The Truth About Essential Oils and Cancer

A Biblically-Inspired, Evidence-Based Approach to Beating Disease God's Way!

FROM THE BESTSELLING AUTHOR OF The Healing Power of Essential Oils

ERIC ZIELINSKI, D.C.
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Dr. Eric Zielinski

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- How to Overcome the Diagnosis Death Sentence
- 6 Ways that Prayer Heal the Mind and Body
- The Power of Thoughts & How to Fix Your Stinkin' Thinkin'
- The BEST Way to Overcome the ONLY Obstacle That Can Hold You Back

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Letter from Dr. Eric Zielinski

I am not an oncologist, nor do I claim to be a cancer "expert."

What I am is a trained public health researcher and aromatherapist who is trying to bring balance to all of the misinformation that you see online about the therapeutic efficacy of essential oils.

For the past few years, I’ve been on a quest to learn everything I could about Essential Oils.

Witnessing transformations like my wife’s friend—scared because doctors had given her no hope to live – continues to fuel my passion to pursue my research and share it with the world. Traditional cancer treatments had failed her. She didn’t want to give up without a fight. That’s when she started using essential oils to support her health, and watching her life radically improve reinforces the importance of what I do.

I know the counsel out there about oils can be confusing. When you ask Dr. Google about natural health remedies, you no doubt get lost in the sludge of information—or should I say, misinformation.

Even trying to find what Essential Oil manufacturers say about health benefits is frustrating. Why? Because retailers are not allowed to share the potentially life-changing health benefits!

As a doctor and a public health researcher, I set out to find this information myself and bring it to you, through this book.

Since I don’t sell them, I’m free to share from my years of research about which oils work best for which conditions. In this book, I tell you how to use the oils on yourselves and your children safely. I share the real health benefits and the recipes my family personally use to improve and support our health.

I want to stop this pervasive health decline—the one that puts us and our children at risk. And my wife and I...we want to be here with our kids for a long time!

From our family to yours, the time to stop hiding this power is now—The Healing Power of Essential Oils!

- Dr. Z
Introduction

According to the most accurate research to date from Cancer Research USA and the British Journal of Cancer, one in two people will develop cancer at some point in their lives.

This is absolutely ludicrous, especially because Americans alone spend more than $124 billion on cancer care! Obviously, something isn’t working, and more and more people are being awakened to the fact that the one-size-fits-all approach to healthcare that most providers have adopted is a major contributing factor.

The truth is there is no diet, no natural remedy protocol or chemotherapy strategy that will work every time. What this means is that the answer for you will not necessarily be the answer for your loved ones. Focus needs to be placed on customizing protocols and strategies to fit each individual. And, in my opinion, this can only be done “God’s way.”

It All Starts with Relationship

God has given your body the remarkable ability to heal itself under the right conditions, and, yes, cancer is included.

So how do you beat cancer God’s way?

By simply trusting and obeying what He tells you. It’s as simple as that, and is only possible by having a personal relationship with his Son, Jesus the Christ. When you surrender your life over to Him and acknowledge that He is your Savior and the Lord of your life, you become “born again,” as the Bible puts it.

- You immediately become intimately connected with God as your Father and ensured that you will go to Heaven when you die.
- You become filled with His Precious Holy Spirit.
- You gain supernatural authority as a daughter / son of God over sin and fleshly desires that rule against your spirit and body.
- You gain the “mind of Christ.”
- You start to see and understand things differently (i.e. like God does).
- And all of the promises of the Bible (including healing!) become “yes and amen” in Christ Jesus.

Having experienced a profound “I was blind now I see” spiritual transformation that radically changed my life and saved me from physical and emotional turmoil in 2003, I
can speak from personal experience that this is no joke. After I got “saved,” as we refer to it in the Christian church, God delivered me from addiction to alcohol, nicotine, illicit drugs and set me on the road to recover from chronic gut issues, cystic acne, chronic pain issue, depression and even suicidal thoughts!

I implore you to take God up on His gracious offer and commit your life to Him right now. It will not only secure your eternal salvation, but will ensure that you are in the best position possible to experience Abundant Life health and wellness!

If you’re not sure how to do, you can pray a simple prayer like this:

- Heavenly Father, I confess to you that I am a sinner and understand that Jesus died on the cross for my sins. I acknowledge that He is my Savior and Lord and that I need You in my life. I surrender everything that I am and have to You, and ask that you fill me with Your Precious Holy Spirit. As Your daughter/son, help me to live an Abundant Life worthy of this great calling, and guide me on the mission that You have for me. Amen!

Next Steps

If you’ve just prayed a prayer like this for the first time, welcome to the family!

My recommendation is to:

1. Continue to pray and talk to God and worship Him with songs of praise and a joyful heart! He created you in His image for relationship and it pleases Him (like any father) to see His children adore Him.

2. Pick up a Bible at your local book store and start reading the Gospel of John through to the very end of the New Testament (Book of Revelation).

3. Join a local Bible-believing church to learn from a seasoned Pastor and to get connected with your new brothers and sisters in Christ!

Beating Cancer God’s Way

So how do you beat cancer God's way, again?

By simply trusting and obeying what He tells you!

Some people have beat cancer through conventional methods like chemo and radiation therapy. Others have beat cancer by following certain juicing and essential oil protocols. Still others have chosen a hybrid model utilizing both medical and natural strategies.

When it comes to cancer (and every other health condition for that matter), always remember this: God has already laid out the blueprint for you to be victorious and it’s up to YOU to do your part!
By and large, cancer is a preventable condition and, because it’s a disease that can be linked to a weakened immune system and poor lifestyle habits, this means that the solution is usually up to you.

Finding the Solution(s) for You

For some, there is a genetic component. Although, the study of epigenetics has made it clear that our genetic expression can be altered by our environment. In other words, you can turn your genes “on” and “off” with the foods that you eat, liquids that you drink, products that you put on your skin and even your thoughts.

The bottom line is that you are not a victim of the genetic lottery and CANCER DOES NOT HAVE TO BE YOUR PORTION in life. And (yes!) you do have a choice!

When making your decision, remember; as more research is being conducted on natural therapies, it is becoming more than obvious that people do not need to use conventional potentially harmful interventions like chemotherapy and radiation to eradicate cancer.

Holistic remedies abound and a cursory glance on “Dr. Google” will rank several on the top of most peoples’ list. Of all the popular natural solutions out there, essential oils for cancer research have gained significant fanfare and for good reason.

Helping You Along Your Journey

Since 2003, I have devoted my life to helping people – just like you – experience abundant health by using proven strategies that align with their Christian beliefs. To do this, I have found it absolutely critical if you:

1. Get your mindset right – remain positive by meditating on God’s Word & proclaiming His promises.
2. Focus on healing the gut – the cornerstone of your health & immune system.
3. Learn how to use natural therapies – like essential oils – the right way.
4. Give your pantry a makeover – so it's easy to enjoy tasty food that is healthy & allergy-friendly.

Having had the privilege of educating millions of people across the globe about how to experience the abundant life, I have created a FREE web class that you can watch that features the very best of the best resources from my Biblical Health & Healing Ministry!

5 Bible Secrets for Beating Disease & Creating "Abundant Life Health" That Your Doctor Is Not Telling You About!

You can register for this for FREE web class at BeatCancerGodsWay.com!
Section 1

The Spiritual Side of Healing

The root of many physical ailments is often spiritual. This is sometimes challenging for people to understand because thoughts, emotions and other “intangibles” are rarely connected to disease, but it’s absolutely true and well researched.

First, like I always say, you can’t live the McDonald’s fast food lifestyle and use essential oils and hope to experience good results. That’s like taking one step forward and three steps back!

It’s also more than simply eating junk food. It’s the WHY behind it. Overcoming unhealthy, potentially disease-triggering behaviors needs to be dealt with at the root cause.

Second, there’s the all-important aspect of faith. And, yes, faith can remove mountains, including sickness and disease!

With this in mind, please approach this section with an open heart. The information and Biblical truths you’ll be exposed to can literally transform your life.
Chapter 1

Power of Prayer to Reverse Disease

Prayer is an integral part of the Abundant Life.

One of the first things Jesus taught His followers was how to pray, and He frequently separated Himself – even from His ministry – to take time to be with our Heavenly Father. He indicated that the power of prayer could change our circumstances. Today, we are just tapping into the service about how prayer can help heal the body and what it can do for our lives.

The Importance of Prayer

_In the morning, Lord, You hear my voice; in the morning I lay my requests before You and wait expectantly._ (Psalm 5:3)

Our lives should center on prayer. Jesus modeled this for us, making time for prayer even when He was surrounded with people expecting so much of Him. In His three-year ministry, He accomplished enough that the Gospels say books couldn’t contain it all – yet He still made time to step away and pray; which was probably the reason why He was able to accomplish so much, but that’s another story altogether.

Taking the proverbial caution against “Perfection becoming the enemy of Good,” we cannot allow “busy” distract us from “blessed.” Taking time out of our crazy schedules for prayer to breathe, meditate, and refocus our lives is vital for our spiritual, mental, and physical health.

Prayer Research

_This is the confidence we have in approaching God: that if we ask anything according to His will, He hears us._ (1 John 5:14)

The subject of prayer has been the focus of a surprising amount of research. No doubt, the contrast between concrete steps of science and abstract actions of faith is intriguing.

A word of caution precedes the pursuit of hard evidence or “trying” God because, at its core, prayer is about faith. With this in mind, the results of research are mixed as one would expect. Nonetheless, there have been several indications of the effects that prayer can be measurable in terms of data.

A 2015 review, for example, worked through the literature to analyze how and why people pray for others and during personal illness. The review documents a few studied reasons people pray in relation to health, including:
• Disease-centered prayer
• Assurance-centered prayer
• God-centered prayer
• Others-centered (intercessory) prayer
• Lamentations

For each of these kinds of prayer, researchers have analyzed the ways prayer is initiated, the motivation behind it, and the results, looking for patterns and verifiable results. At the end of the day, the confirmation we have regarding the effects of prayer seems to boil down to the long-standing core understanding of the Christian faith.

Prayer changes things, yes, and more importantly, prayer changes us.

5 Ways Prayer Heals

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus. (1 Thessalonians 5:16-18)

1. Stress Management

Stress management is the first healing change that I’d like to point out, for a very specific reason. Stress is at the core of so many of our health issues, both chronic and acute. Incidentally, stress is also one of our primary excuses for not spending more time in prayer. The more stressed we allow ourselves to become, the more “reactive” we live – putting out “fires,” working overtime and doing whatever our circumstances dictate that we do– and we end up completely squeezing out what little time we have for prayer to do what we think we need to alleviate the stressors in our lives.

In 1 Peter, we're instructed to cast all our anxieties on Him, and we need to do so now more than ever.

An extensive review of the literature deemed individuals with an engaged “religious” and “spiritual” lifestyle to have better mental health and adapt more quickly to health problems. Moving our minds and hearts away from our stress and onto our faith takes the weight off of our shoulders!

2. Peace of Mind

When we turn our cares and stresses over to God in prayer, we are left with peace of mind – yes, that peace that passes all understanding that Paul talks about in Philippians 4:7! It doesn't have to make sense – in analytics or research or data – for us
to be calm and confident in the face of adversity. It's a matter of faith expressed through prayer!

In addition to the overall health improvement indicated in the previous review, this level of peace was reflected in a study of patients with depression and anxiety. Not only did prayer help initially, but the effects of intensive prayer therapy extended until the follow up a full year after the study!

As many of us know personally, that kind of peace can extend as long as we are willing to maintain the prayer relationship.

Remember, His yoke is easy and His burden is light! We don't have to hold onto worries and cares. And, when we actively let them go in prayer, our health reflects that release.

3. Lowered Inflammation

The illnesses and conditions sparked by stress are typically inflammatory in nature – the body's inflammatory responses going into overdrive to attack the invisible threat. So, naturally, when our stress is under control, thanks to a productive prayer life, the negative inflammatory response will be lessened.

Exploratory research is touching on this phenomenon, with a recent study pointing out the potential that we can help control inflammation with intentional control of emotions. Purposefully shifting our focus in prayer can play a huge role in this kind of control that would ultimately tell our bodies to breathe easy – God's got this!

4. Gut Health

A poorly functioning gut can wreak havoc on health. Beyond nutrient absorption – which is no small task – the gut is a key component in immunity, bacterial balance, and even mental health.

The connection between the brain and gut is so strong it's often referred to as the gut-brain axis. Our mental and emotional stresses trigger reactions in the brain that are then reflected in the gut. Conversely, peace and calm in response to prayer is no less connected and can certainly benefit and even heal unstable gut health.

5. Intercessory Prayer

Heavily researched and hotly contested, scientists are eager to know whether and how intercessory prayer – praying for others – affects health.

A randomized, controlled study in 1999 indicated improved health for coronary care unit patients who had been prayed for. This sparked an avalanche of studies and counters. Some, perhaps rightly, caution that we should not try to nail down a scientific formula for eliciting or even manipulating God's hand.

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I would counter that someone trying to manipulate God isn't really praying at all.

Thirteen years later, **patients with cancer who were graced with intercessory prayer were found to have a small but significant improvement in spiritual well-being**. For all that can and cannot be measured, I'm not sure that we can ask for more than this.

Intercessory prayer binds a community of faith together in support to provide each other with light in a dark time. However small it may be, it remains significant. And in the light, we find healing of our mind, body, or soul – sometimes, all three.
Chapter 2

42 Bible Verses for Healing

*Jehovah Rapha: The Lord, Our Healer.* There are dozens of Bible verses for healing and I have come to take solace in these over the years as my loved ones and I have battled health conditions. They have given us comfort and hope, and have built up our most holy faith to believe our Lord for a miracle!

With that said, there is a practical application to all of this. **The Lord has gifted your body with the remarkable ability to heal itself under the right conditions.** You need to feed it wholesome food, drink clean water and breathe pure air. Sadly, finding these things is all but impossible in our fallen world as toxic chemicals have overtaken our soil and atmosphere.

In spite of the efforts (and great expense) to purchase life-giving products for a healthy home, people still get sick and **God is here to bless you with His healing touch** when you need it. The healing Scriptures below testify to that.

*Cry out to Him and seek this precious gift today!*

To help you stay focused while in the throes of battling a disease, I have put together a list of **42 Bible Verses for Healing** that will encourage, inspire, motivate and can literally help restore you to health if you take them to heart.

- Make them the anthem of the season that you’re in.
- Read and speak them aloud daily.
- Claim God’s great and mighty promises because you are His daughter/son.
- Never lose hope, never look back and never give in to self-pity or despair.
- Download a beautiful printable PDF of my favorite Bible Verses About Healing here ➔ [drericz.com/offer-bible-verses-for-healing](http://drericz.com/offer-bible-verses-for-healing)

If you do these things, **I guarantee that you will benefit.** If nothing less, you will find peace and learn how to combat the stressors that are attacking you. This is enough for most people. However, I’m believing that in Jesus’ Mighty Name that you will celebrate complete recovery!

