
Essential Oils, Our Key to Radiant Health

By Matthew Stowell

Essential oils, healing gifts of our plant kingdom, transformed my life and practice six years ago. I have learned through my research they are the missing link to radiant, holistic health, which encompasses recovery, balance, vitality, and longevity.

Plants play an essential role in our planet's ecosystem from wetlands, which break down toxins to providing over half of the natural compounds for current medicines. They have a rich history interwoven with the story of man who sought them for healing, protection of his village, and for traveling well prepared. We are constantly discovering new botanicals and their oils which have tremendous therapeutic power to effectively counter carcinogens and equip us well for our healing journey.

Essential oils, the very essence of plants, have been valued since time began to kill bacteria, fungi, and viruses. They give us delightful fragrance, dispel negative emotions, and raise our mind, body, and spirit. They oxygenate, regenerate tissue, stimulate nerves, and carry nutrients into the cell bodies, reaching every cell in twenty minutes.

Today, we are facing diseases and potential pandemics for which we have no lasting answers. Essential oils will increasingly play a more vital part in fighting new strains of bacteria and viruses of all descriptions and origins.

Ongoing research at Weber University in Utah has documented that oils are rich in phenols, carvacrol, thymol, and terpenes and no bacteria or virus can live in their presence.

In the Old Testament, Moses protected the Israelites with oils from the plagues that fell upon the Egyptians.

A growing body of research and testimonies indicate the use of essential oils increases infectious disease resistance.

Worldwide oxygen levels have diminished in some urban areas from 33% to 17%. We know now from research that malignancies and cell mutation cannot grow in oxygen rich, alkaline internal environments but thrive in low oxygen, acidic environments.

One of our wisest founding fathers Benjamin Franklin taught us to tolerate no disease or impurity in the body. Hippocrates taught us let our food be our medicine and our medicine be our food. The Rockefeller Health Institute states that if the doctors of today do not become the nutritionists of tomorrow, the nutritionists of today will become the doctors of tomorrow.

Aromatherapy, the science of knowledge and training on essential oils, taught for generations in

Europe, is now taking its rightful place in holistic medicine. Grade A organic essential oils are the only oils with an electrical vibrational frequency.

From Tesla's work to modern research lights the path to exciting potentials in the growing field of vibrational medicine. We can raise our vibrational frequency to strengthen ourselves, boost immunity, eliminate pathogens and so to increase our vitality and longevity.

In addition, essential oils are lipid solubles penetrating cell walls, carrying oxygen to nutrient starved parts of the body, reaching every cell within twenty minutes and then they are metabolized. Diseases begin when cells do not have enough oxygen to absorb nutrients.

The essential oils are strong antioxidants that discourage free radicals, prevent cell mutations, fungus, and oxidation in our cells. They are antibacterial, anti-cancerous, anti-fungal, anti-infectious, anti-microbial, anti-tumoral, anti-parasitic, antiviral, and antiseptic. They eliminate all tested bacteria and viruses and they restore balance to our physiology.

When diffused in the air, they remove metallic particles and toxins, increase oxygen and negative ions which discourage bacterial growth. They effectively eliminate odors, disinfect surfaces, cleanse the air, and raise our body, mind, and spirit.

Finally, because essential oils have a bio-electrical frequency that is greater than food and our bodies they can rapidly elevate our electrical frequency and so restoring health and well being.

We have the opportunity before us to set a new standard for holistic health , sports performance, and family fitness. When essential oils from the GRAF list, generally regarded as safe for internal use by the FDA, are added to our drinking water, recipes, air, bath, and post workout massage sessions, we will increase our oxygen and nutrient uptake for stronger performance while reducing lactic acid and toxin buildup in the muscles. We will recover more quickly from workouts, ease muscle pain and tightness, and greatly increase our immunity which will protect us from the locker room shower to the high mountain bike trail.

In my next article, we will explore which essential oils are safe for topical use, internal use, and synergistic nutrients and master formulas to build radiant health, stamina, and well being.

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