

Essential Oils



For The

HEALTH

Of It

By

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What follows are just a few many thousands of true stories, illustrating how high-quality essential oils can dramatically affect a life for the better:

- Tony suffered severe pain for almost two years because of liver poisoning caused by drugs that his doctors prescribed. The pain persists months after he quits taking the drugs. Three months after going on the essential oil liver cleanse, the pain is completely gone.
- Barbara went through chemotherapy twice to try to eradicate the leukemia in her body. Still, her white blood cell count remained dangerously low. Her daughter-in-law advises her to apply black cumin essential oil – which stimulates bone marrow growth – to the bottom of her feet. After doing so twice a day for several weeks, her doctor declares the leukemia to be in remission.
- Sara used to suffer from painful menstrual cramps. Now, at the first sign of the monthly pain, she rubs a couple drops of dill essential oil to her lower abdomen. The pain is gone within a few minutes, and the effect usually lasts for hours.

There is no doubt about it: therapeutic-grade essential oils are nature's most powerful remedy. Europeans have known it for centuries; in fact, modern-day pharmacies there regularly dispense essential oils for all kinds of ill health conditions.

In the United States, essential oils have been underused and relatively unknown thanks in large part to the overarching power of the drug companies. However, the powerful healing properties of the oils are becoming more widely recognized and being used more and more often as a part of many alternative therapy programs, as well as by individual consumers who are looking to avoid the toxicity and side effects of drugs.

Why essential oils

Essential oils contain many properties that support various body processes and functions. These properties come from various constituents in the plants that have a diverse range of effects on the

human body. *Aldehydes*, for example, are at once sedative, anti-inflammatory and anti-viral. *Phenylprolynes* are anti-spasmodic and balance the autonomic nervous system.

Generally, the health benefits of essential oils include the following.

1. They regenerate cell growth.
2. They oxygenate the cells. Oxygen is necessary to transport nutrients to cells.
3. They boost the immune system.
4. Because they are so quickly absorbed, they can affect every cell of the body within twenty minutes.
5. They have anti-oxidant properties.
6. They help detoxify cells and blood.
7. They can help with neurological diseases, such as Alzhimers, Parkinsons and Multiple Sclerosis, because they can pass through the blood-brain barrier.
8. Diffused oils can purify the air.

Many essential oils are also

- Anti-bacterial,
- Anti-viral,
- Anti-fungal,
- Antiseptic,
- Anti-cancerous,
- Anti-parasitic.

Some oils are even a combination of part, or even all, of that list!

Essential Oils Versus Drugs

We've all heard the horror stories about how an FDA-approved drug being taken under all the right circumstances killed or seriously harmed someone. The reason is that the FDA takes the drug companies at their word regarding a new drug's effectiveness and safety.

In actual fact, the results of studies that supposedly “prove” that the drug works and/or is safe are usually skewed on purpose by the researchers. Sometimes, studies are completely made up just so Big Pharm can get them into the market ASAP!

When you put high-quality, therapeutic-grade essential oils side by side with drugs, there is no comparison. The oils:

- Often relieve symptoms much more quickly than drugs.
- Never produce any side effects.
- Never toxify the body – which all drugs do to some extent.
- Are inexpensive compare to drugs – even drugs whose costs are covered in large part by insurance.
- Work on the root of the problem, rather than just covering up symptoms as drugs tend to do.

With the assistance of a knowledgeable health care practitioner, most prescription drugs can be replaced by essential oils. And essential oils beat the effectiveness and safety of *all* over-the-counter drugs any time.

Not only that, but when you incorporate essential oils into your daily health regimen, you will find that you have many fewer visits to the doctor, thus saving you time and money.

How to use essential oils

You can use essential oils in several different ways. The method you choose depends on the particular condition you’re dealing with as well as which oil you’re using. Still, most oils will have a good effect from any number of the ways to use them.

