

Five High-Frequency Essential Oils That Can Change Your Life!



FIVE HIGH-FREQUENCY ESSENTIAL OILS THAT CAN CHANGE YOUR LIFE!

Kristine Turner-Miller, LMT, NMT

Relaxation Massage

Deep Tissue Massage

Postural Alignment

Hot Stone Massage

Cupping Therapy

Trigger Point

Myofascial Release

Prenatal Massage

Ionic Foot Detox

Reflexology

Meridian Massage

Pranic Healing

Reiki (Certified Reiki Master)

Chair Massage

Aromatherapy

Paraffin Dips

Distributor of Young Living Essential Oils and various massage products.

Alternative Therapies & Massage, LLC

409 1/2 Main Street

Coshocton, OH 43812

740-622-6330 (Office) • 740-502-1824 (Cell)

massage@kristyturner.com

www.kristyturner.com



Overview

Excerpts from the Essential Oils Desk Reference (Fourth Edition)

Essential oils are some of the oldest and most powerful therapeutic agents known. Most people today are unaware that they have an impressive multi-millennium history of use in healing and anointing throughout the ancient world. Dozens of essential oils are cited repeatedly in Judeo-Christian religious texts and records show they were used to treat virtually every ailment known to man at that time. Frankincense, myrrh, lotus, cedarwood and sandalwood oils were widely used in ancient Egyptian purification and embalming rituals. Other oils, like cinnamon, clove and lemon were highly valued as antiseptics hundreds of years before the development of today's synthetic medicines.

In their pure state, essential oils are some of the most concentrated natural extracts known, exhibiting significant and immediate antiviral, anti-inflammatory, antibacterial and hormone-balancing effects. In clinical practice, they have been shown to have a profound influence on the central nervous system, helping to reduce or eliminate pain, release muscle tension and provide strong emotional uplift.

The chemical structure of an essential oil is such that it can rapidly penetrate cell membranes, travel throughout the blood and tissues and enhance cellular function. For those health professionals who have worked regularly with quality essential oils on patients, it has become very clear that there is a powerful life force inherent in these substances, which gives them an unmatched ability to communicate and interact with cells in the human body.

Healthy minded people the world over have learned the value of using high quality natural herbs. Interestingly, most therapeutic herbs can be distilled into an essential oil. The key difference is one of concentration. The essential oil can be from 100 to 10,000 times more concentrated - and therefore much more potent - than the herb itself.

Even though they are many times more potent than natural herbs, essential oils - unlike prescription drugs - very rarely generate any negative side effects. This carries profound implications for those wanting to maintain or regain their health quickly and naturally.

Sometimes the effects of administering essential oils are so dramatic that the patients themselves call it "miraculous." And

while no one fully understands yet “why” or “how” essential oils provide such significant benefits, the fact is that they do. With pure essential oils, millions of people can find relief from disease, from infections, from pain and even from mental difficulties. Their therapeutic potential is enormous.

What is an Essential Oil?

Essential oils are aromatic volatile liquids distilled from shrubs, flowers, trees, roots, bushes and seeds.

The chemistry of essential oils is very complex: each one may consist of hundreds of different and unique chemical compounds. Moreover, essential oils are highly concentrated and far more potent than dried herbs. The distillation process is what makes the essential oils so concentrated. It often requires an entire plant or more to produce a single drop of distilled essential oil.

Basic Guidelines for Safe Use

It is important to remember that essential oils may be irritating to those with sensitive skin. Avoid eye contact. In case of accidental contact, put a few drops of any pure vegetable oil (i.e. V-6 enhanced Vegetable Oil Complex, olive oil, etc.) in the eye and call your doctor if necessary. Avoid using water to dilute or rinse.

How to Maximize the Shelf Life of Your Essential Oils

All essential oils, including blends, should be stored in a cool, dark place to avoid the harmful effects of light to some of the

fragile components. The darker the storage conditions, the longer your oil will maintain its original chemistry and quality.

After using an essential oil, keep the lid tightly sealed. If stored properly, essential oils will maintain their potency for many years.

Essential Oil Blends

The following pages describe Five High-Frequency Essential Oil blends that were formulated by **D. Gary Young** and **Young Living Essential Oils**. After many years of research, each of the blends has been formulated to maximize the synergistic effect between various oil chemistries and harmonic frequencies. When chemistry and frequency coincide, noticeable physical, spiritual and emotional benefits can be attained.

