseous and ate a certain plant or made a soup or a tea and noticed that she felt better. So this information would have been carried generation to generation

.

Again, coming in forward in time, there was a time in the 15th century when there was a great plague in Europe (and many of you probably know this story), but millions of people were dying, and there were others who were able to walk among the dead and dying and steal from them. They were thieves, and these thieves were eventually caught and brought before the king, and under threat of death they had to tell him why they weren't getting this plague.

They told him that they knew if they anointed themselves with certain aromatics that they didn't get this plague, and they were able to walk among the dead and dying. If you look at current research on oils such as *hyssop* and *thyme* and *rosemary*, you'll find that these are very anti-infectious and might, in fact, have prevented this kind of disease from happening.

University Research Validates Thieves

There's some research done at a university level where they have found that *Young Living's Thieves* blend is effective in cleaning the air, destroying household odors, and promoting good health.

We've named our *Thieves* blend after these thieves from the 15th century and they have found *Thieves* to be a very powerful addition to your life. And, of course, we have an entire *Thieves* line of products that I hope you will look at and use in your home.

Why should we go out and buy dish soap that says "antibacterial" when we have *Thieves Household Cleaner* where we can put a few drops in our dish water and sanitize it? I even use it in my automatic dishwasher—I just pour a little bit in the cap. I use it to clean my entire house. I wipe my floors down with it, we clean the bathrooms, the toilets, the sinks—everything. The interesting thing about using the *Thieves Cleaner* is that when you are finished and

you go to put it away, the rag is white (or its natural color) because it's clean. It's not black like it is when you use an ordinary cleaner. It's the most amazing thing!

Three Models of Application

Today there are three models of application of essential oils. The first is the English, and the English used the oils rather conservatively.

They generally diffused them, they used them for a full-body massage. They are money-conscious to a point where they really like to save money, so by diluting the oils they make them more cost effective. That's what the English people told me—"We do it because we want to save money." So that is the English model.

The German model is where they actually use oils through inhalation, primarily. I'm sure they use them in other ways, but they are inhaled for psychotherapy, for mood enhancement, and that type of thing. They bring them in through inhalation.

The French are more aggressive in their use of oils. They use them topically (often without dilution) in larger quantities, and they apply them all over the body—in, on, and around the body. I sometimes say that the French use the oil in every orifice of the body! They use them in a fairly substantial quantity, even internally. In *Young Living*, we have a tendency to incorporate all three of these models. We use them diluted in massage, and if you are a massage therapist it's a wonderful gift that you can give someone. We also use them through inhalation, and we can use them topically without dilution.

The "Why's" of Essential Oils

So what are essential oils, and where do we get them, and why is purity so important? That's the topic today that we are going to be talking about. How do we use them to stay well?

Essential oils are aromatic, volatile liquids distilled from shrubs, flowers, trees, roots, bushes, and seeds. They contain highly oxygenated molecules. According to French doctor, Jean Claude Lapraz, by applying topically, certain oils will offer an additional 21% oxygen to the body within 20 minutes of application. That is huge!

Think about people who have conditions where the body is starving for oxygen. They deliver nutrients directly into the cell nucleus. And again, I

often feel that even though we live in such an abundant time, many of us are starving to death and our bodies begin to have degeneration just because we are not getting the nutrients we need.

More Potent Than Herbs

Oils are much more potent than herbs. When herbs are prepared for us to take internally, they are ground and they are dried and chopped and capsulated and put into bottles for us. They only retain about 3 to 5% of their essential oil. The rest is dried out, it's flashed out during the drying process. Have you ever dried a rose? Does it smell after you dry it? Barely, at all. It's a very delicate plant and it's a very volatile oil in that plant, and so if we're taking oils internally we are only getting a small amount—we're only getting 3 to 5% of the value that we could have been getting from using the whole plant, let alone the oil.