The eight main ways to use essential oils are:

1. Direct application on the area of need. For example, if your gums hurt, put either a drop of birch or clove oil right at the point of pain. If you pull or strain a muscle, rub basil or marjoram right on the skin over the injured muscle.
2. Inhalation. You can inhale it right from the bottle; or, put several drops of oil on the palm of your hand, rub your palms together, cup them over your nose and mouth, and breathe in through both sides. For example, inhaling lavender from the bottle may calm frazzled nerves. Inhaling eucalyptus can relieve congestion.
3. Rubbed on the bottom of your feet. Thyme, eucalyptus, or rosemary applied this way can protect your body from invaders for several hours.
4. Diffused into a room. Diffusing lavender in your bedroom can improve and deepen your sleep, as well as alleviate teeth grinding. Diffusing orange and lemon oils in your office will energize your brain and stimulate creativity.
5. Massaged onto the back. Mix ten to fifteen drops of essential oils with one ounce of a carrier oil, such as grapeseed, almond or jujube.
6. Spritzed. Mix with water and shake well. Geranium oil spritzed onto the skin, for example, repels biting insects. Spritz tea tree oil and/or lemon oil to disinfectant household surfaces.
7. Added to skin care products, such as lotions and moisturizing oils.
8. Taken internally. You can mix the herbal or citric oils with food (after cooking only), or fill a veg capsule with essential oils. For example, thyme and oregano oils are hot, but powerful. Use them combined in capsules as natural antibiotics.

Men, women and children each have individual potential issues. The next several pages show how essential oils can help prevent and treat a variety of health conditions. The information is far from comprehensive, but gives you a good starting point as to which essential oils you might select to become part of your regular personal health care routine.

Essential oils and women's health

- Regularly massaging fennel oil into the breasts can help keep them firm and avoid sagging. You may want to dilute it with a carrier oil if it feels too warm.
- Ovarian cysts can be dealt with using the Be Young Essential Oils Venus For Women blend and cypress oil. Use ten drops Venus, and four drops cypress. Implant the oils at bedtime with a bulb syringe and insert a tampon to retain as much oil overnight as possible. Continue nightly until cysts disappear.
- To relieve PMS or menopausal symptoms, use the Venus blend twice a day. Rub a drop around each ankle, a drop behind each ear and a drop on the lower abdomen. I can tell you from personal experience that this WORKS!
- To stop post-partum hair loss, add one bottle of rosemary to your shampoo bottle, and shampoo daily.
- Stop hormonally-induced headaches with Venus oil. Rub it on the bottom of the feet and around the ankle bones inside and out.
- Cypress oil generally can act as a female hormone stimulant. It induces menstruation, eases painful periods, reduces menopausal hot flashes, and regulates the menstrual cycle.
- Fennel stimulates estrogen production and can heighten low libido.
- Help prevent post-partum incontinence by rubbing marjoram or lemongrass over the lower abdomen, ankles and feet.
- Peppermint oil applied to the back of the neck relieves hot flashes. You can also put it in some water and drink it.
- Rosemary can stop mood swings within a couple of minutes. Simply put two or three drops of the oil in about four ounces of water and drink it down.
- The Venus blend relieves breast tenderness; either marjoram or dill oil rubbed on the lower abdomen relieve cramps.

The remedy for uterine cancer is as follows:

Combine:

- 25 drops of frankincense

- 20 drops lavender
- 15 drops myrrh
- 10 drops helichrysum
- 10 drops cypress
- 3 drops peppermint
- Add 5 drops rosemary if infection is a concern.

Put ten drops of the above mixture into one ounce of a carrier oil and use a clean douche container to implant into the vaginal area. Or, take a tampon and soak it in this mixture with the carrier oil. Insert the tampon at bedtime and leave it in overnight.

Do this every day for the first five days. Then, do it four times a week, three times a week, twice a week, once a week. Taking a marine phytoplankton supplement also supports in the healing of all cancers.

Essential oils and men's health

- For premature balding, blend together 3 drops rosemary oil, four drops geranium, five drops lavender and four drops cypress. Put in bottle with a teaspoon of water. *Lightly* pat it into your hair every night. You can also add the mixture to shampoo.
- To reduce swelling and pain caused by fluid retention in testicles, as well as speed recovery, mix five drops bay laurel, ten drips cypress and five drops helichrysum with two tablespoons carrier oil. Massage a few drops of this mixture over the swollen area.
- Genital warts: three times daily, take a capsule with two drops each oregano and thyme oils. Or, mix three drops rosemary, four drops tea tree and one drop oregano. Apply on affected area.
- For intestinal hernias, mix ten drops cypress, eight drops lavender, five drops geranium, five drops basil and seven drops rosemary. Dilute with two tablespoons carrier oils and massage gently into the area every morning and evening for several days.
- Coriander reduces emotional aggression in men, and can help overcome impotence.
- The Be Young Mars For Men blend helps to regulate hormones. Rub around the ankle bones and lower back.

- Fennel can help heighten low libido.
- Mars For Men helps stimulate the pituitary gland.
- To relieve skin inflammation in the groin area, bathe with a mixture of four drops lavender, five drops eucalyptus and ten drops peppermint diluted in 2-1/2 cups lukewarm water.

