

Old French Still - Used  
To Distill Essential Oils



Education beyond the basics  
Lesson 8: Essential Science

## Lesson 8: Essential Science

## Notes

### Eastern Medicine Meets Western Medicine

Essential oils were mankind's first medicine. From Egyptian hieroglyphics and Chinese manuscripts, we know that priests and physicians have been using essential oils for thousands of years. In Egypt, essential oils were used in the embalming process, and well-preserved oils were found in alabaster jars in King Tut's tomb, Egyptian temples were dedicated to the production and blending of the oils, and recipes were recorded on the wall in hieroglyphics. Additionally, there are 188 references to essential oils in the Bible

### Research

Dr. Robert Pappas                      [www.essentialoils.org](http://www.essentialoils.org)

Dr. Pappas is the world's leading expert in essential oil chemistry. He regularly submits publications on the properties of essential oils to reputable scientific journals. He also writes articles about aromatherapy and educates about aromatherapy and essential oils at local colleges and universities.

[www.pubmed.gov](http://www.pubmed.gov)

Pubmed is a government site for published medical research. There are many studies on essential oils, especially Frankincense. On Guard Protective Blend is also featured in publications on this site.

### Collaboration

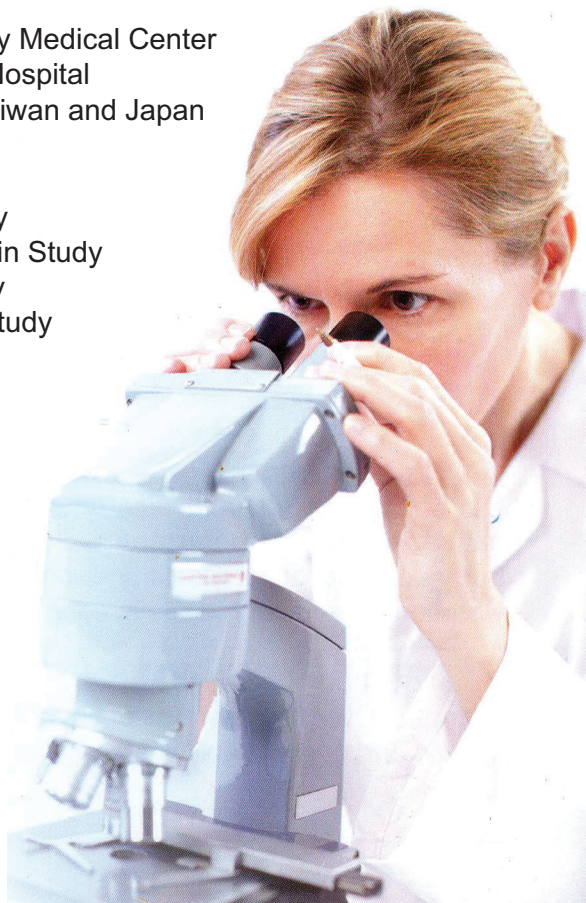
doTERRA works closely with various hospitals to further research on essential oils.

- Vanderbilt University Medical Center
- Colorado General Hospital
- Hospitals in both Taiwan and Japan

### Additional Studies:

- Mental Health Study
- Neuropathy and Pain Study
- Hospice Care Study
- Endoscopy Clinic Study

*'Modern Essentials: A Contemporary Guide to the Therapeutic Use of Essential Oils. 2nd ed. Spanish Fork (UT.): Abundant Health, 2009. Print.*



