Essential Oils from A to Z for a Moebius Family

The information is provided as an information resource only. The products highlighted in this presentation are not intended to diagnose, treat, cure or prevent disease.

Emily Calhoon  ecalhoon@gmail.com  www.essentialoilemily.com
Essential oils are...

*volatile liquids distilled from aromatic plants.

*the life blood of plants.
Essential oils are

- Antibacterial
- Anti-microbial
- Anti-fungal
- Anti-viral
- Anti-inflammatory
- Anti-tumoral
- Anti-depressent
- Antiseptic
- And more...

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Essential oils can...

- Clear receptor sites
- Deprogram incorrect information
- Reprogram correct information

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Essential Oils vs. Drugs

**Plant Medicine**

- Natural, from nature
- Amplify, support, moderate
- Detoxify
- Multidimensional
- Homeostatic intelligence
- Sensitize receptor sites
- Supports immunity
- Reduce inflammation
- Attack only harmful bacteria

**Drugs**

- Synthetic, unnatural
- Block, suppress, obstruct
- Toxify
- One-dimensional
- Programmed robots
- Confuse, clog receptor sites
- Depress immunity
- Cause inflammation
- Attack indiscriminately

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Essential oils have...

“40 million trillion molecules in one drop. That's approximately 40,000 molecules for each cell in the average human body!”

- Article in published in the *International Wellness Directory*

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580 MHz: Idaho Blue Spruce
150 MHz: Thieves essential oil blend
62-68 MHz: healthy body
58 MHz: sickness and disease start
52 MHz: essential oils start
12-22 MHz: fresh herbs
15 MHz: fresh produce
0 MHz: canned food
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.)

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>62-68</td>
<td>Normal frequency of a healthy body</td>
</tr>
<tr>
<td>50-56</td>
<td>Negative thoughts -12MHz</td>
</tr>
<tr>
<td>58</td>
<td>Mhz drops 4 points, headache sets in, cold symptoms may start</td>
</tr>
<tr>
<td>57</td>
<td>Flu invades the body</td>
</tr>
<tr>
<td>55</td>
<td>More serious problems like pneumonia, Epstein Barr sets in</td>
</tr>
<tr>
<td>48</td>
<td>Tissue breaks down from disease</td>
</tr>
<tr>
<td>42</td>
<td>Cancer can set in</td>
</tr>
<tr>
<td>20</td>
<td>Death</td>
</tr>
</tbody>
</table>
There are different grades of essential oil.

• Genuine Essential Oils (pure from seed to seal)
  • Natural Oils (organic)
  • Altered Oils (fragrance grade)
  • Synthetic Oils (made in a laboratory)

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What is Adulteration?

One great concern in the essential oil industry is PURITY.

Many oils are adulterated, engineered or extended with the use of synthetic chemicals. It is easy to engineer a scent by imitating one constituent of the essential oil; however, it is impossible to imitate the entire constituents of the essential oil. A therapeutic-grade essential oil may have hundreds of constituents synergistically working side by side each other.

How can a chemist copy all that?
There are different grades of essential oil.

- Genuine Essential Oils (pure from seed to seal)
- Natural Oils (organic)
- Altered Oils (fragrance grade)
- Synthetic Oils (made in a laboratory)
Young Living Seed to Seal

• **Seed:** organic, selected by experts, authenticated to produce the highest therapeutic value

• **Cultivate:** soil prep, balance of sun & water, responsible weed and pest control, and wild-craft harvesting ensures that stringent standards are met.

• **Distill:** proprietary low-temp, low pressure, steam distillation process ensures that every batch is uncompromised during the extraction process.

• **Test:** Each batch is tested in house and in third-party audits.

• **Seal:** Sealed and inspected in our own clean-room facility
What is? Steam Distillation

Steam distillation is a process whereby an essential oil is extracted from the plant parts. Low temperature and low pressure is utilized so as not to fracture the molecules. Stainless steel vat is required. Cooking chambers made of copper or aluminum can destroy the oils, they may cause chemical reactions.

Distilling time is an art because each plant has a different distilling time. If distilled under time or too soon, the oils may lose their healing properties.
Be safe when you choose!