How to Order Oils from Alternative Therapies & Massage

All of the High-Frequency Essential Oils are on display and are available from my office at their suggested Retail Prices. Also, please note that quantity discounts and **Wholesale Prices** are available online.

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Forgiveness

192 MHz

Helps one to release hurt feelings, insults and negative emotions. Also helps to release negative memories, allowing one to move past emotional barriers and attain higher awareness, thereby assisting one to forgive and let go.



Forgiveness

A blend of 15 essential oils

Rose (*Rosa damascena*) has the highest frequency among essential oils. It creates a sense of balance, harmony, well-being and elevates the mind. It creates a magnetic energy that attracts love and brings joy to the heart.

Melissa (*Melissa officinalis*) brings out gentleness. It is calming and balancing to the emotions, affecting the limbic part of the brain, the emotional center of memories. Helps alleviate depression, hypertension and anxiety.

Helichrysum (*Helichrysum italicum*) helps release feelings of anger, promoting forgiveness.

Angelica (*Angelica archangelica*) helps to calm emotions and to bring memories back to the point of origin before trauma or anger was experienced helping to let go of negative feelings.

Frankincense (*Boswellia carteri*) is considered a holy anointing oil in the Middle East and has been used in religious ceremonies for thousands of years. Stimulates the limbic part of the brain, elevating the mind and helping to overcome stress and despair. It is used in European medicine to combat depression.

Sandalwood (*Santalum album*) is high in sesquiterpene compounds which stimulate the pineal gland and the limbic region of the brain, the center of emotions and memory. Used traditionally in yoga and meditation. May help remove negative programming in the cells.

Lavender (*Lavandula angustifolia*) is relaxing and grounding. University of Miami researchers found that inhalation of lavender oil increased beta waves in the brain, suggesting heightened relaxation. It also reduced depression and

improved cognitive performance (Diego et al., 1998). A 2001 Osaka Kyoiku University study found that lavender reduced mental stress and increased alertness (Motomura et al., 2001).

Bergamot (*Citrus bergamia*) is simultaneously uplifting and calming, with a unique ability to relieve anxiety, stress and tension.

Geranium (*Pelargonium graveolens*) assists in balancing hormones, with antidepressant, uplifting and tension-relieving properties.

Jasmine (*Jasminum officinale*) has therapeutic effects, both emotional and physical, is uplifting, an antidepressant and counteracts indifference, frigidity and hopelessness.

Lemon (*Citrus limon*) is stimulating and invigorating, promoting a deep sense of well being. A 1995 Mie University study found that citrus fragrances boosted immunity, induced relaxation and reduced depression.

Palmarosa (*Cymbopogon martinii*) is stimulating and revitalizing, enhancing both the nervous and cardiovascular

system. Creates a feeling of security.

Roman Chamomile (*Chamaemelum nobile*) combats restlessness, tension and opens mental blocks. It purges toxins from the liver where anger is stored.

Rosewood (*Aniba rosaeodora*) is high in linalool, which has a relaxing, empowering effect. It is also very grounding and strengthening.

Ylang Ylang (*Cananga odorata*) increases relaxation, balances male and female energies. It also restores confidence and equilibrium.

Joy

188 MHz

Produces a magnetic energy to bring joy to the heart, mind and soul. It inspires romance and helps overcome deep-seated grief and depression.



Joy

A blend of 10 essential oils

Rose (*Rosa damascena*) has the highest frequency among essential oils. It creates a sense of balance, harmony, well-being and elevates the mind. It creates a magnetic energy that attracts love and brings joy to the heart.

Bergamot (*Citrus bergamia*) balances hormones, calms emotions and relieves anxiety, stress and tension.

Mandarin (*Citrus reticulata*) has hypnotic properties and combats insomnia, stress and irritability.

Ylang Ylang (*Cananga odorata*) increases relaxation, balances male and female energies. It also restores confidence and equilibrium.

Lemon (*Citrus limon*) is stimulating and invigorating, promoting a deep sense of well-being. A 1995 Mie University study found that citrus fragrances boosted immunity, induced relaxation and reduced depression.

Geranium (*Pelargonium graveolens*) stimulates the nerves and helps release negative memories so that joy can be attained.

Jasmine (*Jasminum officinale*) exudes an exquisite fragrance that revitalizes spirits. Brings feelings of love, support and joy. Used to combat sorrow, depression and nervous exhaustion.

Palmarosa (*Cymbopogon martinii*) it is stimulating and revitalizing, enhancing both the nervous and cardiovascular system. It also brings about a feeling of security.

