



ESSENTIAL INSIGHTS™

The Light of Seeing for the Truth of Healing

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THE SCIENCE OF ESSENTIAL OILS I

One of the unique aspects of Young Living's Essential Oils is the degree of scientific testing applied to their quality and therapeutic value. The medical establishment seems to be catching on! The following are excerpts from *Women's Health Letter* written by Nan Kathryn Fuchs, PhD. Each study was followed by the source information.

Would Michael Jackson still be alive if he had smelled Jasmine?

Very possibly. At the very least, he could have used aromatherapy instead of barbiturates or propofol. They could have removed some of his anxiety and helped him sleep. And aromatherapy has never killed anyone.

Smelling a spice isn't a strong enough tranquilizer, you say? A group of German scientists would disagree. They tested hundreds of fragrances on the GABA receptors in both people and mice. They discovered that Vertacetalcoeur, the fragrance in Jasmine, has the same molecular action and strength as barbiturates or propofol. In fact, when the researchers exposed mice to this fragrance, they stopped running around and quietly lay down.

GABA...is your brain's master neurotransmitter. It's essential for your brain and central nervous system to function. It also helps produce "feel good" endorphins. When you have enough GABA, your brain – and you – can relax and rest. These scientists found that Jasmine fragrance works by enhancing the activity of GABA. None of the other fragrances they tested worked as well as Jasmine. It increased GABA as much as pharmaceuticals. It looks like Jasmine could be a drug-free replacement for some benzodiazepines, barbiturates, and even anesthetics like propofol...

The strongest anti-inflammatory herb

Essential oils are stronger than the herbs from which they're made. And not all essential oils have the same anti-inflammatory properties. A study in the *Journal of Lipid Research* (January 2010) found six essential oils that suppress the inflammatory COX-2 enzyme. They are oils from thyme, clove, rose, eucalyptus, fennel, and bergamot. Of all of these, **thyme** was the most powerful, reducing COX-2 levels by nearly 75%!

The researchers also tested thyme oil for its antimicrobial activity along with seven other essential oils. Once again, thyme oil was the most powerful, eliminating pathogenic bacteria in just one hour.

My suggestion is to add thyme oil to your taste to a bottle of extra virgin olive oil and use it daily. It also will act as a preservative...

When these bugs bite, this common oil can stop the itch

It looks like bed bugs have invaded every state in the country. With them comes paranoia around itchy rashes...If you have extreme itching and red blisters, especially at night, it may be caused by transparent mites that are hard to see...If you have a rash in some of the folds in your body you may have scabies. This is a highly contagious skin infection. You may want to try applying a topical essential oil to the rash...This treatment is not new. We've used various essential oils for years to kill various mites, ticks, lice, and mosquitoes. Different oils work better to treat different critters. A recent Australian study found that the major component in **clove oil** may be the best one to get rid of scabies mites. In fact, in this study, clove oil killed all mites in just 15 minutes!

To use clove oil for mites, mix a few drops with some vegetable oil. Test the mixture on a small area to make sure it doesn't irritate sensitive tissues. Clove oil has analgesic, anti-inflammatory, and antibacterial properties...

Following are several studies cited by Anahad O'Connor in the Science Times of the New York Times:

Cinnamon oil kills bacteria

In a country obsessed with germs and sickness, antibacterial soaps and sanitizers are becoming more and more common. But because such products contribute to the growing problem of antibiotic-resistant bacteria, some researchers recommend sanitizers made with cinnamon oil, which has been shown in many studies to have powerful antimicrobial properties.

A recent study by a team of surgeons, for example, found that a solution made with cinnamon oil killed a number of common and hospital-acquired infections, like streptococcus and methicillin-resistant *Staphylococcus aureus*, or MRSA. The study found it was just as effective as several antiseptics widely used in hospitals. Another study by French researchers in 2008 had similar results, showing that at concentrations of 10 percent or less, cinnamon oil was effective against *Staphylococcus*, *E. coli* and several antibiotic-resistant strains of bacteria.

Dr. Lawrence D. Rosen, a pediatrician in New Jersey who dispenses natural health advice...recommends a tried-and-true recipe for homemade hand sanitizer called thieves oil. "I add cinnamon bark, lemon oil and eucalyptus...the recipe goes back to the Middle Ages, where it was used by these thieves who would go around stealing jewelry from dead bodies, and they never got sick..." [See the expanded Thieves blend from Gary!](#)

Rosemary helps reduce toxins in grilled meat

Cooking meat at high temperatures is known to create toxins called heterocyclic amines, which have been linked to some cancers. Marinating lowers the risk by preventing the formation of the toxins. But one ingredient that makes a big difference is rosemary. Studies show that adding it to ground beef and other types of muscle meat before grilling, frying, broiling or barbecuing significantly reduces heterocyclic amines.

In a study published in *The Journal of Food Science* in March, scientists tested extracts of rosemary...the extract was added to both sides of the meat before cooking. The higher the concentration, the greater the reduction in heterocyclic amines (in some cases by over 90 percent)...scientists attribute this to specific antioxidants in rosemary: rosmarinic acid, carnosol and carnosic acid...[Consider adding a few drops of rosemary oil to olive oil for a marinade with whatever else suits your fancy!](#)

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