Essential oils should NOT have:

- “Do not take internally” on the label
- An expiration date

These things are both indications that chemicals have been added and/or the oil is not pure.

Labeling is not well regulated so 100% pure essential oil only has to have 5% essential oil in the bottle.

Research your oil company before you choose as bad quality oil can harm your body.

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These protocols and testimonies are only for Young Living Essential Oils.
Young Living Essential Oils Used in Hospitals!

Alegent Creighton Health, Omaha, NE
Aurora Healthcare System, Foxpoint WI
Banner Health, Mesa AZ
Benedictine Hospital, NY
Beth Israel Complementary Care Center, NY, NY
Children’s Healthcare, Roseville, MN
Children’s National Medical Center, Washington, DC
The Cleveland Clinic, Cleveland, OH
Columbia Presbyterian Medical Center, NY NY
Elk Regional Health Hospital, PA
Fairbanks Memorial Hospital, AK
Florida Hospital Medical Center, Orlando, FL
Goshen General Hospital, Goshen, IN
Heather Hill Hospital, Chardon, OH
Ingham Regional Medical Center, Landing, MI
Kaiser Foundation Health Plan, Oakland, CA
Manilaq Hospital, Kotzebue, AK
Memorial Sloan-Kettering Cancer Center, NY, NY
Mercy Holistic Health, Cincinnati, OH
Oklahoma Medical Center, OK
Pinnacle Health, Harrisburg, PA
St. Barnabas Healthcare System, Toms River, NJ
St. Francis Medical Center, Hartford, CT
St. John’s Riverside Medical Center, Yonkers, NY
St. Luke’s Medical Center, New Bedford, MA
Sentara Healthcare, Wilmington, DE
The Valley Hospital, Ridgewood, NJ
University of Michigan Hospital, MI
Wishard Memorial Hospital, Indianapolis, IN
UCLA Medical Center, CA

...AND THE LIST KEEPS GROWING

THE CLEVELAND CLINIC INTEGRATIVE THERAPIES PROGRAM

“...In order to insure consistent quality, we use Young Living Oils exclusively. Most of the oils are used
Go to scholar.google.com and type “essential oils” into the search box.

I got 1,690,000 results.

In the first few pages I found many articles about the antimicrobial, antibacterial, antioxidant, antifungal properties of essential oils and their effectiveness against many pathogens, pests, and diseases.

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There are different grades of essential oil.

Matthew 17 mos. – June 15
There are different grades of essential oil.
There are different grades of essential oil.

Matthew 17 mos. – June 22
Because it's therapeutic grade

Photos are 1 day, 2 months, and 6 months after surgery.

She applied a mix of 5 oils 3-4 times per day.

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Inhalation

How to use EO?

**1** Shortest route to the body via the olfactory nerves (nose) to the brain.

**2** The brain then sends signals via the nerves to where there is pain or anxiety.

**3** Use a diffuser, smell from the cap or bottle or smell from your cupped hands.

*Lemon is a top favorite!*

Be cautious of synthetic or oils with additives.
Use only **therapeutic-grade essential oils**.

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Ours sense of smell is directly connected to the limbic system of the brain.

Why is the limbic system important?

The hypothalamus, amygdala, and hippocampus are part of the limbic system.

They are involved in motivation, emotion, learning, and memory.

The limbic system influences the endocrine and autonomic nervous systems.
Topical Application

How to use EO? SKIN

*1 Essential oil is absorbed transdermally via the skin pores.

*2 Some oils are gentle while others are HOT. Always keep vegetable oil handy.

*3 Allow a few mins when layering oils to achieve the benefits of each oil.

When skin gets hot, do not flush with water which will aggravate the condition. Apply vegetable oil instead.

* Melaleuca alternifolia is a very gentle oil.

OST. DELL CHUNG

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Ingestion

How to use EO?

*1 Via the digestive system and intestinal walls then absorbed into the cells.

*2 May help with sore throat, ulcers, stomach upset or digestive problems.

*3 Use glass or ceramic cups, never use plastic or styrofoam.

Orange is for gastric ulcers and Peppermint for digestion.

Lemon, grapefruit, tangerine are favorites.