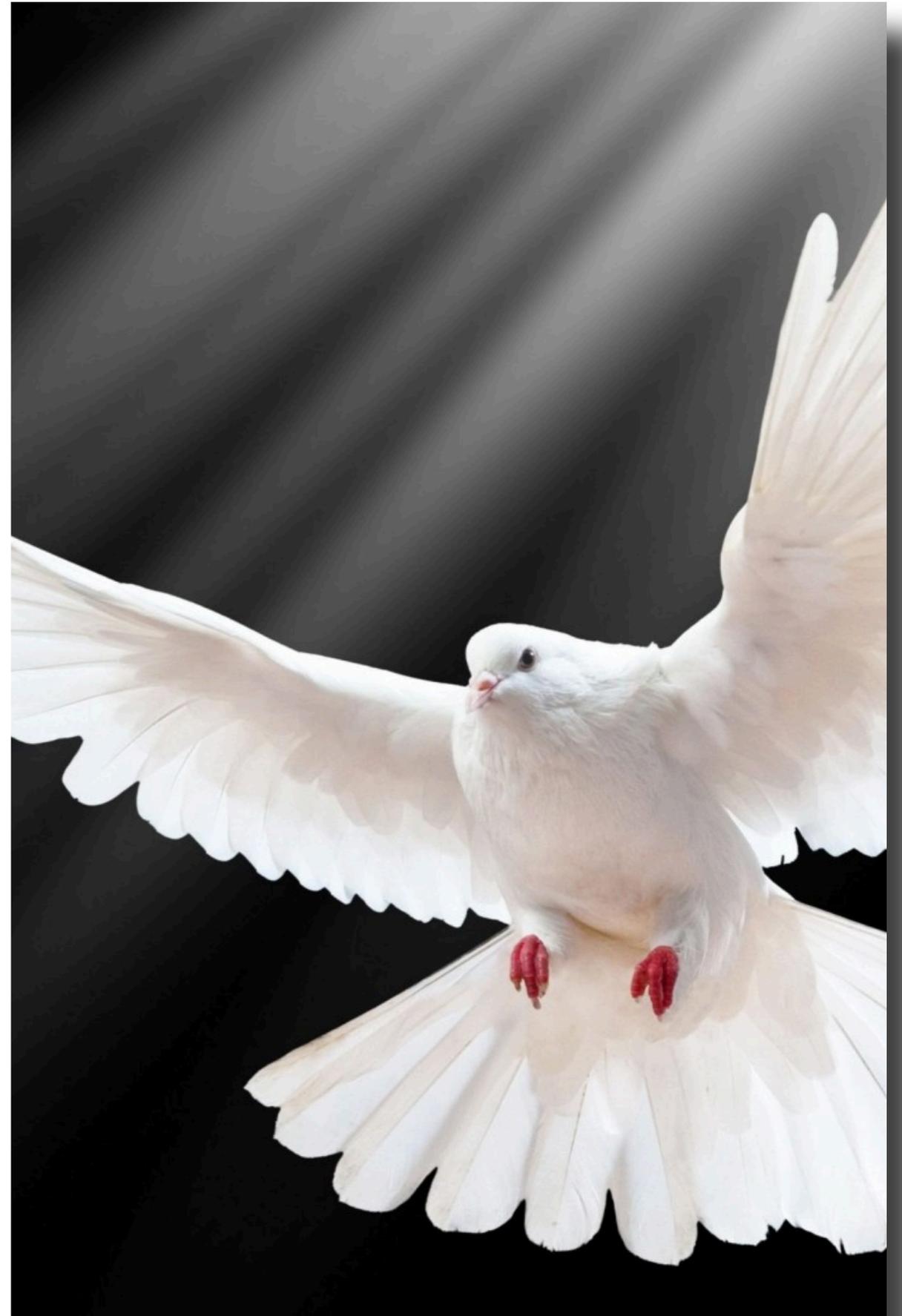
Roman Chamomile (*Chamaemelum nobile*) combats restlessness, tension and insomnia. It purges toxins from the liver where anger is stored. It also opens mental blocks.

Rosewood (*Aniba rosaeodora*) is high in linalool, which has a relaxing empowering effect. Gives a feeling of being grounded, stable and strong.

Exodus II

180 MHz

Some researchers believe that these aromatics were used by Moses to protect the Israelites from a plague. Modern science shows that these oils contain immune-stimulating and antimicrobial compounds. Because of the complex chemistry of essential oils, it is very difficult for viruses and bacteria to mutate and acquire resistance to them.



