

# THE MISSING LINK

BY D. GARY YOUNG

## **Introduction - Mary Young**

Welcome to the world of Aromatherapy! Aromatherapy may be a new term to many of you listening, but it is an ancient art and science which began its re-entry into the modern world only a few years ago. With a Biblical foundation and historical information from different cultures around the world, there is much that we have to learn and study.

We are very excited to share this life-changing information with those who are looking for new truth that might bring healing of different dimensions resulting in untold health, happiness, and prosperity.

## **The Young Living Story**

Don Gary Young grew up in the central mountains of Idaho on a ranch 80 miles away from the nearest doctor, with no running water or electricity. He left home at the age of 17 to seek his fortune in British Columbia where he homesteaded 320 acres and began building an empire of logging and raising horses. When he was 24 years old he was hit on the head with a tree while logging. After three weeks in a coma and four months in intensive care, he found himself paralyzed and confined to a wheelchair for life, according to all medical prognoses. After two years of intense pain, depression, drugs, and three suicide attempts he decided to change his attitude and take control of his own destiny.

His search for natural ways to heal his body put him on the path he walks today. He studied the sciences of hematology, medicine, anesthesiology, acupuncture, pathology, nutrition, herbology, and many other types of healing modalities. And thirteen years later he found himself running in a half marathon and finishing 60th out of 970 participants!

After receiving a Master's Degree in Nutrition and a Doctorate in Naturopathy he opened a family practice in Chula Vista, California and a research clinic in La Mesa, Mexico where he could do research in the areas of natural healing. His work in Mexico was of such a magnitude that in 1985 he received the Humanitarian Award from the State Medical Examiner's Office of Baha, California—one of six ever awarded—for his research and successful treatment of degenerative disease. He pioneered the field of Blood Crystallization and helped advance

the Dark-filled Study of the Blood and its relationship to bacteria and viruses.

It was in his clinic where he built the vast foundation for the work he is doing now and where he experimented and learned how to add essential oils to food supplements.

## **World-wide Studies in Aromatherapy**

His studies have taken him around the world, and most recently, to the Andula University in Eskisehir, Turkey where he was invited by the United Nations Industrial Development Organization to speak at the International Congress on Essential Oils. There he presented not only his research on plant germination and organic farming, but also the research that he is conducting at Weber State University on the Anti-bacterial Inhibition of Essential Oils against Gram-negative Ecoli and Gram-positive Staphorus Bacteria, as well as the comparative studies on essential oils against ampicillin and penicillin, and the results were very exciting!

Gary is one of the first Americans to become a certified member of the International Federation of Aromatherapists, headquartered in the Royal Masonic Hospital in London, England.

Gary designed and built the first stainless steel vertical steam distiller in North America. Gary loves riding his horse in the mountains as well as working in the fields and in his laboratory. With his brilliant mind and quick wit, he is a marvelous lecturer and educator and is one of the foremost authorities on essential oils in North America. So now let's join Dr. Gary Young in one of his lectures and see what we can learn about this most fascinating subject:

## **Dr. D. Gary Young - Essential Oils**

Essential Oils..just to give you a simple analogy, if we were to take the oil from the plant or just take the plant and the human body and put them side by side, we could do some very interesting comparisons. You see, in the human body we have a substance called 'blood' and that blood has a very specific purpose. That purpose is to transport nutrients to the cells to nurture and feed the cells.

One of the primary agents in that blood that is responsible for the delivery of the nutrients through the cell wall is called 'oxygen.' If we take the oxygen out of the blood, what happens? We would

die very quickly. The cells begin to mutate and give

Today we live in an environment where we are deprived of oxygen because of the air we breathe, the food we eat, and the water that we drink. Because of that we have set ourselves up to be victims, and it is quite obvious what is going on in our world today.

### **Analogous - Essential Oils and Blood**

When we look at essential oils, they have the same role and play the same function in the plant as the blood does in the human body. **The essential oil is the blood of the plant.** How many of you have cut your finger? And what happens? You bleed. Why do you bleed? Exactly..to cleanse and to kill the bacteria because you have to do that to start the regeneration process of the tissue.

How many of you ladies have seen a leaf on one of your house plants torn or damaged? What comes out? It is a liquid, isn't it? It's called the 'resin' by some. Some call it the 'blood of the plant;' some call it the 'life force of the plant,' but it is the same thing. It bleeds..it bleeds to cleanse that part where the plant is damaged, to kill the bacteria. You see, the essential oil is like the blood..it is a transporter, and the primary ingredient inside that oil is called OXYGEN.

### **Man's First Medicine**

It has been discovered and determined now through research and the translation of papyrus and hieroglyphics in Egypt that oils were the first medicine of man. Even before herbs were used, oils were extracted from the plant and used before the actual plant was used. As of three years ago, it was documented the essential oils produce the highest level of oxygenating molecules of any substance known to man. So when we think about that..that we can get actual oxygen from the oil, it is quite exciting!

