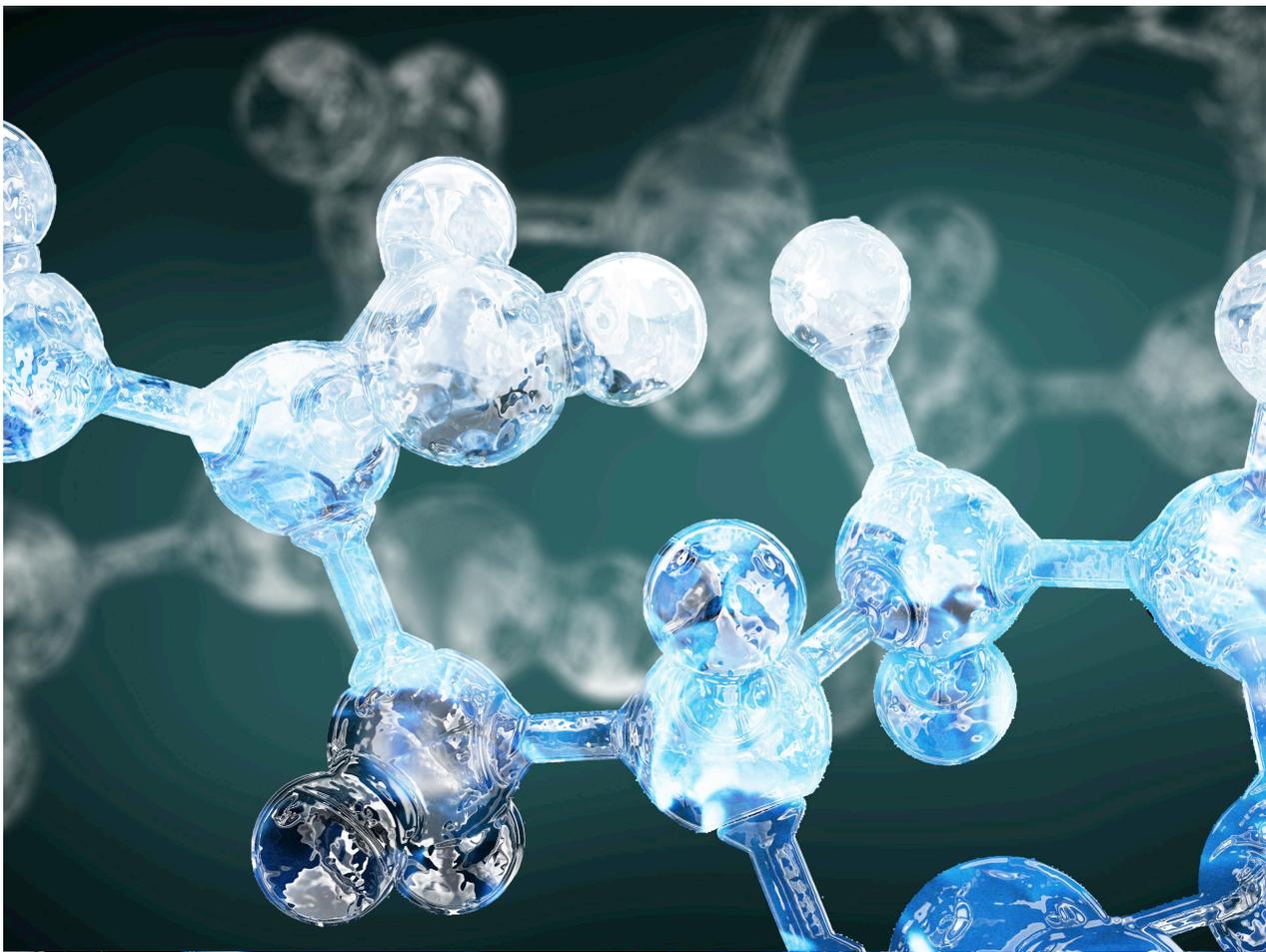




## Why Essential Oils Work

The essential oil of the plant acts as the plant's immune system, fighting against molds, funguses, viruses, bacteria & other issues that can harm or kill the plant.