Exodus II

A blend of 8 essential oils

Cassia (*Cinnamomum cassia*) is anti-infectious, antibacterial and anticoagulant. It was part of the formula the Lord gave Moses (Exodus 30:22-27) for the holy anointing oil.

Hyssop (*Hyssopus officinalis*) is anti-inflammatory, antiparasitic, anti-infectious and decongestant.

Frankincense (*Boswellia carteri*) is considered a holy anointing oil in the Middle East. It stimulates the hypothalamus to amplify immunity. Research at Ponce University shows that it inhibits breast cancer and enhances DNA repair. In ancient times, it was well-known for its healing powers and was reportedly used to treat every conceivable ill.

Spikenard (*Nardostachys jatamansi*) was used by Mary of Bethany to anoint the feet of Jesus. Strengthens immunity and hypothalamus function.

Galbanum (*Ferula gummosa*) prized for healing since Biblical times. (And the Lord said unto Moses, take unto thee sweet spices, stacte and onycha and galbanum; sweet spices with pure frankincense: Exodus 30:34).

Myrrh (*Commiphora myrrha*) is antimicrobial and antimutagenic. It is referenced in the Old and New Testaments (A bundle of myrrh is my well-beloved unto me... Song of Solomon 1:13). Its' high levels of sesquiterpenes stimulate the hypothalamus and the pituitary and amplify immune response.

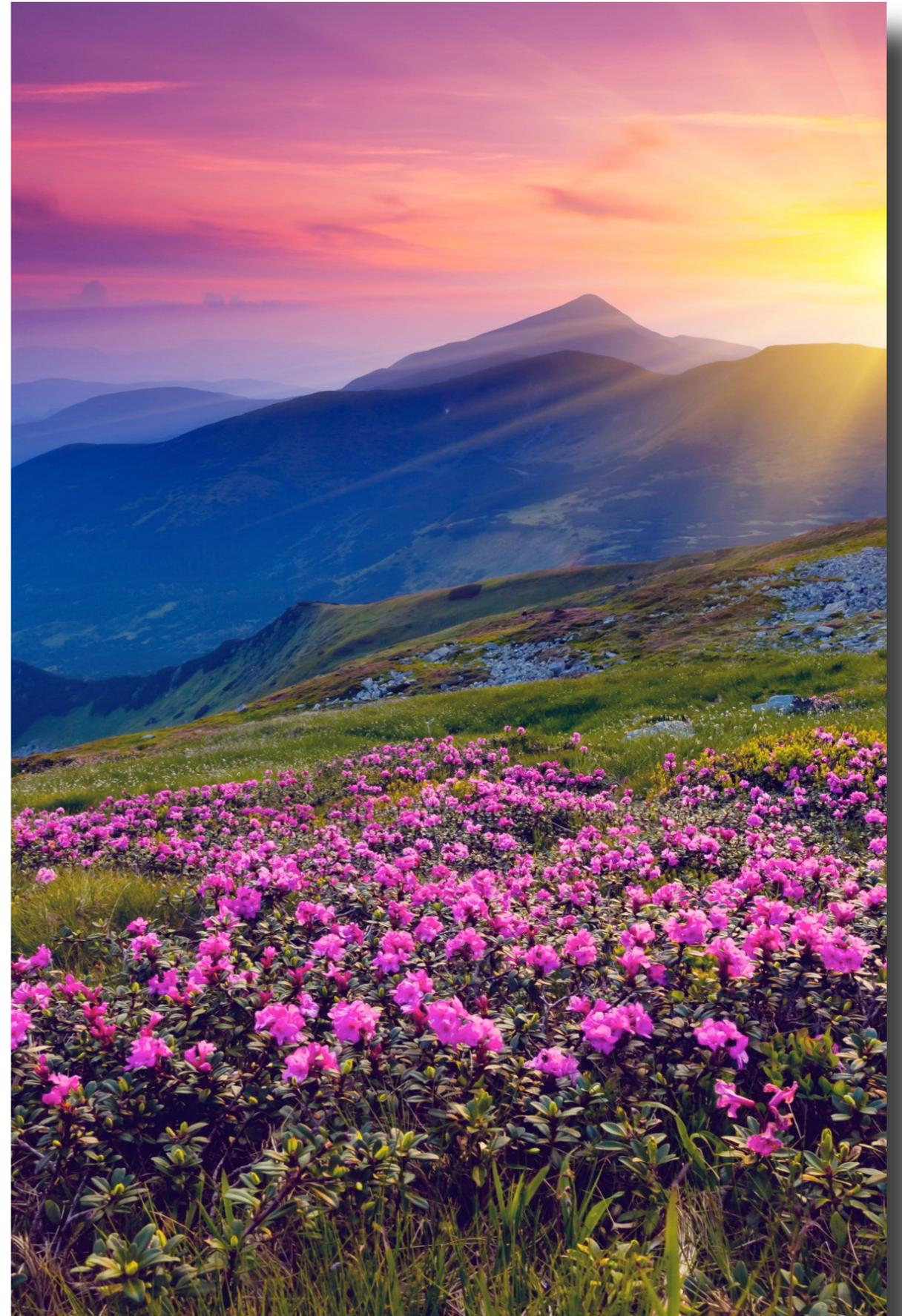
Cinnamon Bark (*Cinnamomum verum*) is part of the formula the Lord gave Moses (Exodus 30:22-27). It is antibacterial, antiparasitic, antiviral and antifungal. Researchers, including J.C. Lapraz, MD found that viruses could not live in the presence of cinnamon oil.