Following is the recommended protocol for naturally healing prostate cancer:

- Eat generous servings of vegetables from the cabbage family – broccoli, cabbage, kale, cauliflower, etc. – at least three times per week. Studies show they help prevent and treat the cancer.
- Apply Mars For Men on the lower back, inner thighs, and on the stomach area every day.
- Mix 25 drops frankincense, 20 drops black cumin, 15 drips lavender, 5 drops myrrh, 5 drops cypress and 2 drops peppermint. Fill a capsule and every night implant it rectally for one straight week. In addition, put several drops in a capsule at each meal and take orally.

Essential oils and children

When it comes to using essential oils for children, there are a few basic rules to follow, especially for preschool-age and younger.

1. Children respond well to low doses of oils, especially with anger and irritability.
2. With babies 0-24 months, use a 75% dilution of oils. For example, mix one drop of the essential oil and three drops of a carrier oil, then apply one drop of that mixture.
3. For toddlers 24-26 months, dilute as in #2 but at a 50% dilution.
4. Peppermint is very strong. Generally, it's better to use spearmint oil as it is milder and has most of the same healing properties as peppermint.

With those rules established, following are remedies for that help treat common childhood ailments, both physical and emotional.

- Lavender and dill oil both help to lull children to sleep. Rub on their spine and/or tips of their ears.

- Blend 2-5 drops of the oil, depending on the desired effect, in two cups of bath salts and add to bathwater. For example, adding eucalyptus oil will help relieve congestion, adding lavender will calm, etc.
- One drop each of lavender and Roman chamomile oil in one cup of bath salt will help a fussy baby or toddler to sleep.
- Massage orange oil on the abdomen to relieve both colic and hiccups.
- Rub eucalyptus *radiata* and tea tree oil on the bottom of the feet to help prevent and treat illnesses.
- Bergamont and frankincense oils both aid in the recovery period of an illness.
- Use frankincense oil for diaper rash.
- Geranium oil balances and supports hormones (hear this, parents of pre-teen girls!); stops bleeding and pain, and disinfects.
- For earaches and infections, mix one drop of either eucalyptus or rosemary oil with three drops of a carrier oil. Massage the mixture behind both ears and to the jaw line. Also apply to the little toe and the toe next to it – these are the reflexology points. In addition you can diffuse eucalyptus in the child's room, one minute on, ten minutes off.

By this point, you know that essential oils can be used in a variety of situations. In fact, just about every ill health condition of the body can be effectively treated with the proper use of the right oils.

But getting a hold of the right oils is not simply a matter of going to your local health food store and buying whatever is on the shelf. As a matter of fact, if you go that route you will be sorely disappointed. The reason is that...

Not all essential oils are created alike

Now we get to the heart of the matter: The vast, *vast* majority of essential oils on the market are in some way compromised so as to make them less effective than they could be - if not completely ineffective altogether.

Now, I'm not talking about their ability to smell nice. Any brand of lavender or lemon oil will smell nice. But if you're looking for essential oils with therapeutic and medicinal properties, you're going to have to forgo those sold at the health food store altogether, and most of those that are sold online.

Why most brands of essential oils don't work

In order for an essential oil to be of therapeutic grade and be at its most effective, it must be:

1. harvested from the right part of the plant,
2. extracted at the right time and
3. from an organic or wild-crafted plant,
4. extracted without the use of chemicals,
5. be 100% pure with no dilution whatsoever, and
6. have no chemicals added to it post-process.

Around 95% of essential oil brands in the U.S. break at least two of the above qualifications.

Some companies that sell essential oils that otherwise would be effective buy from manufacturers that take the oils at any old time from any part of the plant.

Many companies purposely use chemicals and/or dilute their oils in order to cheapen the product and make more money. So the question of where to buy essential oils becomes more and more critical.

How do they get away with that?

Why do such companies get away with such practices? There is very little regulation with essential oils. On the one hand, that's a good thing. Heaven forbid the government get its slimy paws on a natural remedy with a centuries-old proven track record. On the other hand, this means that companies can produce whatever they like and slap on the label, "essential oils".

The FDA itself allows companies to dilute their oils 50% and more, not put the diluting oil (such as jujube or grapeseed) on the ingredients list, and still label the bottle as "100% pure".

Enter E.O.B.B.D.

There is really only one way to know that an essential oils is truly therapeutic and will have its medicinal value intact: the Essential Oils Botanically and Biochemically Defined certification (E.O.B.B.D.). With this certification comes accountability: the oil can be traced back to its field and the distiller from which it was produced.

