

ESSENTIAL OILS INTRODUCTION and RESOURCES

Essential Oils (EO's) are natural aromatic compounds (scent molecules) extracted from seeds, bark, stems, roots, flowers, and other parts of plants. Essential oils contain natural and unique properties that can have powerful benefits on your health and overall wellness. Essential oils have been used throughout history in many cultures for their medicinal and therapeutic benefits.

The process of extracting essential oil from plant material is called **distillation**. **Steam distillation** is the most common distillation method. This process uses low-heat pressurized steam to circulate through plant parts and extract oils. But the most commonly used method for obtaining *citrus oils* is **cold press distillation** or **expression**. This process uses a mechanical press to squeeze EO's from plant parts. EO's are very concentrated at 50-70 times more powerful than herbs. Therefore, very little is used at a time making it very cost effective. Since their particles are so tiny, EO's can pass through the skin & even penetrate cells to kill viruses and bacteria.

Pure therapeutic grade essential oils represent the safest, purest and most beneficial essential oils available today providing health benefits without the many side effects or addictions associated with many prescription medications. Pure means they are 100% natural with no fillers or harmful additives. There are several companies which sell quality EO's, but I use doTERRA because I was impressed with their harvest and production process. **doTERRA** is an essential oil company which uses a multi-phase, chemical composition, inspection protocol with each batch of oils, giving its essential oils a **Certified Pure Therapeutic Grade (CPTG[®])**.

In recent years essential oil use has rapidly grown as scientists and medical practitioners research and validate the numerous health benefits of pure and natural essential oils. Today there are many different essential oils with different properties. Some are very mild and may be used straight from their bottle while others are strong and may require the use of a carrier oil to dilute them for safe use. A **carrier oil** (as coconut, avocado, sweet almond, olive, jojoba, grapeseed) is a lipid-based substance used to dilute essential oils. A carrier oil does not vaporize when exposed to oxygen like EO's do, so it helps the EO last longer for better absorption too. doTERRA's *Fractionated Coconut Oil* is an excellent carrier oil option because of its long shelf-life and light, non-greasy texture.

There are 3 methods of use for EO's and some can be used all 3 ways but some only 1 or 2. These **Methods of Use** are **(A,T & I)**:

AROMATIC (A) — Essential oils that can be used aromatically (breathed in). Smelling is the only sense directly connected to the brain's limbic system which controls blood pressure, heart rate, breathing, memory and hormone balance and regulates fear, anger, depression, anxiety, happiness and sadness & all can be affected by scent molecules. Diffusion is one of the most popular ways to enjoy the aromatic benefits of EO's, or just breathe from the bottle, or breathe drops from opening in both hands cupped together.

TOPICAL (T) — Essential oils that can be used topically, which means you can apply them directly on the skin or mix them with carrier oils or other personal care products. Apply by rubbing, massaging or just drop on the skin.

INTERNAL (I) — Essential oils that can be used internally. You can add oils to beverages (as water, juice, tea), take them in doTERRA Veggie Caps, take doTERRA essential oils supplements, gargle in water or use them in your favorite recipes. **CAUTION** with using EO's Internally – some people cannot use this method. Use Aromatic (preferred) and Topical methods as much as possible.

Several oils have similar properties and benefits as other oils. So if you try one oil for a condition and it irritates your stomach or skin or does not help your condition, try another oil with the same benefits or try another method (**AROMATIC is the safest method**). Often when you combine (blend) two or more oils together which have similar benefits, you get an even greater effect or benefit. Some oils (like some medications) may help some people, but not help others. Learn more about essential oils and their uses by searching the internet. Type in the Search box: "essential oils" **and** a specific condition or certain oil. (See **RESOURCES** below too.)

Since essential oils are so concentrated, use as little as possible for each condition – usually 1-2 drops and DO NOT use in plastic containers since they can degrade plastic. Essential oils also have a **Skin Sensitivity** Rating (N,S,D) as follows:

NEAT (N) — A category of essential oils that can be applied topically without dilution because of their extremely mild chemistry.

SENSITIVE (S) — A category of essential oils that should be diluted for young or sensitive skin.

