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I am going to talk today about essential oils. Essential oils have been around for a long time, but they seem to be becoming more and more popular over the last few years.

Just a casual look at a google search reveals information available on essential oils, for anxiety, depression, sleep and acne.

There has been a gradual increase in the toxic exposures in the United States as well as a gradual recognition that this is a serious health risk. This is where I think essential oils can have their greatest impact, as well as what has led to their current increasing popularity.

Every oil you use is a chemical you are not using

Essential oils can be used in many ways:

The most common way to use oils is to diffuse them and this can be for general calming and to relieve stress or to simply create a healthy olfactory environment.

One of the most important uses however is use of oils is to replace all the cleaning supplies under the sink. Thieves oil an oil blend from the Youngliving company. This oil got its name from the middle ages when thieves used to go through the pockets of the dead looking for valuables, they used a combination of herbs to avoid getting sick from whatever the person died of. It is these properties that are used in thieves' oil to kill viruses and bacteria and support over all healing.

You can literally replace every chemical under your sink with thieves cleaner.

Personal care items can be obtained that contain essential oils

It is not uncommon for migraine HA's to be triggered by environmental chemicals. We all need to become good label readers.

What are essential Oils?

Oils are the most powerful part of the plant, they are the life blood of the plant, just like your blood, oxygenates your body, clots you cuts, detoxifies the body , oils do this for the plant. They're distilled from shrubs, flowers, trees, roots, bushes, fruit rinds, resins, herbs

Oils consist of over 100 different natural organic compounds, it is the part of the plant that enacts change. They are important in photosynthesis, and recovery from trauma, provide energy and they can do similar things in the human body. In humans oils can provide support for every system in the body, the skeletal system, muscular system , brain health, circulatory system, endocrine system and hormones, they can help support a healthy weight, also respiratory , immune system,& excretory system. Oils can support every organ in the human body. They are used extensively for emotions and grounding and spiritual support.

Oil in a diffuser can provide support for a child after a hard day in school, a calming effect after a hard day, oils are used as a replacement for toxic chemicals in the home. You can use thieves cleaner in place of 409, and Windex and bleach, you can swap out every toxic chemical cleaning product in your home.

Oils enter and leave the body medicinally and leave no trace behind. There are 300 essential oils on the earth, you only need 10-20 to make a really good home kit. You do not need to be an aroma therapist to use them, in most cases you are rubbing it topically on the skin

There are 3 main ways to get oils into your system

The English typically rub the oil topically on the skin.

The French ingest and cook with oils-this is the most controversial method as not all oils are food grade (Young Living does have a food grade line)

The Germans diffuse and inhale oils-this is the easiest and most effective-they do not need to pass through the digestive process, the olfactory nerve is a direct connection to the brain.

How do oils enter and how long to they last?

Tests have shown that oils have been found in the heart, liver and thyroid in 3 seconds when they were inhaled, and found in the blood system in 26 seconds when they have been applied topically.

Expulsion of essential oils takes 3-6 hours in a normal healthy body and 14 hours if you are unwell, the body will actually hold onto it longer if you need it.

History:

Oils were 1st mentioned by name in the book of Genesis in the Bible, when Joseph was sold to the slave traders in chapter 37. They carried Cedar wood, sandalwood and Myrrh.

Genesis ends with the burial of Joseph's father who was anointed with Myrrh essential oil.

Oils are mentioned 1100 times in scripture, 70% of the books of the Bible make mention of essential oils.

Records have been found for the oldest cultures of the world; Babylonians, there are records of them placing orders for Cedar wood, Myrrh, and Cypress.

Ancient Greeks believed that when they died they went to Elysium where the air was permanently filled with essential oils. The Egyptians used oils for beauty and embalming. They were used in Pakistan and Rome for communal bath houses. The Egyptians had the oldest recorded deodorant recipe that was made from essential oils. Egypt got many of their oils from China and India. There is evidence oils were used there for a 1000yrs; before the Pharaohs.

They were used by Medieval Europeans; many brought back oils during the crusades. And they were used by Christ. Jesus was given Gold, Frankincense and Myrrh.

Frankincense is considered the coconut oil of essential oils because there are so many uses (over 10,000).

Jesus' name –the messiah means the anointed one, which is a direct reference to the use of essential oils in scripture.

Essential oil molecules are smaller than cells, smaller than viruses. Essential oils can penetrate your skin faster than any modern medicine. According to a study oils can affect every cell in 20min, and are metabolized like other nutrients.

