

LIVING WATERS OUTREACH



LIVING + WELL

together

A NATURAL WELLNESS COMMUNITY

Introduction to Essential Oils

Disclaimer

I am not a doctor.

NOTHING I SAY IS INTENDED
TO DIAGNOSE, TREAT, OR CURE
ANY ILLNESS OR CONDITION.

Other Essential Oils...

THE RECOMMENDATIONS I MAKE
ARE FOR YOUNG LIVING PRODUCTS ONLY.
I BELIEVE THESE ARE THE MOST PURE OILS
ON THE MARKET TODAY AND MY EXPERIENCES
ARE FROM THIS BRAND ONLY. I CANNOT
SPEAK ON BEHALF OF ANY OTHER
BRAND AT THIS TIME.



What is an Essential Oil?

- » THEY CARRY VITAL NUTRITION TO THE PLANT AND THEY PROTECT IT FROM DISEASE.
- » ESSENTIAL OILS DO FOR PLANTS WHAT OUR BLOOD DOES FOR US.
- » OILS ARE DISTILLED FROM SHRUBS, FLOWERS, TREES, ROOTS, BUSHES, FRUIT, RINDS, RESINS AND HERBS.
- » THEY CONSIST OF OVER 100 DIFFERENT NATURAL ORGANIC COMPOUNDS, CALLED CONSTITUENTS.
- » OILS CAN SUPPORT EVERY SYSTEM OF YOUR BODY, FROM YOUR MUSCLE AND CIRCULATORY SYSTEM TO YOUR HORMONES, RESPIRATORY AND IMMUNE SYSTEMS.
- » BECAUSE THE MOLECULES THAT COMPRISE ESSENTIAL OILS ARE SO SMALL, THEY CAN CROSS THE BLOOD BRAIN BARRIER AND POSITIVELY AFFECT YOUR BRAIN AND YOUR EMOTIONS.



THEY SUPPORT YOUR SYSTEM NATURALLY TO HELP HEAL THE ROOT CAUSE RATHER THAN JUST MASKING THE SYMPTOMS.

How do we use oils?

APPLY TOPICALLY.

APPLY DIRECTLY TO THE SKIN. USE A CARRIER OIL. START WITH THE FEET.

INGEST.

VITALITY OILS: ENJOY A FEW DROPS IN A GLASS OF WATER

INHALE.

PLACE A FEW DROPS IN YOUR DIFFUSER AND ENJOY!

When you apply topically...

START LOW AND SLOW (ONE DROP GOES A LONG WAY!)

USE A CARRIER OIL TO SLOW ABSORPTION (ESPECIALLY IN CHILDREN)

NEVER APPLY IN NOSE, EYES OR EARS

SOME OILS ARE PHOTSENSITIVE OR HAVE A HIGH VIBRATION (HOT OILS)

YOUR BODY IS SMART & CARRIES THE OIL WHERE IT NEEDS IT MOST (FREQUENCY)