DILUTE (D) — A category of essential oils that should be mixed with a carrier oil. The carrier oil will help "carry" the essential oils onto the skin and help avoid a skin reaction. (The descriptions of oils and blends below use these ratings of method and sensitivity)

There are several essential oil companies out there, varying in quality and cost of their oils. doTERRA is a high quality, highly respected company. Here is how you can choose to get started with doTERRA Essential Oils:

- 1) **As A Customer** – go to: my.doterra.com/BrooksHarris. Select the "Shop" tap to see all their oils.
 - Purchase products at the retail price with No Commitment or Obligation
 - Consider first trying a kit of 3 popular oils (see kit #1 on the next page)
- 2) **As A Wholesale Member (or Wellness Advocate)**
 - \$35 Membership OR Essential Oils Enrollment Kit purchase required (see kits #2 & #3 on the next page)
 - Receive 25% Discount from Retail & May participate in Loyalty Rewards for an additional 10-30% off products
 - Share this info and get your oils paid for.
 - Contact Dr. Harris at 731-635-3026 for more information on becoming a Wholesale Member (Wellness Advocate)

What are the best essential oils to start with?

How do I know which essential oil to buy?

This is one of the most vital things you must know about essential oils (EO's): not all essential oils are created equal. In fact, most of them are worthless to your health and are often synthetic. Therefore, when buying essential oils be certain they are certified USDA organic, 100 percent pure, therapeutic grade oils in dark amber-colored bottles and indigenously sourced like doTERRA. Visit my.doterra.com/BrooksHarris for much more information on essential oils and doTERRA's products and philosophy.

doTERRA (which is a Latin derivative meaning "Gift of the Earth") offers different kits of essential oils as these 3:

#1 "Introduction to Essential Oils Kit" is perfect for beginners. It Retail for \$26.67 and is only \$20.00 Wholesale. It contains three 5ml bottles of 3 very popular essential oils – **Lavender, Lemon and Peppermint** and a list of suggested uses for each oil.

#2 "Family Essentials Kit & Beadlets" (An Enrollment Kit) It Retail for \$200.00 and is only \$150.00 Wholesale. It contains ten **5ml** bottles of the essential oils (6 Single & 4 Blends) – **Lavender, Lemon, Peppermint, Frankincense, Melaleuca, Oregano and Breathe, DigestZen, On Guard, Deep Blue** and the doTERRA Essentials Booklet plus **Peppermint** and **On Guard** Beadlets.

#3 "Home Essentials Kit" (An Enrollment Kit) It Retail for \$366.67 and is only \$275.00 Wholesale. It contains nine **15ml** bottles of the essential oils (6 Single & 3 Blends) – **Lavender, Lemon, Peppermint, Frankincense, Melaleuca, Oregano and Breathe, DigestZen, On Guard, and 5ml of Deep Blue** and the doTERRA Essentials Booklet plus a **Petal Diffuser**.

***Before using EO's** research how each can be safely used (not all EO's can be used the same way). If you are taking medicine, ask your prescribing doctor about using EO's (Many oils can help with certain health conditions as hypertension and diabetes, but some oils should not be used with such conditions.) Also visit <https://draxe.com/essential-oil-safety/> to learn about **precautions** in general and of individual oils for kids, adults & pregnancy. **NEVER** put essentials oils in the eyes or ears. Also **CAUTION** with Internal use.

SOME FAVORITE OILS: See how these oils are used in the Blends below: (costs listed below may change without notice)

OIL NAME-USE METHOD (A,T,I)/SKIN SENSITIVITY (N,S,D)-Cost (Retail/Wholesale)-PROPERTIES & HOW TO USE IDEAS

Bergamot – (A,T,I) / (S) - \$36.67/\$27.50 – Avoid sun exposure to skin with **ALL Citrus oils** for 24 hours if using Topically or Internally. Antidepressant; relieves anxiety, pain, stress, sadness, irritability, colic, fever, digestive problems & chest congestion; balances blood sugar & hormones, antimicrobial for cuts and scrapes, deodorant, mouthwash. Reduces sharp, stabbing pain from neuropathy.

Clove – (A,T,I) / (D) - \$18.67/\$14.00 – Abscess, addictions, blood clots, chicken pox, gingivitis & dental pain relief, mold, anti-fungal properties, treating cold sores, arthritic pain, antibacterial properties, Lyme disease, herpes simplex, thrush. Topically to block nerve signals to the brain for pain relief; take Internally to balance insulin levels, reduce inflammation, glucose and cholesterol levels.

Copaiba – (A,T,I) / (S) - \$46.67/\$35.00 - Chronic pain relief, powerful anti-inflammatory (especially if combined with lemon, ginger, peppermint, lavender, frankincense, clove or lemongrass), powerful anti-oxidant which supports cardiovascular system, provides digestive relief, promotes immune health, protects & detoxifies liver, calms nerves and asthma; reduces acne, scars, blemishes and wrinkles. Internally apply 1-2 drops under tongue, or drink in water, juice or tea or put in a gel cap or raw honey. Topically apply directly to the affected area, with or without a carrier oil for pain relief. Mix with clove for a powerful topical chronic pain reliever.