Vegetable Oils Differ

I don't know about you, but when I tell people I work with essential oils, they say, "Is that like canola or olive oil?" (Has anyone had the question asked of them?) and I say, "No. No, that's a totally different thing. Those are fatty oils and they are obtained by pressing nuts or seeds."

Fatty oils go rancid—we have all had kitchen or cooking oils go rancid. Essential oils do not go rancid. The fatty oils are used as a carrier oil for essential oils. They're used in cooking, they are greasy, and they are not microbial.

Overhead Slides on Idaho Operation

So where do we get oils? You want an oil and you want it from a pure source, so now someone has to go out and locate a source of pure, organic plant material and in this case it would be *Idaho Balsam Fir*.

It's a lot of work—they have to bring in equipment to harvest it. They bring it in and chop it up and load it onto trucks, and then they have to be carried in these trucks down to the distillery. In this case, it was taken down to St. Maries in Idaho.

This is a slide of Gary Young with a picture of his truck loaded up with *Idaho Balsam Fir*. I recall him telling us that on that particular trip they almost went off the road a number of times. It was amazing that they made it at all!

Distillation Process

What is distillation? Distillation is when you take a stainless steel cylinder (usually about two stories high) and you load it with the plant material. Then you run steam up through it and the steam picks up the oil sacs off the plant, lifts it up and goes into this top area where it is cooled back down and the oils either float to the top or sink to the bottom—either place they can be extracted. That’s how we get oils. Can you imagine all the effort that has gone to get a simple bottle of oil!

It has to be distilled at a particular pressure and a particular temperature, and *Young Living* has pioneer-ed the method of using low temperature and low pressure to maximize the amount of molecules they can extract out of the plant.

Of course, you start with organic material. You have grown these plants organically, they have been nourished in organic soil, and they have been watered with natural spring water. Even at the farms in Utah they use spring water to irrigate with because Gary said once to me, “You can’t use regular water—it has too many chemicals in it. Everything has to be pure.”

I just love that about these oils.

And then we get a bottle of oil sent to us in a little box, all neat and tidy. It’s hard to imagine where that oil came from that was in there, so when you get your bottle of oil, know that a lot of work has gone into it!

Oils are Physical, Emotional, Spiritual

Plants have been linked to the physical, emotional, and spiritual well being of man since the beginning of time. These oils are very concentrated—a single drop of *peppermint* is equivalent to 28 cups of *peppermint* tea.! When my son,

Many years ago my son, Chris, had a fever—in fact, it was not long after I had my oils—I had my little *Essential Seven* kit. We woke up one morning and Chris had a temperature of almost 105 degrees and I was really scared. I grabbed the *peppermint* because I remember that it cooled the body down, so I put about five drops of *peppermint* oil in each of my hands and put it on the bottom of his feet. I went to get dressed thinking, “I’ve got to get this kid to some medical help because he is really, really sick.” I got dressed, came back, took his temperature, and it was 99! And it never spiked again and he got well—and that was *peppermint* oil. When you think about a single drop of *peppermint* oil being equivalent to 28 cups of tea, and I used five drops on

one foot and five drops on the other, so that was ten drops, which is the equivalent of 280 cups of *peppermint*, do you see what I mean about them being so concentrated?

Costly Oils

It takes 5,000 pounds of *rose* petals to distill one pound of *rose* oil. A couple of us here in the room were in Turkey in a *rose* distillery warehouse, and it was my understanding that they would fill that warehouse with *rose* petals and distill it and get very, very little oil. This took growing it in a whole valley because it had to be grown organically. Can you imagine that—to get a little tiny amount of real *rose* oil? *Rose* oil is expensive, but it’s also euphoric, and I hope if you don’t have any that you’ll buy yourself some, because once you’ve bought one bottle you will never be without it again—I promise you!

It takes three tons of *melissa* to distill one pound of oil, which will cost between \$9,000 and \$15,000 a pound. *Melissa* is just *lemon balm*—it’s a very delicate plant that most of us have in our gardens—but when they go to distill it, it’s very hard to get that oil out.