### **Essential Oils as Antioxidants**

Not only do we get oxygen from the oil, but we also get negative ions and we get ozone. Are they important to us? Why? Can bacteria live in ozone? Can bacteria live in a negative ion environment? No! It is interesting when you look at what is going on in our world because there is a big wave that has hit the United States called 'antioxidants,' and everybody is looking for antioxidants and antimicrobial substance to take. We are going to walk through some things very quickly and show you why essential oils are 'the missing link.' in our

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off a toxic gas that creates a host for disease. health field today and why everyone and every home needs to have them.

### **A World Full of Contamination**

Let's look at what the human body is up against today. We look at what is causing the poisons we are inhaling, the industrial contamination that is affecting our air. Look at the foods that we are eating today..foods fried in grease that are causing carcinogenic activity in the blood, foods that are devaluated and therefore we get no enzymes from the foods that we are eating. The foods that are coming from the fields are sprayed with chemicals; the ground is saturated with chemicals and has been for over 50 years. And we wonder why we can't get good, wholesome food today..not to talk about the environmental contamination that is going into the aquifer, along with all of the contamination in the entire chain to which the human body is subjected.

We absorb this, not only through the food and the water, but through the pores of our skin and the oxygen that we breathe into our lungs. These chemicals go down into the intestinal tract and they cause a weakening of the membrane wall and they leech through into the liver and cause cell mutation that changes the pH chemistry of the blood. And all of a sudden we have a real problem..we start creating a host for disease and then we wonder.."how can this possibly happen!"

### **Importance of Detoxification**

So detoxification is extremely important today in our lives. It is really interesting to know that essential oils, because of their structure, literally will push chemicals and metallics out of the cells. How do they do it? Because they have the highest level of oxygenating activity of any substance known to man. Oxygen pushes toxins out and pulls potassium back into the cell. Essential oils will re-establish normal cell function and balance.

### **Viral Dangers are Prevalent**

This is a statement from *Time Magazine*..it was a September 12 issue and I am sure most of you have seen it: "*New virus and drug-resistant bacteria are reversing human victories over infectious diseases.*"

How can this happen if we have a healthy body? Can we have infection if we are healthy? Can we have cancer if we are healthy? Can we have AIDS if we are healthy? No..of course not! Let's be

realistic.

This was quite interesting..if we look down at the bottom it says, “More than 850 people have come down with cholera in southern Russia, and officials fear the disease could erupt into an epidemic.”

While this article was being published and they were talking about the 850 people in Russia, they did not even make mention of the thousands of people they were digging holes for--open pits--and burying in mass graves in South America from cholera.

Did anyone see that on CNN? We need to start paying attention and waking up to what is really going on around us!

### **Drug-immune Bacteria**

Look at this article: *“Some microbes can reproduce in just 20 minutes.”* This article goes on to talk about how the drug makers are fighting back, and yet..every time they produce a drug, the bacteria or the virus mutates and develops its own immunity to the antibiotic. That is quite interesting because when you know these things are fact and when you come to understand oils and realize that at this point in time, they have not found one virus that can create an immunity against an essential oil!

### **Alarming Statistics**

Look at this article: *“The question ceases to be ‘when will disease be gone?’”* This is interesting when we look at the statistics here:

Respiratory infections (bacterial and viral) = 4 million deaths per year.

Diarrhea and diseases related (viral and bacterial) = 3 million deaths per year.

Tuberculosis (bacterial)--and now we have a new viral tuberculosis, do we not? And they don't even mention the viral tuberculosis here, just the bacterial, which = 3 million per year.

Hepatitis B (virus) = 3 million per year

Protozoa Malaria = 1 million per year

Measles (viral) = 880 thousand per year

Tetanus = 600 thousand per year

AIDS (viral) = 550 thousand per year

They don't even talk about cancer and heart disease in that survey..just diseases related to virus and bacteria; and yet they don't even mention the new tuberculosis virus. The new Hunta virus is not listed there; nor the flesh-eating virus, the Streptococci A, the Ebola virus.

There is so much going on that we are not even aware of what is happening. I think many of us also have a tendency to want to ignore it. We don't want to deal with the truth. Why? Because we don't know what to do about it.

### **What is on the Horizon?**

Look at the same article: *“Where will the next deadly virus appear?”* It goes on to talk about small pox, AIDS, and hepatitis B. How many of you are familiar with the Ebola virus and the symptomology of it? Are you aware that the Ebola virus causes decomposing of the internal organs and the smooth muscle tissue inside the human body? And once a victim contracts the Ebola virus..three to five days and they are dead!