Cypress – (A,T) / (N) – \$20.67/\$15.50 – Antiseptic for wounds. Helps bladder control. Topically to regularize blood circulation and reduce varicose veins, hemorrhoids, leg cramps, Restless Leg Syndrome, pain and inflammation to help repair damaged nerves.

Eucalyptus –(A,T) / (S) - \$18.67/\$14.00 - Topically as insect repellent, fever reduction, healthy blood flow, anti-inflammatory, antiseptic, blood sugar regulation, endometriosis, & poison ivy. Apply to help hypoglycemia, relieve spasms and pain. Aromatically for allergies, asthma, bronchitis, congestion, emphysema, hay fever, pneumonia. Gargle and spit out for coughs.

Frankincense – (A,T,I) / (N) - \$93.00/\$69.75 - Meditation, respiratory support, reduced nightmares, skin health, reduces inflammation, reduces scars, boosts immunity and promotes emotional well-being. Take Internally to support healthy cellular and immune function. Topically to help reduce the appearance of skin imperfections. Use with lavender and hot cloth to heal bruises.

Geranium Rose – (A,T,I) / (S) - \$36.00/\$27.00 - Menstrual relief, hemorrhoid treatment, hormonal imbalance, impetigo, dry skin, liver detoxification, skin regeneration, wrinkles, vertigo, blisters, tick repellent. Topically greatly reduces neuropathic pain.

Grapefruit – (A,T,I) / (N) - \$21.33/\$16.00 – Appetite suppressant to help weight loss, eating disorders. Supports immunity, hangover relief, anxiety relief. For addictions, blood clots, sugar substitute. Use Topically & Internally to break down fat and cellulite.

Lavender – (A,T,I) / (N) - \$28.00/\$21.00 – Anticonvulsant, antispasmodic, anti-inflammatory. Arrhythmia, atherosclerosis and heat stroke. Stress and pain relief, itch relief, breast health, heals burns, cuts, rashes, stings, reduces anxiety and promotes restful sleep. Reduces blood sugar levels. Aromatically or add a few drops to your pillow or bottom of feet to prepare for a restful night's sleep. Apply Topically for bruises, eczema, insect bites, measles, poison ivy, sunburn and to help reduce the appearance of blemishes. Add a few drops to a warm bath to help soak away stress. Internally 1–2 drops to help calm the nervous system.

Lemon – (A,T,I) / (N) - \$13.33/\$10.00 - Dish & laundry detergent, produce preservative, antibacterial, oily hair, gout, gall bladder & kidney stones. Spray with water to clean tables, countertops and other surfaces. Use to remove gum, glue, and other sticky residues. Removes stains & permanent marker from clothes. Add to desserts or beverages for zesty flavor. Take Internally to support healthy digestion & gargle for sore throat and cough. Aromatically to purify air and create an uplifting, refreshing aromatic experience.

Lemongrass - (A,T,I) / (S) - \$13.33/\$10.00 – Hyperthyroidism, hypothyroidism, metal toxicity. Reduces cholesterol, muscle spasms, pain, inflammation and varicose veins. Use Internally or Topically over affected areas for bladder and urinary tract infection, gastritis, carpal tunnel syndrome, torn tendon, connective tissue trauma & tissue regeneration.

Oregano – (A,T,I) / (D) - \$32.00/\$24.00 - Antibacterial, antioxidant, fungal infections like Athlete’s foot, anti-parasitic, bronchitis, strep throat. Topically a few times per day to remove plantar warts, calluses, boils, gangrene, pancreatitis, ringworm. Dilute and rub on to age spots or moles a few times per day until gone. This is a strong oil normally needing a carrier oil to protect skin.

Peppermint – (A,T,I) / (S) - \$27.33/\$20.50 - Hot flash relief, increases alertness; muscle, joint pain, and allergy relief, digestive aid, reduces fevers, clears sinuses & congestion, improves asthma and bronchitis, and relieves headaches & neuralgia. Topically for excellent pain relief of neuropathy and relaxes muscles & controls muscle spasms. Take Internally or Topically to help alleviate occasional stomach upset, diarrhea & IBS. Apply a few drops to the back of your neck to cool off. Rub on head and neck for a soothing sensation when feeling tense. Add to shampoo or conditioner for a stimulating scalp massage. Aromatically for a clearing, refreshing aroma, and to help with chronic fatigue, Bell’s palsy and poor concentration.

Rosemary –(A,T,I) / (N) - \$18.67/\$14.00 - Anti-proliferative, healthy circulation, brain health, scalp health, stress reduction. Topically to heal damaged nerves, aid nerve growth & regenerate nerve tissue. Excellent analgesic for pain (especially with peppermint use).