Essential Oil Terminology

Essential oils contain naturally occurring molecules and they have names—such as ketones and aldehydes and sesquiterpenes—and some oils have a few different kinds of molecules and other oils have a lot of different kinds. *Clary sage* has over 900 different kinds of molecules in that oil, and *lavender* has over 400, and each one of these molecules has activities that it offers the body.

Did you know that your body is run on chemicals and receptor sites—chemicals going into receptor sites and messages being sent to the brain? The molecules and plant oils in essential oils can be used by the body in place of the molecules it would normally use for repair and regeneration. This is something you can do to help yourself—use essential oils and a variety of them so that your body has a variety to work with to help itself get well.

Why So Much Emphasis on Purity?

Why is purity so important? Until recently, essential oils have been used for medical preparations, for the paint industry, for insecticides, for the textile industry, motor industry, and petroleum industry, for rubber and plastics, and for crayons. Do you think when they’re making crayons

they care about the purity of the oil? No. Of course not!

What do they care about? Price. They want to make sure it is cheap, so that's why until recently no one has paid much attention to the purity of oils. But, of course, what we want for therapeutic use has to be extremely high-grade, carefully distilled, plants carefully grown, etc. That means the therapeutic-grade essential oils can be used to enhance wellness—physically, mentally, and emotionally.

Many essential oils on the market are adulterated with synthetic ingredients. They are just trying to save you money.

Opt for the Best Oils

If you want to buy cheap oils, buy them, but you may only get a few of the molecules that are supposed to be in there. In some cases there is one molecule (like in *mint*), it's a menthol that gives it a signature smell, and in *frankincense* it is alpha pinene. I can just sell plain old alpha pinene and you would think it was *frankincense*, but pure *frankincense* has hundreds of molecules, including limonene, so I want to get all the best I can for my body.

Young Living guarantees the purity of their essential oils. I have smell-tested every essential oil line out there—and there are some other companies that have good oils—but do you know what I found? I may like their *lavender*, but I don't like their *basil*, or I like their *peppermint*, but I don't like their *oregano*, and I'll use their *helichrysum*, and it won't do what I think it's supposed to do.

When I open my aroma kit from *Young Living*, every oil does what it's supposed to do. I know I can count on the quality without having to question it. So how does *Young Living* do this? They inspect their oils, they have been inspected, tested, they send out letters to independent labs for analysis by state-of-the art tests. *Young Living* has set the standard for essential oils in the world at this time.

Using Essential Oils as Colognes

How do we use essential oils every day? We can use essential oils as a cologne, for example. It's so intriguing. There's a woman named Philipa Laycon who lived in Africa and she combined *jasmine* and *ginger* because it reminded her of her childhood. If you put one drop of *ginger* with one drop of *jasmine* and mix them together, it's an intoxicating cologne! People will be drawn to you

and they will ask you what you're wearing—it's quite fun!

Some of my other colognes: the first cologne I wore with *Young Living* was *Abundance*, and I have worn that off and on over the years. That a sweet *cinnamon* smell with *patchouly*—it's just a great cologne. My most frequent favorite besides the *jasmine/ginger* combination has been *Highest Potential*—it's got an exquisite fragrance. *Inner Child* is another good one. *White Angelica* and *rose, Joy, Belief* are all very nice.

Essential Oils for Diffusing

What about diffusing? Why would you want to diffuse an oil? You would diffuse an oil when you want to have the molecules in the air longer. You can take water, add some oil to it, and use it in a spray bottle, but the water droplets will fall to the ground quickly. In fact, I borrowed this little gadget from Eldon Connital earlier today, and this is something he gets from WalMart. This is what he uses to diffuse his oils in the rooms that he's in. If this had *Purification* in it (which it does), it would be wonderful in a hotel room or in a meeting space.

