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THE RE-DISCOVERY OF ESSENTIAL OILS FOR AROMATHERAPY

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Essential oils are perhaps the most exciting life-giving substances in the world. The application of high-grade essential oils are the tools used in modern Aromatherapy. Science is re-discovering these healing substances that were used in ancient times. Because now, self-responsibility in matters of health is encouraged, many are seeking safe, unadulterated, natural ways to support their well being in cooperation with their licensed health professionals. Aromatherapy has been steadily building credibility as modern science enlightens our understanding of what the ancients knew from experience.

What are essential oils? They are the concentrated essences of various flowers, fruits, herbs, and other plant parts that have been distilled for centuries all over the world. In modern times we have forgotten their power, preferring instead to use the products of perfume and chemical companies which imitate the natural fragrances and medicinal and cleansing properties of essential oils. Modern scientific research has proven that essential oils are potent, with remarkable healing properties.

According to the translation of ancient Egyptian hieroglyphics and Chinese manuscripts, priests and physicians were using essential oils thousands of years before Christ. There are numerous references to essences and oils in the Holy Bible; with some, such as frankincense, myrrh, rosemary, hyssop and spikenard used for the anointing and healing of the sick. Biblical prophets recognized the use of essential oils as a protection for their bodies against the ravages of disease. The oils of Frankincense and Myrrh were brought to the Christ Child. Clinical research has now found that Frankincense oil contains very high immuno-stimulating properties.

In our modern times, essential oils have unlimited applications from cosmetology to food flavoring, from perfumery to medicine; as well as their traditional use in religious rituals. Perhaps the oldest traditional use of essential oils is for emotional and spiritual purposes. The inhalation of oils works directly on the sense of smell. Each oil has a profound effect on the emotional and spiritual body. Oils enhance brain wave function and improve spiritual awareness and bring about a beautiful balance to the body. Rose and rosemary may improve memory. Patchouly brings peace and relaxation. Ylang Ylang balances male and female emotions. Clary Sage may balance hormones. Sandalwood increases spiritual awareness. Spruce helps to ground and creates a sense of security. Melissa contains a chemical constituent that has been reported to be very effective against viral diseases, insomnia, migraines and nervous tension. Chamomile, cinnamon, oregano, thyme and clove are commonly used in Europe to strengthen the immune system and to help the body fight against viral and other infectious conditions.

Unlike chemical drugs, therapeutic-grade essential oils do not remain in the body and they leave no toxins behind. They make more sense as air fresheners than commercial products, since they cleanse the air by altering the structure of the molecules creating the smells rather than masking the unwanted odors.

For more information about these convenient, practical and pleasant solutions for modern needs, see www.aromaassociates.com or write rita@aromaassociates.com.

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