Do you know what happened in Flamenco, Minnesota just last week where eight people died from what they are calling the ‘new streptococci virus’ that cause people to die within three to five days? Their tissue internal organs degenerated..it was the Ebola virus, but they are saying it was the new streptococci A. An epidemic!

This is an interesting statement: *“The price of doing nothing will be millions of lives.”* It has happened before.

### **Viruses are not New to this Era**

Look at this article..it was in Seattle: *“Killer flu 1918-19 killed 20 million people!”* So we are not dealing with something that has just popped into our world today. There have been viruses around since the beginning of time. Look what happened during Moses' time; look at the 16th century plague in England and Europe that claimed millions of lives.

### **Weak Immune Systems are Susceptible**

Why is it happening? Why do we have more of it today? Because we have weaker immune systems. How are we going to build our immune systems?

How many are familiar with this article out of the *Weekly World News*, November 8 issue?

*“Cancer flu spreads to U.S. The virus acts like an ordinary flu bug at first, but as the symptoms linger, the virus mutates causing cancer of the bone, blood, brain, colon, and pancreas.”*

Interesting, isn't it! Especially, if you happen to be a victim! Cancer flu has reached the United States and left stricken victims in Dallas, San Francisco, Chicago, and New York.

### **Invisible Invaders**

What are we going to do about these things? Look at this article in the March issue of *Readers' Digest*: "The invisible invaders..The question is no longer 'when will the infectious diseases be wiped out?' Rather it is.. 'where will the next deadly new plague appear?'" You need to read it.

This article talks about how in every antibiotic they have made, the viruses mutate. The bacteria mutate and create their own immunity against the antibiotics. We need to read these things so we are aware of what is going on and be prepared. Let's look at some of the things that cause it:

### **Probable Causes..**

"Water suspected in illness."

"U.S. health officials speculates that local water sickens dozens of AIDS patients during the spring." "Groups warned of risk from bad drinking water."

"New TB..a Time Bomb!" (this is *USA Today* news cover story--we need to be aware!)

"Flu on Tap..Milwaukee blames illness on tap water. Tainted water blamed for unlike illnesses."

"A contagious fascination with infections."

"As lethal viruses make news, the public ponders."

"What if?"

"The Hot Zone." How many of you have seen the movie *The Outbreak*? (That is not just a movie..it is a reality!)

"Ancient ills return with a vengeance."

"Viruses that they can't kill and can't control."

### **We Can Fight Back!**

Now I want to spend time showing you what is exciting. This comes out of the Cairo University Research Department. Dr. Radwan S. Farag, who is our colleague in research at Cairo with whom I worked

for three years, did research on this subject: "**Safety Evaluation of Thyme and Clove Essential Oils as Natural Antioxidants.**"

If we are going to fight something, let's fight it with what God gave us. Look at this topic:

"**Antimicrobial Activity of Some Egyptian Spice Essential Oils.**" Hard copy research. (We are not just here to talk about folklore medicine.)

"**Antimicrobial Action of Essential Oils.** The antimicrobial action is probably the one property of essential oils that has been known for the longest time."

Isn't that interesting! But do you know about it? Do you read about it? Do you get to hear about it in the US of A? Of course not!

### **Advancements in Diabetes**

How many of you know someone who has Diabetes? Let me show you what is going on in Cairo University with Diabetes. They cure it!

Look at this..it is one of the simple studies that was conducted on Diabetes. "**Blood Glucose Levels**"-this was a control group with insulin. They used *Bitter Fennel* and they dropped it from 275 to 200, common *Dill* oil - below 200, *Coriander* brought it down to normal range. Simple essential oils.

Yes, they are correcting diseases in many places in the world. Look at what came off the *Associated Press* two months ago--very interesting: "*Scientists examine the role of food derivatives in preventing cancer.*" Is anyone interested in cancer prevention or regression? Look at this: "*Soybeans, Lavender oil, and orange peel.*" Let's jump over to another article: "*Cancer-fighting powers of plant oils! Small quantities of Lavender oil have been shown to work against breast cancer in lab animals. In animal studies we got both the prevention of cancer and the regression of cancer.*" How many would rather have chemotherapy than a bottle of *Lavender* oil? This is something that is very exciting.

### **Oxygenation, Antioxidants & Frequency**

We need oxygenation, antioxidants, and increased frequency. What is a frequency? Is frequency important to us? Are our bodies electrical? Absolutely! It is very interesting to study that and see that not only is our body electrical, but everything around us has electrical frequency. But there are different types of frequencies, and this is what is kind of interesting. The overhead lights here also have a frequency called '60 hertz.' Essential oils have frequencies from 52 to 320 hertz, but the difference between the oil frequency and the light frequency (or television or telephone or microwave) is these electrical AC frequencies are incoherent, chaotic frequencies. They fracture the human electrical field. Essential oils, on the other hand, have a coherent, harmonic, DC frequency, and so they are harmonious with the electrical field of the human body. So essential oils give us oxygen, antioxidants, and frequency.