Essential oils protect humans the same way.



## Why Essential Oils Work

### IT'S NATURAL TO WONDER ABOUT NATURE

We humans are curious creatures, so it's natural for us to wonder why these seemingly simple & fragrant substances, essential oils, actually work. How do essential oils have so many powerful & measurable health effects? The University of Minnesota found essential oils work by entering the body in three ways: inhalation, absorption through application to the skin, & ingestion. 1000's of clinical studies have concluded essential oils have a physiological and psychological affect the body. These facts are true for several reasons.

### MINI MOLECULES MAKE IT HAPPEN

The best place to begin the discovery of why essential oils work is to take a closer look at them. As we look at essential oils under the microscope the answer becomes clear. Essential oil molecules are much smaller than those of common "fatty oils" like olive and peanut oil. Substances with smaller molecules are more easily absorbed into the body because small molecules permeate and absorb better than large molecules.

### MAY I BORROW YOUR IMMUNE SYSTEM?

Each essential oil is vital to its native plant. **The essential oil of the plant acts as the plant's immune system, fighting against molds, fungi, viruses, bacteria & other issues that can harm or kill the plant. Essential oils protect humans the same way.** Essential oils' immune system qualities, coupled with their tiny molecular make up are two reasons therapeutic grade, organic essential oils are highly effective in protecting us against health concerns and are a superior support to our body's systems including the respiratory, circulatory, digestive, reproductive, endocrine & nervous systems.

## WE CROSS OUR HEART

Essential oils are transdermal, meaning they instantly penetrate skin & reach every organ within minutes. Tiny molecules enable essential oils to quickly cross through tissues, cell walls, & the blood-brain barrier. Each oil has the powerful ability to reach all areas of the body quickly, including the brain, heart, lungs, muscles, kidneys, reproductive organs, etc. Your wrists are one of the most permeable areas of the body. Therefore, reaching for a fragrant healthy essential oil approved for skin application is wiser than going for a toxic perfume.

## EAT WITH YOUR FEET

Try this fun and easy experiment at home and show yourself how essential oils work. First, rub Essanté ORGANICS 100% USDA Certified Organic, Therapeutic Grade, Kosher Essential Peppermint Oil onto the sole of your foot. Second, pay attention to your taste buds. Within 2 minutes you will taste peppermint on your tongue! This experiment provides personal proof that essential oils cross through every tissue within the entire body.

## WE DEFINITELY INHALE

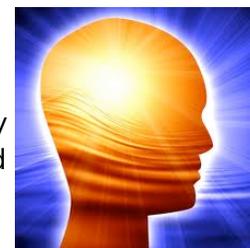
Essential oils' tiny molecules vaporize quickly, and when inhaled, essential oils quickly affect the body. Inhaling essential oils is known as aromatherapy. Sniffing the oils causes them to be absorbed into your body in minutes. Many people choose to amplify the benefits of aromatherapy by using the award-winning Essanté ORGANICS Ultrasonic Diffuser. This unit is an exceptional delivery system for essential oils because the ultrasonic vibrations break the essential oils' molecules into smaller particles for superior absorption. The molecules stay suspended in the atmosphere longer and everyone in the room can enjoy the benefits when oils are diffused into the air. Like inhaling chloroform causes negative and potentially deadly effects to one's body, inhaling healthy, immune boosting, essential oils causes positive effects, and brings the mind & body to a healthier state of being.

## I'D LIKE 450 POUNDS OF ANTIOXIDANTS PLEASE

Alone, essential oils are the world's most powerful antioxidants. For example, when inhaled, ingested or absorbed into skin, one ounce of Essanté ORGANICS USDA Organic Essential Clove Oil is equivalent to consuming 450 pounds of carrots, 120 quarts of blueberries, or 48 gallons of beet juice. Pure essential oils are man's first medicine. Pharmaceutical companies often create drugs by combining plant extracts and adding synthetic chemicals that often cause adverse side effects. Most people have discovered antioxidants cleanse the body of free radicals, slow the aging process & protect our body against disease. For every health condition there is an essential oil that is recommended. Essanté ORGANICS pdf "History of Essential Oils" shows these recommendations have been provided since the beginning of time.