## Notes

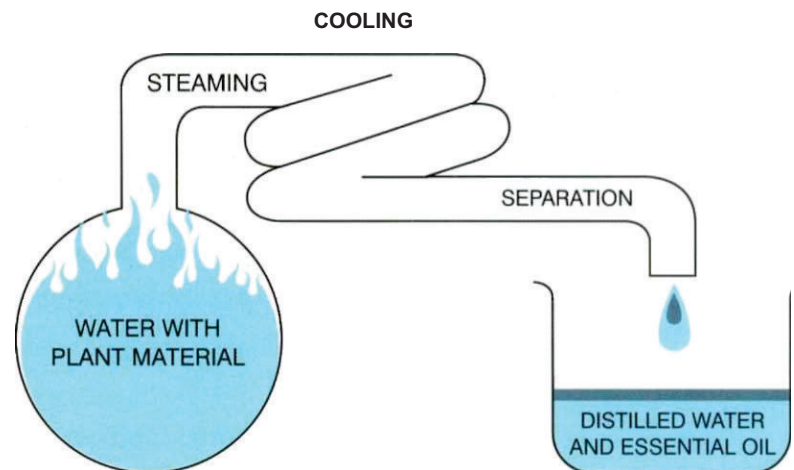
## From Plant to Consumer:

### Sourcing

- Carefully selecting the right plants for their natural concentrations of active aromatic compounds.
- Spanning the globe for plants that are cared for in the most favorable environment and carefully harvesting and transporting plant material for processing.

### Extraction

- The essential oil is carried along with the hot steam. The water-oil mixture condenses in the cooling tube and can then be collected.



### Testing

Each batch of CPTG essential oils is subjected to independent gas chromatography (GC) and mass spectrometry (MS) testing to ensure both purity and potency.

Testing also ensures the oils are free of synthetic, harmful, or foreign constituents such as heavy metals, pesticides, or other non-aromatic plant compounds.

## Music Within the Oils

### Vibrational Frequency

- Every living cell has a vibrational frequency.
- Essential oils are measured on a vibrational scale called megahertz (abbreviated MHz).

### Why Is This Important?

Our bodies operate on this same principle. In the world of natural healing, the bone structure is the tuning fork for the body and its organs. Similarly, each plant has a vibration. The vibrational frequency varies in each part of the plant.

When our body becomes weakened or sick, the frequency changes. Over long periods of time, this causes damage to the tissues and overall health of the body.

Low Frequency Oils support physical ailments, Mid Frequency Oils promote emotional change, and High Frequency Oils encourage spiritual growth and realization.

As we study the plants and learn the vibrational frequencies of them, we can begin to apply their uses within our body to fine tune the function and health of each cell.

By nature essential oils are volatile. We classify them based on their volatility into three categories: top note, middle note, base note. We can learn a lot about the qualities and uses of the oils within the body and out of the body via aroma.

## Volatile

Easily evaporates; passing off readily in the form of a vapor

### Top Notes

- Highest vibrational rate
- Fragrance dissipates quickly
- Generally hold the smallest molecules
- Energizing, invigorating, lifting, and elevating moods
- Great pick-me-up's

### Heart or Middle Notes

- Lower moderate rate
- Balance of smaller and larger molecules
- Give the body a balancing effect
- Work well with issues that affect your core
- Carry qualities of stability
- Effective when dealing with depression and anxiety

### Base Notes

- Heavy, slow vibrating oils
- Molecule size is larger
- Stays for longer periods on the skin
- Stabilizing, grounding and soothing, while destressing and relaxing
- Effective for calming children or adult

Essential Oil	Essential Oil
<b>Top Notes (5-20% of blend)</b> Wild Orange Bergamot Grapefruit Lemon Lemongrass	<b>Middle Notes (50-80% of blend)</b> Melaleuca Rosemary Ginger Thyme Oregano Peppermint
<b>Top - Middle Notes (20-80% of blend)</b> Basil Fennel	<b>Middle to Base Notes (50-80% of blend)</b> Clary Sage Rose Ylang Ylang
<b>Middle Notes (50-80% of blend)</b> Lavender Cypress Eucalyptus White Fir Geranium Helichrysum Marjoram	<b>Base Notes (5-20% of blend)</b> Frankincense Sandalwood Myrrh Vetiver

\*This chart was compiled from the book Modern Essentials: A Contemporary Guide To The Therapeutic Use of Essential Oils by Abundant Health.