We have our *Young Living* diffuser which is being used in the Product Area so you get to see how it works, but the important part about diffusing therapeutic-grade essential oils is using cold air diffusing. That's really important. People who come into *Young Living* find out that if they put heat to our oils they are going to lose the therapeutic-grade value, and it's very disappointing because there are so many pretty things in the gift shops with the candles. You can put your little essential oil in, but that's the worst thing you can do to your therapeutic-grade oils. This is ideally the best way to diffuse in your room and in your environment. It creates a nice environment so pathogenic organisms can't live.

This is one way of diffusing, and I have another favorite when I travel to hotel rooms. You know how you check in and it's kind of smelly and still has the energy of other people that have been in there, so take a washcloth or a hand towel and add some *Purification*. (I like to mix *Purification* with *Orange* or *Purification* with *Lemon*) and put it into your venting system in your room, turn the fan on, step out for a few minutes, come back in—and it's like a whole new environment!

Diffuse from your Own Body

Another way that you can diffuse oils is off your body. If you are going to go into a tough situation, put an oil on such as *Valor* or *Harmony* or *Joy* and wear it, and the people around you will respond differently.

I remember I was on a plane one time and there was a baby crying, so I put a drop of *Peace and Calming* on my hands. Some mothers are a little bit hesitant to let you put oils on their children if they don't know you—you're a stranger on a plane—but you can put a drop on your hand and rub your hands together and walk back and say, "How old is he? What a cute baby!" I did this and the baby immediately was quiet and content and soothed. In fact, the whole plane became soothed and everybody went to sleep! So you can do it just by diffusing it off your body.

Another way to diffuse is sometimes when all else fails and I'm at the house and I've got company coming and I've got two cats—and I think, "Oh my gosh, I can smell the cats in here.." so I just quickly go and diffuse off the carpet. It's a cheap diffuser. Oh, yes—my vacuum cleaner bag—I'll just put a few drops on a piece of toilet paper or a Kleenex and suck it up and then just keep going.

You can also use the *Thieves Spray*—I brought that for our hotel room.

Cooking with Essential Oils

The next thing we are going to talk about is using essential oils in cooking. Essential oils are wonderful in cooking, and yes, you might lose some of the therapeutic value when it heats up and so forth, but the truth is, you'll still get a lot of great value. Why not use natural flavoring rather than artificial flavoring or flavoring that has lost its quality? You can use the *oregano* and *thyme* in a spaghetti sauce.

I was at my friend's house recently and she prepared a lovely dessert with cut-up fresh fruit. She took real whipping cream and she whipped *orange* oil and a little *Agave* into it. We thought we were in heaven—it was absolutely exquisite! It was the best whipping cream I have ever eaten, and she said she used a high quantity of the *orange* oil, like 10 or 12 drops in the bowl.

I love plain yogurt with some flavored essential oils such as the *orange* or *grapefruit*. I mix that together and put it over a bowl of granola or

fresh fruit. Sometimes I add a little *NingxiaRed* and that's great, too.

Using Oils in Massage Therapy

Massage therapists use oils as they are needed for their clients. They use emotional oils and they use the physical oils. For emotional, they are using *Release* and *Inner Child*; they are using all of the oils in the *Feelings* kit for emotional support. For the physical uses, they might be using *PanAway* or an oil from the *Raindrop* kit in combination.

I love the *Raindrop*—it's my favorite when I'm working with someone. It just seems like when people in my family come to me they are either having a bad day or they hurt somewhere. I use the *Feelings* kit if they are having a bad day and the *Raindrop* kit.

Utilizing the Olfactory System

Our next topic is inhalation. Using the oils through the olfactory system is a fabulous way to bring oils into the body because it actually can affect the brain and brain function. That happens because, when you smell an oil it goes up through the olfactory system. The olfactory winds around the limbic system (which is the emotional part of the brain), so this is actually how we can address emotional issues by using essential oils. This is why we have access there. This is another reason why we are able to get clarity of thought from using essential oils.

