

Why Essential Oils Are Important to Us individually and Globally. By Kac Young Ph.D, ND, DCH

The day of the quick fix is coming to an end. We have overused antibiotics, created strains of super bugs and backed ourselves in to a corner or medical crisis. We are on the precipice now of pharmaceutical suicide. One pill is prescribed for ailment X which creates side effects so another drug is prescribed to offset those reactions. That drug in turn creates its own series of side effects and in no time, you find yourself taking 5 pills just to counteract the chain reactions set off by the first one. Unless we put a stop to it and find alternative ways to heal, there will be endless pills and endless side effects. Unlike pharmaceuticals, Essential Oils are gentle, natural healers with properties that can heal without harm and no side effects.

Just as nature recovers from fires, floods, volcanoes and hurricanes, humans are also resilient, creative and wise. We can return to our roots, trust our inner intuition and explore the healing contained in natural, organic plants and vegetables. You can bring your very own curiosity and healing ability back to natural resources and create a new way of partnering with life. Join the movement and start to utilize the gifts from the earth. They are one of the great untapped resources of the world.

There is beauty, majesty and enchantment in the use of essential oils. They are the finest companions we could ever have on our journey of life.

A chemical-free lifestyle strengthens our immune systems, allows our body to function naturally as it was born to do,

There are over 300 Essential Oils you can work with. In the beginning it can be frustrating and overwhelming to learn about them and what they can do for you. It's best to begin simply with 12 basic oils and work your way up.

In my book, *The Healing Art of Essential Oils*, I have created the lessons about the Essential Oils like an artist would approach his or her canvas. Up first is the Primary Palette of 12 Essential Oils, The Secondary Palette of 12, The Tertiary Palette of another 12 and finally the Masters Palette. It's easy to learn a dozen at a time and increase your Essential Oils as you would your colors – the more you practice and learn, the more you can expand your base and knowledge.

Each Essential Oil has its very own special medicinal and aromatic properties. Some are used by the perfume industry to make beauty products not only attractive and alluring but also to provide anti-bacterial, anti-viral and anti-fungal properties.

Once you decide to open the door and let Essential Oils into your life you will discover a whole new relationship with this world of natural healers. They are green, non-polluting, derived from plants, seeds, bark and resins and holistic because they treat the whole being as a body with a mind and a soul. They have physical healing properties, aromas to create feelings and emotions, and uses that deepen and consecrate our lives.

Each Oil contains over a hundred components ranging from terpenes, alcohols, esters, aldehydes, keystone and phenols. They are used in vibrational healing because the life energy in the plant kingdom brings us healing vibrations that can be measured and used by humans. Taino measurement and frequency machine of the 90's.

1. Plants are full of the life force energy.

2. Each cell in every living thing is electrically charged with protons, neutrons and electrons. The subsequent effect of its electrical interactions contributes to the healing process.
3. Plants are self-sufficient little chemical factories. They interface between light and dark; sun and earth and pull energy from each synthesizing them into molecules of carbohydrates, proteins and fats. Everything necessary for sustaining human life.

In 1992, [Bruce Tainio](#) of Tainio Technology, an independent division of Eastern State University in Cheney, Washington, built the first frequency monitor in the world. Tainio has determined that the average frequency of the human body during the daytime is 62-68 Hz. A healthy body frequency is 62-72 Hz. When the frequency drops, the immune system is compromised. Check out these very interesting findings:

Human Body:

Genius Brain Frequency 80-82 MHz

Brain Frequency Range 72-90 MHz

Normal Brain Frequency 72 MHz

Human Body 62-78 MHz

Human Body: from Neck up 72-78 MHz

Human Body: from Neck down 60-68 MHz Thyroid and Parathyroid glands are 62-68 MHz

Thymus Gland is 65-68 MHz

Heart is 67-70 MHz

Lungs are 58-65 MHz

Liver is 55-60 MHz

Pancreas is 60-80 MHz

Colds and Flu start at: 57-60 MHz

Disease starts at: 58 MHz

Candida overgrowth starts at: 55 MHz

Receptive to Epstein Barr at: 52 MHz

Receptive to Cancer at: 42 MHz

Death begins at: 25 MHz

Foods

(fresh foods and herbs can be higher if grown organically and eaten freshly picked):

Fresh Foods 20-27 Hz

Fresh Herbs 20-27 Hz

Dried Foods 15-22 Hz

Dried Herbs 15-22 Hz

Processed/Canned Food 0 HZ...(the majority of food we eat)

According to Dr. Royal R. Rife, every disease has a frequency. He found that certain frequencies can prevent the development of disease and that others would destroy disease. Substances with higher frequency will destroy diseases of a lower frequency. The study of frequencies raises an important question, concerning the frequencies of substances we eat, breathe and absorb. Many pollutants lower healthy frequency. Processed/canned food has a frequency of zero. Fresh produce has up to 15 Hz, dried herbs from 12 to 22 Hz and fresh herbs from 20 to 27 Hz.

Essential oils start at 52 Hz and go as high as 320 Hz, which is the frequency of rose oil. Clinical research shows that therapeutic grade essential oils have the highest frequency of any natural substance known to man, creating an environment in which disease, bacteria, virus, fungus, etc., cannot live.

American inventor Nikola Tesla (1856 – 1943), a pioneer of electrical technology, said that if you could eliminate certain outside frequencies that interfered in our bodies, we would have greater resistance toward disease. <http://justalist.blogspot.com/2008/03/vibrational-frequency-list.html>