Do Oils Work?

There is no rating system in the USA for essential oils.

The FDA requires 5% essential oil in the bottle to label it “pure”, “therapeutic grade”, or “organic”. That means the other 95% can be solvents, chemical extenders, or junk.-That is totally legal under US law. – This is not listed on the bottle.

You therefore need to rely on the company you are working with. Young Living is an extremely reliable company, they have built a reputation of integrity. You can go to any farm, watch the entire process of harvesting and distilling at the right temperature. Their process is totally transparent. On their farms they use only virgin ground that has never had chemicals on it, they use heirloom seeds and use no chemicals or pesticides. Everything is hand weeded. Close to harvest time scientist’s micro distill out in the field up to every hour to determine the peak time to harvest for the optimal oil.

Then they distill it at the right temperature, which guarantees optimal components. Young Living oil is pure essential oil, there is nothing else in the bottle-they call their process seed to seal.

When distilled at the right temperature Cyprus has 288 naturally occurring compounds that enact change in the human body. 10 degrees too hot or too cool and there are only 11 compounds available.

Chemical solvents are often used by other companies in the extraction process to save time and money.

Young Living Oils are pure essential oil; nothing else in the bottle.

There are 4 oil grade categories:

- A. Therapeutic –Medicinal-made from organically grown plants, and distilled at low temperatures. If you were to heat it up it would destroy some of the compounds and it will not have the same effect on the human body.

All Young Living Oils are Grade A-Young Living carefully controls the entire process.

- B. Food Grade-can contain synthetics, pesticides, fertilizers, chemical extenders or carrier oils(like much of our food)

When you use oils your body actually gets a much greater exposure to these items. As food goes through the body system the body is shielded somewhat by the digestive system, so with essential oils it is a much greater exposure so very important for them to be clean, they are much more concentrated.

- C. Perfume oils-usually contain adulterating chemicals-usually solvents like hexane to get a higher yield of oil per harvest-Hexane has been banned in many countries, because it has been linked to cancer-but not in the United States-It is in a lot of store bought oils. If you open the oil and it

smells like alcohol it was probably distilled using a solvent, also typically diluted with 80-90% alcohol.

- D. Floral Water-aromatic only, generally a product of grade A distillation (this is commonly the large bottles of inexpensive oils that can be purchased in stores)

These compromises are all to save money. Though these oils do not provide the promised effect available from Grade A Essential Oils.

Oils are sold cheaply when companies cut corners.

The Young Living Company grows all their own plants, owns all their own farms /land. They control the entire process, what they refer to as "seed to seal".

Essential Oil production requires a lot of effort. A great deal of work is required to provide a small amount of oil.

It takes 60,000 rose blossoms to make 1 oz of rose oil.

Lavender is abundant. 220 lbs can produce 7 lbs of oil.

Jasmine flowers need to be picked by hand, early in the morning before the sun becomes hot on the 1st day that they open, making it one of the most expensive oils in the world. It takes 8 million hand-picked blossoms to make 2.2 oz of oil.

A Sandalwood tree needs to be 30 years old, and 30 feet high before it can be cut down and distilled.

A little bit goes a long way.

Most oils are \$10-30 /bottle

A 5ml bottle is what comes in a Young Living starter kit has about 90 drops in it. A 15ml bottle has about 250 drops in it. Each application is 1-3 drops, meaning that a small bottle will get you 45-90 applications.

Thieves' cleaner is organic and it costs about \$1.50/bottle to make-it replaces 409, Pine-sol, Windex, Mr. Clean-and these normally would be between \$4-\$9/bottle-for commercial "non toxic" cleaners

Most oils average 6-15 cents/drop, which is how you use them, not by the bottle.

How do oils work when they hit the body?

When a fragrance is inhaled the odor molecules travel up the nose and are trapped by the olfactory membranes that are well protected by the lining of the nose. Each molecule fits like a puzzle piece into a specific cell receptor site that is lining the membrane in the epithelial lining of the nose. Each of those nerve cells are replaced by your body every 28 days. The cells that touch the oil are constantly shed, so the powerful oils do not cause your skin any harm.

When stimulated the nerve cells will trigger electrical impulses to the gustatory center of the brain where the sensation of taste is perceived; and the amygdala where emotions are stored; and the limbic

system of the brain- the emotional control center. The limbic system is directly connected to parts of your brain that control your heart rate, BP, breathing, memory, stress levels and hormones.