So in inhalation, how do you use the oils? Just take a few drops into your palm and stir it clockwise three times and just take a nice, deep breath. Cup your hands around your face and take several nice, deep breaths. It's that simple.

Demonstrate and Share Information

It's very important when you go home and you share this information with others that you demonstrate just how to do this, because we could say "inhalation" and somebody just might take a little whiff of a bottle. But truly, the best way to get the highest value is by putting it in your hands and cupping it around your face.

It's better, in my opinion, to layer oils, because when you start mixing them, they can change chemically and the molecules will adjust to each other; so layering the oils prevents this. We lay one oil down and then usually when it's dry to the touch we lay the next oil down—and that's called "layering."

First Aid Oils

What do you think is my favorite oil for first aid? *Lavender*! I always keep some on hand because it is so versatile. The Europeans call *lavender* the “Swiss army knife of the herb world” and that’s because it can do so many different things. You can use *lavender* on burns and cuts and abrasions and bug bites. You can even use it to help relax muscles or muscle spasms.

You can use it for a sore throat—it’s an excellent support; you can rub it on your throat and layer the *lemon* with it. It also has a molecule in it called a coumarin, and this particular molecule can stop excessive bleeding, so if someone in my family cuts themselves we generally run for the *lavender*—and it’s always all over the house. We have one in each of the bedrooms, we have one in the bathrooms, and one in the kitchen in case someone burns themselves. We just apply that and within a very short time the bleeding stops.

There is another oil called *helichrysum* that actually has a higher level of coumarins, but it’s much more expensive and I just don’t usually have it as readily available to me, so *lavender* is one I use for many different forms of first aid.

Some other good first aid oils for bleeding are *wild tansy*. I’ve used that more than once—sometimes the area looks like it’s been stitched. It’s really amazing what it can do. Another good thing you can do if you get a bruise is to put *lemon* oil over it or one of the citrus oils. They seem to help support that type of injury, and it heals up more quickly.

Also, you can use *peppermint* for first aid. It can be used for almost everything the *lavender* can be used for. You can use *PanAway* if you have discomfort or if you pull a muscle while you are working out. *Peppermint* would be good for that as well.

Purification is great for bug bites and also to prevent bug bites. Just rub the *Purification* all over the skin. With the alarming problems we have had with mosquitos that’s something we should all be doing. *Melrose* also works well for that.

Pets and Essential Oils

Next we are going to do pet care. Pets are our babies—they’re our children—let’s face it. We have pet children and we have our other children. You can use essential oils on the little baby puppies

and dogs and cats and even birds and other animals—just use small amounts. I’ve always thought of treating my pets as small children or babies. Even when I had horses I used less than you would think for an animal of that size. A horse requires actually less than an adult person because they are very sensitive to the oils and the smell, so just use them in small quantities.

I’ve got a little dog named Joey and he is a hyper-active little white dog. When I teach classes in my house (intros like this one) he is usually just running around, and at some point I will put a single drop of *Peace and Calming* in my hand and rub my hands together. Then I reach down and pick him up and hold him for probably about 30 seconds. When I put him back on the floor he goes and lays down. Everyone in the room says, “Did I just see that! Did he really just go lay down from that?” and I’ll say, “That’s *Peace and Calming*.”

Animal Scents are Great!

We also have a full line of pet care products called *Animal Scents* and if you haven’t used them, I hope you will. This line of products will offer you a lot of support and natural things that you can use for your animals. What a shame that we use shampoos and things that are filled with petrochemicals on our pets, even though we might have upgraded for ourselves, so make sure that you are using the best you can for your pets as well.

The *Animal Scents Ointment* has been used for so many different things. In fact, one person wrote in that their favorite cologne is the *Animal Scents Ointment*. Whenever they wear it they get a lot of response! You can also use it as a hand cream.