### **Food Supplements with Essential Oils**

I make food supplementation and was the first to create this type of formulation--the first to develop it in the world--and that was using essential oils in

the food supplements. Why? Because we found essential oils work as a transport mechanism in the food supplements. And the reason we are starving to death nutritionally is because we are not assimilating the nutrients on the cellular level.

Essential oils have the ability—because they are soluble with the lipids in the membrane—to go through the cellular wall and to carry with it nutrients they are in association with.

That is their purpose in the plant life..to transport nutrients through the cell wall and deliver it inside the plant. So when we took essential oils and put it inside the plant, it was very exciting because we got a delivery system!

### **How Cell Mutation Begins**

I want to back up just a little and give you something to think about. Going back to the blood..the blood is the transporter of nutrients: vitamins, minerals, proteins, amino acids, hormones, enzymes. That's the pathway that they travel in to go to the cells. Then the cell wall has to be receptive to those nutrients and those health food ingredients, but when we have a deficiency in oxygen the cell membrane literally will start to thicken because the pH changes. When it thickens, then the oxygen that is present there—also being compromised because of life styles—is not able to get the nutrients through the wall. So we wind up with nutrients in the blood serum, but we can't get inside the cell and so we wind up having cell mutation, creating a host for viruses, bacteria, and germs.

### **Dehydration Removes the Life Force**

If essential oils are responsible for the oxygenating molecules—they are antiviral, antifungal, antibacterial, and immunostimulating (which I will show you in a minute in a hard copy from medical research), and they have the ability to transport nutrients, that they are the life force of the plant, what do you suppose happens to that oil when we cut the plant and dehydrate it? We evaporate 98 percent of that live substance that is responsible for the healing force of that plant!

As I look through the audience I see quite a few people who are probably old enough to remember the days when they used to gather herbs fresh in the pasture, in the field, or out on the hill and come home and make up their poultices and their teas and their extracts..and it worked. So you tell your children about it and your children get sick and they go down to the health food store and buy a bottle of

that same herb in a capsule form, take it home, take six bottles of it and nothing happens! And we wonder why! It is because modern man has taken the life force out of the herbs by dehydration.

### **Addition of Essential Oils to Powdered Herbs**

When I learned about that, that is when I began spraying the oils back into the powdered herb and it brought back the bioavailability of the nutrients that weren't there before or available to us because it had been evaporated out of them. So we were the first to put essential oils back into the plant and re-establish that activity.

So if we want to cleanse our bodies, if we want regeneration and we want immunity, then we have got to start working on self..inside out and outside in. It is really beautiful because we can create that simply by putting oils on the body.

### **Lemon Oil Properties**

Look at *Lemon oil*. *Lemon* oil is pressed from the rind or the peeling. (This is taken right out of my *French Medical Encyclopedia*..this is hard copy research. This is not my work and, of course, you can see that it is in French and Latin.)

### **Sesquiterpenes Cross the Blood/Brain Barrier**

What we are looking at here where it says *Active Principles*. These are the constituents or the chemical ingredients found inside of that *Lemon* oil that are identifiable. Many have not yet been identified. Look at these agents.. Sesquiterpenes. I am going to talk a little bit about it as I go along. The reason Sesquiterpenes are important is because they just found in 1994 at the Medical University at Berlin, Germany and Vienna, Austria that Sesquiterpenes go beyond the blood/brain barrier. I don't know how important that is to anyone, but let me fill you in: It was stated by the Medical Association in October 1993 that "*If we could find an agent that would go beyond the blood/brain barrier, we could treat MS, Parkinson's, Lou Gehrig's and Alzheimer's successfully.*"

In June 1994 it was documented that the agent of Sesquiterpenes has the ability to go beyond the blood/brain barrier and was discovered in high levels in *Frankincense* and *Sandlewood* oils. I attended a three-day medical conference in Dross, France on September 5, 6, and 7 of 1994. I saw this research presented. I saw the brain scan slices of before and after the inhalation of *Frankincense* and *Sandlewood* and how it increased the oxygen production in the limbic system, particularly around the pineal and

pituitary glands. I saw how it increased the secretion of antibodies, endorphins, and neurotransmitters. (Documented hard copy from Berlin and Vienna, Austria.)

### **Lemon Oil Used throughout Europe**

Let's look at *Lemon oil*..anti-infectious, antibacterial, (streptococci), antiseptic, antiviral. This is how the doctors prescribe *Lemon* oil to be used in the hospitals in Europe. There are 150 hospitals in England alone now prescribing and using essential oils for treatment.

