ESSENTIAL OILS

When you take 20,000-25,000 pounds of petals, or leaves, distill them down to one ounce of liquid, you have a very concentrated, powerful, healing medicine. Most of them have an indefinite shelf life (except the fruit oils) so you can store them easily in your home for future use. The number one allergy in the world is synthetic perfumes - so why not make your own.

Here are the more important essential oils to have on hand for various treatments:

BERGAMOT - Mostly for skin care eg. eczema, acne, psoriasis, shingles, cold sores but also often used for bronchitis, tonsilitis, Cedarwood: This is used as an antiseptic, for urinary infections (external pack), and especially for hair loss. It has also been used for bronchial problems.

EUCALYPTUS: Powerful antiseptic, Stimulant for respiratory congestion, urinary problems (cystitis), fever, pain, headaches, gallstones.

FRANKINCENSE: use directly onto skin where you have breast lumps - do one drop twice a day.

LAVENDER: can use straight onto the skin. Really excellent to rejuvenate skin cells so use it for burns or cosmetic use. Also has a sedative effect, helps relax nerves.

LEMON: purifies germs, cleanses lymphatic system, used for digestion, colds.

LEMONGRASS/CITRONELLA: purifier, deodorant, insecticide, strengthens veins and connective tissue, for lymphatic drainage.

MARJORAM: helps muscle spasms (menstrual cramps), for headaches, anti-aphrodisiac, for digestive upsets, gas.

NEEM: often used in cosmetics, shampoos. Healer of skin problems.

ORANGE: calming, good for children calming, nervousness, water retention

OREGANO: antiviral, antifungal. The wild oil of oregano is marketed as a wonderful remedy for viruses at the onset. It can be used externally on the skin for wounds. Use 5 drops in some water as a gargle for sore throats (then swallow). You can add a drop or two onto your toothbrush after brushing your teeth and brush again, working the oil gently into the gums to heal any problems and stimulate circulation.

ROSEMARY - stimulating, used in muscle inflammation remedies, for dandruff skin, headaches, mental fatigue.

ROSEWOOD - for eczema, acne, dry skin, infections, bacterial problems, fungal problems.

TEA TREE: antifungal, disinfectant for external problems. You can use it undiluted on the skin or add it to an existing medium eg. shampoo.

PATCHOULY: mostly used for skin problems, eczema, dermatitis. Anti-inflammatory, anti-infectious.

PEPPERMINT: exercises, pushes other oils. Cooling, reducing inflammation. Often used for headaches. Soothes digestion, heartburn, nausea. For bad breath, respiratory and throat congestion.

SANDALWOOD: for dry/aging skin, antiseptic, anxiousness, depression, respiratory congestion

YLANG YLANG: anti-depressant, for shock/panic, aphrodisiac, hair loss, palpitations.
Antiseptic (counteracts putrefaction)

Just how effective are Essential Oils? In the order of strength, here are the doses rendering infertile per 1000 cc of microbic culture from strongest to weakest:

Thyme	.7
Oregano	1.0
Lemongrass	1.6
Rose	1.8
Clove	2.0
Eucalyptus	2.25
Peppermint	2.5
Rose Geranium	2.5
Cinnamon	4.0
Anise	4.2
Rosemary	4.3
Neroli	4.75

Thyme oil is so strong it can eat through the skin, so dilute it. with a carrier oil such as almond oil, or coconut oil

Sweet Orange	**1.2**
Birch	**4.8**
Lavender	**5.0**
Melissa	**5.2**
Ylang-Ylang	**5.6**
Juniper berry	**6.0**
Garlic	**6.5**
Lemon	**7.0**

Thyme is the strongest antibacterial agent. A watery solution of 5% kills typhus bacillus (typhoid fever) and Shiga bacillus (dysentery). It kills colon bacillus in 2-8 minutes, streptococcus and diphtheric bacillus in 4 minutes, staphylococcus in 4-8 min and tuberculosis bacillus in 30-40 minutes. At a strength of 0.1% the peroxidised essence of thyme in a diluted solution of soapy water destroys the mouth's microbial flora within 3 minutes. Don't put undiluted on the skin, it can eat through the tissue.

Clove kills tuberculosis bacillus at a strength of one part to 6,000. In dentistry it is used as a disinfectant and cauterizing agent. It is so powerful that even if used in a 1% dilution, it is still 3-4 times more active than phenol.

Lemon is second to none for antiseptic and bactericidal properties. It can neutralize meningococcus in 15 minutes, typhus in less than an hour, pneumococcus in 1-3 hours. The essence itself neutralizes the typhus and staphylococcus in 5 minutes and diphtheric bacillus in 20 minutes. A few drops of lemon will rid an oyster of 92% of its micro-organisms in 15 minutes.
Essence of cinnamon kills typhus in dilution of 1 part to 300.

MAKE YOUR OWN FORMULAS:

HERPES: 2:1 ratio eucalyptus and bergamot eg: 4 drops eucalyptus, 2 drops bergamot.

MIGRAINES: Blend 3 drops Marjoram, 3 drops peppermint, 2 drops lavender. Breathe in the essence, and rub into the temples or use in a warm or cool compress.

VIRUS: 4 drops eucalyptus, 2 drops thyme, 2 drops oregano, 1 drop lavender. Breathe in to protect respiratory system. Take 4-5 drops on back of tongue, followed by a few gulps of water to wash it down.

MUSCLE/ARTHRITIS: blend 10 drops birch, 5 drops cypress, 5 drops marjoram, 3 drops rosemary, 2 drops peppermint. Add to some base oil (eg. almond oil, vegetable oil) and massage into area.

SINUSITIS: blend 2 basil, 2 eucalyptus, 2 lavender, 2 peppermint. Breathe into nostrils, and rub onto skin where sinuses are congested.

WRINKLES: take 2 drops lavender, 2 drops patchouly with base oil, massage into wrinkles at night

PROTECTION from diseases (eg. when visiting hospitals, working with sick people): blend equal parts clove, lemon, cinnamon, eucalyptus, rosemary. Breathe in to protect respiratory, use on feet to protect whole body. If you find it too strong for the skin, dilute it with oil.

SORE THROAT: 4 drops oregano with 1/8 cup water, gargle, then swallow. If giving to a child, mix 2 drops oregano in a teaspoon of honey and have them slowly eat it.