**Old Testament Healing Scripture**

1. He said, “If you will diligently listen to the voice of the Lord your God, and do that which is right in His eyes, and give ear to His commandments and keep
The Truth About Essential Oils and Cancer

all His statutes, I will put none of the diseases on you that I put on the Egyptians, for I am the Lord, your healer.” (Exodus 15:26)

2. Worship the LORD your God and His blessing will be on your food and water. I will take away sickness from among you. (Exodus 23:25)

3. The Lord will keep you free from every disease. He will not inflict on you the horrible diseases you knew in Egypt. (Deuteronomy 7:15)

4. See now that I, even I, am He, and there is no god beside me; I kill and I make alive; I wound and I heal; and there is none that can deliver out of my hand. (Deuteronomy 32:39)

5. If My people who are called by My name shall humble themselves, and pray and seek My face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land. (2 Chronicles 7:14)

6. Have compassion on me, LORD, for I am weak. Heal me, LORD, for my bones are in agony. (Psalm 6:2)

7. For the LORD protects the bones of the righteous; not one of them is broken! (Psalm 34:20)

8. The LORD will sustain him upon his sickbed; in his illness, You restore him to health. (Psalm 41:3)

9. As for me, I said, “O Lord, be gracious to me; heal me, for I have sinned against You!” (Psalm 41:4)

10. Praise the Lord, my soul; all my inmost being, praise His Holy Name. Praise the Lord, my soul, and forget not all His benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good thing, so that your youth is renewed like the eagle's. (Psalm 103:1-5)

11. He sent out His word and healed them, and delivered them from their destruction. (Psalm 107:20)

12. He heals the brokenhearted and binds up their wounds. (Psalm 147:3)

13. Gracious words are like a honeycomb, sweetness to the soul and health to the body. (Proverbs 16:24)

14. My son, be attentive to my words; incline your ear to my sayings. Let them not escape from your sight; keep them within your heart. For they are life to those who find them, and healing to all their flesh. (Proverbs 4:20-22)

15. A joyful heart is good medicine, but a crushed spirit dries up the bones. (Proverbs 17:22)

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16. For everything there is a season, and a time for every matter under heaven: a
time to be born, and a time to die; a time to plant, and a time to pluck up what
is planted; a time to kill, and a time to heal; a time to break down, and a time
to build up. (Ecclesiastes 3:1-3)

17. And the Lord will strike Egypt, striking and healing, and they will return to
the Lord, and He will listen to their pleas for mercy and heal them. (Isaiah
19:22)

18. Lord, your discipline is good, for it leads to life and health. You restore my
health and allow me to live! (Isaiah 38:16)

19. But He was pierced for our transgressions, He was crushed for our iniquities;
the punishment that brought us peace was on Him, and by His wounds we are
healed. (Isaiah 53:5)

20. 'I have seen what they do, but I will heal them anyway! I will lead them. I will
comfort those who mourn, bringing words of praise to their lips. May they
have abundant peace, both near and far,' says the Lord, who heals them.
(Isaiah 57: 18-19)

21. Then your light will break forth like the dawn, and your healing will quickly
appear; then your righteousness will go before you, and the glory of the LORD
will be your rear guard. (Isaiah 58:8)

22. Heal me, O Lord, and I shall be healed; save me, and I shall be saved, for You
are my praise. (Jeremiah 17:14)

23. For I will restore health to you, and your wounds I will heal, declares the Lord.
(Jeremiah 30:17)

24. Behold, I will bring to it health and healing, and I will heal them and reveal to
them abundance of prosperity and security. (Jeremiah 33:6)

**New Testament Healing Scripture**

25. And He went throughout all Galilee, teaching in their synagogues and
proclaiming the gospel of the kingdom and healing every disease and every
affliction among the people. (Matthew 4:23)

26. And He called to Him His twelve disciples and gave them authority over
unclean spirits, to cast them out, and to heal every disease and every
affliction. (Matthew 10:1)

27. Heal the sick, raise the dead, cleanse those who have leprosy, drive out
demons. Freely you have received; freely give. (Matthew 10:8)
28. It is not the healthy who need a doctor, but the sick. I have not come to call the righteous, but sinners. (Mark 2:17)

29. He [Jesus] said to her, “Daughter, your faith has healed you. Go in peace and be freed from your suffering.” (Mark 5:34)

30. And the power of the Lord was with him to heal. (Luke 5:17)

31. Heal the sick in it and say to them, ‘The kingdom of God has come near to you. (Luke 10:9)

32. And He laid His hands on her, and immediately she was made straight, and she glorified God. (Luke 13:13)

33. But they remained silent. Then He took him and healed him and sent him away. (Luke 14:4)

34. He has blinded their eyes and hardened their heart, lest they see with their eyes, and understand with their heart, and turn, and I would heal them. (John 12:40)

35. While you stretch out your hand to heal, and signs and wonders are performed through the name of your Holy Servant Jesus. (Acts 4:30)

36. And Peter said to him, “Aeneas, Jesus Christ heals you; rise and make your bed.” And immediately he rose. (Acts 9:34)

37. How God anointed Jesus of Nazareth with the Holy Spirit and with power. He went about doing good and healing all who were oppressed by the devil, for God was with him. (Acts 10:38)

38. Our bodies are buried in brokenness, but they will be raised in glory. They are buried in weakness, but they will be raised in strength. (1 Corinthians 15:43)

39. Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the one who is sick, and the Lord will raise him up. (James 5:14-15)

40. Therefore, confess your sins to one another and pray for one another, that you may be healed. The effectual fervent prayer of a righteous man avails much. (James 5:16)

41. He personally bore our sins in His [own] body on the tree [as on an altar and offered Himself on it], that we might die (cease to exist) to sin and live to righteousness. By His wounds you have been healed. (1 Peter 2:24)

42. Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well. (3 John 1:2)
Chapter 3

Emotional Detoxification

Have you ever done a “detox” or a “cleanse?” Chances are you have or, at least, you’re thinking about it! Not too long ago, detoxing was reserved for the most extreme natural health groups. Today, it has become a household name, and even those people with just the slightest concern about their health have jumped on the bandwagon.

The purpose of detoxification is to flush out toxins and other harmful substances, helping your body recharge and improve overall health.

While physical cleanses certainly have a variety of health benefits when done correctly, emotional health – an important part of overall wellness – is often overlooked.

An emotional cleanse will help you handle emotions with ease and detox your entire system so that you can reach your full potential and enjoy the abundant life. Trust me, it’s really THAT important and I invite you along on the journey with me.

My “A-Ha” Moment

I actually only discovered emotional detoxing recently. I was giving a talk at the Truth About Cancer's Ultimate Live Symposium in Dallas where I spoke about Beating Cancer God’s Way. Here are the four topics I discussed:

- How to Overcome the Diagnosis Death Sentence
- Faith and Prayer “Work”
- The Healing Power of Positive Thinking
- Discovering Your “Why”

I received an overwhelming response from the crowd. It really touched my heart. Not only did people approach me after the session with their own stories and questions, but the outpouring of emails and letters I received was incredible. As I listened to – and read – their stories, something dawned on me. What people are really craving, beyond physical healing, is emotional healing.

Many cancer patients are unable to process what’s happening to them due to an emotional haze that lingers on and on. This prevents them from understanding what is happening to their bodies and from making wise decisions.
At that point, I knew there was a missing gap in emotional healing and I set out to fill it. My goal is to give you the bottom line, most actionable steps to help you start your journey.

1. **Emotional Detoxification**: What it is and what it is not.
2. **Emotional Cleansing**: Why it is necessary.
3. **Emotional Detox**: How to do it effectively.
4. **Taking Care of Your Emotional Needs**: Best practices.

I find it rather surprising that no one seems to talk about emotional detoxification. Many doctors leave out the emotional healing aspect of wellness, leaving many patients recovered physically, but reeling in spiritual and emotional torment.

Both positive and negative emotions are important and part of being human, but when we can't manage them properly we can find ourselves in a downward spiral fast. This can have a serious impact on every aspect of our lives – especially our health!

**What Is Emotional Detoxification?**

We’ve all been there. After a stretch of poor eating habits and other unhealthy activities, our bodies start to feel sluggish and ill. The holidays, in which many people take a break from healthy eating to indulge in Thanksgiving dinner, Christmas cookies and other treats, is a good example. Or maybe we went to one too many happy hours with colleagues or clients after work.

When bad chemicals build up in our bodies, it causes a toxic overload. This can make us feel lethargic or even make us sick. In a similar way, negative emotions can build up in our bodies, too. This can weigh heavily on our minds, spirits and bodies when ignored.

Just as a physical detox removes the chemicals and other toxins that make us sick, an emotional detox will help cleanse all the negative emotions that plague our minds and souls. Toxic emotions build up over time and begin to have an impact on our relationships, careers and overall stress levels. Our bodies even begin to take a toll.

With an emotional detox, individuals can regain control of their lives with mental balance and, eventually, happiness. This is important to ensure we are getting the most out of life!

**A Few Signs You Need an Emotional Detox**

Life is just one big rollercoaster. Experiencing extreme emotions is part of what makes us human. We face challenges every day that cause us to experience negative emotions. And, while everyone can benefit from an emotional detox, everyone experiencing toxic emotions will want to start sooner than later.
Here are a few signs that indicate you need an emotional detox:

**Negative Emotions**

Anyone experiencing these negative emotions or thoughts should consider an emotional cleanse.

- Anger
- Resentment
- Regret
- Hurt
- Discouragement
- Bitterness
- Shame
- Sorrow
- Powerlessness

Overtime, any or all of these negative emotions can build up and begin to harm our mental and physical health.

“There is an enormous physical burden to being hurt and disappointed,” said Dr. Karen Swartz, the director of the Mood Disorders Adult Consultation Clinic at The Johns Hopkins Hospital. “Chronic emotions, such as anger and hurt, can lead to:

- an increased heart rate,
- higher blood pressure,
- and poor immune response, all of which can ultimately lead to higher risk of
- depression,
- heart disease,
- diabetes,
- and other serious conditions.”

**Weak Immune System**
When your immune system is down, your overall health is at risk. This is a good sign that you need an emotional detox. Among many other contributing factors, chronic stress is a primary cause of a weakened immune system. **Chronic stress, as result of negative emotions, can certainly have a harmful effect on your immune system.**

Stress and other negative feelings **can make it harder to recover from an illness**, according to the American Psychological Association (APA). In one study, cardiac patients with chronic stress faced higher risks and poorer outcomes than those not experiencing stress.

Plus, stress and other negative emotions can also **make pre-existing conditions worse**. For example, a study showed that half of all participants were able to reduce chronic headache pain by not constantly thinking about and focusing on the pain.

**Gut and Digestive Health**

There’s an old saying that says, “The quickest way to a man’s heart is through his stomach.” But did you know that the quickest way to the stomach is through the brain? In fact, the **brain has a direct impact on gastrointestinal health** and negative emotions can have an impact too.

**Emotions**, such as anger, anxiety and sadness, **can all trigger symptoms in your gut.** These symptoms can include:

- Constipation
- Gas/bloating
- Nausea
- Upset stomach
- Reflux
- Leaky gut

People who experience gastrointestinal issues on a regular basis have seen significant results after an emotional cleanse.

“**Psychosocial factors influence the actual physiology of the gut, as well as symptoms,**” according to a review conducted by Harvard Medical School. In other words, **stress (or other psychosocial factors) can affect movement and contractions of the GI tract, make inflammation worse, or perhaps make you more susceptible to infection.**

The review, which looked at 13 different studies, also discovered that patients who tried psychologically-based healing methods in addition to orthodox medical treatments, saw
a larger improvement in digestive health issues than those treated with conventional methods alone.

11 Ways to Detox Your Emotions

Taking regular emotional detox breaks will help you handle your emotions with ease and cleanse your entire system so that you can reach your full potential and enjoy the abundant life.

While detoxing your emotions is important, I understand that this is all easier said than done. This is why I’d like to offer the following 11 tips to give you a good starting point for setting out on your emotional detoxing journey.

Note that I have ordered these steps in order of importance. If you tackle each one at a time, I promise that you’ll be well on your way to living the abundant life!

1. Forgive Others

We’ve all been hurt by someone at one time or another, and holding on to that pain is one of the unhealthiest things we can do. Letting go of the past and forgiving those who have wronged you is the first step to emotional detox.

A grudge can not only weigh on you mentally and emotionally, but physically as well. The longer you keep these grudges, the more the negative feelings have time to take hold on your soul. There is good news, though.

Letting go and forgiving can help you release the metaphorical and physical burdens that have been impacting your health.

Stop fighting and start forgiving, and the results may surprise you. In fact, research has even shown that people who forgive find hills to be less steep and can jump higher in a fitness test. Forgiveness is so powerful, that once you forgive those who have wronged you, your entire outlook on life can change.

2. Forgive Yourself

It’s the golden rule: Love others as you love yourself. But what if you don’t love yourself? What if you look into the mirror and loath the person looking back? This is where the second step in emotional detoxing come into play. By forgiving yourself, you’ll find it’s easier to release toxic emotions that have built up over the years.

Regret and shame are two negative emotions that can quickly take over your psyche and take control of your mind and spirit. Stop blaming yourself for the past; look toward to the future and achieving your full potential.

A survey conducted with 266 healthy college students found that self-forgiveness has a positive impact on physical health. The study proved that going beyond forgiving others,
forgiving yourself is integral to physical health. So how do you forgive yourself, you may ask? Start by realizing the past is the past and no amount of mourning or regret can change that. Move on, slowly if needed, and focus on things you can change.

3. Practice Self Love

Now that you have forgiven yourself and others, it’s time to love yourself. Self-love is the next step in an emotional cleanse. We are bombarded on a daily basis with images, especially in the media, of what we “should” look or feel like. This can have a harmful effect on us and cause us to feel hurt, shameful or even discouraged.

By realizing that you are a gift from God to the world and full of talents and practicing self-love, we can move past these negative emotions. Now, realize that there’s no right or wrong way to practice self-love. It’s different for each and every one of us. As long as you work to build your self-esteem, you will move in the right direction.

Self-esteem plays a critical role in our physical health. One study reported that those with high self-esteem has significantly higher health status scores and fewer negative health symptoms than others who needed an emotional detox and were guilty of self-loathing.

4. Recite Positive Affirmations

A positive affirmation is a specific statement that uses positive language to break the cycle of negative thoughts and helps you to visualize change. Constant negative thoughts not only lower your self-esteem, but as I’ve mentioned above, they also have severe impact on your physical health.

Reciting positive affirmations is one of the easiest and quickest ways to build self-esteem and self-love.

Several studies have highlighted the impact of positive affirmation on individual growth. One study found that using self-affirmation could help you be less self-protective and more approachable when it comes to admitting errors. This can help you circumvent feeling hurt by criticism.

Another study showed that self-affirmation could improve problem solving under stress, which can have important implications for boosting academic and workplace achievement. Yet another study suggested that self-affirmations have a positive impact on symptom management. This study examined the effects of self-affirmation on chemotherapy-related symptoms and found that those patients who practiced positive affirmations enjoyed increase well-being and specifically decreased:

- Pain
- Tiredness
- Drowsiness
• Appetitive
• Depression
• Anxiety

If you need some help with positive affirmations, my team and I have created a beautiful PDF that you can download and print out. It’s perfect to tape on your bathroom mirror and speak out every time you see it! Download the PDF here → drericz.com/offer-healing-affirmations!

5. Don’t Look Back

Now that you’ve made it this far and you have the fundamentals behind you, don’t look back. Hindsight is 20/20 and it’s easy to look back and regret the decisions we have made. Don’t do it. While it’s natural to regret when you’ve made a mistake or taken the wrong path, coping with that regret is important to maintaining proper physical health.

Researchers at Concordia University conducted a study that examined the difference between how younger and older adults cope with regret. Those who were shown case studies of people worse off than themselves, saw significant emotional wellbeing and improvements over the course of several months.

In essence, the study suggests that being thankful for what you have now is important to effectively coping with regret. While learning to cope with regret can take time, there are a few helpful ways you can work on letting go. Continually remind yourself that:

• Life is a marathon journey, not a sprint.
• Everyone makes mistakes.
• How blessed you are on a daily basis.

You should look at the past as a learning opportunity. Instead of dwelling on the things you did wrong, learn from those mistakes. When you look at the past in this light, positive change will come.

6. Have a Good Cry by Yourself

We’ve all had moments in private where we just break out into tears for one reason or another. There are many emotional benefits to crying. Whether you’ve lost a loved one, ended a relationship or have witnessed a touching moment, shedding tears is a great way to express your emotions and learn more about yourself. Crying is also beneficial to an emotional detox.
Tears are therapeutic, according to the American Psychological Association. In fact, **crying releases many toxic substances** from the body, including those found in cortisol, the stress hormone, according to research conducted by biochemist Dr. William H. Frey II.

**Crying relieves stress and elevates your mood.** One study from the University of South Florida found that crying can be self-soothing, and 90 percent of those studied found that crying actually improved their mood.

Whenever you feel like you may need an emotional release, you might want to try a good cry in private before sharing your hurt with a friend or loved one, who probably isn’t qualified to handle their own pain, let alone yours.

### 7. Cry with Someone You Trust

After you have cried it out on your own and learned to forgive and practice self-love, it’s now time to speak with a close friend, loved one, or even a professional counselor. Since we all hold on to negative feelings, such as regret, stress, fear and anger, it’s important to **talk with someone who can relate to your situation**.

A support system of that nature will help you heal quicker and maintain an emotional balance in the long run. In fact, research confirms, “**strong social and emotional support is a powerful stress buster that improves health and prolongs life**,” according to the American Institute of Stress.

However, it’s important that you **don’t open up and dump your toxic emotions on just anyone**. Remember, sharing details of this nature gives the other person an open window into the intimate parts of your life and relationships. Try to find less judgmental people to confide in. This is where speaking with a professional may be better.

### 8. Have Faith in Yourself

Ask yourself this: “Do I deserve to be well? Do I believe emotional stability, and therefore the abundant life, is possible?”

If you can honestly answer, “Yes,” to those questions, you’re ready to move on.

Having faith in yourself is the next phase of an emotional detox. **It’s not enough to just go through the motions** – you must believe. As we discussed earlier, negative self-talk has an impact on your emotional and physical state.

Once you have convinced yourself that an emotional cleanse is possible, you will begin to develop positive feelings and emotions, which will push you to succeed in life. Not only is an emotional detox within your reach, but it’s within your **God-given right to be happy, healthy and emotionally stable**.
9. Finding a Healthy Retreat

So many factors affect our emotional health. It shouldn’t come as a surprise that **your environment is one of the biggest contributing factors**. Finding a quiet, relaxing place to sit and reflect is vital to restoring our mental and emotional balance and finding our center. This can be hard when kids, coworkers or other people surround you. **Breaking free from the chaos** is integral to emotional freedom.

**Find a quiet place and go there.** For me, that quiet place is the great outdoors – “God’s Country.” **Open, natural spaces bring a sense of calm** to many people, myself included. In fact, nature has proven better at helping people concentrate than more urban settings. Visit a local park, take a walk or hike or just find a place to sit and take in all God has created; your health depends on it.

10. Remove Distractions

An important part of an emotional detox is to avoid distractions at almost any cost. **People, places and things can all distract** from what’s truly important: your emotional health. While you work to cleanse negative emotions, you are more susceptible to hurt because your guard is down. Be honest with yourself when opening up to others and avoid those who may feed on negative thoughts. These people will do anything to stop you from achieving a full emotional cleanse.

Likewise, you should also avoid places or situations with similar motives. Time after time, I see people visit places that are associated with negative memories. This self-destructive behavior is counterproductive. If you have yet to get to a place in which you can cope with these memories in a health way, you should avoid dredging them up. Instead, you should **focus on surrounding yourself with positive people** and **creating new positive memories**.