Read the label of Young Living essential oils if they are for dietary uses. Use only therapeutic-grade essential oils.

Art. DolffChung

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You are NOT allergic to pure essential oil

“It is impossible for the molecules of an essential oil to cause an allergy. Almost all allergies are in response to proteins and polypeptides which are never found in essential oils.”

A burning sensation or skin rash from an essential oil is caused by:

• A detoxification response
• Inflammation from chemical irritation to tender skin
• Manifestation of an emotional issues

Referenced from Dr. David Stewart's book “The Chemistry of Essential Oils Made Simple

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Pure Therapeutic Essential Oils are one part of a chemical free lifestyle leading to health and wellness.

Other keys:
Diet
Sleep
Low stress

Removing chemicals - from our environment, the food we eat, and what we put on our body.

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Allergy “pills”

L. L. P. Allergy “Shots”

3 drops each lavender, lemon, and peppermint essential oils taken internally 3 times a day. Natures’ antihistamine!

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Allergies

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<table>
<thead>
<tr>
<th>Young Living’s Premium Starter Kit for Allergies</th>
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<tbody>
<tr>
<td><strong>Lavender</strong></td>
</tr>
<tr>
<td><strong>Lemon</strong></td>
</tr>
<tr>
<td><strong>Peppermint</strong></td>
</tr>
<tr>
<td><strong>Frankincense</strong></td>
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<tr>
<td><strong>Purification</strong></td>
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<tr>
<td><strong>Thieves</strong></td>
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<tr>
<td><strong>PanAway</strong></td>
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<tr>
<td><strong>Valor</strong></td>
</tr>
<tr>
<td><strong>Peace &amp; Calming</strong></td>
</tr>
<tr>
<td><strong>Joy</strong></td>
</tr>
<tr>
<td><strong>Stress Away</strong></td>
</tr>
</tbody>
</table>

*Diffusing any of the Everyday Oils may be beneficial for someone with allergies to keep their air clean and free from allergens and to build immunity.

*The “Allergy Bomb” of 3 drops each Lavender, Lemon, and Peppermint has been shown to even replace common allergy medications.*
Autism

Singles: Vetiver, Patchouli, Lavender, Eucalyptus Globulus, melissa, Cedarwood, Sandalwood, Frankincense

Blends: Brain Power, GLF, Valor, Valor Roll-on, Clarity, Peace & Calming, Common Sense, The Gift

Nutritionals: Essentialzyme, NingXia Red, ½ Super B for children, Sulferzyme, Detoxzyme, Power Meal, Balance Complete, AlkaLime

Autism Blend:
15 drops of Sacred Frankincense or Frankincense
12 drops of Myrrh
10 drops of Idaho Balsam Fir
10 drops of Canadian Fleabane (Conyza)
4 drops of Peppermint

Take 3 capsules daily: morning, noon and night.

Information from the Essential Oil Pocket Reference by Life Science Publishing

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Autism

Observations of a mom on her son with autism

“I use Brain Power, Sacred Frankincense, Valor and Vetiver, 4 drops each in a roll-on for my autistic son.”

“I apply it on the back of his neck, above his spine, also on the bottom of his feet.”

“Since he is so sensitive, I must dilute this blend in coconut oil and apply 2x a day, otherwise his neck itches.”

“I am actually seeing results, more eye contact, more interaction with us.”

Shared by a mom.

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Singles: Vetiver, Lavender, Cedarwood, Sandalwood, Cardamom, Peppermint, Sacred Frankincense, Frankincense

Blends: Brain Power, Peace & Calming, Clarity

Nutritionals: OmegaGize, Mineral Essence, NingXia Red, Power Meal, Balance Complete, Essentialzyme, Detoxzyme, Multi-Greens, Master Formula HIS or HERS

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ADD and ADHD

ADHD in children is caused primarily by consuming processed food such as artificial colors and MSG, and refined carbohydrates. 80% of children taken off these have improved in 2 weeks (http://www.newstarget.com/artificialcolors.html).

from Stacey Kimbrell
Chemical Awareness Advocate

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ADD and ADHD

Valor balances our left & right energies on the electrical, structural & emotional levels.

Help for ADHD & anxiety.