Supplements with Essential Oils

Use supplements that have essential oils in them. We are the only company that I’m aware of that has them—at least I know we were the first. If there is anyone else out there, I’m not aware of it, but our supplements are the best on the planet because they are oil-enhanced.

The same with personal care products. Can you imagine it, *lavender* is so powerful and so versatile that if you wash your hair with our *Lavender Volume Shampoo* you are actually absorbing therapeutic-grade *lavender* every time you use it. You are also getting the value of over 400 different kinds of therapeutic molecules every morning when you

wash your hair! What a great thought! Our hand creams and skin creams are quite fabulous.

Direct Application of Essential Oils

We're going to finish out this section with direct application and mood enhancement. We recovered this from some older *Young Living* information that we shared, and we both like this because it gives you a lot of great ideas of where to put oils on the body. There are good places and there are better places.

One thing that is important to mention is the feet. When in doubt, you can always use the feet because, as you know from Gary Young's Vitaflex Training, the whole picture of the entire body is on the bottom of the feet, so when you use the feet you can be sure that the oil will travel to where it's necessary.

A Valuable Protocol

We are also including his mood-elevating protocol because in the 11 years that I have been in *Young Living* and have been working with people, this has been the most valuable protocol I have used.

This protocol was shared with us by Gary Young in about 1993 or 1994 in Wyoming. First, you put a single drop of *Valor* on the wrist. You can hold the wrist too, if you want—just for a minute. A second one would be *Harmony*, a single drop over the solar plexus above the belly button. Then a single drop of *Joy* over the heart, and then *White Angelica*. Take a drop in one hand and rub the hands together, then brush the face, brush the head, the shoulders, all the way down the body—right over the clothes.

A Profound Mood Elevator

This particular protocol elevates the mood like nothing else I've seen and does it very consistently. This is a protocol that we've used over and over. If someone in my family has a hard time, we use this, and when my mother passed away recently, as well. For the past several months my daughter and I just put it on every morning—we don't think about it, we just put it on every morning because we know that it strengthens us and helps us.

People who have had challenges with brain chemistry seem to be soothed by this. Bi-polar people seem to be soothed by this protocol. I have

never known anyone to have a bad response with it in all these years.

Using Essential Oils Safely

We could spend a lot of time on using essential oils safety, but you get information with your oils and orders, so I won't spend a lot of time there.

However, know that if an oil ever heats up, you put vegetable oil over it—not water. Water will make it hotter. If you are working with an elderly person or a baby, you put a little bit of oil on your hands until they're dry and hold the baby—hold his belly if you need to. For an upset stomach I would get a single drop of *DiGize* (it used to be *DiTone*) and rub my hands and then hold the baby's belly and back. That soothes him and it stops colic and things like that.

I don't usually put the oil directly on a newborn or an elderly person until I know about their skin sensitivity. If someone did develop a rash, I would take the *LavaDerm Cooling Mist* and just spray it over the skin and not put anything else on it.

The citrus oils heat up in the sunlight—they are like magnifiers, so if you put on an essential oil—and it's a citrus or *bergamot* or something like that (*Joy* has *bergamot* in it)—and go out in the sun, it can actually turn tanner there (or hotter) and you might get a little bit of a burn. You can just start with small amounts. If you're cautious and conservative in your use of oils, you can always use more and you will never hurt anyone. And I've seen that—it's been my experience.

In this next section we will have Marilee talk about using essential oils and oil-enhanced products to support wellness.

Marilee on Oil-Enhanced Products

I have found this to be a very good framework in which to think about how to approach using the oils. I have found that *Young Living Essential Oil* can operate in the holistic health care model really, really well. If you think about what they are doing in conventional medicine and what we are doing here with *Young Living Essential Oils*, there is a huge difference.

There is actually a completely different paradigm that we're operating here in *Young Living*. Basically, that is: we don't focus necessarily on disease. We talk about "balancing" the system. The buzz words in this motto are these two: Harmony and

Balance. We hear it a lot, but you can keep those words in mind when you think about how to choose an oil for certain situations.