11. Ditch Social Media

Yes, I know, this one is much easier said than done. Bottom line: **our addictive relationship with social media is unhealthy**. Taking a break from Facebook and other social media sites, at least while you’re in recovery, is important. While keeping in touch with family and friends is also important, the negative effects of social media far outweigh the positives during an emotional detox.

Facebook, for example, can **trigger feelings of jealousy and envy and cause you to develop unrealistic comparisons**. This has serious consequences on your overall wellbeing and can even lead to depression.

One research study found that **taking a week-long break from social media were happier and were significantly more satisfied with their lives**. This research is strong support that taking a social media fast is imperative to an emotional cleanse.
Take Care of Yourself – It’s Important

Once you’ve completed each step successfully, it’s important to maintain that emotional stability and take care of yourself. We’re all busy and it’s easy to forget to look out for “numero uno.” Take time to **pamper yourself** with a nice long bath, a spa day or just getting out of the house or the office.

Here is a recipe for a simple DIY detox bath with essential oils:

**Ingredients**

- 1 cup Epsom Salts or bath crystals
- ¼ cup Bragg Organic Apple Cider Vinegar (ACV)
- 1 tablespoon of carrier oil
- 2 drops of lemon essential oil
- 5 drops of lavender essential oil

**Instructions**

1. Mixed the essential oils and carrier oil in a glass.
2. Mix in ACV and Epsom Salts.
3. While filling your tub with warm water, slowly pour in mixture while the water is running.
4. Take time to relax and enjoy the benefits, allowing your body to soak for 20 to 30 minutes.

Aromatherapy with some stress-reducing essential oils is also effective. Orange, lemon, lavender, chamomile and rose are just a few essential oils that help with stress. By diffusing these oils throughout the day, you will greatly reduce your overall stress and continue the positive effects of your emotional detox.

**Take Time to Pray**

Prayer is extremely important when it comes to living the abundant life. Research shows that **few things are as effective at promoting emotional healing as prayer.** It helps you manage stress more effectively and works on so many other levels. In fact, one literature review of research on prayer and spirituality found that those who live a spiritual life typically have better mental health and adapt more quickly to health problems than those who do not.
Talk to a Professional

Generally-speaking, family and friends are probably poorly equipped to effectively help you deal with your negative emotions. If you get a sense that they lack empathy, it’s not because they don’t care, it’s because they can’t relate. A professional can provide guidance as long as you’re not afraid to ask. Talking about your feelings is an important step in an emotional detox and you need to ensure you’re talking to the right person.

Seeking professional counseling is not a sign of weakness. It doesn’t mean you have failed. In fact, it actually shows how committed you are to your own detox and finding emotional balance. Be honest with yourself and take an honest look at your needs. When you embrace someone else’s strengths, you can find a more strategic path to full mental and emotional detox.

DIY Emotional Detoxification Inhaler

One last tip I want to share is my aromatherapy inhaler recipe for emotional detoxification. Simply smelling the vapors of essential oils can literally help improve your brain chemistry, enhance mood and can do more or your emotions that you may expect.

Ingredients

- Aromatherapy Inhaler Stick
- Certified Organic Cotton Pads
- 4 drops frankincense
- 4 drops key lime
- 4 drops neroli
- 4 drops opoponax
- 4 drops ylang

Instructions

1. Mix your essential oil blend in a glass bowl or jar.
2. Cut down your organic cotton pad to the desired size to fit inside your inhaler tube.
3. Place the cotton pad in your glass bowl to adsorb your essential oils.
4. Use tweezers to remove cotton pad and insert into your inhaler tube.
5. Place top section onto inhaler tube.

6. Use during your emotional detoxing exercises - especially when you're practicing forgiveness, self-love and reciting positive affirmations.

Contrary to popular opinion, there are actually much fewer ways to use essential oils to detox your body compared to using essential oils to detox your emotions. EOs help calm your mind, boost your mood and help put you in a meditative, mindful state. Keep this inhaler on your emotional detoxification journey and start to experience the Abundant Life today!
Section 2

Using Essential Oils Safely and Effectively

Now, before we can talk about the specifics of using essential oils for cancer, it’s important to nail down the fundamentals. Learning about carrier oils, dilution, conversions and traditional aromatherapy strategies isn’t hard, but are crucial in your journey of tackling complex health conditions like cancer.

Why?

Because essential oils are concentrated plant-based compounds and, as they can produce abundant living results, they can cause serious harm if used improperly!

It boggles my mind how people flippantly use essential oils today. You wouldn’t just take a bunch of pain meds straight out of the bottle without first reading the instructions, would you? Then why don’t people approach plant-based medicine the same way?!?

And, yes, essential oils are plant-based “medicine.” If you weren’t aware, many of the medications that we see on the market today are based off of the chemicals we find in essential oils. They are truly potent and caution should be exercised before adding them into your natural health care regimen!

With that said, there is no fear in using essential oils. Like a sharp knife that, if used properly, is an invaluable tool in your kitchen, essential oils are wonderfully effective tool and should simple be handled with care.

Let’s learn how...
Chapter 4

Aromatherapy 101

Although the use of essential oils isn't new, it has definitely gained a wild fanfare in recent years. More and more people are using essential oils in place of artificial fragrances in the home and on their bodies, for culinary purposes, and for health and healing. The more we use essential oils, the more we fall in love, and it's hard to remember a time when aromatherapy was an unfamiliar term.

Everyone has to start somewhere, though – few of us were born into families who already used aromatherapy regularly. If you are just starting out and find yourself a bit lost in the jargon, recipes, and excitement, don't worry. You aren't alone. Let's take a little bit of time here and catch you up to speed.

Our Favorite Aromatherapy Blends

I'm not sure about you, but my wife and I utilize aromatherapy every day. It enhances our mood, health and virtually every aspect of our lives! We have a steam diffuser in nearly every room in our home, and once we gave all those toxic plug-ins and aerosols the boot, we started to notice some pretty cool changes in our health and the health of our children.

These are our some of our favorite blends:

- **Good Bye Allergy Blend** – Lavender, lemon, and peppermint
- **Healthy Digestion Blend** – Anise, caraway, fennel, ginger, lemon, tarragon
- **Focus Blend** – Cedar wood, frankincense, sandalwood and vetiver
- **Christmas Blend** – Fir (Balsam, Douglas, white), peppermint and vanilla absolute
- **Holy Anointing Blend** – cassia, cinnamon, frankincense, myrrh
- **Immune Boosting Blend** – Cinnamon, clove, eucalyptus, rosemary, orange and lemon
- **Joyful Blend** – Orange, lemon, bergamot, grapefruit and vanilla absolute
- **Deep Breathing Blend** – Cardamom, eucalyptus, lemon, peppermint, rosemary, tea tree
- **Sleepy Time Blend** – Roman chamomile, lavender, and vetiver
At this point, you may be asking, “How can these aromatherapy blends make a difference in my life?” Well, it’s all about the healing power of essential oils.

**What is an Essential Oil?**

“And the leaves of the tree are for the healing of the nations.” (Revelation 22:2)

I can think of no other substance on earth that epitomizes this Bible verse more so than essential oils.

**What is aromatherapy, and what is an essential oil?**

You might associate aromatherapy with massage therapists and think massage oil. Or perhaps you picture heavy patchouli incense and a Volkswagen van. Or the base, middle, and high notes of a perfumery’s concoctions.

All of these can be accurate associations with aromatherapy – while at the same time, each of them may or may not be using pure essential oils.

The term *essential* oil doesn’t refer to how much we need it (though many of us argue that they are pretty vital parts of our daily lives!). In fact, the original scientific term for these oils is “volatile organic compound,” which paints a much better picture of what we’re referring to.

The volatile oil – or essential oil – of a plant is the part that releases quickly into the air and evaporates. The Encyclopedia Britannica describes the naming rationale:

> “Essential oil, highly volatile substance isolated by a physical process from an odoriferous plant of a single botanical species...Such oils were called essential because they were thought to represent the very essence of odor and flavor.”

It’s important to note that there are other components of a plant, i.e. non-volatile compounds, that do not evaporate. These plant compounds are not included in the final essential oil product after being steam distilled, and we’ll discuss more difference and their significance below.

The essential oil is why you smell a rose when you lean down and sniff the blooms. It is a microscopic physical component to plants that are released as you walk through the garden and shakes up the plants. How many plants can you identify by their scent alone? The scientists who had the privilege of naming this chemical component could think of plenty, as well, and thus believed the oils to be “essential” to the plant as much as it was volatile (quickly released).

We now know that essential oils are more prevalent in some plants than others, and can be found in roots, stems, leaves, and blossoms alike. They aren’t necessarily an
“essential” part of the plant – in fact, we don't always know the function(s) the volatile organic compounds serve, and it can vary from plant to plant. But we do know that essential oils are complex, with broad therapeutic actions that vary based on their composition.

Ultimately, the essential oil of a plant is a component of the plant itself, filled with vast amounts of molecules specific to that plant's needs and uses. This is important to remember, because chemical composition (phytochemistry, the chemistry of plants) tells us how we can best use a substance.

**History of Aromatherapy**

More recently, essential oils have been used under the guise of the aromatherapy profession, although we have records of people using them as far as thousands of years ago. Did they have essential oils like we know them today? Of course not! Modern distillation procedures are relatively new in relation to the Earth timetable (around the 9th century AD).

Interestingly, Nicander (b.c. 183—135), a Greek poet and physician, “Spoke of the extraction of perfumes from plants by what we should now call a process of distillation” and we have other ancient accounts of crude methods to extract the precious oil from plants.

The term aromatherapy is relatively new in our history, coined by a French chemist named Rene-Maurice Gattefosse in the 1930s. His work ultimately led to the modern understanding of essential oils as therapeutic for health and healing benefits.

This shift toward isolating and emphasizing the use of essential oils as a separate and concentrated compound with the goal of therapeutic results has shaped what we know about essential oils today. It gave us the vials of pure, concentrated essential oils, separate from the other compounds they shared space with, in the larger composition of a plant. But it wasn't the first-time essential oils were recognized for their healing abilities.

**Herbal Preparations Vs. Essential Oils**

The practice of using herbs as medicine dates back to the beginning of human history, and since we have always had noses, the fragrant component of those herbs did not go unnoticed. Most civilizations utilized fragrant herbs for medicine and rituals, and oil extractions were commonly used to separate the fragrance and medicinal benefits from the bulkier material of the rest of the plant. Many of the herbal oil preparations used in this way were rich in essential oils that we continue to use to this day – myrrh, cinnamon, frankincense, cassia – prized for their fragrances and traded vigorously throughout the ancient world and into the development of the Western world we know today.
Again, remember, **our ancient ancestors didn’t have high-powered distillation apparatuses like we do now.** Therefore, they never had the opportunity to enjoy concentrated essential oils that we can easily find in little bottles today. They used crude plant matter preparations in what I’d refer to as “holistic” plant-based medicine.

For example, spices were burned, infused into carrier oils, and even crudely distilled into something similar to what we know as an “extract.” What do each of the uses have in common? **Maximizing access to the essential oil** at varying concentrations.

Today, thanks to pioneers such as Gattefosse, we really do have essential oil extraction down to a science, and we're learning more all the time.

There is no doubt that the ancients realized the fragrance was something more than just pleasant. Such was the confidence in the therapeutic power of aromas that, at one point, the entire prevailing theory of disease centered around bad and good smells!

**Volatile Vs. Non-Volatile Organic Compounds**

Essential oils as we know them today are made up of volatile organic compounds from part of a plant and concentrated so that it’s the only component of the plant remaining. This is usually accomplished using steam distillation to release the droplets and then catch them. Because it's an “extraction” of a very small facet of a plant, it takes large volumes of each plant to create even a 15ml bottle of essential oil: like, 30 pounds of lavender to get one bottle!

So, when we talk about “essential oils being used from ancient times” – for example, in the Bible when fragrant offerings were commanded and incense was to be burned – it's true in that the essential oils were present in their preparations. Where ancient and modern use differs, however, is that **we are now able to isolate the essential oil – not simply include it, but use it exclusively.**

As noted above, herbal matter infused with an oil, such as lavender steeped in olive oil, contains the essential oil alongside many other compounds from the plant. Both volatile and non-volatile compounds. Pure lavender essential oil, on the other hand contain fewer compounds, since the non-volatile plant matter is separated via steam distillation, strained away and discarded.

This is important to understand because **the research about volatile organic compounds (i.e. “essential oils”) and non-volatile organic compounds (i.e. herbal preparations like extracts, absolutes, salves, poultices, incense, and etc.) cannot be used interchangeably.** There can be (and oftentimes is) a significant difference in the therapeutic and safety considerations because the two.

**Putting Oils in Context of the Plant**

Let’s put this into practical terms. Cinnamon, for example, is a delicious spice. The cinnamon that you sprinkle onto toast is essentially ground-up bark and is the
culmination of a combination of many chemical components – yes, including essential oils.

In cinnamon sticks or ground cinnamon, the oils are dispersed amongst the other components that make up the plant, giving you a wide range of substances to stir into tea or add to Christmas pie.

Now, to make cinnamon essential oil, that same bark would be placed through a distillation process, releasing and separating the essential oil. Great amounts of bark would be used in the process, and little vials of essential oil would be the result. Same bark, same plant.

But would you shake your cinnamon essential oil bottle all over your morning toast, just like you did with the powder? If you did, you’d burn your mouth!

When the essential oil component – whatever is left after processing, packaging, and cooking methods – is part of the whole product, it is in such small and dispersed amounts that it’s only a minute contribution to the whole. You’re enjoying powdered cinnamon for the combination of molecules that create texture, flavor, and varied benefits.

When you use an essential oil, you should use it for the very specific benefits that those specific molecules can provide. In the case of cinnamon bark, it’s pretty potent as an antibacterial, moreso than a dessert seasoning.

And while it still does taste great and could be used with proper care in a culinary setting (we’ll get to that in a minute), it’s also a dermal irritant. In other words, it could really hurt your skin or the tender lining of your mouth and throat if you were to use it just like cinnamon sticks or powder.

To throw another wrench in the works, the essential oil gathered from the bark won’t have the same components as that of the essential oil taken from leaves. And it will vary between varieties of the same plant species, growing methods, seasons, and even the way it’s harvested. These are volatile oils, remember? They are pretty delicate in their composition and will adapt based on their conditions and use to the plant.

Pretty powerful stuff! The progress that we have made since aromatherapy was first founded allows us to choose essential oils for specific uses based on what we know of their composition. Rather than burning whatever smells good and hoping it chases away disease, we can combine the art and science of aromatherapy to be intentional and effective in our use.

How Essential Oils Are Used

The term aromatherapy was coined to combine aroma and therapy, indicating therapeutic benefits using fragrance. This is still the heart of aromatherapy, but
essential oil use has expanded in many ways and toward many uses. The main categories of use are:

- Inhalation
- Topical
- Internal

I'll discuss these below in more detail in just a bit, but before I do, a word about dilution and conversions...

**Importance of Dilution**

When making your own preparations, you will need to dilute your essential oils accordingly. This means that you “cut” the concentrated essential oils with a fatty, vegetable oil like coconut, sweet almond or jojoba.

Trust me, 99% of the time, you will not want to apply them straight (i.e. “neat”) on your skin. This can cause what’s known as contact dermatitis (i.e. “sensitization”) and is a pre-allergic response that can prevent future use.

Because of the misguided advice online, many people are hurting themselves and breaking out in hives, rashes, oozing sores and irritating their skin because of inappropriate, unsafe (and therapeutically ineffective) use.

No wonder why a vast majority of human trials that we see in the medical literature test diluted essential oil preparations. Neat use is just not safe and sustainable long-term.

**Conversions and Dilution**

When diluting your essential oils, it’s important to remember to stick with traditional conversions that take into account max dermal limits of the chemicals that are found in plants. I have included these conversions below.

Dropper sizes vary and volume varies based on the oil, so advanced techniques would include more specific measuring techniques. Most bottles that I've seen contain either 5 ml or 15 ml of oil, which would be 100 drops or 300 drops, respectively. For math enthusiasts out there, this is how the conversions all pan out:

- 1/8 oz. = 3.75 ml
- 1/4 oz. = 7.5 ml
- 1/2 oz. = 15 ml.
- 1 oz. = 30 ml
- 4 oz. = 120 ml
- 8 oz. = 237 ml
- 16 oz. = 473 ml

Since most droppers will give you about 20 drops of essential oil, the final conversation typically looks like this:

- 1/8 oz. = 75 drops
- 1/4 oz. = 150 drops
- 1/2 oz. = 300 drops
- 1 oz. = 600 drops

Using these conversions:

- **1% dilution**: 6 drops of EO per oz of carrier oil (1% of 600 drops is 6)
- **2% dilution**: 12 drops of EO per oz of carrier oil (2% of 600 drops is 12)
- **3% dilution**: 18 drops of EO per oz of carrier oil (3% of 600 drops is 18)

If working with tablespoons are more comfortable for you, 1 oz. = 2 tablespoons. So, there are 300 drops of EO in a tablespoon.

