

What's all the fuss about essential oils?

The use of essential oils in today's world is commonly referred to as Aromatherapy — a new name for a centuries-old practice that blends the science of scent and the essence of pure plant life to promote health, healing, beauty and vitality. If you're not quite sure what we're talking about when we mention essential oils, let us give you a brief explanation about what essential oils are.

Plants are quite literally chemical factories. Essential oils are the secondary messengers of the defense-system of aromatic plants. These oils protect the plant from invading organisms and microbes; help it heal from wounds; carry nutrients to the plant cells, just as the immune cells do in the human body; attract certain insects and repel others; and so on. These oils also have many health-enhancing properties to assist the human body in its regenerative process.

How do we know about essential oils?

The Chinese may have been one of the first cultures to use aromatic plants to promote well-being. Later, the art of distilling essential oils from plants began with the ancient Egyptians, who used the oils for many different ceremonial and healing purposes. The Greeks learned a great deal from the Egyptians, but Greek mythology credits the gift and knowledge of perfumes to the gods. The Greeks also recognized the medicinal and aromatic benefits of plants. Hippocrates, the Greek healer who is commonly called the "father of medicine," is known to have used essential oils for both aromatic and medicinal benefits.

Physicians around the world, especially in France, have been treating patients with essential oils for a variety of health issues for quite some time. They're creating excellent results without the side effects of today's allopathic medicine.

Is it safe to use essential oils?

The beautiful thing about the use of essential oils is that they can be used safely without any secondary stresses to the body as often occurs from NSAIDs, pain relievers, or other over-the-counter medications. Science is now beginning to confirm what the ancients knew so well — essential oils, the pure "essence" of a plant, provide both psychological and physical benefits when used properly and with wisdom.

What can we use essential oils for?

There are many actions that essential oils can create within the body such as anti-inflammatory benefits, pain relieving benefits, antibacterial benefits, stimulation of proper digestion, cellular detoxification, expectorant effect, and antispasmodic uses.

Where Do Essential Oils Come From?

Out of all the thousands of plants in this world, only about 300 actually render essential oils. The essential oils of aromatic plants are stored in special cells, ducts or glandular hairs, and are located in many different parts of the plant such as flowers, blossoms, fruit skins, seeds, stems, leaves, roots or bark. As a result, the oils can encompass a wide range of aromas and tastes. They can be tart and tangy, as are oils from the citrus family of lemon, orange, tangerine, grapefruit, mandarin, and lime. They can be warm and spicy, like the oils of cinnamon, clove, nutmeg, ginger, black pepper, cardamom, or cumin. The oils can be wonderfully floral as are geranium, rose, and lavender. They can be powerfully herbaceous, like oregano, basil, dill, rosemary, sage, tarragon, and savory. They can be fresh and minty, as are peppermint and spearmint.

What's the difference between perfumes and essential oils?

Essential oils contain the true essence of the plant they were derived from. It is important to be crystal clear here in distinguishing that perfume oils, also known as fragrance oils or "fragrances", are not the same as essential oils. Perfume oils and fragrances contain unnatural chemicals and do not provide the therapeutic benefits of pure essential oils. As a matter of fact, many fragrances or perfume extenders can actually be toxic to the body, particularly to chemically sensitive people!

What makes Forever Green TRUessence essential oils so special?

The essential difference that Forever Green TRUessence Essential Oils *bring to the marketplace is an offering of premium grade, 100% pure, therapeutic essential oils. Make no mistake about it — there is a distinct difference in quality of essential oils in the market.* Most other essential oil lines have oils that have been compromised in one way or another by:

Being extracted with hexane, or other toxins

Being extended with synthetic oils and other potentially health-compromising synthetic ingredients

Being extended – they're "in a base of..." various kinds of fatty oils (almond, sunflower, etc), thus diluting the therapeutic value and impacting the essential oils!

We cringe when we hear people say that they're in a hurry to get the essential oil they need, so they'll run to the store and get it - or they found the oil 'cheaper' at a bath store or some other local health food store. They may have found an essential oil a bit cheaper, or a bit quicker . . . but at what cost... and at what penalty to their body? And will it really be effective? It's likely that the store-bought essential oil won't be as effective, and it's possible it could even be toxic!

Aren't essential oils greasy and messy?

Although the name 'essential oil' implies an oily substance, in fact, essential oils are not oily or greasy. We tend to associate essential oils with fatty oils such as olive, sunflower, flax, grape seed, sesame, avocado, etc. Essential oils don't contain any glycerol molecules – the molecules that give fatty oils their characteristic slippery texture and leave a greasy residue.

Distilled essential oils contain no fat, whereas fatty oils are 100% fat. Rather, essential oils are composed of hundreds of constituents that may have a combined antiviral, antibacterial, antifungal, antiseptic and immune-stimulating effect. Most essential oils are clear, but some oils such as patchouli, orange and lemongrass are amber or yellow in color. Others such as blue tansy have a blue cast to the oil.

So exactly how is it that essential oils work?

The Sense of Scent: Essential oils affect people first through their sense of smell. Your sense of smell is actually the most rapidly responding of all your senses; it's the source of all moods, emotions, creativity and motivation; therefore, scents affect you immediately.

How can that happen? Take a moment and think about it — the smell of freshly-baked pumpkin pie can elicit responses in one's body within seconds. Your mouth may begin watering, a sense of warmth can pervade your body, and emotions tied to past family events may quickly come to your awareness — all from thinking about the scent of a fresh-baked pumpkin pie.

Through the beautiful aromas of various essential oils, an overall sense of well-being can be created or enhanced immediately.

Topical Application: When essential oils are applied topically, almost instantaneous absorption occurs through the skin, moving into the blood stream, then to the deprived area. Swelling decreases, blood circulation returns, the pain is diminished, and mobility is restored. Your body is being nourished, your blood oxygenated, and healing begins.

It has been reported that when applying essential oils on the bottom of the feet, the constituents of that oil will travel to every cell of the body within 20 minutes of application. Oftentimes, it is possible to even smell certain oils on someone's breath within seconds of applying them to the skin!

Bioelectric Activity: This electric activity is a coherent and harmonic balance of energy, which helps maintain life. At a cellular level, a person does not live or die all at once, but rather one cell at a time. If our diet is lower in

frequency than the body, the cell's ability to live is in jeopardy and can die. The death of cells creates a place for toxins, which then creates a host for disease to thrive. Using essential oils elevates the body's frequency. When the body's frequency is elevated, disease no longer has a supportive environment.

Ingestion: Essential oils possess subtle energies able to interact with the body's own energy system to promote wellness and healing. Many oils taken internally will support the immune system, and instigate the detoxification and cellular health needed for a vibrant life.

So can you clarify exactly what it is that you offer?

Forever Green is committed to the highest standard for all of their products. To meet government regulations, essential oils only need to be 52% pure oil. Forever Green TRUessence essential oils are and will always be 100% pure from the first drop to the last!

NO extenders of any kind are used. Just 100% pure essential oils

Blends are formulated by Alexandria Brighton, essential oil expert.

Oils from organically-grown and/or wild-crafted plants. No pesticides or chemicals have been used in the cultivation of the crops.

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