*Lemon* is used for respiratory infections, liver insufficiency in children, digestive insufficiencies, insomnia, phlebitis, thrombosis. They also use it as a disinfectant in the air and on the cabinetry and medical cabinets and in hospitals throughout Europe. What do we use in America to disinfect with? Drugs!

### **A Profile of Lavender**

This is another beautiful oil..I showed you from the *Associated Press* about *Lavender*, did I not? Look at this slide: Look at the profile..there are Sesquiterpenes. Not only are Sesquiterpenes and Sesquiterpenes able to go beyond the blood/brain barrier, but they have also been found (along with Phenols and Cineoles) to contain the highest level of oxygenating molecules of all the constituents in the oil. Let's look at what they say *Lavender* will do.

This is out of Paris, France, incidentally: "Antispasmodic, decongestant, muscle decontraction, hypotensive, anti-inflammatory, anti-infectious (staph), cardiogenic, anticoagulant of fluids, (they prescribe it for the spasms of the solar plexus), insomnia, dermatosis, infectious, allergies. How many of you have taken allergy shots in your life? Isn't that bizarre to know that *Lavender* is used for allergies!

### **Beware of Synthetic Products**

It is important to know that it has to be **pure** *Lavender* oil. This doesn't mean you can just run down to the health food store and buy any old *Lavender* sold on the market. Because, you see, in America people don't understand essential oils, but what they do understand is marketing! They know how to buy the garbage that is rejected from France and bring it to the United States and cut it with propylene glycol and synthetic constituents like linalyl acetate and put in a bottle and sell it as 'essential oil' of *Lavender*.

If you don't know the difference, you are just a

victim. So if you go down to the health food store and you see a half-ounce of *Lavender* on the shelf for \$5 to \$8, you know that you are getting garbage, because pure *Lavender* oil can't be purchased in France for that price! So those are things that are very important to know.

To get pure *Lavender* oil--and just to give you an understanding--there are four hybrids of Lavenders, but they are all called *Lavendins*. They are not therapeutic for aromatherapy use, but that is what is sold in the United States predominantly because people here don't know the difference.

### **We Produce our own Lavender**

Our *Lavender* that we produce on our own farm in France and also on our own farm in Idaho is grown by us. In order to produce the top quality you have to distill this plant..that is how the oil is extracted, through steam distillation. It has to be done at low pressure and, low temperature. *Lavender* has to be in the cooker chamber for a minimum of one and one-half hours, and better..two hours. But in the commercial distilling in Europe for the perfume industry, they distill *Lavender* for 15 minutes at 400 degrees and up to 150 pounds of pressure, and they pump chemicals into the water while they are doing it. These are things that are very important for you know..that is it not a matter of just running to the health food store and buying oils, because the people who are marketing oils predominantly are in it for the money. They don't care about the purity and they have not taken the time to study.

### **It Takes Years of Study**

I have spent 11 years in Europe, Israel, and Egypt studying the history and working in the universities. I started in 1984 and my studies have been in the Medical University of Geneva, Switzerland, the University of Paris. I have worked in two hospitals in Paris. I have studied at the Warwick University in England, the London University, the University of Cairo where I have spent three years working, studying and traveling. I have studied at the Hebrew University in Jerusalem. I spent five years off and on in southern France learning the ancient art of distillation so we could maintain that purity.

### **More about Lavender**

Let me share with you some of the things that just came out of the Warwick University that I

brought back last year on *Lavender* oil: “*Lavender* is a native of the Mediterranean region. France is a major producer. ( Now Idaho is going to take over!)

It is a fragrance component in pharmaceuticals, antiseptic ointments, creams, lotions, cosmetics..including soaps, detergents, creams, lotions, and perfumes, *Lavender* waters and colognes.

However, *Lavender* now is starting to be widely used in Aromatherapy for the treatment of burns, scalds, inflammation, wounds, ulcers, eczema, dermatitis, fainting, headaches, migraines, influenza, insomnia, hysteria, tension, infection, rheumatism, and arthritis. Now when you can get a bottle of *Lavender* oil for \$15, who would want to have Aspirin?

The next is also interesting..these are the constituents that are responsible for all of the activity in *Lavender* oil. This is just a small portion. It is interesting to see when we look at the linalyl acetate level right here, we are at a 41..that is a relatively good quality oil. The *Lavender* we are producing on the farm in Idaho has a linalyl acetate of 67, the highest produced in the world!

### **No Side-effects from Pure Oils**

Look at the toxicity..subcutaneous injection showed low toxicity..no human photo toxicity reported, so it is totally safe. That is the beautiful part of essential oils..you don't have to be concerned about having side effects from pure oils. Cut, adulterated, synthetic..absolutely! But not pure, not the way God intended it to be.