- **1% dilution**: 3 drops of EO per tablespoon of carrier oil (1% of 300 drops is 3)
- **2% dilution**: 6 drops of EO per tablespoon of carrier oil (2% of 300 drops is 6)
- **3% dilution**: 9 drops of EO per tablespoon of carrier oil (3% of 300 drops is 9)

If working with grams, 1 drop of essential oil = 0.02 to 0.03 grams approximately (depending on your dropper), which converts to 20-30 milligrams or 20000 micrograms (µg). Thus, 30 mg is about 1 drop.

I created a dilution chart that you can download and print out for FREE. Visit: [drericz.com/offer-dilution-chart](drericz.com/offer-dilution-chart)

**Inhalation**

Within the major types of essential oil used, there are many ways to actually apply them. These suggestions and guidelines can get you rolling, but once you are familiar with your oils and their safe use, you can really start to think outside of the box.
Not only is inhalation the **oldest form of essential oil use**, it is also arguably the **safest**. Oils diffused throughout a room are relatively safe for most people in most cases due to the high level of dilution.

More direct effects can be obtained by breathing in a steam directly or inhaling right from the bottle, or from a few drops on a cloth. This carries the essential oils directly into your respiratory system and mucous membranes, dispersed throughout the steam or air molecules.

For inhaled oils, like all applications, you **only need a small amount to create a big impact**.

Diffusers will use a bit more, but direct inhalation is up close and personal and only requires a couple of drops. Some useful methods you might use to inhale essential oils are:

- **Diffusion** – A good method to use for blends intended to affect the entire room. Place as few as 2-3 drops and as many as 6-10 total drops in the diffuser or in a pot of simmering water and let it disperse throughout the room. The benefits should be lasting after the diffusion has ended; there is no need to run it continuously. *Use oils that are energizing, antimicrobial, promoting memory and focus, and relaxing. Ex: citrus, lavender, rosemary.*

- **Personal inhalation** – Good for portable, direct inhalation for specific benefits to an individual. Fewer drops are needed due to the close proximity of use. Place 1-2 drops of a single oil or a pre-prepared blend of oils on the inhaler, then hold it close to the nose and breathe in periodically. Inhalers can be a piece of porous jewelry, a piece of cloth or handkerchief, or inhalers made of a wick of sorts placed in a glass tube. *Use for clear breathing, focus, anxiety, headaches, and stress relief. Ex: eucalyptus, bergamot, peppermint.*

- **Steam inhalation** – Technically also personal inhalation, “tenting” is more intensive and not very portable. When the oils need to be inhaled in greater concentration and affect the respiratory system more directly, 2-3 drops of a single oil or pre-prepared blend can be placed in a bowl of boiling water – usually warmed in and poured from a tea kettle. Place a towel over your head and drape it over the bowl (forming a tent), close your eyes, and breathe deeply. *Use for clearing the nasal passages and respiratory system. Ex: eucalyptus, citrus, tea tree.*

- **Sprays** – Aromatic sprays have benefits of both inhalation and, in the case of antimicrobial oils, surface cleaning benefits. Combine 10-20 drops of a combination of oils to ½ oz alcohol or witch hazel, then add ½ oz distilled water and shake to combine. Spritz in the air, on linens, or on clothes as desired. *Use for air freshening, cleaning, antimicrobial purposes, body sprays, and even topical anti-inflammatory benefits and healing. Ex: tea tree, lemon, thyme.*
Topical

Topical use is a step further than traditional inhalation-based aromatherapy, though still familiar in the context of massage therapy, which often utilizes fragrant oils for massage applications.

Instead of the broad dispersion through air droplets that inhalation provides, topical use is much more direct. But at the same time, the oil is absorbed through the barrier layers of skin, while inhalation moves quickly through the thinner mucous membranes. Knowing your oil and the goal you have in mind can help you determine which application is more appropriate.

In theory and in professional practice, some essential oils can be used on the skin undiluted. However, the safest application is via dilution with a carrier oil.

Essential oils placed directly on the skin are able to sink in through the pores and then move through the body, creating both topical benefits as well as systemic. While some oils are okay undiluted (neat), most are not. Like I mentioned above, the smart way to apply oils topically is to first dilute them. Carrier oils are non-volatile oils and are not irritants, so essential oils can be blended into them first and then the mixture applied.

Popular carrier oils include: coconut, olive, almond, jojoba, avocado, apricot, and sunflower. Most carrier oils have benefits of their own that can be explored to create even more beneficial blends.

Topical application can be direct in a small area such as for scar healing or broader such as for a massage oil. The important variables here are dilution rates.

- **0.5% dilution** – Use with strong oils, application on children, and oils that you are testing for sensitization. The heavy dilution allows for greater distribution throughout the application and less per dose. Use for irritating oils, children, and those who are highly sensitive. Ex: cinnamon, eucalyptus, peppermint.

- **1% dilution** – Even adults who tolerate oils well will still find some oils too strong for normal applications. A 1% dilution rate protects your skin while still enjoying the benefit of the more powerful essential oils or using on sensitive areas of the skin. Use for facial applications, dermal irritants, and treatment of delicate skin. Ex: clove and cinnamon oils, tea tree for acne, and Melissa.

- **2-3% dilution** – This is the most common dilution range, suitable for massage oils, healing treatments, lotions and creams, and cosmetic applications. It is enough to gain significant benefits of the essential oil without risking sensitization. Unless the oil is particularly potent or you have sensitive skin, this is likely to be the dilution you’ll use. Use for most applications – lotions, creams, salves, balms. Ex: ylang ylang, helichrysum, chamomile.
• **5%+ dilution** – Higher concentrations should be used with care. You might find a high proportion of a bath salt is appropriate, for example, because it will be further dispersed into the tub. Or, extremely safe oils can be used in small amounts on small areas of the skin – for example, as a strong acne treatment. Know your oil’s safety profile and choose high concentrations with caution. *Use for specific situations based on either extreme safety and high potency in a targeted area OR further dilution beyond the initial formula. Ex: lavender, sweet orange, tea tree.*

**Internal**

Finally, and most controversially, some oils are safe for ingestion. The most basic form of ingestion is in culinary use and in “culinary doses,” i.e. 2-3 drops per dish. Revisiting cinnamon, you could use cinnamon essential oil in a cake batter, but you’d only need 1-2 drops for the whole batch versus a teaspoon or more of the bark powder.

Another common internal preparation is to combine it into a drink. **Remember that oil and water do not mix, so simply adding a drop to water will leave that drop undiluted.** Some oils are irritants and all oils are very strong, so it’s best to be safe and dilute it into some honey or coconut oil first.

Typically reserved for culinary oils or for use by trained aromatherapy professionals, ingestion is used when the medicinal profile of an oil is required. Dilution remains important, as does education before use. Some of the more common ways ingestion is used are highlighted here.

Excellent for digestive oils or simply to enjoy the flavorful concentration, 1-2 drops can be mixed thoroughly into a lipid or syrup portion of the recipe and then added to the rest of the batch. *Use for oils that benefit digestive wellness, essential oils of culinary herbs, and oils of culinary spices. Ex: dill, sweet orange, cinnamon.*

• Dispersing an oil into a glass of water is the quickest way to ingest it, but do not miss the importance of both dosage and dilution. One drop is more than sufficient, and remember that oil and water do not mix! Without diluting it into honey or oil first, the drop is likely to make direct contact with sensitive internal organs. *Use for quick and simple use, especially for digestive wellness. Ex: chamomile, ginger, lavender.*

• A truly medicinal application, encapsulated oils are used to get the oil directly to the stomach or – in the case of enteric-coated capsules – to the intestines. This is used when the oil is to be consumed regularly and when the individual struggles with the taste of it in other forms.

• Dilute the essential oil into a carrier before making the capsules, or purchase encapsulated oil blends already made. *Use for professional guidance, digestive*
One of the benefits of essential oils is that they can target health, and oils that need to make it directly to the intestines. Ex: peppermint, lavender, lemon.

Beginners Guide to Aromatherapy

So now that you know what an essential oil is, how to differentiate between an herbal oil and an essential oil, how the ancients used oils and how that has evolved over time to the modern science of aromatherapy – are you hooked yet?!

Aromatherapy is absolutely incredible. Plants are literally throwing these substances at us (really! Pay attention the next time you walk past a lavender shrub). And then chemists can isolate those substances, analyze their very molecules, and know exactly what compounds will benefit us in specific ways.

And THEN we can combine them based on the benefits and their scents to create beautiful, fragrant combinations that also have an effect on our health. If you aren’t hooked yet, you will be once you get started.

5 Steps to Getting Started with Aromatherapy

1. The best place to begin with essential oils is with familiar scents. Lavender is both a familiar scent and a versatile and safe essential oil. The citrus oils are also easy to use on their own or in blends. Choose a few, and then learn all you can about them.

2. Next, locate a source and make your purchase. Remember that it takes large amounts of plant matter to make small amounts of oil, so a cheap bottle of a precious oil is not likely to be high quality. You want real essential oils – nothing synthetic – and always a pure therapeutic grade, especially if you are going to learn to safely ingest them.

3. Once you have a few oils ready to go, start by diffusing them on their own, and then in combinations of a couple of drops of two or three of them at a time.

You can buy a diffuser, or you can simply simmer a pot of water on the stove and add your drops there.

4. When you are familiar and comfortable with the scents, you will start to learn what blends you like. As you learn more about their effects, you can begin to create blends for specific reasons, like energizing your sluggish afternoon or clearing the air after a virus passes through the house.

5. From there, you can begin to experiment with diluted topical applications, like a soothing peppermint rub or a calming massage.

The important thing is to always be learning – never stop learning! The more we learn and grow, the better we can utilize these precious, truly essential substances.
Safety & Contraindications

When it comes to drug interactions and contraindications, there are literally textbooks devoted to the study of essential oil safety and, as a trained researcher and doctor, I think it’s important to note that there is very little research out there discussing how essential oils interact with drugs in human clinical trials.

This means that essential oil safety is still a wild frontier in the science community and no one really knows (for certain) how essential oils will interact with drugs or your body.

Nonetheless, properly diluting your essential oils is fundamental to safety and effectiveness because they are highly concentrated plant compounds. As with all medicine and natural therapies, be sure to discontinue use if any adverse reactions occur and consult your physician immediately.
Chapter 5
Carrier Oils

When reading about essential oils – whether you are brand new to essential oils or digging for new recipe blends – you’ll often see a carrier or base oil included in the discussion, or see mention of dilution.

So, what is a carrier oil, and how do you know which one to get? The carrier oil is a fatty extract, usually cold pressed from its source.

Individual allergies aside, a carrier oil is not likely to cause sensitization and therefore makes an excellent medium to disperse the more concentrated essential oil across your skin.

They are nutritive and have healing properties of their own, so in your discovery of essential oils, don’t forget to take some time to learn about your options for carrier oils, as well.

When to Use Carrier Oils

Like I mentioned above, carrier oils are necessary! Once you get the hang of it, adding your essential oils to a carrier first is hardly any extra work, and in return you are actually amplifying the efficacy of your healing application.

It might seem backwards to say that diluting a substance makes it more effective, but in this case, it is true. Essential oil applications without a carrier (“neat” applications) puts the oil directly onto your skin. A few things of note are happening here:

1. **Potential Harm** – The skin may be sensitized to the concentrated oil, harming the body by creating an allergic response. Not to mention, an ingested neat oil may cling to the mucous membranes, never make it to the intended site of application, and can easily burn your mouth and irritate your esophagus!

2. **Potential Waste** – The essential oil will quickly evaporate off the surface of the skin, whereas the lipids in a carrier act as a sealant and can help drive it into the pores. Remember, essential oils are “volatile organic compounds,” which means that they are emitted as gas when exposed to open air. This is why you may notice their aroma within seconds of opening the bottle.

You will also use carriers as the base of most DIY herbal preparations, from lotion bars to lip balm to salves. **Start with the most accessible carrier oils**, and then work through others as you learn their benefits and ideal uses.

4 Categories of Carrier Oils to Know

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Herbal supply stores, health food stores, and online supply shops will offer you dozens of carrier oils to choose from. **Don't get overwhelmed at your options!** Carrier oils are relatively simple to understand, and for most preparations, you can't really go wrong.

We'll walk through the more common of the carrier oils here, but if you run into one you aren't sure about that isn't covered here, take the time to look it up and learn what it is and does. Self-education may not teach us everything, but it can take us a long way if we pursue it.

### 1. Beginner Oils: Olive and Coconut

The best place to start is at the beginning, and for DIY aromatic and herbal preparations, that's right in your own kitchen. Really, if we take it back to Hippocrates encouraging us to find our medicine in our food, the kitchen has been the starting point for many generations!

Let's spend a bit of time on these two, as this is likely where you'll start with carrier oils and diluted topical preparations before branching out to other carrier oils.

**Olive Oil** – Almost undoubtedly, you have this in your kitchen, as it is probably the most commonly used culinary and carrier oil out there. Because it is used so much, however, **adulteration with similarly-colored sunflower and corn oils is common.**

Once again, we are reminded to **check your product sources carefully!** Extra virgin olive oil – which is cold pressed and minimally processed – is the ideal, and it will be a light green color with a thick scent. Sometimes, the scent can be off-putting, so you'll want to choose olive oil when making a highly aromatic blend or preparation.

In 2015, a double-blind, randomized study took place in which olive oil was used on diabetic patients with ulcers on their feet. After four weeks of treatment, the patients who'd received olive oil topical treatments had smaller, less pronounced ulcers than those who received a placebo or nothing. The **use of olive oil as a carrier can add to the soothing, healing effects** of your dilutions and preparations.

**Choose olive oil when:** making homemade salves, creams and oil pulling, and it's good for dry skin.

**Coconut Oil** – A saturated fat taken from coconuts, which are actually giant seeds. The oil drives into the skin easily, taking the oils you've blended in with it. Even without anything blended into it, **coconut oil has been shown to enhance the wound healing process.**

You probably already use coconut oil regularly; its popularity has recently sparked Internet jokes about all you can do with coconut oil: fix your hair, fix your budget, fix
your significant other... The jokes, of course are rooted in reality, poking good-natured fun at the almost comical range of things you can do with coconut oil.

**Choose coconut oil when:** making most of your DIY projects, and it is also a nice massage oil carrier. It’s a tasty addition to your oil pulling ritual, food preparations and it is best for dry skin as it leaves a little oily residue.

The way coconut oil is processed will affect its uses. Cold pressed coconut oil (virgin, extra virgin) will retain the coconut scent and will become solid at room temperature or cooler. Heat processed coconut oil will not have the taste and smell of coconut, and fractionated coconut oil (the most processed of the options) will not become solid.

The tendency to solidify can be good or bad for your preparations – for quick dilutions, it is sometimes nice to mix up the essential oil into a semi-solid coconut oil and then be able to rub on a quick-melting preparation as it warms to your skin.

**Fractionated coconut oil** is literally a fraction of the coconut oil – being that all of the long chain triglycerides have been removed. It is a lightweight emollient that is a must-have for dry or sensitive skin. Also, referred to as FCO, it provides an effective barrier without clogging pores and leaves your skin feeling smooth and never greasy.

It is considered to be the most cost-effective oil because it will take years to go rancid, and helps preserve the shelf life of your essential oils if blended. In fact, some suppliers claim that it can be mixed with other (more expensive) carrier oils to extend their shelf life. It is colorless and odorless, and it incorporates perfectly with other oils without altering their scent, appearance or effectiveness.

**Choose fractionated coconut oil when:** making quick dilutions with what you have on hand; enhancing skin healing. It is perfect to treat health conditions like infections, open wounds and chronic disease.

2. Nut & Seed Oils: Almond and Jojoba

These oils are probably not in your kitchen for cooking, but they are still very commonly purchased, easy to work with, and rich sources of skin-health nutrients. If you are ready to take a step beyond your pantry, these make a good place to start.

**Almond Oil** – Very mild in scent and flavor, almond oil is nutrient dense and versatile. Almond oil is a good topical source of vitamins A & E, adding to the many nutritional benefits that almonds have simply as a food.

Traditional uses indicate almond oil for dry skin conditions, like psoriasis and eczema, and its nutrient level and ability to penetrate the skin seems to support this use. As an emollient, almond oil can be soothing for sore skin.

**Jojoba Oil** – If you’ve not yet heard of jojoba (or heard it pronounced), it’s ho-HO-ba that you are looking for. Derived from the seeds, jojoba is actually classified as a liquid.
This adds another layer to your carrier oil choice. It doesn’t solidify as quickly as coconut oil does, but the consistency is well suited to deep skin penetration and moisturizing. Jojoba has an excellent shelf life, which is perfect for storing until you need it for small dilution preparations. It has been studied for anti-inflammatory properties, wound healing ability, and efficacy in face-mask treatments for acne.

Choose jojoba oil when: skin is dry or inflamed; nutrients are lacking; versatility and when ease of use is desired. It’s good for most DIY projects.

3. Fruit Oils: Apricot, Avocado, and Grapeseed

Easy to remember thanks to kitchen staples, these oils typically come from the seeds of their respective fruits, as is the case with the other carrier oils. These choices are as affordable and accessible as they are versatile.

Apricot Oil – Available as expeller or cold pressed, the difference is simply texture and preference. Apricot oil’s nutrient profile includes vitamins E and A as well, or at least the carotenoid precursor to vitamin A. It is edible as well as beneficial topically. Because it is so incredibly gentle as well as nourishing, apricot oil is a good choice for applications that will cover a good deal of skin and it may be applied on children.