Tea Tree (Melaleuca)– (A,T,I) / (N) - \$25.33/\$19.00 - Anti-inflammatory, deodorant, insect repellent, insect bites, insecticide. Has antibacterial and antifungal properties. Can be used Topically to prevent and reduce infections, and Aromatically cleans the air of pathogens and allergens. Combine 1–2 drops with your facial cleanser or moisturizer for added cleansing properties, or apply to skin after shaving. Apply to fingernails and toenails to keep nails looking clean and healthy. Use as an effective surface cleaner. Add a few drops to shampoo or massage into the scalp. Add to toothpaste or swish with water for a quick and easy mouth rinse.

Wild Orange – (A,T,I) / (N) - \$14.00/\$10.50 – Use Aromatically for cold and flu prevention, anxiety, sadness, toxemia. Apply Topically for wound disinfectant, callus removal & skin collagen promotion. Take Internally for stomach problems, nausea.

SOME FAVORITE BLENDS – For Blends see the above oils for benefits of some of the individual oils in each Blend:

doTERRA Balance[®] Grounding Blend – (A,T) / (N) – \$26.67/\$20.00 - (Blend of spruce, howood, frankincense, blue tansy, blue chamomile in fractionated coconut oil) Promotes relaxation, blood thinning and reduced blood pressure especially with Serenity. Elevates mood and reduces anxiety, fear, mood swings, and sadness.

doTERRA Breathe[®] Respiratory Blend - (A,T) / (S) - \$26.66/\$20.00 – (Blend of laurel leaf, peppermint, eucalyptus, ravensara, melaleuca, lemon, cardamom) Aromatically for a clearing aroma (diffuse at night) and helps clear airway for easier breathing to help with allergies, asthma, bronchitis, congestion, emphysema, hay fever, pneumonia. Apply Topically to the chest to breathe deeply. Apply diluted to upper lip and inhale to invigorate and clear your senses. Gargle and spit out for cough, mucous & sinus infection.

doTERRA Citrus Bliss[®] Invigorating Blend– (A,T) / (N) – \$20.00/\$15.00 - (Blend of wild orange, lemon, grapefruit, mandarin, bergamot, tangerine, clementine with vanilla absolute) Supports pancreas, liver and visual system. Helps with anorexia, apathy, eating disorders, exhaustion, lethargy, restlessness and sadness. Aromatically diffuse or apply to hand or wrists and breathe in.

doTERRA Deep Blue[®] Soothing Blend - (T) / (S) - \$42.67/\$32.00 – (Blend of wintergreen, camphor, peppermint, blue tansy, german chamomile, helichrysum, osmanthus) Helps soothe sore muscles, headaches and fibromyalgia. Topically apply on feet and knees before and after exercise. For sore muscles and back and aches, arthritis, bruises, cramps, torn ligaments and whiplash, apply to targeted areas. Massage on your lower back after a day of sitting at the desk or doing manual labor. (Available in a lotion too)

doTERRA DigestZen[®] Digestive Blend - (A,T,I) / (N) - \$41.33/\$31.00 – (Blend of ginger, peppermint, tarragon, fennel, caraway, coriander, anise) Promotes healthy digestion and gastrointestinal tract. Helps reduce bloating, gas, constipation, diarrhea, nausea, abdominal cramps, IBS, heartburn, colitis, occasional indigestion and worms. Take a couple of drops Internally to help maintain a healthy gastrointestinal tract and to promote healthy digestion. Topically rub over stomach to reduce bloating, gas and indigestion.

doTERRA On Guard[®] Protective Blend - (A,T,I) / (S) - \$42.67/\$32.00 – (Blend of wild orange, clove, cinnamon, eucalyptus, rosemary) Fights chronic fatigue, colds, endometriosis, mononucleosis, pneumonia, strep throat, tonsillitis. Helps with warts and abscesses. Supports body’s natural antioxidant defenses and supports healthy immune function. Diffuse to kill germs in the air. Internally add two to three drops in a Veggie Capsule or take directly for an immune boost before traveling or during seasonal changes.

doTERRA PastTense[®] Tension Blend - (A,T) / (N) - \$24.67/\$18.50 – (Blend of wintergreen, lavender, peppermint, frankincense, cilantro, majoram, roman chamomile, basil, rosemary) Comes in a roller-ball container. Calms emotions and eases stress, tension and headaches. Topically apply to temples, forehead, back of neck, behind ears, and / or on the carotids for relief.