## Notes



# Loyalty Rewards Program

Months 1 to 3	Months 4 to 6	Months 7 to 9	Months 10 to 12	Months 13+
10%	15%	20%	25%	30%

- Free Products
- Completely Optional
- Flexible Dates (1st to 28th)
- View Reward Points Online
- 50PV Accrues Points
- 125 PV by the 15th = **Free** Product of the Month (POM)

## Duplication

**Duplication is the essence of our business.**

Duplication, when properly implemented, turns your business into a source of residual income. The concept of duplication is straightforward - make sure that everything you do is simple enough that anyone can do it. Getting IPCs started correctly is the first step.

### Checklist for an IPC's First 72 Hours

- ✓ A conversation, training, conference call or Skype training with their Sponsor and/or Enroller.
- ✓ A visit to [doterrauniversity.com](http://doterrauniversity.com) for basic training on doTERRA.
- ✓ A visit to [doterratools.com](http://doterratools.com) to access product and business training materials.
- ✓ Practice in discussing people's health needs and how to earn in doTERRA.
- ✓ Identify what "category" the IPC fits into so you know what level of support to give them.
- ✓ Plug the new IPC into your team's Success System right away.

It's important to remember that you are always modeling for someone **HOW** to do this business so remember **DUPLICATION SAYS....**

*"What I'm about to do with you, you must immediately be able to do with the next person you meet (with or without me), whether that person lives across the street, across the country or across the world!"*

“ ”

Duplication is what success looks like.  
- **Michael S Clouse**

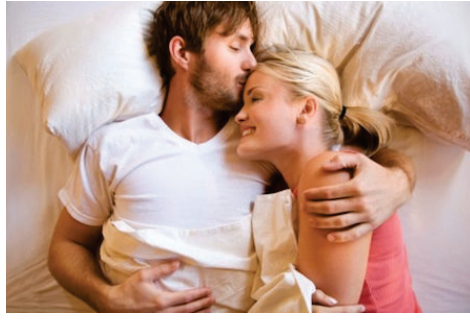
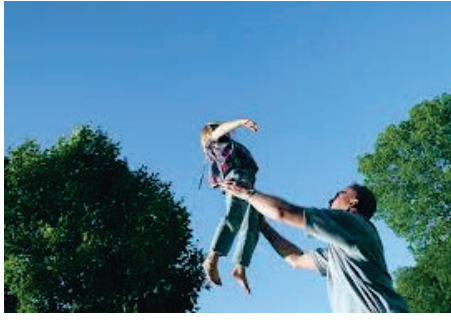


### Book Recommendation -

***Running With The Rhinos*** - by Christian D. Warren

<http://www.amazon.com/Running-Rhinos-Leadership-Complex-Courageous/dp/1935010026>





Congratulations on becoming an Independent Product Consultant with doTERRA. These tested pure, certified therapeutic essential oil products are redefining healthcare throughout the world. These are the highest quality essential oils available. With this training series you will take your knowledge to a new level, beyond the basics. You will also be able to teach your growing team about these incredible products. This will enable individuals to take control of their own health and well being.

## **Classes in the Series**

Class 1: Essential Oil Foundation

Class 2: Power of Proper Health

Class 3: Body Systems

Class 4: Natural and Permanent Weight Management

Class 5: Mood Management and Emotional Health

Class 6: Pain Management and Body Balancing with Aroma Touch Technique

Class 7: Family Health and Hormone Balance

Class 8: Essential Science



The advice shared has not been evaluated by the TGA. The products and methods recommended are not intended to diagnose, treat, cure or prevent any illness or disease, nor is it intended to replace medical help. As members look for answers, kindly understand that essential oils work to help bring the body into balance - thus helping the body's natural defences to restore homeostasis. essential oils are not used to "treat" medical problems.