Avocado Oil – Avocado, as a fruit, is one of the best sources of fat and nutrients (and dip!) you can find. The oil itself, as you might imagine, is an emollient, taken from the smooth flesh around the pit. An exception to the typical seed-derived oil, avocado oil is rich in nutrients and excellent at penetrating the skin.

In another animal trial, this one occurring in 2008, avocado oil was found to have good wound healing ability. Before elaborating on the study, the researchers noted that the oil is “rich in nutrient waxes, proteins and minerals, as well as vitamins A, D and E...an excellent source for dry, damaged or chapped skin.”

Grape Seed Oil – Also a culinary oil, grape seed oil topically is used for its light texture and lack of residue. Once on and in the skin, grape seed is another oil verified for its contributions in wound care and healing. The high levels of fatty acid content and antioxidants in grape seed oil contribute to much of its beneficial composition. Without the heaviness of more saturated oils, grape seed makes a cleaner topical application with less of a greasy film.

Choose these when: regular, daily topical preparations like lotions and moisturizing body oils for healthy skin (young and old).

4. Essential Fatty Acid Oils: Borage and Evening Primrose

While most of the carrier oils we’ve talked about are decent sources of essential fatty acids, some oils are considered good sources of these vital nutrients.
Borage Oil – Taken from the seeds of a flowering perennial herb, borage oil is a potent source of omega-6 essential fatty acids. While we usually take omega-3 to counter the unhealthy balance of essential fatty acids that our diet affords, borage oil, as a natural source, is a different story.

Omega-6, at its root, is actually anti-inflammatory just like omega-3, which likely aids in the topical benefits of borage oil. It's in the overconsumption of junk-food-sources and lack of balance in the omegas that we begin to see trouble. Borage oil has been used for dermatitis and other anti-inflammatory preparations.

Evening Primrose Oil – Named for the flowers that open only in the evenings, evening primrose oil is a more delicate oil that must be cold pressed, refrigerated, and should not be added to any heat preparations. Typically, evening primrose is consumed in supplement or culinary form, and of those uses it is highly researched and evaluated for its benefit as a source of essential fatty acids. For topical use, results seem to be similar to that of borage, such as its anti-inflammatory effects that relieve flare ups of dermatitis.

Since these are culinary oils, we already get large amounts of omega-6 in the diet. Be cautious with long-term culinary ingestion without professional guidance.

Choose these when: resolving topical inflammation or when essential fatty acid deficiency/imbalance is a problem. These oils are great for creating hormone-balancing serums and women's health blends.
Chapter 6
Internal Use

It is important to realize that people consume essential oils all day without even realizing it. Where do you think processed foods get their flavor from?!

Virtually anything that is naturally flavored most likely contains essential oils. Foods that are artificially flavored are most likely using a knock-off (synthetic) version of the oil.

This is what the FDA says in the official document Code of Regulations, Title 21, Volume 6, Animal Food Labeling: Specific Animal Food Labeling Requirements.

Foods Containing “Artificial Flavors” and “Spices” do not Contain Oils

“(a)(1) The term artificial flavor or artificial flavoring means any substance, the function of which is to impart flavor, which is not derived from a spice, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herb, bark, bud, root, leaf or similar plant material, meat, fish, poultry, eggs, dairy products, or fermentation products thereof.

(2) The term spice means any aromatic vegetable substance in the whole, broken, or ground form, except for those substances which have been traditionally regarded as foods, such as onions, garlic and celery; whose significant function in food is seasoning rather than nutritional; that is true to name; and from which no portion of any volatile oil or other flavoring principle has been removed.

• Allspice, Anise, Basil, Bay leaves, Caraway seed, Cardamom, Celery seed, Chervil, Cinnamon, Cloves, Coriander, Cumin seed, Dill seed, Fennel seed, Fenugreek, Ginger, Horseradish, Mace, Marjoram, Mustard flour, Nutmeg, Oregano, Paprika, Parsley, Pepper, black; Pepper, white; Pepper, red; Rosemary, Saffron, Sage, Savory, Star aniseed, Tarragon, Thyme, Turmeric.

• Paprika, turmeric, and saffron or other spices which are also colors, shall be declared as spice and coloring unless declared by their common or usual name.”

Foods Containing “Natural Flavors” do Contain Oils

“(3) The term natural flavor or natural flavoring means the essential oil, oleo-resin, essence or extractive, protein hydrolysate, distillate, or any product of roasting, heating or enzymolysis, which contains the flavoring constituents derived from a spice, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herb, bark, bud, root, leaf or similar plant material, meat, seafood, poultry, eggs, dairy products, or fermentation products thereof, whose significant function in food is flavoring rather
than nutritional. Natural flavors, include the natural essence or extractives obtained from plants.”

**Tips for Ingesting Essential Oils**

With all that said, we still need to be careful about ingesting essential oils, and I propose some tried and true tips:

- Remember safety first.
- When starting out, stick with those that are GRAS (Generally Recognized as Safe) for internal use like citrus oils, lavender, frankincense, myrrh and culinary oils like fennel, black pepper, cilantro and etc.
- Don't overdo it – limit to 1-2 drops at a time, and be sure to wait at least 4 hours before taking consecutive doses.
- Discontinue use IMMEDIATELY if adverse reactions occur.

Trust me, people don't break out in hives in a “detox” reaction when using essential oils like I've read out there in cyberspace.

Pain, irritation, swelling, inflammation, bloating, burning, reflux, and anything else that isn't pleasant is NOT a good sign. This is your body's way of warning you that something harmful is attacking it.

**Some More Practical Tips**

- Gentle oils like frankincense and lemon can be taken directly under the tongue for quick access into the bloodstream, but be careful or you may irritate your oral cavity and esophagus.
- More aggressive oils like oregano and clove should ALWAYS be diluted with a carrier oil. 1 drop per teaspoon is usually safe for people.
- Putting 1-2 drops in a capsule can help you avoid esophageal irritation.
- Putting 1 drop of citrus oil in your water is generally safe and quite enjoyable if you mix with a carrier oil or some liquid stevia to act as an emulsifier.
- Include 1-2 drops of your favorite oils in your food.

**Cooking with essential oils is an extremely effective way to enjoy the health benefits** as well as the wonderful experience through your taste buds. 1-2 drops of cilantro or coriander with 1-2 drops of lime, for example, goes wonderfully with your homemade guacamole. Try 1 drop of cumin in your curry next time. Or 1-2 drops of black pepper in virtually anything savory!
Chapter 7
Choosing Brands

Knowing where to buy essential oils isn't as simple as it may seem. Like choosing your doctor, you should be careful to not settle for anything but the best and this chapter will help you navigate these oft muddy waters.

“What’s the Best Brand?”

By far, the #1 most common question I get from the folks who get my weekly newsletter or follow me online is which essential oil brand I recommend.

Interestingly, when choosing where to buy essential oils, fewer people ask for the brands that I recommend (emphasis on the plural), which leads me to believe that most are trying to find the “Holy Grail” when they question me. In fact, snuggled right next to this question, many people also ask me what the “best brand” is.

Sadly, this train of thought has gotten a lot of people into trouble because nothing could be further from the truth. Don’t get me wrong, I really can’t fault anyone for thinking this. We live in such a capitalist-driven society where we have been trained to believe that the competition is never as good as the “real deal.”

Networking marketing companies have done an exceptionally thorough job reshaping the way that people view oils. The “brand wars” have reached fever pitch at this point, and people will swear on their death bed that their brand sells the only pure oils on the market and all others are contaminated!

Again, I really can’t fault people for thinking this. What else are they to logically think when a cancerous tumor disappears after using frankincense oil or their Lyme disease vanishes after using the protocol a distributor friend of theirs recommends?

Literally, there are no lack testimonials out there, and I personally know people who swear essential oils saved their lives. I’m not talking about bloggers out there who use their “story” to sell oils. No, I’m talking about real people with real testimonials about real essential oils! This is why it’s so important to know where to buy essential oils.

What Every Blogger, Distributor & Mom Needs to Know

First off, as a public health researcher I am committed to staying as unbiased as possible so I don't give product recommendations when asked where to buy essential oils.

Not to mention, if I start selling and recommending essential oil brands, the Food and Drug Administration can shut down my website like they have several of my colleagues for making so-called “drug claims.” Unlike pharmaceuticals, the manufacturing of EOs
and supplements are not monitored by the government. This is why your medical doctor can recommend (and sell) specific drugs.

**Things work differently in the natural health world.** The only solace I have to continue educating the world about the life-transforming properties of natural therapies like essential oils is the First Amendment at this point. And, **to maintain my freedom of speech to discuss what the scientific research** has to say about how essential oils affecting the body and various disease processes, **I need to remain brand neutral.**

The purpose of my work is not to dive into the different brands, but to educate about essential oil uses. Once we start to name brands and recommend where to buy essential oils, we get into the FDA's scope and we want to preserve our freedom of speech. It's a fine line...

With that said, let me break it to y'all. When considering where to buy essential oils, just realize that **there is no #1 essential oils company.** It simply does not, nor will it ever, exist.

Now, don't stone me because I refuse to bow down to the essential oil "gods" out there. If you've been following my work for a while, I hope that you've come to appreciate that **my mission in life is not to give people fish, but to give them the fishing pole that they need to regain control of their health.** As a Biblical health educator and natural health researcher, I'm very passionate about educating people and equipping them to take the information that I teach to the next level.

**The take home message is that it all boils down to trust.** As you will see below, the entire supplement and essential oil industries are entirely built upon the “honor code.” If you have found a company that you can put your faith in because they readily provide you with the information that you're looking for, your body responds well to their products, and you have no reason to believe that they are selling junk then you found a “keeper.”

On the other hand, if you cannot get the information that you want from a company, your body reacts to the oils in an undesirable manner and you develop suspicions because of an increase in negative reports on the Internet, you should probably find a new brand that you can put your faith in.

With that said, let's now tackle the most emotionally-charged and controversial topic in the essential oils industry: where to buy essential oils!

**5 Tips to Discovering the Right Brand for You**

There are several high-quality, therapeutic grade brands out there and we use several of them. Here's what Mama Z and I like to do before we start using new essential oils:

1. Ask the company that you're investigating for a **report of their sourcing and quality standards** (check out the section “How to Check for Quality” below).
2. Contact a trusted friend or family member who uses essential oils, and try to get an unbiased referral – be careful to not let hate speech and multi-level marketing propaganda get in the way of truth. EVERYONE’s brand is the best, right? Especially, when they're selling something.

3. Contact the company and see if they sell therapeutic grade oils, and ask them for a definition of what “therapeutic grade” means because this is an unregulated term that can be defined in a variety of ways.

4. Try a couple, and test for yourself: Lemon, lavender and peppermint are common, relatively inexpensive and you should get a good gauge to see if this brand is for you or not.

5. Remember, many of the small companies get their oils from the same suppliers. They just private label them.

From what I’ve been told, the larger companies have unique suppliers, which differentiates their product from their competitor. This doesn't guarantee purity, but it can help put your mind to rest that they (should) be proprietary.

Note: For a product to be labeled as an “essential oil supplement,” a supplemental fact label is required to be placed on the bottle, even though prior FDA approval is not required to use these labels.

Essential oils that are being recommended for ingestion should have the supplemental fact label on the bottle, however, this is not always the case. As well, the supplement label is not a guarantee of safety or purity as these labels are not regulated unless complaints or injury reports cause the FDA to intervene. (More on this below...).

Where to Buy Essential Oils: Quality Assessment

Before jumping in and buying a bunch of oils from a company, consider asking these questions to help ensure quality:

- Does the company have relations with their distillers?
- Can the company readily supply a batch-specific report (MS/GC) on the oil it sells?
- Can the company readily provide material safety data sheets (MSDS) upon request?
- What is the common name, Latin name (exact genus and species), country of origin, part of plant processed, type of extraction (distillation or expression), and how was it grown (organic, wild-crafted, traditional)?
Organoleptic Evaluation

Also, it is critical to test for your own organoleptic assessment. “Organoleptic” meaning the way your body perceives the oil through the six senses: taste, touch, smell, vision, auditory, and intuition.

Essentially, you need to make sure that the product that you want to use “works” with your body’s chemistry. This is important to keep in mind: purity doesn’t guarantee safety or efficacy.

It would be wise to test each bottle by doing a “skin patch test” (applying a 1% dilution on the back of your hand) and diffusing any new oil you get for a few minutes to see how your body responds. If you don’t have any adverse reactions, then that’s a green light to use more regularly and add into your natural health care protocol. If you experience adverse reactions like itching, headaches and etc. then this oil isn’t for you.

Synthetic (i.e. “fake”) essential oils will generally give you an adverse reaction, but so can pure oils. It all boils down to how your body’s chemistry reacts with the chemicals in the oils.

Where to Buy Essential Oils: Indigenous Sourcing

In my opinion, the most important factor is whether or not the oils are indigenously sourced. Meaning, they are harvested where God planted them, which is why they are referred to as “native” plants.

One reason why is because “organic” is not a guarantee of purity (more on that below). The other reason, and even more important, is because non-native plants pale in comparison to native plants when it comes to nutrition and chemical constituency.

My father-in-law is a retired PhD agriscientist and spent his career evaluating the chemical compounds in plants. He told me that native plants always have a better nutritional profile because the soil is naturally designed to feed indigenous plants with what they need most.

For example, we live in Atlanta, GA where the growing season lasts nearly 10 months out of the year. It's warm enough to sustain a fig tree in our backyard, but the taste and vitamin and mineral content of our fig is nothing what it should (and could) be if that same tree were grown in Israel where figs are native. Same for pineapples, limes and lemons that grow in pots on our deck.

Additionally, there are some other importance differences between indigenous and non-indigenous plants:

Native Plants
• Evolved over a long period of time, and best suited to thrive in their native region.

• Adapted to the local weather and geology.

• Can thrive in drought and inclement weather situations.

• Environmentally sustainable for pesticide-free farming because they have developed natural resistance to native predators.

• Has a positive impact on the local environment and ecosystem by forming natural “communities” with other plants.

Non-Native Plants

• Unnaturally introduced (deliberately or by accident) into an environment in which they did not evolve.

• Are not well-suited for pesticide-free farming because they are not naturally resistant to native predators.

• Has a negative impact on the local environment and ecosystem because they have a tendency to take over a habitat, require pesticides to thrive, and are not natural food sources for neighboring wildlife.

Where to Buy Essential Oils: Contamination Concerns

The fact that people are questioning which brands are best is a good thing. When considering where to buy essential oils, underlying concern and motivating factor is that people want to use unadulterated pure oils, with no contaminants or harmful fillers.

I validate this concern 100% and hope that more people will demand pure products in the supplement world so that suppliers step up their game. Remember, it’s all about supply-and-demand.

Is Organic Necessary

In 2014, scientists and essential oil producers met at the International Federation of Essential Oil and Aroma Trades (IFEAT) Conference in Rome, Italy to share their concerns about quality and safety of our global essential oil supply.

These are some of the key takeaways as shared by the Founder, President, CEO, and Principal of the American College of Healthcare Sciences (ACHS) Dorene Petersen:

• Pesticide residue and concern for pesticide levels in essential oils, even in certified organic oils, was the subject of three sessions at IFEAT 2014.
• It is a regrettable fact that certified organic essential oils can contain pesticide residues.

• Detecting residue is even more likely if pesticides are administered during cultivation of the plant material.

• However, passive contamination can also occur even if a farmer does not actively use pesticides.

• Acts of nature such as a puff of wind or water runoff from a neighboring field, even incorrect storage of an essential oil, can all result in cross contamination.

• According to the test results conducted by the German Medicines Manufacturers’ Association (BAH) Working Group on Contaminants, cold-pressed essential oils from the pericarp of citrus fruits are more likely to contain pesticide residues than steam-distilled citrus because of the hydrophilic, thermostable, and volatile characteristics of pesticides.

• Most pesticides can easily combine with or dissolve in lipids or fats, facilitating the transition to the oil.

The reality is that it's increasingly becoming more difficult to find truly pure, clean air, food and water because of modern agricultural methods and pollution on a global, massive scale. This is especially true for supplements and essential oils that are labeled “organic.”

According to Petersen's report of the IFEAT meeting, it's all not doom-and-gloom.

The European Pharmacopoeia expert group database focused on essential oils from 2006 to 2013, have tested nearly 600 samples for 217 substances representing 28 different oils.

• 314 samples didn't show any residues.

• 275 samples were contaminated with at least one residue.

• 1,150 results were discovered to contain at least one pesticide residue.

• A few of the specific oils they looked at were neroli, rosemary, eucalyptus, caraway, and lavender.

• Of the 65 samples of neroli, 199 positive pesticide findings were discovered, and 77 showed that the pesticides were above the maximum levels.

• 49 samples of rosemary were tested, and 15 revealed more than the maximum level of a citrus peel treatment agent known as biphenyl.
• Interesting, rosemary does not have a peel so the presence of biphenyl can only be explained because it was contaminated by the packaging, the manufacturing equipment or some other manmade intervention.

• 36 eucalyptus and 25 caraway samples were tested, and three of each were positive for pesticides.

• 19 lavender samples tested and one was positive.

So, what’s the bottom line?

**Organic is good, but not necessary.** Indigenous sourcing (native plants) is preferred. And, it really all boils down to finding a few companies that you can trust to manufacture pure oils that work well with your body.