doTERRA Serenity[®] Calming Blend - (A,T) / (N) - \$40.00/\$30.00 – (Blend of lavender, sweet majoram, roman chamomile, ylang ylang, Hawaiian sandalwood, vanilla absolute) Calms emotions and promotes relaxation and restful sleep. Topically apply to pulse points as wrist & carotids, and/or bottom of feet and temples to help relax and sleep. Aromatically diffuse or drop on pillow.

doTERRA Slim & Sassy[®] Metabolic Blend - (A,T,I) / (S) - \$32.67/\$24.50 – (Blend of grapefruit, lemon, peppermint, ginger, cinnamon) A calorie-free appetite suppressant, diuretic and stimulant to support weight loss, weight maintenance and eating disorders as over eating. Calms the stomach, promotes healthy metabolism while helping to manage hunger cravings. Use 2-3 times per day Internally in gel caps, Aromatically or Topically on wrists or soles of feet as needed. Use Topically & Internally to break down fat and cellulite.

doTERRA Terra Shield[®] Outdoor Blend– (A,T) / (N) – \$14.00/\$10.50 - (A Proprietary Blend) Diffuse or Topically to skin to repel bugs.

COMMON CONDITION - OILS TO USE - HOW TO USE

Breathing Problems – (Congestion, Allergies, Sinuses) Eucalyptus, Lemon, Peppermint, Frankincense, *Breathe* – Aromatically & inhale, Internally gargle 2 drops with water, Topically to forehead, nose, cheeks, lower throat, chest, upper back as needed

Cold/Flu – Peppermint, Melaleuca, Oregano, *Breathe, On Guard* - Aromatically & inhale, Topically behind ears, bottom of feet, wrists

Fever – Eucalyptus, Lavender, Peppermint – Aromatically hourly; Topically to forehead, temples, back of neck; Internally capsules

Nausea – (Dizziness, Morning Sickness, Motion Sickness) Lavender, Peppermint, Ginger, *DigestZen* – Aromatically & inhale; Topically over navel & behind ears & under tongue

Pain (Headache, Muscle, Joint) – Peppermint, Cypress, Copaiba, *PastTense, Deep Blue* - Topically over affected areas

Pain (Neuropathy) – Peppermint, Rosemary, Clove, Geranium, Eucalyptus, Helichrysum - Topically over affected areas

Repair Nerves (Neuropathy) with Rosemary, Cypress, Lemongrass. Topically over affected areas several times per day as needed

Sleeping Problems – Lavender, *Serenity, Balance* - Aromatically & inhale; Topically behind ears, bottom of feet, wrists, temples

Stomach Problems – (Constipation, Gas, Heartburn, Stomach Ache, Vomiting) Peppermint, Ginger, *DigestZen* – Aromatically and inhale, Internally in a capsule or Topically to stomach area hourly as needed

Skin Problems – Lavender or Melaleuca. (acne, burns, clogged pores, shallow cuts and scrapes, cold sores, ear infection [don't put in ear – apply to outer ear-front and back], insect allergies, poison ivy, rashes). Topically to affected area

Weight Loss – Grapefruit, Ginger, Cinnamon, *Slim & Sassy* – Internally 2-3 drops up to 3 times per day

FDA disclaimer: “The suggested uses above have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease, nor intended to replace proper medical help.”

RESOURCES – check out these sites (and search for many more) for how to use essential oils:

<https://draxe.com/essential-oil-uses-benefits/> This article “**101 Essential Oil Uses for Health, Beauty, Home + More**” lists several interesting ways to use essential oils.

<https://www.organicfacts.net/health-benefits/essential-oils> This article lists several essential oils with their Properties and Health Benefits that are currently being widely used or researched. Most of these oils are quite strong in nature and can cause side effects if they are not taken in an appropriate manner and dose. Furthermore, their individual benefits are variable, so you should consult a medical practitioner before using these oils, either internally or topically.

<http://doterra-oil.blogspot.com/p/essential-oil-usage-guide-z>. This 8 page webpage lists natural solutions for more than 250 different ailments. It tells you which oils can be used for each ailment and how to use them.

<https://www.doterra.com/US/en> See the **Products, Company, Caring, and Advocates** tabs to see much more information on doTERRA's products, their quality, their commitment to helping the needy in other countries, and their informative literature.

<https://www.naturallivingideas.com/most-popular-essential-oils/> This article “**The 10 Most Popular Essential Oils & 174 Magical ways To Use Them**” is packed with ideas on how to use these oils and why they work.

<https://www.bing.com/images/search?q=essential+oils+and+their+uses+chart&view=>. For hundreds of helpful printable charts.

www.BiblicalReliability.com. Select the “Wellness” tab for several articles on nutrition and exercise.