THEY WERE FOUND IN THE BLOODSTREAM IN TWENTY-SIX
SECONDS WHEN APPLIED TOPICALLY

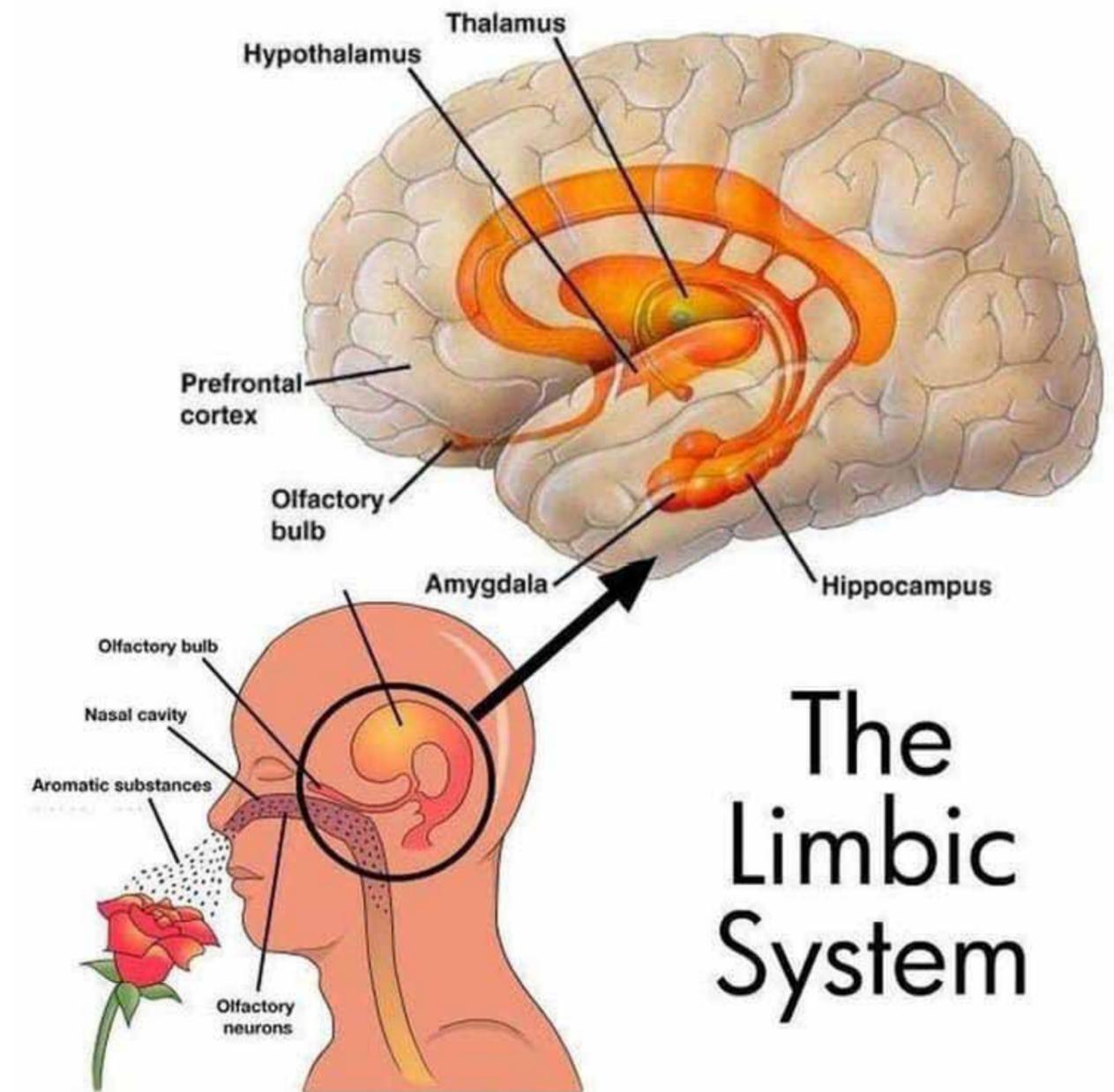
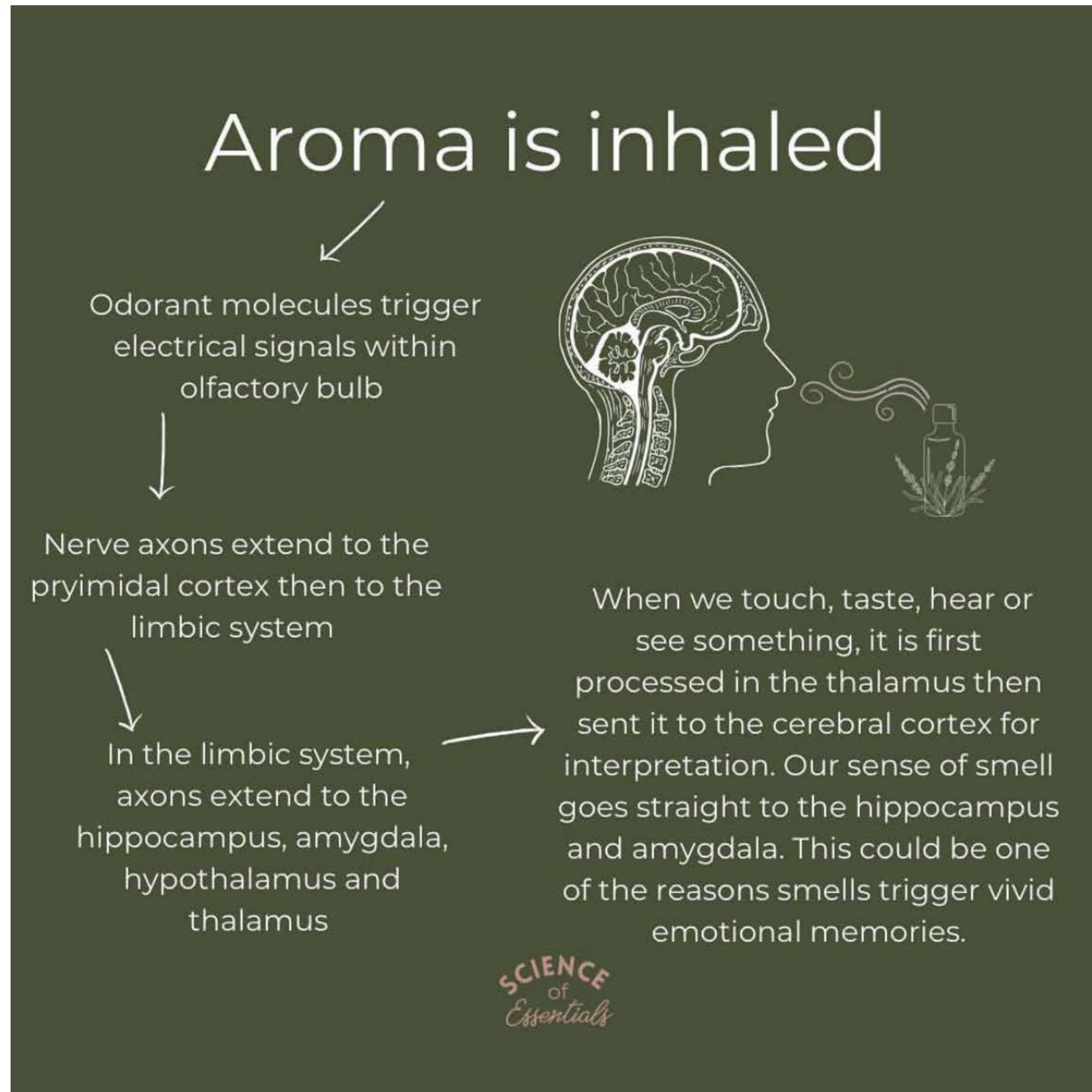
When you inhale...

