



ESSENTIAL INSIGHTS™

The Light of Seeing for the Truth of Healing

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ECUADORIAN OILS: Palo Santo & Ruta

The following is a compilation from a conference call with Gary Young on the research of the Ecuadorian oils Ruta, contained in the blend RutaVaLa, and Palo Santo. Many thanks to Eva Franklin for this contribution.

RUTAVALA

OIL BLEND of Ruta, Valerian and Lavender

PROPERTIES

Ruta graveolens is more commonly known as Rue.

Ruta is anti-bacterial, anti-fungal and anti-inflammatory. It has prevented mold and bacteria growth on cheese.

Ruta contains eucalyptol, a powerful agent for improving the flow of oxygen. It is effective in chronic respiratory problems due to stress.

RutaVaLa is indicated for Stress, Depression and Bipolar Disorder.

ALLERGIES

Allergies can originate from being ill - adapted to stress. Gary Young calls this “mal-adapted stress syndrome”. For example, the sudden death of a loved one or a divorce can trigger new food allergies. This syndrome causes exhaustion to the adrenal glands, and creates large amounts of acid in the body, which can start the manifestation of allergies.

*RutaVaLa can help with these stress-provoked allergies by applying 4-5 times daily on the brainstem. It can also be directly inhaled from your hands.

DEPRESSION & BIPOLAR

RutaVaLa lowers the frequency of brainwaves, producing relaxation.

In experiences with depressed people in Ecuador, the use of RutaVaLa alleviated the need for medications such as Prozac, Zoloft, and other anti-depressant drugs.

Gary stated that, “It is confirmed that RutaVaLa oil blend is the GREATEST ANTI-DEPRESSANT OIL FROM YOUNG LIVING!”

Gary also stated that in tests on those later to be diagnosed as bipolar, mineral and hormonal imbalances were present. Low estrogen levels can cause mood swings, depression, IBS (irritable bowel syndrome) and digestive problems, and have also been questioned as potential classifications for being considered bipolar. Candida for prolonged periods of time can cause bipolar, depression and hypoglycemic conditions. RutaVaLa can help with all of these.

Alpha-eudesmol, a molecular structure in RutaVaLa, stimulates the regeneration of the myelin tissue of the nerves. For people who are bipolar, this is an incredible property that works to their benefit.

*RutaVaLa can be applied in the same way as mentioned above for allergies, as well as being applied on the carotid artery.

SLEEP

When one is going through intense emotions, it is can be challenging to regain balance. Sleep patterns can become erratic and insomnia can set in. Restlessness and high blood pressure could also cause insomnia.

*Apply RutaVaLa Roll-On behind the ears and down the carotid artery, following right under the jaw and drawing a line of application down sides of the esophagus.

*Rub the RutaVaLa Roll-On along the brainstem just before going to sleep for a better night's rest. (It has been shown that RutaVaLa improves sleep patterns).

*When applying RutaVaLa at night, if you happen to wake up drowsy, then you can use Peppermint and Frankincense or Clarity and Frankincense on your head and temples.

*Gary recommends one or two drops under the tongue as another application.

PALO SANTO

BASIC INFORMATION

Palo Santo originates in South America. It was used by the Incas to purify and cleanse the spirit. When the sticks are being burned, it is believed to clear negative energies. This method has also been used as an insect repellent.

The Palo Santo tree must be dead on the ground for a minimum of 5 years to be able to extract oils. It is best after 150 years!

THERAPEUTIC PROPERTIES & USES

Gary Young mentioned that for 4 ½ years they have been using Palo Santo oil intravenously in the Nova Vita clinic in Ecuador for *prostate and lung cancer*, and it has shown amazing results!

Put Palo Santo oil on a piece of cotton and place it inside the ear for *ear infections*.

A testimonial was shared on how someone resolved *nasal polyps* by using Palo Santo on q-tips, up the nasal passage, several times a day for 6 weeks. This completely alleviated the problem.

If you are going to be flying, rub Palo Santo over the tip and under your nose, as well as behind the ears to *protect yourself*.

Palo Santo is also used for *respiratory congestion for children*. You can test it first on their forearm, to see if there is any reaction or irritation.

For *eye infections or a sty*, use 1 drop of Palo Santo and 1 drop of Myrrh oil to inhibit or treat the infection.

Apply around the eye, making a circle along the surrounding of the eyebrow.

Later, you can use Frankincense and Palo Santo, or Frankincense and Balsam Fir, where tissue has been compromised and there is a need for *DNA repair*.

For *tendonitis*, rub Palo Santo frequently on the area affected.

Another testimonial explained that by rubbing Palo Santo abundantly on the knee daily, surgery was avoided and showed that cartilage was being repaired. Apply topically on the *meniscus*.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease. The information is in no way to be considered a substitute for your own inner guidance or consultation with a healthcare professional.