Harmony and Balance, Inherent in Nature

I am going to share with you just a small sentence that will give you the basis—and you can write this down and refer back to it. I will say it first and then you can write it down because it's the essence of how the oils work. This is it: **Inherent in nature is a desire to create harmony and balance.** That is what the oils do for us. They do for us what they do for themselves —they always want that homeostasis. They always want that nice, balanced environment, so if they see something that's blocking that, or there is lack, they work to compensate in that way.

Support Now and in the Future

In conclusion, essential oils have a profound effect on the physical, mental, and emotional well being. Essential oils support the body on a molecular level. *Young Living* is committed to producing the finest quality essential oils and oil-enhanced products in the world. When we first started, I had you think back to what it must have been like when a man or woman first discovered that plants healed the human body.

Now I would like you to go forward in time (about 100 years) and consider—what will it be like? Will we have left a legacy for our children so that they will be healthier or will they be sicker?

This information must be shared with others now in order to help future generations live longer, healthier, happier, and more abundant lives.

Thank you so much for joining us.

Moderator:

Thank you, Vicki and Merilee, and thank you for being with us on training CD #86.

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**KEY WORDS AND PHRASES USED IN YL TRAINING CD #86
INCLUDING REFERRAL PAGES**

<u>Word or Phrase</u>	<u>Page Number</u>
Antibacterial dish soap	2
Aromatherapy	1
Balance	8
Brain, messages sent thru EO's	4,6
Carrier oils, canola, olive, etc.	3
Connital, Eldon	5
Conventional medicine	1,8
Diffusing oils	5
From your body	5
Pathogenic organisms can't live	5
Use vacuum bags	6
Distillation of oils	3,4
Essential oils	1-9
Definition of	3
Distillation process of	4
Enhance brain function	6
English mode of application	2
French mode of application	3
German mode of application	3
Inhalation of	6
Layering essential oils	6
Therapeutic-grade	1,4,5
Use as a cologne	5
Use in cooking	6
YL uses all modes	3
First Aid with essential oils	7
Bruises, bug bites, muscle aches	7
French Medical Text	3
Harmony	8
<u>Word or Phrase</u>	<u>Page Number</u>
Herbs	1,3
Holistic nursing	1,8
Homeopathics	1
Homeostasis	8
Industries use essential oils	4
Adulterated with chemicals	4
Joey, pet dog	7
Kroeger, Hannah	1
Holistic teacher	1
Lapraz, Jean Claude, French MD	3
Laycon, Philipa, African woman	5
Massage, full body	3
Massage therapists	6
Use essential oils in massage	6
Moderator	9
Opfer, Vicki	1-9
Former computer scientist	1
Olfactory system/limbic system	6
Affected by essential oils	6
Oxygen	3
Personal care products	7
Enhanced with EO's	7

Pet care- puppies, cats, birds, etc.	7
Plants	2
Grown organically	4
Linked to spiritual, emotional, etc	4
Plague in Europe 15 th century	2
Involved thieves/aromatics	2
Protocol for mood elevation	7,8
<u>Word or Phrase</u>	<u>Page Number</u>
Protocol for mood elevation	7,8 (contd)
Assists brain chemistry	8
Good for bipolar	8
Purity, important in EO's	4
St. Maries, Idaho	3
Tolen, Marilee	1-9
Daughter, Jessica	1
Son, Chris	4
YL Trainer, Holistic nurse	1-9
Topical Headings	1-9
A Profound Mood Elevator	8
A Valuable Protocol	7
<i>Animal Scents</i> are Great!	7
Cooking with Essential Oils	6
Costly Oils	4
Demonstrate and Share Info	6
Direct Application of EO's	7
Distillation Process	3
Essential Oil Terminology	4
Essential Oils for Diffusing	5
Exposure to Aromatherapy	1
First Aid Oils	6
Diffuse from your Own Body	5
Harmony and Balance, Inherent	8
Introduction to YLEO	1
Joint Discussions Between...	2
Marilee on Oil-Enhanced Product	8
Marilee Tolen, Nursing Perpspec	1
Moderator	9
More Potent than Herbs	3
My Favorite - <i>Frankincense</i>	2
Oils are Physical, Emotional, etc.	4
Opt for the Best Oils	5
Overhead Slides on Idaho Opera..	3
Pets and Essential Oils	7
Supplements with Essential Oils	7
Support Now and in the Future	8
Thieves at Work in 15 th Century	2
The "Why's" of Essential Oils	3
Three Models of Application	2
University Research Validates..	3
Using EO as Colognes	5
Using Oils in Massage Therapy	6
Using Essential Oils Safely	8
Utilizing the Olfactory System	6
Vegetable Oils Differ	3