- » WHEN YOU INHALE, BREATH IN, OR DIFFUSE ESSENTIAL OILS THE PARTICLES GO DIRECTLY INTO YOUR LUNGS. THEY ARE THEN QUICKLY ABSORBED INTO THE BLOOD STREAM AS THEY CROSS THE AIRWAY/CAPILLARY SYSTEM.
- » THE MOLECULES ARE TRANSPORTED THROUGHOUT THE BODY AND INTO EACH AND EVERY CELL. SINCE IT ONLY TAKES A FEW MINUTES FOR BLOOD TO CIRCULATE, THE OIL YOU'VE JUST INHALED WILL AFFECT EVERY CELL OF YOUR BODY WITHIN 20 MINUTES.



TESTS HAVE SHOWN OILS REACH THE HEART, LIVER AND THYROID IN THREE SECONDS WHEN INHALED.

If you like science...



» THE LIMBIC SYSTEM CONTROLS MEMORY, STRESS LEVELS, FIGHT/FLIGHT, HEART RATE, BLOOD PRESSURE, BREATHING, AND HORMONE BALANCE.

Essential Oils in Scripture

(Don't worry, there's an entire class on this! Yay!)

EZEKIEL 47:12

FRUIT TREES OF ALL KINDS WILL GROW ON BOTH BANKS OF THE RIVER. THEIR LEAVES WILL NOT WITHER, NOR WILL THEIR FRUIT FAIL. EVERY MONTH THEY WILL BEAR FRUIT, BECAUSE THE WATER FROM THE SANCTUARY FLOWS TO THEM. THEIR FRUIT WILL SERVE FOR FOOD AND THEIR LEAVES FOR HEALING.

JAMES 5:14

IS ANYONE AMONG YOU SICK?
LET THEM CALL THE ELDERS OF THE CHURCH TO PRAY OVER THEM AND
ANOINT THEM WITH OIL IN THE NAME OF THE LORD.

PSALM 51:7

CLEANSE ME WITH HYSSOP, AND I WILL BE CLEAN; WASH ME, AND I WILL BE WHITER THAN SNOW.

Quality Matters

- » ESSENTIAL OILS ARE LOOSELY REGULATED BY THE FDA WITH LITTLE TO NO OVERSIGHT IN TERMS OF QUALITY.
- » IT IS IMPERATIVE THAT YOU RESEARCH THE COMPANY BEFORE USING ANY BRAND OF ESSENTIAL OILS.
- » **SADLY, A COMPANY MAY LABEL THEIR OIL AS 100% PURE IF IT IS COMPRISED OF ONLY 5% OF A PURE ESSENTIAL OIL.**



THE FDA DOES NOT ALLOW ANYONE TO MAKE CLAIMS OR PUBLICLY SHARE THAT A NATURAL PRODUCT SUCH AS AN ESSENTIAL OIL CAN HEAL OR TREAT ANY HEALTH CONDITION.

Levels of Quality

THERAPEUTIC GRADE

MADE FROM ORGANICALLY GROWN PLANTS AND DISTILLED AT LOW TEMPERATURES TO HAVE THE PROPER CONSTITUENTS

FOOD GRADE

MAY CONTAIN SYNTHETICS, PESTICIDES, FERTILIZERS, CHEMICAL EXTENDERS, OR CARRIER OILS

PERFUME GRADE

OFTEN CONTAINS ADULTERATING CHEMICALS AND SOLVENTS TO GAIN HIGHER YIELD. SOLVENTS CAN BE CANCEROUS, AND ARE IN MANY STORE BOUGHT OILS. THEY MAY ALSO BE DILUTED 80-95% WITH ALCOHOL.

FLORAL WATER

AROMATIC ONLY AND USUALLY A BYPRODUCT OF GRADE A DISTILLATION. AFTER THE OIL IS PULLED OUT, THE LEFT OVER FLORAL WATER IS SOLD TO COMPANIES. THEY IN TURN WILL FILL 5% OF THE BOTTLE WITH THIS FLORAL WATER, AND TOP THE REST OFF WITH CARRIERS AND LABEL IT "PURE."

How do they differ from pharmaceutical drugs?