It’s as simple as that.
Chapter 8
Essential Oil Regulation

At this point, the most natural question you should be asking is, “Who regulates essential oils?” The easiest answer to this question is, “No one!”

To help you be a savvy consumer, let me walk you through the basics...

Technically-speaking, essential oils are regulated in a roundabout way, but manufacturers and distributors are not required to obtain FDA approval to sell their products beforehand, so what’s the purpose?

“Because dietary supplements are under the “umbrella” of foods, FDA's Center for Food Safety and Applied Nutrition (CFSAN) is responsible for the agency's oversight of these products. The Dietary Supplement Health and Education Act (DSHEA) created a new regulatory framework for the safety and labeling of dietary supplements. The FDA is not authorized to review dietary supplement products for safety and effectiveness before they are marketed.”

Hence, the reason why you'll see this disclaimer on essential oil bottles, “*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.”

Unlike drugs, supplements and essential oils are not intended to cure, diagnose, prevent, or treat diseases. That means supplements should not make claims, such as “reduces pain” or “treats heart disease.” Statements like these (i.e. “drug claims”) can only be made for drugs, not essential oils or supplements.

Under the FD&C Act, cosmetic products and ingredients, with the exception of color additives, do not require FDA approval before they go on the market. Drugs, however, must generally either receive premarket approval by FDA through the New Drug Application (NDA) process or conform to a “monograph” for a particular drug category, as established by FDA's Over-the-Counter (OTC) Drug Review.

These monographs specify conditions whereby OTC drug ingredients are generally recognized as safe and effective, and not misbranded. Certain OTC drugs may remain on the market without an NDA approval until a monograph for its class of drugs is finalized as a regulation.

When choosing where to buy essential oils, it's important to keep in mind that they are only regulated after they go to market. Even then, in the tangled web of “regulation” there are so many loopholes that there is virtually no system set in place to...
properly regulate the products being sold. To help make sense of this all, here is a quick summary of the current regulatory system and the principal players:

1. **The Dietary Supplement Health and Education Act (DSHEA) of 1994**, which amended the Federal Food, Drug, and Cosmetic Act, regulates manufacturers by holding them accountable to what are known as “good manufacturing practices” (i.e., industry quality standards).

2. **The Food and Drug Administration (FDA)** regulates the label, but only after the product goes to market.

3. **The Federal Trade Commission (FTC)** regulates supplement advertising – manufacturers must report truthfully what their products contain and must have proof backing up any claims they make.

4. **Dietary Supplement and Nonprescription Drug Consumer Protection Act (DSNDCPA) of 2006** requires “adverse event reporting” – the same system the FDA uses to inform the public about injury reports and unsafe incidents.

Under DSHEA, the FDA is responsible for uncovering what supplements are “unsafe” before it can remove the products from the marketplace. **Essentially, all essential oils and supplements are innocent until proven guilty** and the primary way the FDA is aware of a situation necessitating an investigation is at the very hands of the manufacturers and distributors themselves; as they are required to record, investigate and forward all safety concerns and adverse event reports to the FDA.

**Drug Claims**

In contrast to dietary supplement manufacturers, who are able to utilize structure/function claims, aromatherapy companies who sell essential oils for external use cannot.

**Establishing a Product's Intended Use**

“A product can be a drug, a cosmetic, or a combination of both... For example, a fragrance marketed for promoting attractiveness is a cosmetic. But a fragrance marketed with certain ‘aromatherapy’ claims, such as assertions that the scent will help the consumer sleep or quit smoking, meets the definition of a drug because of its intended use. Similarly, a massage oil that is simply intended to lubricate the skin and impart fragrance is a cosmetic, but if the product is intended for a therapeutic use, such as relieving muscle pain, it's a drug.”

**This is where some brands get in trouble because they, or their distributors make “drug claims” that are outside the scope of cosmetics.** “The law doesn’t require cosmetics to have FDA approval before they go on the market. But FDA can take action against a cosmetic on the market if we have reliable information showing that it is unsafe when consumers use it according to directions on the label, or in the customary or expected way, or if it is not labeled properly.”

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The Supplement Label and Internal Use

Essentially, if the label says SUPPLEMENT, then yes, it's considered a consumable product. This is important to keep in mind when considering where to buy essential oils.

As described by the U.S. Food and Drug Administration, “A dietary supplement is a product intended for ingestion that contains a ‘dietary ingredient’ intended to add further nutritional value to (supplement) the diet. A ‘dietary ingredient’ may be one, or any combination, of the following substances:

- a vitamin
- a mineral
- an herb or other botanical
- an amino acid
- a dietary substance for use by people to supplement the diet by increasing the total dietary intake
- a concentrate, metabolite, constituent, or extract

Dietary supplements may be found in many forms such as tablets, capsules, soft gels, gel caps, liquids, or powders. Some dietary supplements can help ensure that you get an adequate dietary intake of essential nutrients; others may help you reduce your risk of disease.”

Remember that essential oils are oftentimes a key component of the supplements that we take, and this is key: Dietary supplement manufacturers are able to utilize structure/function claims whereas traditional aromatherapy companies who sell essential oils for external application cannot.

So, if a company states on the bottle or package that their essential oil product(s) can alter body function (i.e. reduce pain, inflammation, etc.), the FDA requires that these claims be supported by conclusive evidence to prove the supplement truly has the claimed effect.

These types of claims on labels must be approved by the FDA within 30 days after its first use. Additionally, the FDA requires that this information be printed on the product label in a clear manner for it to be regulated. Still then, these claims can only be a “general structure function” and cannot state the product “cures” or “treats” a disease or illness.

This seems pretty straightforward, but it is not a guarantee that products are being regulated. Only products that make claims on them are regulated. So, the natural course of action for a vast majority of supplement and essential oils

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manufacturers is to simply not make claims on their labels! Then, these same companies can make claims on their website and try to walk this fine line and stay under the FDA's radar. For instance, let's say that:

- Company XYZ states that a product reduces pain and inflammation on their website only.
- Company XYZ does NOT state this on their dietary fact supplement label.
- Subsequently, the label does NOT require FDA approval before it goes to market.
- The supplement label will be regulated by the FDA ONLY if it has been found to be adulterated or responsible of causing harm.
- If dietary supplement claims are made on a supplement label, Company XYZ is then required to have substantiating evidence to back up their claim and get approval within 30 days after its first use.

The bottom line is that according to the law (DSHEA), manufacturers are responsible for ensuring that their products are safe before they are marketed; which is a main factor when considering where to buy essential oils.

*Remember: you really trust the labels.*

Organic is good, but not necessary. Indigenous sourcing (native plants) is preferred. And, it really all boils down to finding a few companies that you can trust to manufacture pure oils that work well with your body.

It’s as simple as that.
Section 3
Essential Oils and Cancer

As more research is being conducted on natural therapies, it is becoming more than obvious that people do not need to use conventional practices like chemotherapy and radiation to eradicate cancer. Holistic remedies abound and a cursory glance on “Dr. Google” will rank several on the top of most people’s list. Of all the popular natural solutions out there, essential oils for cancer research has gained significant fanfare and for good reason.

The truth about essential oils for cancer is four-fold.

- **First** – the research suggests that oils can help prevent and treat cancer at the cellular level. Additionally, and oftentimes overlooked, essential oils have been shown to be exceptionally effective at managing the side effects related to cancer itself and the side effects people suffer at the hands of medical interventions.

- **Second** – it is critical to recognize that this is not an all-or-nothing approach. Just because you’re taking chemo doesn’t mean that you can’t use oils. The same is true on the flip side of that coin. Far too many patients and healthcare practitioners dichotomize natural from allopathic therapies, and do not give enough emphasis on the practicality of using both together.

- **Third** – we need to put things into proper perspective and remember that the peer-reviewed articles we have that evaluate the ability of essential oils for cancer to prevent, stop and even reverse the growth of various malignant lines are in vitro. In other words, we don’t many live human trials with hundreds or thousands of participants, we have studies that are testing human cells in a petri dish. This is not to say that these studies are useless. The point we need to take from this is that essential oils for cancer is still experimental.

- **Fourth** – with this said, there are literally thousands upon thousands of testimonials of people on the Internet claiming that EOs cured them of cancer. And this cannot be disputed because a vast majority of them are your normal, not-trying-to-make-a-buck kind of people who are not trying to sell a product. These are legitimate medical “miracles,” which are ultimately going to be the basis for further research.

Now, let’s dive into the research...
Chapter 9
Essential Oils and Cancer Research

Of all of the studies in the medical literature, several essential oils stand out as being able to benefit cancer patients in a variety of ways. I have found that the following nine to be the most promising.

1. Citrus Oils

In the words of the U.S. National Library of Medicine's open chemistry database, PubChem, \textit{d-limonene} is nothing to scoff at.

"\textit{D-Limonene is an oral dietary supplement containing a natural cyclic monoterpene and major component of the oil extracted from citrus peels with potential chemopreventive and antitumor activities}. Although the mechanism of action has yet to be fully elucidated, limonene and its metabolites... \textit{may inhibit tumor growth} ... and \textit{may induce apoptosis} (i.e. programmed cancer cell death).

Regarding safety, according to one study, \textit{d-limonene does not pose carcinogenic risk to humans}, and has well-established chemopreventive (the ability to slow or prevent the progression of cancer) activity against many types of cancer.

Additionally, \textit{d-limonene} can help cancer patients by:

- Boosting immunity.
- Providing antioxidant and anti-inflammatory affect
- Killing pathogens (like fungus) that can cause other diseases
- Reducing stress and boosting mood
- Preserving kidney health.
- Contributing to healthy weight loss
- And the list goes on and on...

Some of the richest sources of \textit{d-limonene} are:

- Orange (83.9 – 95.9%)
- Grapefruit (84.8 – 95.4%)

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• Clementine (94.8 – 95.0%)
• Bitter orange, peel (89.7 – 91.7%)
• Tangerine (87.4 – 91.7%)
• Lemon, expressed (56.6 – 76.0%)
• Celery seed (68.0 – 75.0%)
• Mandarin (65.3 – 74.2%)
• Tangelo (73.2%)
• Lemon, distilled (64.0 – 70.5%)
• Dill seed (35.9 - 68.4%)
• Elemi (26.9 – 65.0%)
• Palo santo (58.6 – 63.3%)
• Yuzu (63.1%)
• Lime, expressed (51.5-59.6%)
• Lime, distilled (55.6%)
• Fir needle, silver (54.7%)
• Bergamot, expressed (27.4 – 52.0%)
• Caraway (36.9 – 48.8%)

2. Clary Sage

Sclareol, a major component of clary sage oil, has shown some promising results in lab tests. Over the last couple of decades and as recently as 2015, studies have emerged that analyze its effect on cancer cells. With the caveat that these benefits occurred within the confines of lab cultures and dose adjustments, sclareol may have an impact on the way that cancer cells proliferate, and they could help to induce apoptosis (cancer cell death).

While this does not tell us how much potential sclareol has to directly treat cancer – and it's exciting to think about where that could go one day! – it is a common thread that we see in many antioxidant-rich essential oils. This is especially interesting for clary sage, because some claim that it is “estrogenic” due to the sclareol content and should be avoided by estrogen-dominant cancer patients.
This, of course, is a myth and essential oil safety expert Robert Tisserand puts it this way:

“Sclareol does have an interesting anticancer activity, including in vitro action against human breast cancer MCF-7 cells (Dimas et al 2006). An isomer, 13-epi-sclareol, which is also present in clary sage oil, inhibits the growth of breast and uterine cancers in vitro, and was slightly more potent than Tamoxifen, but was not toxic to normal cells (Sashidhara et al 2007). This suggests the possibility that sclareol might actually inhibit estrogen, and might after all have some capacity to interact with estrogen receptor sites. What we do know is that sclareol will not give you breast cancer.”

2. Frankincense

Of all the cancer-fighting essential oils, frankincense (*Boswellia sacra, B. carteri, B. rereana, and B. serrata*) is the most controversial. The research out there has been scrutinized because of its industry-bias, and some claim that there are no chemical compounds in frankincense oil that can kill cancer. With that said, just do a search on the Internet and healing stories abound.

It is hard to dispute the thousands of people who state their cancer was cured after using frankincense.

The biggest issue some chemists and Aromatherapists have is regarding boswellic acids (BAs), which have been proven to be “cytotoxic to ovarian cancer cells at pharmacologically achievable concentrations” and “may form the basis of a novel anticancer treatment for ovarian cancer, perhaps alongside conventional chemotherapy.” A known compound in frankincense resin, BAs are too heavy to pass through steam distillation and are, therefore, not included in the essential oil.

Regardless if it contains BAs, or some other compound that could be responsible for its anti-cancer prowess, several research studies have been published demonstrating similar effects that frankincense essential oil can have on a variety of cancer lines.

Additionally, adding frankincense oil to a healthcare protocol goes well beyond the anti-tumor effects. For people utilizing conventional medical treatments, the pain and other side effects can be worse than the cancer itself!

This is especially true for brain cancer patients who oftentimes experience cerebral edema (swelling in the head) after their tumors have been surgically removed or at the hands of radiation therapy. To make matters worse, steroid treatment is commonly administered, which complicates the side effects even more.

Frankincense extract, which contains many of the same components of the pure essential oil, can possibly help this particular problem. A clinical trial published in 2011 evaluated 44 patients with cerebral edema and, after taking 4200 mg/day of a *Boswellia*
Serrata (BS) extract was administered, the swelling was reduced by 75% or more in 60% of the participants.

The researchers conclude that, “BS could potentially be steroid-sparing for patients receiving brain irradiation. Also, it has been shown to help manage depression, pain and boost the immune system.

3. Lavender

A popular theme in the natural health discussion is that antioxidants are the super healers that we all need. Free radicals created by chemicals, pollutants, stress and toxins are the culprits for a cascade of cellular damage, immune inhibition, and limitless unforeseen health risks – including cancer and chronic illness.

Suffice it to say that, if free radicals are the super villains, antioxidants are the super heroes. The body itself creates antioxidants in the form of the enzymes catalase (CAT), glutathione peroxidase (GSH-Px), and superoxide dismutase (SOD) among others. Unfortunately, our bodies are exposed to a constant onslaught of free radicals that drain our naturally occurring antioxidants and we are forced to supplement.

Believe it not, lavender essential oil joins the ranks as an effective natural antioxidant support.

Of the major antioxidant enzymes mentioned above, Chinese researchers observed that lavender essential oil can upregulate levels of all three in mice within the first day of treatment and protect brain cells against stroke and injury! Romanian researchers noted similar activity by simply inhaling lavender for an hour each day.

According to the study, “Taken together, our results suggest that antioxidant and anti-apoptotic activities [of healthy brain cells] of the lavender essential oils are the major mechanisms for their potent neuroprotective effects against scopolamine-induced oxidative stress in the rat brain,” that can lead to cancer and other illnesses.

4. Lemongrass

Several studies have evaluated the potential cancer-fighting properties of lemongrass essential oil. In 2009, an article was published that evaluated the essential oil of Cymbopogon flexuosus (a variety of lemongrass) for its in vitro cytotoxicity ability against 12 human cancer cell lines; as well as its anticancer effects on mice in vivo.

The results were remarkable. Researchers discovered that the essential oil triggers a variety of mechanisms that kill cancer cells. “Our results indicate that the oil has a promising anticancer activity and causes loss in tumor cell viability by activating the apoptotic process as identified by electron microscopy.”

5. Myrrh

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The role that myrrh essential oil plays in natural cancer therapies is becoming a popular topic in the scientific community, particularly with how it interacts with frankincense essential oils. In 2013, one of the most thorough studies on the topic was published in the journal *Oncology Letters*, and this is what the researcher discovered:

“The effects of the two essential oils, independently and as a mixture, on five tumor cell lines, MCF-7, HS-1, HepG2, HeLa and A549, were investigated using the MTT assay. The results indicated that the MCF-7 and HS-1 cell lines showed increased sensitivity to the myrrh and frankincense essential oils compared with the remaining cell lines. In addition, the anticancer effects of myrrh were markedly increased compared with those of frankincense, however, no significant synergistic effects were identified.”

Don’t think that researchers are evaluating frankincense and myrrh together as complementary therapies because of the Christmas story. Oh, no. The resins from frankincense and myrrh trees have been traditionally prescribed simultaneously in Chinese medicine for years.

Used primarily to treat inflammatory diseases, blood stagnation, **frankincense and myrrh therapy is exceptionally effective to relieve swelling and pain**. Even though researchers have not observed a synergistic effect regarding cancer, “A previous study identified that the combination of frankincense and myrrh oils exhibited synergistic effects on harmful bacterial infections Cryptococcus neoformans and Pseudomonas aeruginosa.”

**6-7. Peppermint & Spearmint**

In 2014, the journal *BioMed Research International* published an article uncovering that **peppermint and spearmint are highly effective at managing common side effects people that suffer at the hands of medical cancer therapies; especially vomiting and nausea.**

Taken directly from the study we find that these oils, as well as some others, can help with a variety of conditions cancer patients suffer from:

- Cancer patients suffer from different side effects which can be preferentially reduced by alternative methods. EOs are used in the aromatherapy for reducing the agony of brain cancer patients. ** EO is efficient in depression and reduction of anxiety in cancer patients.**

  Cancer patients undergoing chemotherapy, one of the most frequently used treatment method in cancer, are prone to various side effects. These are nausea and vomiting.