### **Inhalation of Oils Highly Effective**

Why is it valuable? How do we get oils quickly into the system? Through the olfactory nerve to the pineal, the pituitary, the amygdala. When you breathe an oil into the system through the nasal cavity, it is first picked up by the neurons that hang down from the olfactory, right between the eyes, in the top of the sinus cavity. Those oil molecules are carried within mili-seconds into the center of the brain.

They have discovered that through the inhalation of essential oils into the mid-brain system it will cause a secretion of antibodies instantly..endorphins and neurotransmitters. Now we are seeing a direct response on the immune system from the inhalation and topical application of essential oils like none other that has ever been created.

### **What is Diffusing?**

Diffusing puts the oils into the atmosphere in your home. You are getting increased oxygen because it releases the oxygenating molecules. You are getting increased ozone and negative ions because that is where it comes from in nature..from the plant oils.

You are getting the antiviral, antifungal, antigermicidal immunostimulating properties, and you are inhaling this. I just got a hard copy in from the Internet last week from Ulster University in northern Ireland where they did a study of diffusing..vaporizing essential oils into an atmosphere with 210 colonies of bacteria and it killed all 210!

So diffusing makes the most perfect air purification system that has ever been invented or rediscovered. We can't afford to be without it.

### **How do They Work?**

How do we know these things happen? How do they work? By simply studying the properties in the oil. This is *Thyme Bulgaris* on a chromatogram.

Everyone knows what camphor is..right? It is soothing, it penetrates the tissue. Camphor is synthetically made from the active ingredient called *Camphene*, so when we look at this oil--which is *Thyme* oil--we know that it is going to have a very powerful effect in penetrating. We look at the Pynenes..they are germicidal. We look at the Cineoles right here..they are antibacterial and antiviral. We look at the Terpenenes..they are antiviral in action.

So when we take an essential oil in the laboratory and analyze it, we know instantly the value it has. Depending upon the percentage of activity, it will tell us whether it is a pure oil or whether there has been something done with it. So the science is incredible.

This is *Clary Sage* that we grew at our farm this past summer in Idaho. It contains the highest linalyl activity of any *Clary Sage* distilled..72. Most *Clary Sages* will run around 57.

Down here you have Scleral, the transoxide to Scleral. That is what converts to Estriol in the human body that produces natural Estrogen. So how many of your ladies are taking some synthetic hormone? You have what you need right here in the plants.

### **God Provided for our Protection**

When God created this world, he created everything naturally for us and he gave us every

substance that we will ever need to protect our bodies from all the things that we have to deal with..just like he gave to the children of Israel. Yes, they were faced with a plague and if you saw the movie *The Ten Commandments* it depicted it as an avenging angel, a green fog that floated through the city. It was a plague. The scientists and researchers in Egypt say it was nothing different than the AIDS that we have today, and they are convinced of that.

What did Moses do to protect the Israelites from that plague? He used *Hyssop* oil in the lamb's blood. You can read about it in Exodus, Chapter 12. You can also go to Exodus 30:21-27 and read about the oil formula after the art of the apothecary.

The Lord gave this to Moses to give to the children of Israel to protect them against the ravishes and the diseases of the plague. We are talking about a substance that was at the beginning of time with a Biblical foundation..and man has ignored it! It has been lost and forgotten.

### **An Old Therapy is Restored**

Not until about 1921 did it start to come back to our time from an old gentleman, Dr. Rene-Maurice Gattefosse, who was a French cosmetic chemist working in his lab one day, had an explosion, and had a third-degree thermal burn on his hand, wrist, and forearm. Knowing that he needed to reduce the temperature, he reached over where one of his colleagues had just set a container with liquid in it, thought it was water, plunged his hand into it..and it was *Lavender* oil! It healed his burn without a trace of a scar. That man, being a chemist, was so excited he took the *Lavender* apart to understand it and to find out how it healed this burn without a scar.

From there, he gave the research to Dr. Jean Valnet, who was a medical doctor in Paris, France. Valnet did nothing with it until the post-war years of World War II when he was working with war victims with shrapnel wounds who were losing limbs to gangrene because the antibiotics would not work. Dr. Gattefosse sent him some oils and said, "Try the oils." He started using the oils and he saved every single patient! And that was the restoration of Aromatherapy, as it is called today. 1946..that is how new it is, but yet the studies never really started until 1967. It is the most exciting thing that we have. This is just a little bit about essential oils.

### **Studies with Oils and Electrical Frequency**

Frequency..we were the first to discover that essential oils literally contain electrical frequency.

We did a study of over 200 subjects at the Eastern State University in Cheney, Washington. We found that the average body frequency ranges between 62 to 68. The brain frequencies are 10 hertz higher during the day, then it reverses during the night when the brain frequencies are 10 hertz lower and body frequencies are 10 hertz higher.