- » MEDICINAL PLANTS AND OILS WORK WITH YOUR BODY TO PROMOTE HOMEOSTASIS.
- » PHARMACEUTICALS ARE ISOLATED AND OFTEN SYNTHETIC COMPOUNDS
- » THERE IS A PLACE FOR PHARMACEUTICALS BUT THEY DO NOT WORK IN HARMONY WITH YOUR BODY.
- » BE MINDFUL OF THE "BIG" BUSINESS

“[Prescription drugs] are often developed as pharmaceutical chemists ask ‘What is the active ingredient in this medicinal plant that makes it work? How can we isolate that ingredient and make it synthetically so we can patent it and earn money from it?’ The other minerals and enzymes and co-agents in the plant are ignored, yet in nature those constituents act synergistically to help the herb work at its best. When you take away all the other parts of the herb and use only its so-called active ingredient it becomes unnatural and creates unwanted side affects”

– *Inner Transformations Using Essential Oils*,
by Dr. LeAnne Deardeuff, DC

“DRUGS AND OILS WORK IN OPPOSITE WAYS. DRUGS TOXIFY. OILS DETOXIFY. DRUGS CLOG AND CONFUSE RECEPTOR SITES. OILS CLEAN RECEPTOR SITES. DRUGS DEPRESS THE IMMUNE SYSTEM. OILS STRENGTHEN THE IMMUNE SYSTEM. ANTIBIOTICS ATTACK BACTERIA INDISCRIMINATELY, KILLING BOTH THE GOOD AND THE BAD. OILS ATTACK ONLY THE HARMFUL BACTERIA, ALLOWING OUR BODY’S FRIENDLY FLORA TO FLOURISH.”

– DAVID STEWART, PH.D., R.A., THE CHEMISTRY OF ESSENTIAL OILS, 2005

Fun Facts

- » 60 THOUSAND ROSE BLOSSOMS PROVIDES ONLY 1 OZ OF ROSE OIL
- » 220 POUNDS OF LAVENDER WILL PROVIDE 7 POUNDS OF OIL
- » JASMINE FLOWERS MUST BE PICKED BY HAND BEFORE THE SUN BECOMES HOT ON THE VERY FIRST DAY THEY OPEN, THUS MAKING IT THE MOST EXPENSIVE OIL IN THE WORLD! IT TAKES 8 MILLION HAND-PICKED BLOSSOMS TO PRODUCE 2.2 POUNDS OF OIL.



Time to make our
WELLNESS BLEND!

Wellness Blend

Thieves (10 drops) / Lemon (4 drops) / Oregano (3 drops) / Tea Tree (2 drops)
Fill remainder with Carrier oil

HOW TO USE:

Roll on bottom of feet or spine daily to promote wellness.

Thieves

This blend contains Clove, Lemon, Cinnamon Bark, Eucalyptus Radiata, Rosemary.

Antiseptic / Antiviral

Inspired by the legend of four 15th-century French thieves who formulated a special aromatic combination composed of clove, rosemary, and other botanicals used while robbing the dead and dying.

Supports overall wellness
Respiratory support
Oral Health
Diffuse to clean the air
Used in cleaning products

Diffuse
Apply Topically
Take Internally

Lemon

Anticancer, Antidepressant, Antiseptic, Antifungal, Antioxidant, Antiviral, Astringent, Invigorating

Cold-pressed from the rind, not the pulp (not acidic to teeth)

Add drop in a glass of water to for liver, kidney and urinary track support

Erodes petrochemicals

PH balancing

Immune supporting

Diffuse
Take Internally

Oregano

HOT OIL!!!!

Antiseptic, Antiviral, Antibacterial, Antifungal, Antiparasitic, Antispasmodic and Immune-Stimulant

May cause skin irritation, never use without a carrier oil

Supports overall wellness

Apply to the bottom of feet

Take in a veggie capsule

Not for children under 6 years old

Apply Topically
Take Internally

Tea Tree

Analgesic, Antibacterial, Antifungal, Anti-infectious, Anti-inflammatory, Antioxidant, Antiparasitic, a strong Antiseptic, Antiviral, Decongestant, Digestive expectorant, Immune-stimulant, Insecticidal, Neurotonic, Stimulant, Tissue regenerative

Acne

Skin infections

Keeps bugs away / ticks / bites

Promotes wound healing

Deoderant

Ear ache

Athlete's foot (fungal situations)

Diffuse
Apply Topically