- **Mentha spicata** (spearmint) and **M. piperita** (peppermint) have been found to be effective in **overcoming these emetic conditions (chemotherapy-induced nausea and vomiting)** along with the reduction of expenditure on treatment in the cancer patients undergoing chemotherapy.
• EOs of *Leptospermum scoparium* [Manuka myrtle] and *Kunzea ericoides* [Karo Greenfingers] were reported to prevent mucositis in the head and neck cancer patients undergoing radiotherapy when used in the preparation of mouthwash.

Some cancer patients, having metastatic tumorigenic ulcers of the skin, develop necrosis and malodor. Patients suffering from such malodor were reported to have improvement in their state on treatment of these ulcers with the mixture of EOs having eucalyptus, melaleuca, lemongrass, lemon, clove leaf, and thyme on a 40% ethanol base.

• Lavender EO is widely used in aromatherapy and is found to be beneficial in reducing the distress in cancer patients.

• **Hence, EOs serve as the valuable preparations in amelioration of the side effects and sufferings of the cancer patients.”**

8. **Thyme**

The journal *Molecules* published a study in 2010 that evaluated how cancer cells could stand up against ten powerful essential oils. Included was thyme and it stood out from the crowd as the most beneficial against prostate, lung carcinoma, and breast cancers.

As one of the primary herbs to facilitate estrogen binding, **thyme oil can help balance and regulate hormones.**
Chapter 10
Frankincense and Cancer Research

Used because of its anti-inflammatory properties, the various Boswellia species have been a “go-to” or natural healers for centuries because of its ability to help with a myriad of health concerns like learning disorders, gastrointestinal dysfunction and skin conditions. New cancer research, has uncovered that the medicinal uses of frankincense can reach well beyond this.

While we do know that the various forms of frankincense (essential oils, extracts, pure resin, etc.) have the potential to fight cancer, much is left to be understood, making this a controversial topic in the natural health and research world.

Current research demonstrates anti-mutagenic and apoptotic (programmed cell death) abilities. Though the results have occurred in lab tests and we have yet to see how to best replicate these results in active cancer in humans, the demonstrated results remain.

For those who have added frankincense essential oil to their cancer care plan, the benefits may go beyond anti-tumor effects. Conventional treatment is often touted as required required, but can be more painful and difficult than the symptoms of cancer itself. As mentioned above, brain cancer patients sometimes experience swelling in the head called cerebral edema after their tumors have been removed. Steroid treatment is common but also associated with difficult side effects and complications.

Overshadowed the past several hundred years by its role in the “Christmas Story,” frankincense is finally getting the attention it deserves as one of the most viable healing agents on the planet.

The journal Oncology Letters published an article late last year that highlights the ability of this Biblical tree to kill cancer cells; specifically, the MCF-7 and HS-1 cell lines, which cause breast and other tumors.

The essential oil has also been used with much success to treat issues related to digestion, the immune system, oral health, respiratory concerns and stress/anxiety. In several studies, frankincense has demonstrated anti-cancer properties and the ability to mitigate many different kinds of cancer cells. As more studies are conducted, the implications of this ability will be exciting to watch unfold!

Arguably the most potent medicinal EO out there, recent research studies suggest that frankincense not only kills cancer cells, but it also promotes health and vitality in neighboring non-cancerous cells! To help prevent getting sick and boost your immune system, simply follow the advice below and take some frankincense with a carrier oil!
Can Frankincense Kill Cancer?

The gifts of the Magi – gold, frankincense, and myrrh – were carried a great distance specifically for the new King that their star-watching indicated. In the past, scholars and health researchers have mused and debated over them. Who were the Magi? What was the significance of the gifts? Were they for the infant Jesus or for a much bigger purpose? Did they give Him frankincense oil or just the resin?

In 2013, the University of Leicester conveniently published just before Christmas that has rekindled this theory. According to their press release, the Omani government-funded research has (for the first time) uncovered that frankincense has the ability to target cancer cells in late-stage ovarian cancer patients.

According to lead researcher Kamla Al-Salmani,

“After a year of studying the AKBA compound with ovarian cancer cell lines in vitro, we have been able to show it is effective at killing the cancer cells. Frankincense is taken by many people with no known side effects. This finding has enormous potential to be taken to a clinical trial in the future and developed into an additional treatment for ovarian cancer.”

Boswellic Acid and Beta-Elemene

It has become glaringly obvious that boswellic acid is a compound fit to kill cancer cells, and researchers have tested frankincense essential oil to determine if it should role to play in oncology. Though, as we learned in the last chapter, it is much too heavy and large of a compound to be “volatile,” and is not part of the essential oil.

So, what can explain frankincense’s anti-cancer power?

Advances in recent research suggest that Beta-elemene – a cancer fighting terpene found in frankincense and myrrh with the ability to cross the blood brain barrier – may be partly responsible.

As stated by the Memorial Sloan Kettering Cancer Center,

“Beta-elemene is a compound found in plants such as celery, mint, and in many others used in traditional medicine. Although the pure form is not used as dietary supplement, some cancer patients use herbs high in beta-elemene as treatment.

“Beta-elemene was shown to prevent growth of cancer cells in laboratory cells by different mechanisms. A few poorly designed studies done in humans showed that it may improve quality of life in cancer patients. It is unclear if raw herbs containing beta-elemene have the same effects in humans. More research is needed.”

Some even suggest that the amount of β-elemene that frankincense and myrrh contain could very well explain why so many people claim that both oils have been instrumental
to them beating cancer God’s way. At the end of the day, once we know the basic properties of an herb, root and resin we are able to determine the best ways to utilize it. Let’s take a closer look at what the components of frankincense mean for our daily lives.

**An Important Note**

Essential oils are transdermal and work at the cellular level, and each species has distinct properties that can help cancer patients. Also, please recognize that specific species that a given company sells will NOT be addressed in this book, and we cannot correlate these data to species that your favorite brand(s) may sell. However, the chemical constituents in various species are so similar, that it is quite possible that all of the species will contain similar properties.

Also, let’s remember peer-reviewed articles discuss the success clinical researchers have experienced in using various essentials oils to prevent, stop and even reverse the growth of various cancer lines in animal and human cell studies.

It is important to keep in mind that a vast majority of these studies are based off of cells in a petri dish. Subsequently, many experts and critics of using essential oils for cancer therapy insist that we cannot extrapolate the data from these studies to live, in vivo cancer patients.

Even though there is merit to what these people say, let’s not throw the baby out with the bath water. The burden of proof is on the critic in this case. Thousands of thousands of testimonials and case studies alone should awaken us to the realization that EOs can be quite effective in helping people with cancer.

**Frankincense and Immune Function**

A growing body of research has recently unlocked the doors to our understanding of why frankincense is so beneficial to our health. In a study published by *Phytotherapy Research*, for instance, when mice took 1-10 mg of *Boswellia serrata* orally it was discovered that multiple levels of their immune systems were stimulated including:

- Cytokines (interferon gamma, interleukin-4, and tumor necrosis factor-alpha)
- Delayed hypersensitivity reaction (early 24 hours, delayed 48 hours)
- Immunoglobulins (IgG and IgM)
- T-cell interactions (i.e. CD4/CD8, which are generally low in AIDS patients)

In layman’s terms, **frankincense can boost the immune system like no other!**

Two fundamental ways this is accomplished is by proliferating lymphocytes (white blood cells, which are the body’s primary defense team) and by keeping inflammation at bay (which is arguably the primary risk factor for most chronic
diseases). This may also explain why Boswellia serrata is so effective in treating autoimmune conditions like Crohn’s disease, rheumatoid arthritis, and ulcerative colitis.

Implement frankincense into your natural health regimen today!

The essential oil can be used in vaporizers with ease to treat respiratory conditions. A salve is effective for skin issues. And, an all-natural, organic supplement is fantastic for everything in between!
Chapter 11
More Oils with Healing Benefits

Here’s a quick list of more essential oils that contain cancer-fighting, healing properties...

Cinnamon Oil

Cinnamon essential oil has the ability to fight cancer. Nearly 100 studies to date have investigated cinnamaldehyde’s ability to inhibit tumor cell proliferation via trigger cancer cell apoptosis (“programmed cell death”) and other mechanisms and the research is clear: cancer patients should be encouraged that natural solutions truly do exist!

Lemon Balm, A.K.A. Melissa Oil

Within my protocols and recommendations, lemon balm stands out as absolutely valuable due to its cancer prevention potential. As researchers uncover more and more about the mysteries of cancer and the potential that God-given substances have to erase it, I grow more excited about our work with essential oils.

Lemon balm, for example, went through an extensive study process in 2014, testing its ability to mitigate brain cancer cells. The results taught scientists much about the way the composition of lemon balm interacts with brain cancer cells.

In the end, they found that a major part of lemon balm – citral – had numerous effects on the process and behavior of brain cancer and “may be of potential interest for the treatment” of this particular kind of cancer.

While the words may sound vague and unfinished, the concept is strong. Lemon balm holds pieces to the puzzle of a cancer cure, and hopefully researchers will fit them together in our lifetimes!

Cardamom Oil

The potential for cancer-preventive effects of essential oils to be used in our everyday lives is exciting and promising for the future. Alongside other potent antioxidants, the essential oil content in cardamom shows anti-tumor potential.

As with all essential oils, studies are underway to determine exactly how we can best utilize these benefits to prevent cancer and perhaps treat it. Until that day, we can rest easy knowing that our regular essential oil routines are contributing to overall health.
Ginger Oil

In more recent years, researchers are finding there’s even more potential benefit from using aromatic compounds. Some pungent constituents present in ginger and other zingiberaceous plants have potent antioxidant and anti-inflammatory activities, and some of them exhibit cancer preventive activity in experimental carcinogenesis.

Could ginger, as a digestive-aid, have protected earlier generations from the plague of cancer that we currently face today?

Details remains to be seen, but we can certainly take a page from traditional recipes to incorporate more ginger into our daily lives.

Sandalwood Oil

In lab tests, sandalwood essential oil seems to exhibit protective abilities against various kinds of cancer cells. The journal Carcinogenesis detail the potential that sandalwood and santalol show when, in 2004, a study demonstrating skin cancer cell growth inhibition and death (apoptosis) thanks to a-santalol. Prostate cancer cells met a similar fate in the 2012 edition of Phytomedicine, again showing apoptosis by a-santalol.

Whatever researchers uncover about essential oils and potential cancer prevention and treatment, I’m certain that I want these substances in my body if cancer cells were ever to try to crop up!
Chapter 12

The Truth About Cannabis Oil

Recently, Cannabis oil has received a significant amount of attention; particularly because scores of online testimonials claim it can cure cancer and a number of other diseases.

There is a lot of confusion regarding this plant, so let’s clear up some of the mess and share the truth about cannabis oil. My request is that you read this with an open mind and an open heart.

Let’s allow history and research to lay the groundwork so we can have a healthy, balanced discussion...

The Key to Understanding Cannabis Oil

The key to understanding the truth about cannabis oil is to learn what hemp is compared to marijuana, which are both made up of the Cannabis sativa plant. 

Marijuana is a breed of the Cannabis plant that contains tetrahydrocannabinol (THC) concentrated in the buds, which is the chemical that produces the psychotropic effects that gets people “high.”

Hemp is also a breed of the Cannabis plant, but is bred without THC-containing plants. It is farmed for its height due to the usefulness of its stalks and is rich in cannabidiol (CBD), which is the “major non-psychoactive component of Cannabis sativa.”

Both have a rich history and are praised for their practical utility, particularly their medicinal benefits. The breeding practices and utilization of the plant actually determine which term we should use. Meaning this:

Marijuana is the correct term to use when describing a Cannabis plant that is bred for its medicinal or recreational use. It is known for its psychotropic effects due to the high amounts of THC that are extracted from the resinous glands (known as trichomes). Cannabis plants engineered as marijuana (not hemp) contain levels of THC ranging from 3% – 15% while plants grown for industrial hemp contain less than 1%.

There are 3 primary ways marijuana is cultivated and manufactured:

- **Herbal** – consisting of the dried flowering tops and leaves.
- **Resin** – compressed solid made from the resinous parts of the plant.
- **“Oil”** – a solvent extract of cannabis (more on that below).
**Hemp**, on the other hand, is the proper term to use for Cannabis strains that have been **cultivated for its fiber and/or seeds**, which are used to make a wide variety of products. Cannabis grown this way contains **trace amounts of THC and CBD**, which has been shown to block the effects of THC on the nervous system. It has been suggested that “low THC levels and high CBD levels in hemp plants negate any psychoactive effects.”

Products made from industrial hemp are supposed to contain less than 0.3% THC, which is the legal amount to buy, consume, sell and ship the product. This 0.3% is the standard to distinguish between what is classified as “hemp” and what is classified as “marijuana,” but there have been some concerns that the amount of THC in hemp seeds and other consumables are not consistent. This is why organizations like the Weston A Price Foundation strongly recommend caution when eating hemp seeds.

### Cannabis Oil: What It Is & What It Isn’t!

First off, so-called **“Cannabis oil” is not an essential oil** and the name is misleading. At least I know it was for me when I first started to study this topic. Here’s the low-down:

- **Hemp oil is readily available online as a food product** and praised for its 1:1 omega-3/omega-6 ratio. It is made from hemp.

- **CBD oil** (also known as “CBD hemp oil”) **contains high levels of cannabidiol (CBD) and low THC (tetrahydrocannabinol) levels**, which is regarded as medicinal, but not psychotropic. It is also made from hemp.

- Cannabis oil is essentially an extract or absolute and is typically taken orally – ingesting a few drops several times per day. It is made from marijuana.

From what we can tell – although this conclusion is mostly based off of personal reports and not clinical trials – **conventional Cannabis oil (being rich in THC) gets people “high,” whereas CBD oil cannot.**

### Absolutes & Extracts - Not Essential Oils

So, this is where things get really fuzzy. I’m sure you’ve seen the term “Cannabis oil” being thrown around the Internet the last few years. Heralded to cure everything from cancer to glaucoma, activists are using research and countless miracle testimonials to convince legislatures nationwide to legalize marijuana for medicinal use.

One of the reasons why we’re hearing so much about Cannabis oil is because of Rick Simpson. In 2003 Rick utilized a homemade Cannabis concoction as a cure for skin cancer. He shared his success with his doctors and some cancer organizations, but no one paid attention to his story. His reaction is somewhat intriguing as he responded by growing his own plants and produced his own Cannabis extract, calling it “Cannabis oil.”

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Giving it away for free to people in need, he reports healing over 5,000 people with this medicine. You can check out his story on YouTube.

The confusion enters the scene here because Rick didn’t make Cannabis oil, he made a Cannabis extract or an absolute. Big difference!

Technically-speaking, regardless if we’re talking about conventional “Cannabis oil” or CBD oil, both are extracts or absolutes, NOT essential oils. So, referring to them as “oils” is misleading.

Like we learned in an earlier chapter, essential oils today are manufactured primarily through steam distillation or expression (“cold-pressing”). Another technique is referred to as solvent extraction. The National Association for Holistic Aromatherapy explains the process this way:

“Some plant material is too fragile to be distilled and an alternative method must be employed. Solvent extraction is the use of solvents, such as petroleum ether, methanol, ethanol, or hexane, to extract the odoriferous lipophilic material from the plant. The solvent will also pull out the chlorophyll and other plant tissue, resulting in a highly colored or thick/viscous extract. The first product made via solvent extraction is known as a concrete. A concrete is the concentrated extract that contains the waxes and/or fats as well as the odoriferous material from the plant. The concrete is then mixed with alcohol, which serves to extract the aromatic principle of the material. The final product is known as an absolute.”

Let me assure you that the difference between essential oils, extracts or absolutes is not merely semantical. Each contains different chemical compositions, which means they all have different effects on the body, and each has different safety concerns.

In the context of our discussion about Cannabis, these terms are oftentimes used interchangeably in the scientific literature. This adds additional mire to our understanding because the research is somewhat unclear as to what substance(s) is being addressed, and conclusions are oftentimes taken out of context of the actual chemicals being evaluated.

**Chemical Composition**

In the 2013, the journal *Cannabinoids* published a full report on the chemical constituency of 5 different preparations of cannabis extract based off of the following solvents: ethanol, naphtha, petroleum ether, and olive oil. Here are the main takeaways directly from the article:

- Most extracts contained only a small proportion of THC (5-10% of total THCA + THC content).
• A notable exception was the naphtha extract, which was found to contain 33% of
total THCA + THC content present in the form of THC.

• The major components present in the cannabis material used were the
monoterpenes beta-pinene, myrcene, beta- phellandrene, cis-ocimene,
terpinolene and terpineol, and the sesquiterpenes beta-caryophyllene, humulene,
delta-guaiene, gamma-cadinene, eudesma-3,7(11)-diene and elemene.

• The extraction solvents showed comparable efficiency for extracting terpenes,
with the notable exception of naphtha. While this solvent generally extracted
terpenes less efficiently than the other solvents, several terpenes could not be
detected at all in the naphtha extract.

• The use of olive oil as extraction solvent was found to be most beneficial based on
the fact that it extracted higher amounts of terpenes than the other
solvents/methods, especially when using an extended heating time.

• Treatment of the ethanolic extract with activated charcoal, intended to remove
chlorophyll, resulted in a considerable reduction of cannabinoid content.