Calamus (*Acorus calamus*) is part of the formula the Lord gave Moses (Exodus 30: 22-27). It is antispasmodic and anti-inflammatory (gastrointestinal).

Sacred Mountain

176 MHz

Instills strength, empowerment, grounding and protection with the sacred feeling of the mountains.



Sacred Mountain

A blend of 4 essential oils

Spruce (*Picea mariana*) opens and releases emotional blocks, fostering a sense of balance and grounding. Traditionally, it was believed to possess the frequency of prosperity.

Idaho Balsam Fir (*Abies balsamea*) has been researched for its ability to kill airborne germs and bacteria. As a conifer oil, it creates a feeling of grounding, anchoring and empowerment.

Cedarwood (*Cedrus atlantica*) is high in sesquiterpenes, which stimulate the limbic part of the brain, the center of emotions and memory. It stimulates the pineal gland, which releases melatonin, thereby improving thoughts, cognition and memory. Cedarwood is very stabilizing and grounding.

Ylang Ylang (*Cananga odorata*) increases relaxation, balances male and female energies. It also restores confidence and equilibrium.

Thieves

150 MHz

A blend of highly antiviral, antiseptic, antibacterial, anti-infectious essential oils. Thieves was created from historical accounts and statements made by a group of 15th century grave robbers who rubbed oils on themselves to avoid contracting the plague. When apprehended, the thieves disclosed the formula of herbs, spices and various oils they used to protect themselves in exchange for more lenient punishment.



Thieves

A blend of 5 essential oils

Clove (*Syzygium aromaticum*) is one of the most antimicrobial and antiseptic of all essential oils. It is antifungal, antiviral and anti-infectious.

Lemon (*Citrus limon*) has antiseptic-like properties and contains compounds that amplify immunity. It promotes circulation, leukocyte formation and lymphatic function.

Cinnamon Bark (*Cinnamomum verum*) is one of the most powerful antiseptics known. It is strongly antibacterial, antiviral and antifungal.

Eucalyptus (*Eucalyptus radiata*) is anti-infectious, antibacterial, antiviral and anti-inflammatory.

Rosemary (*Rosmarinus officinalis CT cineol*) is antiseptic and antimicrobial. It is high in cineol - a key ingredient in antiseptic drugs.

YOUNG LIVING 100% PURE THERAPEUTIC GRADE ESSENTIAL OILS	RETAIL PRICES (AS OF JUNE 1, 2014)
FORGIVENESS 0.17 fl. oz. (5 ml)	\$63.16 + Sales Tax
JOY 0.5 fl. oz. (15 ml)	\$52.30 + Sales Tax
EXODUS II 0.17 fl. oz. (5 ml)	\$28.29 + Sales Tax
SACRED MOUNTAIN 0.5 fl. oz. (15 ml)	\$41.12 + Sales Tax
THIEVES 0.5 fl. oz. (15 ml)	\$44.41 + Sales Tax
CONTACT KRISTINE TURNER-MILLER	WHOLESALE PRICES (AVAILABLE ONLINE)



Kristy Turner-Miller, Continuing Education - Beijing, China - 2010

Mike Ward
eBook Design and Publishing

Ward & Ward
Advertising & Graphic Design
76 West Main Street • New Concord, OH 43762
800-628-8664

mike@placematsbyward.com
www.placematsbyward.com