Essential oils can have a profound physical and physiological effect on the human body.

Safety:

There are some oils that cause photosensitivity-meaning you do not want to put them on and then go sit in the sun. These are mostly citrus, lemon, orange and Bergamot. –you would need to use sun screen.

There are 2 types of oils; fatty oils and essential oils.

It is always best to test an oil 1st to see how your body will respond. You can always use a carrier oil to dilute your essential oil before applying it to your body. Use 4-5 drops of carrier oil and 1 drop essential oil. Good carrier oils are olive oil, coconut oil, jojoba oil. These are fatty oils that are very large molecularly. Essential oils are tiny molecularly.

If you ever put an essential oil on your skin and get some redness or burning, you want to use a carrier oil to slow down the absorption rate, so the body cannot draw it in quite as rapidly as it wants to which what can cause the redness and burning sensation. It is always a good idea to use a carrier oil when using them with children as their skin tends to be more permeable and absorbs oil more quickly.

The best place to put oils is on the bottoms of your feet-where the pores are biggest. Some oils are best not diffused because they are so strong-oregano, peppermint, cinnamon are good examples

It is also best to avoid the area close to your eyes or any membrane like your inner ear, using a Q-tip for application can be helpful in sensitive areas.

It is also possible to be desensitized to an oil you use daily so rotating similar oils every 3-4 days can work well.

NAHA –National Association of Holistic Aromatherapy, one of the top aromatherapy bodies in the United States does not advocate internal use. The reason is that about 95% of the essential oils in the US are not safe for internal use; they are not food grade. Young Living Vitality oils are a line of Young Living oils that is GRAS certified by the FDA-generally regarded as safe, and are meant to be used to enhance food-one of the most common uses in France for essential oils internally , safely for decades.

Why are Essential oils becoming so popular right now?

If you look in our kitchen and bathrooms we are using chemicals on our body and environment routinely.

The average woman applies over 300 chemicals to her body every day in just 4 things, soap, make-up, shampoo, and hair care; 80 of these before breakfast.

Essential oils have 1 ingredient-nothing else in the bottle other than distilled plants.

According to the National Poison Control Center -there were zero deaths from essential oils in the US. They are generally very safe. You need to be aware of whether you are using photosensitive oils and going out in the sun, make sure you are not putting them into your eye, and generally using basic common sense when using them with children.

One of the easiest and most economical ways to begin using oils is to order a starter kit with a home diffuser.

Go to Young Living .com, click on become a member, there will be a line for entering a sponsor and enroller. (You can enter 2024753 for both) No need to order anything specific or do an automatic order though that is a possibility. By signing up you are able to purchase oils directly which is the only way they are sold unless you buy them directly from someone. For anyone interested it is possible to turn this into a business, which is possible to do quite successfully. It is equally as easy to just purchase the oils you want when you want them, which is what I do. But for anyone interested I can put you in touch with people who are actively building a business and who would be very happy to help you do so too.

A starter kit includes a diffuser and 11 different bottles of essential oils-this ends up being a really good deal and diffusing is the number one way I use oils in my home.

The oils included vary based upon which kit you get but are the most common/popular:

Frankincense: smooths the appearance of skin, can diffuse it for a feeling of being well grounded. It is a key ingredient in Young Livings blend Brain Power. This is also an oil most often mentioned in discussions of using oils for treatment of cancer.

Lavender: can diffuse the oil for a calming , soothing scent, a few drops in a nighttime bath can be calming, can be helpful for sleep and many other uses. It is the oil of relaxation.

Peppermint: Supports the GI system, Helpful for digestion, and promotes healthy bowel function, and can support endurance during exercise.

Purification: can be used to get rid of odors in the air, put it in gym shoes to fight odor.

Thieves: Used in the young living line of cleaning supplies, helps support a healthy respiratory system. I generally diffuse thieves as the seasons change to help reduce airborne pathogens that are common at those times.

Stress away: a blend of lime and vanilla, a wellness oil, also helpful for stress relief. You can just inhale after a stressful day for some immediate calming.

Lemon: a key ingredient in thieves, can put a drop in a glass of water for a pleasant citrus taste, may help to support the immune system, helps with de-greasing when doing the dishes.

Panaway: can apply after exercise to soothe muscles. It has a very stimulating aroma, can be applied to the back of the neck for immediate soothing, and supports the appearance of healthy skin.