Balance Ground

Apply Valor on the whole spine, apply vetiver on the toes of the feet.

Vetiver grounds our scattered energies & pulls all our distractions down to the centerpoint.

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Vetiver Cedarwood Lavender

3 oils that may help with ADHD, layer each oil under the big toes of child.

Research shows vetiver as the most effective oil. Applying on the back of the head is favorable but since the smell is very strong, rub under the big toe instead. For adults, rub on the wrists.

Shared by Lisa Kullman

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Supported by research done by Dr. Terry Friedmann
Sleep

Singles: Lavender, Goldenrod, Valerian, Roman Chamomile, Orange, Mandarin

Blends: RutaVaLa, RutaVaLa Roll-On, Tranquil Roll-On, Peace & Calming, Surrender, Trauma Life, Hope, Humility, Stress Away Roll-On

Nutritionals: SleepEssence, ImmuPro, Essentialzyme, MegaCal, Mineral Essence, OmegaGize, Life5, Thyromin (taken just before getting into bed)

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Sleep

Margie, I'm tellin' ya:

My mom has this secret weapon for dreaded naptime called lavender essential oil. Every time she puts it on the bottom of my feet, I fall right asleep, it's horrible!
Do you find it HARD TO SLEEP?

Marc Schreuder told us at Convention 2009 when OCOTEA was introduced to take 1-2 drops Ocotea under the tongue at bedtime & use PEACE & CALMING on back of neck and bottoms of feet and it is "Slumber Party"! (I find that VALOR works better for me than Peace & Calming.)

Shared by Frances Fuller

Use the oils at the back of the neck, bottom of the feet & inhale.

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Restless Legs Syndrome

Singles: Valerian, Lavender, Basil, Marjoram, Cypress, Roman Chamomile


Nutritionals: ImmuPro, Mineral Essence, MultiGreens, MegaCal, OmegaGize, SleepEssence, Thyromin

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Respiratory System

Respiratory congestion

Eucalyptus globulus, radiata & citriodora
mucolytic & expectorant

marjoram
warming

lavender
calming

cypress
circulation

peppermint
invigorating

spruce
respiratory support

pine
respiratory support

myrtle
fights infection

Diffuse, Rub on chest.

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A Young Living essential oil blend of ravensara, lemon, wintergreen, peppermint & eucalyptus radiata that is good for **sinusitis and nasal congestion**

RAVEN

I apply it on my chest, upper back and throat to break up phlegm congesting in these areas. Breathing is more difficult when I’m sleeping, so RAVEN on my pillow helps. RAVEN can be inhaled directly, used in vapor or used for gargling.
Respiratory System

mountain savory
for immune system

**hyssop**
- blood nourishing
- **POWERful anti-VIRAL Oil Blend**

**ravensara**
- respiratory support
- Diffuse. Rub on spine & under feet.

**oregano**
- high in antioxidant

**cistus**
- respiratory support

**clove**
- potent antioxidant
- Use vegetable oils if too HOT.

**idaho tansy**
- tones the body

**frankincense**
- white blood cell production

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Respiratory System

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**General Sickness**

**Diffuse, Drink & Rub**

Viruses are so persistent that I use Thieves whenever I have the beginnings of a sore throat, slight cough and some sniffles. These for me are a sign of a viral entry.

I gargle 1 drop in water, drink it in water or drop under my tongue & a few minutes later, I spit out some phlegm and that’s about it.

As the seasons change and temperatures drop in the Northern Hemisphere, our bodies start to become susceptible to colds and flu. In tropical countries, thieves act as preventive shields for dengue. I rub it under my feet to keep me protected all day.

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Luke's Protocol

What we use for Luke as a general protocol for his Moebius Syndrome. We have found this helps lessen his sensory issues and autistic issues as well.

Protocol:
Layer each oil waiting 1-2 minutes between oils on the back of the neck along the brain stem and spine.
Frankincense
Peppermint
Helichrysum
Peppermint

We have been out of Helichrysum and so I have been using Copaiba in its place.

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Getting Started

PREMIUM STARTER KIT
INCLUDES WHOLESALE MEMBERSHIP AND...

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More information

Feel free to contact me.

I can connect you with more resources.

I can help you get started.