Vicki Opfer, from science to Nat..	1
Why So Much Emphasis on Pur..	4
Turkey, distillation warehouse	4
Young, Gary	3,4,7,8
<i>Young Living Essential Oils</i>	1-3,7,8
Guarantees purity of EO's	5
Oil-enhanced products	2,7
<u>Word or Phrase</u>	<u>Page Number</u>
Sets standard for oils	5
University research	2
VitaFlex training	7
WalMart, to buy spritz bottles	5
Water, increases intensity of EO's	8
Wealth	2

YOUNG LIVING ESSENTIAL OILS AND PRODUCTS MENTIONED IN TRAINING CD #86

<u>Essential Oil or Produce</u>	<u>Page Number</u>		
<i>Abundance</i>	5	<i>Ginger</i>	5
<i>Agave</i>	6	<i>Grapefruit</i>	6
<i>Animal Scents</i>	7	<i>Harmony</i>	5,8
<i>Animal Scents Ointment</i>	7	<i>Helichrysum</i>	5,7
Used as cologne, hand cream	7	Has high level of coumarins	7
<i>Basil</i>	5	<i>Highest Potential</i>	5
<i>Belief</i>	5	<i>Hyssop</i>	2
<i>Bergamot</i>	8	<i>Idaho Balsam Fir</i>	3
<i>Cinnamon</i>	5	<i>Inner Child</i>	5,6
<i>Clary Sage</i>	4	<i>Jasmine</i>	5
<i>DiGize (formerly Di-Tone)</i>	8	<i>Joy</i>	5,8
<i>Feelings Kit</i>	6	<i>LafaDerm Cooling Mist</i>	8
<i>Frankincense</i>	2,5	<i>Lavender</i>	1,3-7
Anti-inflammatory, clarity	2	Swiss Army knife of herbs	6
Has alpha pinene/limonene	5	<i>Lavender Volume Shampoo</i>	7
Immuno-stimulant	2	<i>Lemon</i>	5-7
Higher energy level	2	Contains coumarin	6
		<i>Lemon balm</i>	4
		<i>Melissa</i>	4

<i>Melrose</i>	7
<i>NingxiaRed</i>	6
<i>Orange</i>	5,6
<i>Oregano</i>	5,6
<i>PanAway</i>	6,7
<i>Patchouly</i>	5
<i>Peace and Calming</i>	5,7
Soothes crying babies/pets	5,7
<i>Peppermint</i>	5,7
<i>Pine</i>	1
<i>Purification</i>	5,7
Use in hotel rooms	5
<i>Raindrop Kit</i>	6
<u>Essential Oil or Produce</u>	<u>Page Number</u>
<i>Release</i>	6
<i>Rose</i>	2,4
Very euphoric and costly	4
<i>Rosemary</i>	2
<i>Sassafras</i>	1
<i>Thieves</i>	2
<i>Thieves Household Cleaner</i>	2
<i>Thieves Spray</i>	6
<i>Thyme</i>	2,6
<i>Valor</i>	5,8
<i>White Angelica</i>	5,8
<i>Wild Tansy</i>	7