We took two young men who each had a 66-hertz frequency. One held a cup of coffee and his frequency fell to 58 in three seconds. The other man drank it..his frequency dropped to 52 in three seconds. We didn't let this young man have any oils and it took three days for the frequency to go back up. As for the young man who just held the coffee..we let him breathe the essential oil of *RC* and his frequency went up in 21 seconds!

We found that disease begins at 58 hertz frequency, flu starts at 57, Candida at 55, Epstein Bar at 52, and cancer at 42. What this tells us is when we do things in our lives that compromise the frequency in the human body, we can become a victim. Essential oils re-establish the normal frequency of the human cells (documented at Eastern State University.)

### **Hearing Regeneration with Essential Oils**

Another thing that is really exciting is regeneration. How can you regenerate something if you can't stimulate circulation and activity? This comes from Dr. Richard Restic's work, the top leading neurologist in the United States, Washington DC. This man helped me to discover that oils were electrical. How? Because we discovered that hearing could be restored with the oil of *Helichrysum*..not only from loss of hearing, but from born deafness. Three people now have had total restoration.

I went to him to ask "how?" He said, "Because the oils are electrical, they stimulate the firing in the axon, and they increase the neuro-transmitter that converts in the axon to electron. It fires across the synaptic gap. In a birth defect, nerves did not connect." He said, "The oils will literally increase the firing of that synopsis and it will jump across the gap and connect to the nerve that did not connect. Once it starts firing, it will start growing together until it hard-wires." So essential oils have the ability to stimulate the regeneration of damaged nerve tissue..*Helichrysum*.

### **Work through the Feet**

How do we use oils? Diffusing in the air and through the feet. Many of you here are probably

reflexologists, or certainly work with the feet. Start working with the oils through the feet.

How many of you have experienced pain and suffered with pain for days and days and could not get rid of it and you have taken pain medication and Tylenol, Morphine, and whatever to kill pain? How would you feel if you knew that you broke a bone and could take a single oil and rub it on that broken spot and stop the pain within three to six seconds? You can do it with essential oils!

### ***Pain Away for Relief of Pain***

There is a formula that I make called *Pain Away*. It has two oils in it that are greatly responsible for that. One is *Helichrysum* and the other is *Birch*. *Birch* oil, like *Spruce* oil, contains Methyl salicylate.

It works like cortisone on the tissue and it is a topical anesthesia. *Helichrysum* is a topical anesthesia. It is beautiful, so I made this formula called *Pain Away* for that purpose.

### **Work through the Ears**

Another way to work with the oils is through the ears..auricular. How many people here have emotions? Anyone who has no emotional problems at all? Did you know that the ancient Egyptians used oils to do what they called "cleansing of the flesh and the blood"..removing the evil deities from the mind, because they believed if they did not remove the evil deities (which we call negative emotions) that they could not come back into the body and would be left in the tomb. I was allowed one year ago to go into a secret chamber where this ritual was performed, and I was allowed to photograph the walls. We started translating hieroglyphics that told about this ritual, which was a three-day ritual, and they used oils to take the people through it and totally eradicate the negative memory and memory trauma from the people.

### **Eradicating Emotional Trauma**

I have started teaching and working with people with oils for eradicating emotional trauma..it is life-changing! In fact, we have a little oil blend called *Hope* and if you ever feel depressed or manic depressant or suicidal, take a couple of drops and just rub on your ears and it will take it away in a matter of seconds.

### **Work through the Spine**

Another beautiful area to work through is the

spine. Just massaging the oils up and down the spine, getting into those nerve meridians, getting into those organs and glands of the body is absolutely incredible. We had a young lady in Denver, Colorado where we held a seminar for 150 people. She had a great big knot on her spine at the tenth lumbar. We rubbed simple oils of *Spruce*, *Birch* and *Frankincense* on it and it dissolved half in twenty minutes while 150 people gathered around and watched!

### **Consider the *Essential Seven***

Let's consider what is going on in the antiviral activity. We have a little kit called the *Essential Seven* that has *Lavender*, *Peppermint*, and *Lemon*, plus four blends (because I formulate blends.) One of the blends in the kit is the *Pain Away* that I just mentioned. Another one is called *Peace and Calming*. I made that for people who are hyperactive, like children. I made it also for hyperactive parents who have hyperactive children! I made another one called *Purification* to kill airborne bacteria in the home.. odors, mold, fungus..it is incredible! Also in that packet is a blend called *Joy*. This has *Rose* oil in it..the highest of the frequencies, 320 hertz! It has *Ylang Ylang* in it, which balances the male and female energies. It also is a powerful support to the heart for tachycardia and arrhythmia.

