

# Essential oils as part of your health and wellness program?

Dr. Susan Kay Udry

Germs are becoming resistant to antibiotics; antibiotics are often not effective! I believe nature has given us a remedy for every problem we have. Oils derived from plants, known as essential oils can easily be used as one of those remedies. Essential oils have many anti-infectious properties. They can be used to combat a variety of infectious illnesses including the common cold and flu, sore throat, chickenpox, hepatitis, herpes, and HIV. They are also effective against instruments of bio-terrorism, such as Anthrax and Plague.

Plant based essential oils are not new. Frankincense was more valuable than gold during biblical times. It is mentioned in the bible over 50 times. Essential oils were the first medicines in use for physical healing and disease prevention as well as emotional release, mental clearing, spiritual upliftment.

Daily I use therapeutic-grade essential oils personally and in my practice. They are lipophilic; as such they pass quickly into fatty tissues and dissolve toxins in cellular membranes so cellular function can improve. The cell can breathe, rebuild and regenerate. They are deep cellular detoxifiers that provide nutrients, hormones, and oxygen to your tissues. Essential oils are oxygenating and alkalizing in nature. The essential oils I use are also rich in protective anti-viral, anti-bacterial, anti-fungal, immune-stimulating compounds. And they are very potent! It takes hundreds of pounds of flowers, leaves, stems and roots to make just a few ounces of pure essential oil.

Every essential oil is wealthy with use. Take peppermint oil. Peppermint oil is antiviral, anti-inflammatory, antitumoral, antiparasitic, antibacterial, antifungal, a digestive stimulant, pain-relieving, and it curbs the appetite. I have used Young Living peppermint oil on the temples, scalp, forehead and even the spine to help relieve headaches. Because it increases circulation, it wakes you up; it increases cognition and endurance. I use it to relieve or lessen pain. Because essential oils are so molecularly fine and concentrated they get into the blood stream quickly and work within minutes. Rub a drop of peppermint on your hands and inhale it to help clear sinus infections. Use it in drinking water, on your feet and over pulse points as a coolant. It is great in hot weather or for hot flashes. Use it for indigestion. I use it on children to bring down fever; it works miracles with a chiropractic adjustment. I put it on organ points of patient's feet to help with an adjustment. These are just a few of the applications for just one oil! **But beware**; not just any peppermint oil will work! Recently I had a patient call with gastric distress. She had peppermint oil - she rubbed it on her stomach and took it orally as directed. It didn't work (it wasn't Young Living Oil). When I saw her, I used my peppermint oil – it worked immediately! We have the technology to make any fragrance; **legally** that fragrance can be called **all natural**. Unfortunately it can be full of chemicals you do not want in or on your body and it will be missing many of the constituents that create balance and health in the human body.

Essential oils create the fragrance of a plant; they are the life blood - circulating, carrying minerals, oxygen, essential elements and nutrients from the plant root system into the stems, leaves and blossoms. They are the immune system of the plant; as such they

stimulate ours. They are the concentrate of the plant. When removed only dead, dry fiber is left. The oils do for us what they do for the plant; they carry oxygen, enzymes and nutrients into our cells. Often, you put an oil on your feet and taste it in your mouth within seconds. It travels through your blood stream to your taste buds. Before you are aware of a fragrance, these tiny molecules are already working on the tissues of your brain. They pass through the blood brain barrier to stimulate your hypothalamus, thalamus, pineal, pituitary, and reticular activating system; then they stimulate your glands and organs; they pass into your nervous system, your fatty tissues and your lymphatic system. They pass into every cell of your body to help you raise your level of health. Essential oils are very high in vibrational frequency. You are a mass of vibrating atoms. As your vibrational frequency rises, it is more difficult for an illness or disease process to exist in your body.

When I was traveling years ago, I had a bottle of oil called Purification in my suitcase. It is one of my favorite oils. It is antibacterial, antiviral, antifungal, antispasmodic, anti-inflammatory, anti-parasitic, antiseptic and a tissue regenerator. It is gentle on the skin, and used for cleansing and healing scrapes, cuts, spider bites, stings from bees, hornets and wasps; it helps heal ligaments and tendons **and** it smells wonderful. It also keeps mosquitoes at bay. You can use it for just about anything. It leaked in my suitcase on a CD. It ate a hole through the plastic cover and the CD. It dissolved the plastic! That is what these oils will do to the toxins and gunk in the receptor sites of your cellular membranes.

One of the reasons we die from disease or just get that cold or flu is because we are not nutritionally able to feed and oxygenate our cells properly. Our soils are extremely deficient here in America making our foods deficient in vitamins and minerals, if it is not in the food, we don't get it. Our cells are starving to death. We are also deficient in oxygen. We don't breathe. Our cell membranes are gunked up with pesticides, and other chemicals and they can't function properly. True breathing takes place inside the mitochondria of the cell. When there is toxic film on the cellular membranes, the cell can't breathe. Disease flourishes in oxygen deficient tissue. **Therapeutic grade essential oils carry more oxygenating molecules than any other substance known to man.** Without oxygen we die! Oxygen is also the very thing we need for regenerating and detoxifying tissues, reversing aging and disease and rebuilding health. Oxygenating tissues slows down the aging process because oxygen brings with it increased circulation, this in turn increases the nutrient supply to the tissues. Make sure any oils you use in, on and around your body are therapeutic grade.

Oils work on the emotional level as well as the physical level. They can be soothing and calming or stimulating and energizing. Do you know that our bodies will only release emotions when the amygdala is stimulated? The amygdala controls the limbic system of the brain. The limbic system activates all the senses in the body, the sense of smell, taste, touch, and hearing. Researchers at New York Medical Center found that fragrance is the only thing that will stimulate the release of DNA encoded emotional memory and trauma in the amygdala.

The scientific community in America is just now beginning to recognize the strength and validity of pure essential oils. We are blessed to have pure therapeutic-grade essential oils available to us with the necessary information to help us get and stay healthy.

#### **Where and How to Obtain and learn about Therapeutic Grade Essential Oils**

You can become affiliated with Young Living and purchase essential oils through my web site, It has been set up especially for you to learn about the use of essential oils for your own health improvement and the health of your family and friends. <http://www.commonscentshealing.com> or <http://www.freehealthadvice.net>

Request my newsletter through [askdrsusan@freehealthadvice.net](mailto:askdrsusan@freehealthadvice.net)

Dr. Susan Kay Udry  
Doctor of Chiropractic, Homeopathic and Naturopathic medicine  
(818) 348-0848 (310) 779-3111