The exact chemical makeup and botanical species of the plant must be known (two kinds of lavender, for instance, can produce different calibers of oil). And where it matters - usually with aromatic shrubs and trees - the part of the plant from which the oil came must be known.

An oil will **NOT** be E.O.B.B.D. certified if:

- it has been chemically reconstituted;
- it has had synthetic fragrance added to it;
- it has been diluted with less precious essential oils;
- it has been extracted with organic solvents; or

- it has been burned due to too high temperature or pressure during processing.

Where to buy E.O.B.B.D. certified essential oils

As far as I know, [Be Young Total Health](#) is the *only* company - at least in the United States - that sells only E.O.B.B.D. certified and completely *undiluted* oils. While there are a couple of other companies that carry E.O.B.B.D. certified oils, they also dilute at least some of the oils they carry, which mitigates their therapeutic effects.

Be Young does not dilute or otherwise compromise the integrity of its oils in any way.

Dana Young, the president and founder of the company, actually left four other essential oil companies because all of them eventually asked him to provide them with a diluted product so they could make more money.

He would not compromise either the purity of the products or his personal integrity.

He started Be Young because his passion is to provide completely pure and natural products for all of us who have had it with the conventional chemical garbage and want to walk in a higher level of health. He is not only passionate about the world of natural health, but has also spent years studying under essential oil experts, and is now an expert himself, having participated in every single phase of the essential oil production process, from selecting the right seed to distilling the oils.

Not only that, but Be Young is the only company carrying essential oils that creates blends according to purpose, not for fragrance. The blends from every other company are guaranteed to

smell nice...but not necessarily to have any therapeutic effect. Every single blend sold by Be Young, however, has the therapeutic effect that it claims – and they still have a pleasant aroma.

You can trust Be Young's essential oils. They work. I know. I use them every day.

If you want to prevent and treat illnesses and degenerative diseases naturally and effectively, these oils *must* be part of your daily routine.

Before you place your first order...

When you place your first order, I strongly encourage you to sign up as a Sharing Partner first. Why?

1. You will save about 17% off the retail price.
2. You will receive access, in your back office, to archived conference calls that teach you about the power, purity and proper use of the various oils and other products.
3. You will be able to order certain tools unavailable to the general public, such as DVDs and books that will vastly expand your understanding of the healing power of essential oils and how to use them.
4. Should you fall in love with the Be Young products and start telling other people about them, you can receive a commission from anything they purchase.

When you sign up as a Sharing Partner, you will pay nothing more than the price of whatever product you choose for your first purchase – Be Young doesn't make you buy a hyped-up, worthless "Distributor Kit." There is also no annual recurring fee to remain a Sharing Partner, as there is with many other MLM companies.

And I will send you a welcome e-mail, inviting you to ask me for any help you may need. I will also send up a guide that teaches you how to effectively build a business sharing Be Young products on the Internet – no going after people; they come to you. If you're not interested in the income opportunity Be Young provides all its Sharing Partners, please send me an e-mail back to tell me you're interested only in the products, thank you, so that I don't call/e-mail you about it again.

How to order from Be Young Total Health

You can either

1. Call the Be Young headquarters in Utah at 866-936-2232 or 435-580-4069, 10a.m.-6p.m. Central Standard Time. If you wish to enroll as a Sharing Partner when you order, tell the representative up front and use my I.D. # 6088.
2. Visit emilyj.beyoungth.com anytime, 24/7. If you want to try a product without enrolling as a Sharing Partner, click the “Products” tab and use my I.D. # 6088 to make a purchase. To enroll as a Sharing Partner and make a purchase, click the “Opportunity” tab and scroll to the bottom of the page to click the link to enroll. If you need a referral I.D., it’s 6088. Then scroll through the list of products to select your first purchase.

Should you choose to sign up as a Sharing Partner, I encourage you to browse around your back office to see all that is available to you there.

For specific questions about your order – such as ship date, estimated arrival, and returns – please email “support at beyoungth dot com.” I may be able to help you with a choice of oils or compensation plan details and the like, but I do not have access to information about your order.

I am a Sharing Partner with Be Young Total Health because I want to help get the message out that there are much safer and more effective ways of finding health and healing than what the mainstream culture offers. I invite you to help me spread the word as well.

If you have any questions, feel free to contact me at Emily at [livelyourdreamswithemily dot com](mailto:livelyourdreamswithemily.com).

To your excellent health!