• Pure ethanol efficiently extracts chlorophyll from cannabis, which will give the
final extract a distinct green color, and often unpleasant taste. Removing
chlorophyll by filtering the ethanol extract over activated charcoal was found to
be very effective, but it also removed a large proportion of cannabinoids and
terpenes, and is therefore not advised.

As an added note, the study was clear to state that, “All the solvent components should
be considered harmful and flammable, and some of them, such as hexane and benzene,
may be neurotoxic. “

Both naphtha and petroleum ether are considered potential cancer hazards according to
their respective Material Safety Data Sheets (MSDS) pro- vided by manufacturers.
Moreover, products sold as naphtha may contain added impurities (e.g. to increase
stability) which may have harmful properties of their own.

**Using Cannabis Oil as Medicine**

In the words of a 2007 article in the journal *Dialogues in Clinical Neurosciences*,
“Despite the mild addiction to cannabis and the possible enhancement of addiction to
other substances of abuse, when combined with cannabis, the therapeutic value of
cannabinoids is too high to be put aside.

Modern research shows that the compounds in Cannabis can:

• Reduce pain (analgesia).

• Help reduce side-effects related to chemotherapy in cancer patients (especially
pain and vomiting).

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• Reduce muscle spasms and neurological over-activity in MS and cerebral palsy patients.

• Help reduce ocular pressure in glaucoma patients. Lower blood pressure.

• Relieve symptoms of asthma, constipation, depression, epilepsy and insomnia.

The reason why **Cannabis is such an effective healing agent is because it contains “an enormous variety of chemicals.”** Regarding cannabinoids, they are “a class of diverse chemical compounds that act on cannabinoid receptors in cells that repress neurotransmitter release in the brain.”

Essentially, TCH “potently activates the G-protein-coupled cannabinoid receptor CB1 and also modulates the cannabinoid receptor CB2.”

Few substances on the planet can do this. Nonetheless, as an article in the journal *Trends in Pharmacological Sciences* points out, “The well-known psychotropic effects of Δ9-tetrahydrocannabinol, which are mediated by activation of brain CB1 receptors, have greatly limited its clinical use. However, the plant Cannabis contains many cannabinoids with weak or no psychoactivity that, therapeutically, might be more promising than Δ9-tetrahydrocannabinol.”

Interestingly, research has shown that several other non-cannabinoid plant constituents have been reported to bind to and functionally interact with CB receptors. Certain natural products from other plants, also target other proteins of the endocannabinoid system, such as hydrolytic enzymes that control endocannabinoid levels. For example:

• Coumarin derivative rutamarin from the medicinal rue plant (Ruta graveolens),

• Diindolylmethane (DIM), which is found in broccoli and has anti-cancer properties.

• And indole-3-carbinol is commonly found in cruciferous vegetables like bok choy, broccoli, cabbage, kales, radish, and others.

**Safety Concerns**

There are a variety of ways people make Cannabis oil, and the most popular method has been outlined by Rick Simpson – who recommends using naphtha or petroleum ether as a solvent. This is where the danger lies.

According to Dr. Arno Hazekamp – phytochemical researcher at the Department of Plant Metabolomics of Leiden University, The Netherlands:

“All the solvent components should be considered harmful and flammable, and some of them, such as hexane and benzene, may be neurotoxic. Both naphtha and petroleum-ether are considered potential cancer hazards according to their manufacturers.
Moreover, products sold as naphtha may contain added impurities (e.g. Coleman® fuel) which may have harmful properties of their own.”

Regarding solvent residues, Hazekamp points out that, “Although Cannabis oils are usually concentrated by evaporating the solvents that were used for extraction, this does not completely eliminate residual solvents. As a result of sample viscosity, the more concentrated an extract becomes, the more difficult it will be to remove the residual solvent from it. In such a case, applying more heat will increase solvent evaporation, but simultaneously more beneficial components (such as cannabinoids or terpenes) may be lost as well.

Hazekamp recommends using safer solvents such as ethanol, or preventing exposure to organic solvents altogether, by using olive oil. As he states, “Of the solvents tested, this leaves olive oil as the most optimal choice for preparation of Cannabis oils for self-medication.

Olive oil is cheap, not flammable or toxic, and the oil needs to be heated up only to the boiling point of water (by placing a glass container with the product in a pan of boiling water) so no over-heating of the oil may occur. After cooling down and filtering the oil, e.g. by using a French coffee press, the product is immediately ready for consumption.

As a trade-off, however, olive oil extract cannot be concentrated by evaporation, which means patients will need to consume a larger volume of it in order to get the same therapeutic effects.

**Biblical Perspective**

I am keenly aware that the **health benefits far outweigh the risks of using Cannabis as medicine**. However, many faiths and religious systems have prohibitions against becoming inebriated – whether getting drunk or “high” – and this would prevent them from using certain products because of their ability to contribute to psychotropic effects and psychosis.

Personally, I am not as well-versed in other faiths as I am with Christianity and Judaism. So, it is with my Biblical Health Educator hat on that I make the following comment:

**Christians need to be very careful about using Cannabis oil and should stick to CBD oil because it contains little to no THC to prevent getting high.**

It should be clear to all followers of the Bible that getting high on medical marijuana is synonymous to getting drunk on wine and these same warnings apply:

**Proverbs 31:6** – Give strong drink to the one who is perishing, and wine to those in bitter distress.

who tarry long over wine; those who go to try mixed wine. Do not look at wine when it is red, when it sparkles in the cup and goes down smoothly. In the end it bites like a serpent and stings like an adder. Your eyes will see strange things, and your heart utter perverse things.

**Isaiah 5:11** - Woe to those who rise early in the morning, that they may run after strong drink, who tarry late into the evening as wine inflames them!

**Habakkuk 2:15** – Woe to him who makes his neighbors drink— you pour out your wrath and make them drunk, in order to gaze at their nakedness!

**Isaiah 5:22** – Woe to those who are heroes at drinking wine, and valiant men in mixing strong drink.

**Proverbs 23:20-21** – Be not among drunkards or among gluttonous eaters of meat, for the drunkard and the glutton will come to poverty, and slumber will clothe them with rags.

**Ephesians 5:18-20** – And do not get drunk with wine, for that is dissipation, but be filled with the Spirit, speaking to one another in psalms and hymns and spiritual songs, singing and making melody with your heart to the Lord; always giving thanks for all things in the name of our Lord Jesus Christ to God, even the Father.

**Galatians 5:21** – Envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God.

**Proverbs 20:1** – Wine is a mocker, strong drink a brawler, and whoever is led astray by it is not wise.

**1 Peter 5:8** – Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.

**1 Corinthians 6:10** – Nor thieves, nor the greedy, nor drunkards, nor revilers, nor swindlers will inherit the kingdom of God.

**1 Corinthians 5:11** – But now I am writing to you not to associate with anyone who bears the name of brother if he is guilty of sexual immorality or greed, or is an idolater, reviler, drunkard, or swindler - not even to eat with such a one.

**Titus 2:3** – Older women likewise are to be reverent in behavior, not slanderers or slaves to much wine. They are to teach what is good.

**1 Timothy 3:8** – Deacons likewise must be dignified, not double-tongued, not addicted to much wine, not greedy for dishonest gain.
**Proverbs 31:4-5** – It is not for kings, O Lemuel, it is not for kings to drink wine, or for rulers to take strong drink, lest they drink and forget what has been decreed and pervert the rights of all the afflicted.

**Romans 13:13** – Let us walk properly as in the daytime, not in orgies and drunkenness, not in sexual immorality and sensuality, not in quarreling and jealousy.

**Leviticus 10:8-11** – And the Lord spoke to Aaron, saying, “Drink no wine or strong drink, you or your sons with you, when you go into the tent of meeting, lest you die. It shall be a statute forever throughout your generations. You are to distinguish between the holy and the common, and between the unclean and the clean, and you are to teach the people of Israel all the statutes that the Lord has spoken to them by Moses.

After it is all said and done, I hope that you have enjoyed this short journey into the truth about Cannabis oil. My hope and prayer is that you make the right decision for you and your health.

Please consider all of the facets surrounding medicinal use before making a rash decision in either direction.
Chapter 13
DIY Protocol for Cancer Patients

Below is an easy-to-follow essential oil protocol based off of several peer-reviewed clinical studies that I have researched, as well as countless hours of helping cancer patients all over the globe.

As many experts claim, cancer cannot thrive in an environment where the body’s immune system is functioning at 100%. The underlying theme of any good natural cancer protocol, therefore, is to systematically enhance immune function and capitalize on the body’s God given ability to heal itself.

After combing through the research, I have found that several oils have the ability to trigger tumor apoptosis (“programmed cell death”) and enhance immunity. You will find some ways to use oils below.

Be sure to consult with your physician before following these suggestions, particularly if you’re taking chemotherapy or any other pharmaceutical medications.

Topical

1. Apply diluted Immunity / Cellular Rejuvenation Blend (see below) directly on tumor location, and over abdomen twice daily.

2. Remember to mix it up – we want to keep the cancer guessing and we don’t want to promote resistance. Consider mixing up the protocol every other week.

3. Always be sure to dilute to 2-5% with a carrier oil using these conversions:
   - 2% dilution: 12 drops of EO / oz of carrier oil (2% of 600 drops is 12)
   - 5% dilution: 30 drops of EO / oz of carrier oil (5% of 600 drops is 30)

If working with tablespoons are more comfortable for you, 1 oz. = 2 tablespoons. So, there are 300 drops of EO in a tablespoon.
   - 2% dilution: 6 drops of EO / tablespoon of carrier oil (2% of 300 drops is 6)
   - 5% dilution: 15 drops of EO / tablespoon of carrier oil (5% of 300 drops is 15)

Ingestion
1. Ingest 2-4 drops of your **personalized Immunity / Cellular Rejuvenation Blend** (see below) in a size 00 gel capsule twice daily – being sure to fill the capsule with an edible carrier oil.

2. Find what works best for you. Listen to your body, see how you react to varying mixtures and get your healthcare practitioner’s feedback.

3. For extra added frankincense benefit, consume 1-2 drops of frankincense with an edible carrier oil – being sure that you don’t experience any sensitivity. If you do, discontinue use immediately.

**Inhalation**

1. Diffuse 3-5 drops Immunity / Cellular Rejuvenation Blend to promote immune function.

2. Diffuse 1 drops each Lavender, Chamomile, and Sandalwood at night to promote healthy sleep.

3. Diffuse 3-5 drops of your **personalized Joyful Blend** (see below) throughout the day.

4. Be sure to include Melissa, which has been shown clinically to help with brain tumors like glioblastoma.

5. **Promotes positive mood.** As the ancient proverb goes, “A happy heart does good like medicine,” and we cannot discount the psychogenic aspects of health and wellness

**Miscellaneous Useful Tips**

- **Anti-Inflammatory** — Consume 1-2 drops of lemon oil diluted in a teaspoon of carrier oil like coconut oil, or in a gel capsule filled with an edible carrier oil.

- **“Liquid Morphine”/Anti-Inflammatory** — Consume 1 drop each of frankincense, lemongrass, marjoram in gel cap filled with an edible carrier oil.

- **Healthy Gut Function** — Consume 2-3 drops of a Digestion Blend (see below), and 1 drop lemon diluted in a teaspoon of carrier oil like coconut, or gel capsule.

- **Colds/Flus** — Consume 2 drops each of oregano and tea tree in a gel capsule twice daily.

- **Colds/Flus** — Take 2-3 drops of Immunity / Cellular Rejuvenation Blend twice daily in a gel capsule.

- **Immune Support** — Apply 2-3 drops Immunity / Cellular Rejuvenation Blend over abdomen. Diffuse 3-4 drops Immunity / Cellular Rejuvenation Blend
throughout the day. Take drops of Immunity / Cellular Rejuvenation Blend in gel capsule.

- **Respiratory Support** — Diffuse 3-5 drops of diluted, personalized Respiratory Support Blend (see below), and apply directly on chest.

- **Pain Relief** — Apply 5% Muscle Soothing Blend (see below), topically as needed to ease sore muscles, arthritic joints and for headaches.

**DIY Blends**

To make an **Immunity / Cellular Rejuvenation Blend**, combine equal parts of up to 6 oils from below. There is no “magic formula.” You’ll need to find something that works for you.

- Basil
- Black Pepper
- Cannabis
- Cardamom
- Cinnamon
- Clary Sage
- Clove
- Fennel
- Frankincense
- Helichrysum
- Lemongrass
- Melissa
- Myrrh
- Oregano
- Peppermint
- Rosemary
- Sandalwood
• Tea Tree
• Thyme

To make a **Joyful Blend**, combine equal parts of up to 6 of the oils below. There is no “magic formula.” You’ll need to find something that works for you.

• Citrus Oils (bergamot, clementine, grapefruit, lemon, lime, orange, tangerine, yuzu etc.)
• Frankincense
• Lemon myrtle
• Melissa
• Sandalwood
• Vanilla
• Ylang ylang

To make a **Digestion Blend**, combine equal parts of up to 6 of the oils below. There is no “magic formula.” You’ll need to find something that works for you.

• Anise
• Cannabis
• Caraway
• Fennel
• Ginger
• Lemon
• Peppermint
• Rosemary
• Tarragon

To make a **Respiratory Support Blend**, combine equal parts of the oils below. There is no “magic formula.” You’ll need to find something that works for you.

• Cardamom
• Eucalyptus
• Lemon
• Peppermint
• Rosemary
• Tea Tree

To make a **Muscle Soothing Blend**, combine equal parts of up to 6 of the oils below. There is no “magic formula.” You’ll need to find something that works for you.

• Balsam/Douglas/White Fir
• Birch
• Cannabis
• Chamomile
• Clary Sage
• Copaiba
• Cypress
• Frankincense
• Helichrysum
• Juniper
• Lemongrass
• Marjoram
• Orange
• Osmanthus
• Peppermint
• Rosemary
• Yarrow
• Wintergreen
Conclusion

There are various different theories about the truth about cancer and what it really is, but at its core cancer is a disease of the immune system. Essentially, this means that anything you do to boost your immune system will help prevent, and even treat this horrible disease.

Believe me, it's true!

Cancer simply cannot thrive in an environment when the immune is functioning at full capacity.

Healthy food cravings, weight gain, unbalanced hormones & sleepless nights all contribute to weakened immunity, which puts us at risk of developing cancer and it's critical to get these things under control if you plan on living a healthy, Abundant Life.

The bottom line is that you are NOT a victim of the genetic lottery, and CANCER DOES NOT HAVE BE YOUR PORTION in life.

And (yes!) you do have a choice!

This, my dear friend, is the entire purpose of this book and why I’ve created my Beat Cancer God’s Way membership program: To provide you with evidence-based options to the cancer epidemic.

- To learn more, go to drericz.com/the-truth-about-cancer.

Should You Join Beat Cancer God’s Way?

The Beat Cancer God’s Way program is a great place for people who have recently been diagnosed with cancer (as well as all chronic diseases!) and are not sure what to do.

- If you want to learn the truth about cancer fighting strategies that are rarely discussed by your doctor – like Biblical Health 101 and How to Overcome the Diagnosis Death Sentence – you're in the right place!

- If you're yearning for a life of happiness and purpose in spite of battling cancer or another disease, you're in the right place!

- If you're looking for natural strategies to combat disease and need a safe place to land for a while to learn and weigh your options, you're in the right place!

- If you want to take an integrative approach to healthcare, you're in the right place!
• If you want to learn key, evidence-based practices to boost immunity and keep disease at bay, you're in the right place!

• If you want to experience the Abundant Life in spite of a cancer diagnosis (or any disease diagnosis), you're in the right place!

7 Promises

We've created a safe place for people to hang out for a while and learn the truth about cancer, key Biblical Health 101 principles, and to help them get rooted in Christ as they embark on their healing journey.

• Promise #1: You will be exposed to material that is evidence-based and thoroughly investigated by professional researchers.

• Promise #2: You will be introduced to successful natural, holistic options and will be given tips on how to get started.

• Promise #3: You will learn the truth about cancer and how to integrate natural and conventional therapies safely and effectively.

• Promise #4: You will be part of a community that will support and challenge you to make the right decision for YOU.

• Promise #5: You will NOT be condemned if you decide to utilize conventional cancer therapies.

• Promise #6: You will be prayed for (not only for healing), but for wisdom and to discern the truth about cancer.

• Promise #7: You will be inspired, loved and encouraged!

I hope to see you there. To learn more go to drericz.com/the-truth-about-cancer.

As always, my hope and prayer is that you and your family truly experience the Abundant Life!

- Dr. Z


5 Bible Secrets for Beating Disease & Creating "Abundant Life Health" That Your Doctor Is Not Telling You About!
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About the Author

Dr. Eric Zielinski has been on a mission to helping people enjoy the abundant life for nearly 15 years. Formally trained as a public health researcher, Dr. Z (as he is commonly known) launched his online health ministry with DrEricZ.com in June 2014. Visited by nearly 4 million people each year, it has become the #1 ranked, fastest growing website devoted to Biblical Health on the Internet!

Dr. Z is an accomplished researcher with several publications, conference proceedings and currently sits as peer-reviewer for multiple journals. He lives in Atlanta with his wife and four children.

Having had the privilege of educating millions of people across the globe about how to experience the abundant life, Dr. Z has created a FREE web class that you can watch that features the very best of the best resources from my Biblical Health & Healing Ministry!

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