

An Essential Oil Application Technique

A HELPFUL APPROACH TO ESSENTIAL OIL APPLICATION

Whether you are a novice or expert in the uses and application of essential oils, this is a technique that will magnify the benefits and experience of using essential oils. This massage-like application is simple to learn with training classes broadly available.

In the procedure 8 essential oils and blends are suggested to help strengthen 4 systemic constants that have major impact on your overall health. Applying these oils and blends using this technique has been shown to help enhance overall health and well-being.

Systemic Constants - These are environmental factors having a negative impact on overall health, well-being and disturbing homeostasis (the balance our bodies need to function optimally). Such challenges, even when they do not immediately result in disease, cause our bodies to function below optimal levels. These systemic constants include:



STRESS

Emotional distress, career choices, family discord, financial worries, and the like elevate stress levels. Clinical studies have linked high stress and chronic stress to numerous negative health conditions.



TOXIC INSULT

Exposure to a wide array of toxic insults, including disease-causing pathogens, hormone and pesticide contaminated food products, and increasing levels of free-radicals from pollution, foods, and sunlight contribute to rises in the occurrence of varying illnesses.



INFLAMMATION

The increased consumption of food with pro-inflammatory components (foods high in polyunsaturated vegetable oils such as safflower, sunflower, corn and peanut oil) together with high carbohydrates, low protein diets contribute to increased inflammation in body systems. Stress, with its accompanying imbalance of cortisol, can also contribute to inflammation, as do various (and increasingly prevalent) immunological dysfunctions. Studies increasingly show links between fatal diseases and inflammation.



AUTONOMIC IMBALANCE

The opposite of homeostasis, an imbalance of the autonomic nervous system (aka: the ANS or visceral nervous system) can negatively impact health in a number of ways. Restoring the body's homeostasis can reduce the physiological impact of stressors on the body.