Most oils have not been evaluated by the FDA so any health claims are not allowed

There are 2 products that have actually been approved by the FDA and specific health claims are indicated.

Cool Azul Pain Relief Cream and Thieves infused Cough Drops.

Another good place to start is with cleaning products. Get a \$22 bottle of thieves cleaner and use a capful in a spray bottle of water. -One bottle will make more than 20 spray bottles of cleaner

You just need to start and develop a new habit of reaching for essential oils rather than toxic chemicals. The oils in thieves-clove, lemon, cinnamon, eucalyptus and rosemary, nothing that can hurt you. A better choice than the chemicals under the sink.

Why does chemical free living matter?

It is important to know what you are putting in and on your bodies.

The number 2 cause of death in the USA is Cancer. 1600 people die every day from cancer. 1 in 3 cancer deaths in the US are directly linked to poor diet, physical inactivity, excess weight, or chemical exposure.

The American Cancer Society says that only 5-10 % of cases are from gene defects. That means 90-95% of the cases are under our control, it can be related to what we allow into our homes. The National Institute of Occupational Safety and Health studied 2983 ingredients in our products at home and they found 884 toxic ingredients; 314 of those ingredients caused biological mutations; 218 caused reproductive issues; 778 were toxic to the human body. 146 were known to cause cancer tumors but they were still allowed in the United States even though they have been banned in other countries around the world.

Many of these chemicals are allowed in common cleaning supplies in the United States. Things that may be in your cabinets right now, even known carcinogens.

26 seconds after exposure chemicals are found in measureable amounts in the human body. Even in the umbilical cord blood of new born baby's a remarkable number of toxic chemicals are measureable-this problem is not going away.

The top 10 most dangerous chemicals that are in our homes include air fresheners like plug ins or candles. 2nd on the list are chemical cleaning supplies like 409, Windex, Pine-sol, drain and oven cleaners and furniture polish. Dishwasher soap and dish soap. Beauty supplies, and personal care products like hair spray and gels, shampoo and deodorant. Most deodorant has aluminum in it, and then we slather it on our lymph nodes for 70 years.

Aluminum has been directly linked to Alzheimer's and Parkinson's diseases in the United States. The number one pollutant in the family home is laundry detergent and fabric softener. You wash your clothes and it sits on your skin, it outgasses in your closet all night long. That information is from the US Environmental Protection Agency top 10 killer household chemical study.

There are one hundred thousand chemicals on the market today.

The toxic substance control act of 1976 grandfathered them in –so what does that mean to you?

Simply put –these chemicals have not had any safety testing and we know very little about their side effects. Of the chemicals that were tested, toxic labeling is only required if 50% or more of the animals tested died. Under the TSCA manufactures are protected by secret trade laws that allow them to keep their ingredients list secret.

Dr. Samuel Epstein who is the chairman of the cancer prevention coalition has said “It is unthinkable that women would knowingly inflict such exposures on their infants and children and themselves if products were routinely labeled with explicit warnings of cancer risk.”

But they are not labeled.

Since the 1940’s prostate cancer is up 200%, Thyroid cancer is up 155%, Brain cancer up 70%. And the American Cancer Society estimates a 50% rise in cancer rates by 2020.

There is a standard set for non-industrial buildings by OSHA for chemical exposure. For Formaldehyde it is 0.75ppm that is not even 1%. The average home has an astonishing level of 50 ppb-50X that allowed – but it is not regulated.

Wipes that are requested on school shopping lists have 1798ppb, 409 cleaning solution 12,000ppb. It is no wonder that the quality of air inside your home is 5-7 times more toxic than outdoor air quality.

So what happens when your body is chemically over loaded? You may see it in something as catastrophic as cancer, but most of us feel it in other ways, lethargy, inability to focus, sleep trouble, chronic inflammation, unexplained pain, fibromyalgia, skin issues, adult acne, hormones, hot flashes, stress, and anxiety.

If you face any of these issues it is time to kick chemicals to the curb. You can control what you allow within the walls of you home.

Young living is an essential oils company based out of Utah, it is the largest essential oils company in the world, and a pioneer in the art of distillation. Their methods have been copied all over the globe, they produce the most oils on the planet, and they do it right.

Essential oils are super safe, and can in many cases provide a tremendous health benefit as well as moving us all toward a more chemical free life style.