### ***Immupower - to Support the Immune System***

Another oil blend that I just made recently is called *Immupower*. Because of all these new viruses and our immune systems weakening, I knew that we had to have something to support that system, so I went to work studying and I put this formula together and these oils that I am going to present now are in that formula. This is *Ravansara Aromatica*. It is a plant that is a combination of *Clove* and *Nutmeg* and it grows in Madagascar. Of course, you see the Sesquiterpenes..they stimulate the immune system. Look at this..anti-infectious, antiviral, antibacterial, and it is indicated for renal pharyngitis, gripe, sinusitis, bronchitis, viral hepatitis, virus of the intestinal tract, cholera, herpes 1 and 2, infectious mononucleoses, insomnia, muscular fatigue..that is one of the oils in that formula.

Here is another one you ladies probably have in your kitchen called *Oregano*. You need to quit cooking with it and start juicing with it and snorting it! It shows Phenols, the number one constituents responsible for the oxygenating activity of oils, anti-infectious, large spectrum of action against bacteria,

virus, fungus, and parasites, immunostimulant.

This one you will like..it's *Frankincense*..it is talked about in the Bible as the holy anointing oil. It is mentioned 52 times in the Bible. Sesquiterpenes again..they go beyond the blood/brain barrier. Look at this: anti-catarrah, expectorant, antitumoral, immuno-stimulant, antidepressant. Good for bronchitis, catarrh, asthma, ulcers, cancer, immuno deficiencies and nervous depression.

### **Cancer Research in Arizona**

I got involved with a doctor in Scottsville, Arizona..Dr. Terry Freidman, medical doctor. I asked him if he would like to do some research and work with the oils and see what he could create. He said, "I would love to." As of this day, one year from the time he started, he now has nine cancer patients out of nine in remission from prostate and lymphoma and Hodgkin. That is documented, by the way.

### **More about *Immupower***

*Hyssop* oil..the oil that Moses used. Look at this: anticatarrhal, mucolytic, decongestant, anti-inflammatory of the pulmonary, regulator of the metabolism and lipids, anti-infectious, large spectrum staphlacocci, pneumonia, parasites.

Prescribed for renal pharyngitis, sinusitis, bronchitis, pneumonia, cystitis, post infections, scoliosis, plaque, ovarian problems...it just goes on and on. *Mountain Savory*..it is anti-infectious, major activity as an antibacterial agent, antifungal, antiviral, antiparasitic, immuno-stimulating. Here they use it for Candida, cystitis, prostritis, and right on down through to arthritis and rheumatoid arthritis. All of these oils are found in the formula *Immupower*.

This is *Cistus* oil, commonly called 'rock rose.' It is a beautiful oil..there we see the Phenols again..anti-infectious, antiviral and antibacterial, a regular of neurovegetative degeneration of the nervous system, auto-immune; used also for arthritis and rheumatism, plaque and other things, but primarily for viruses of the auto-immune system. What is AIDS?

### ***Immupower* and Lupus**

We had a beautiful situation in Pennsylvania just a few weeks ago when a nurse at one of the seminars said, "Dr. Young, could I share a story with you?" I said, "Yes."

She said, "One of the doctors I work for has a patient who has Lupus. She had had it for a number

of years and as she was getting the Lupus was getting progressively worse and worse. She was in the hospital for tests and change in medication. My doctor told her that there was nothing that could be done and just to get her affairs in order.

"I felt so bad that when she started to leave, I just walked her out and I gave her my bottle of *Immupower* and I said, 'Why don't you take this home and just rub it on and see if it will make you feel a little better and help you a little bit. Some of the oils here have been found to help support the immune system,'" The lady took it home and three days later she called the nurse back and said, "what did you give me?" She said, "Why?"

The woman said, "Because I am feeling better. My strength is coming up; my energy level is coming up." Five days after that, which was a total of eight days, she returned to the doctor for a checkup. He could not find one symptom, not one trace, of the Lupus.

God knew that we were going to have these diseases. He knew what we were going to deal with, and do you think he put us down here to be victims? Absolutely not! He gave us everything that we need to take care of the human body.

### ***Clove Oil* in *Immupower***

This is *Clove* oil. Look at what it says: Anti-infectious, antibacterial..large spectrum of action against gram positive and gram negative, antiviral, antifungal, antiparasitic, antiseptic, and a general stimulant. Antitumoral, dental infections, viral hepatitis, colitis, cystitis, viruses of the nerves. What is MS? Look at this: cancer, Hodgkin..that was *Clove* oil, simple *Clove* oil.

It is so incredible to see what can be done and what can be created, so I have made a major focus on creating formulas to support the immune system.

### **Build Your Immune System**

It has been a pleasure to be here with you and share with you what I call *The Missing Link* and what I also find to be the most exciting thing that has been rediscovered in the world..and is the world of essential oils and how we can use them in our food products and food supplements and create a beautiful opportunity to build the immune system and not become a victim. Thank you for coming and participating.

**Mary Young**

We hope you have enjoyed this most information and fascinating talk and that you will join with us in taking this life-changing message to the world.

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