## GOOD, GOOD, GOOD.... GOOD VIBRATIONS

Essential oils also work through their scientifically measurable high frequencies. When high frequency essential oils are applied, inhaled or ingested into one's body, the body yields a high frequency. Scientists discovered the parallels between the frequency and the health of the body. Higher frequencies indicate better health.



## GET HIGH, IT'S HEALTHY

When a body is in poor health scientists can measure a correlating low frequency. Specific low frequencies are associated with specific diseases and health conditions including a cold, allergies, insomnia, etc. Conversely, when a body is in excellent health, studies show the body registers a high frequency. So get high, because it's healthy. Clinical studies show a human body's frequency can be affected by food, prayer, sleep, mood, affirmations, medication, exercise and, yes, essential oils. Therefore, adding high frequency essential oils into your lifestyle can amplify your wellbeing.



### HOW DOES INHALATION WORK?

Inhalation of an essential oil is done through the nose or mouth. For example inhaling eucalyptus oil can reduce a cough & inhaling peppermint oil can reduce a headache. Often, essential oils are put into a diffuser for superior inhalation. The olfactory system includes the organs & cells contributing to the sense of smell. When we inhale, airborne molecules interact with the olfactory organs & almost immediately penetrate the brain. As we inhale the molecules they are also carried to the lungs & respiratory system. Thus, when an essential oil is inhaled it can affect several systems in the body. During inhalation, the fragrant molecules travel through the nose and affect the brain through receptor sites, including the limbic system or the "emotional brain." The limbic system is directly connected to the areas of the brain responsible for controlling heart rate, blood pressure, breathing, memory, stress levels, & hormone balance. This is why certain scents often trigger memories or emotions. Knowing this, we can see why the inhalation of essential oils can have profound physiological & psychological results. "Smell is a potent wizard that transports us across thousands of miles and all the years we have lived." Helen Keller



### HOW DOES SKIN APPLICATION OR BATH WATER APPLICATION WORK?

Certain essential oils can be applied topically to the skin, including black pepper & ginger for the reduction of arthritis pain. German Chamomile can be applied to the skin for the reduction of eczema. Our skin is somewhat permeable, therefore the active compounds in essential oils are absorbed, much like the ingredients in hormone creams, birth control patches & nicotine patches. Massaging the skin first will increase circulation to that area, thereby causing an increase in absorption of the essential oils applied. Heat also increases circulation & thus enhances absorption. Some researchers report essential oils may be more readily absorbed into the skin when applied to areas with greater concentrations of sweat glands or hair follicles including the head, soles, palms, & underarms. Caution should be taken as some oils are not approved for skin application &/or may adversely interact with sun exposure.

### HOW DOES INGESTING WORK?

Essential oils can enter the body orally, through ingestion (swallowing). Ingesting essential oils is NOT recommended unless you consult a trained health care professional. A higher level of knowledge and expertise is necessary for safe ingesting. The ingestion of essential oils is not a common practice in the USA. In France, it is more common, yet only when administered by trained physicians. Caution is advised for the following reasons: Some essential oils can be toxic to the liver or kidneys when ingested. The chemical breakdown of some essential oils, during gastric processing, can change the effects. There could be potential drug interactions.

### APPLIED KNOWLEDGE EQUALS POWER

Now you know why & how essential oils work, yet there's one last important fact to keep in mind; the "why & how" are only possible when high frequency, therapeutic grade, certified organic oils are used. You are what you inhale & apply on your skin, so choose high quality, pesticide free oils. Visit your Essanté Executive's product page for the purest essential oils on earth & other daily care products. Print & Share this informative document and empower others with the gift of organic health.

The FDA has not evaluated these statements. Products are not intended to diagnose, treat, cure or prevent disease.

