



ESSENTIAL OILS for Weight Loss & Remedy Guide

DR. ERIC L. ZIELINSKI

Bestselling Author of
The Healing Power of Essential Oils
& *The Essential Oils Diet*



Essential Oils for Weight Loss & Remedy Guide

by Dr. Eric Zielinski

Copyright © 2021 by NaturalLivingFamily.com

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted by any means – electronic, mechanical, photographic (photocopying), recording, or otherwise – without prior permission in writing from the author.

The products and statements in this book have not been evaluated by the United States Food and Drug Administration (FDA) and are not intended to diagnose, treat, cure or prevent disease. All information provided in this book is for informational purposes only, and is not intended as a substitute for advice from your physician or other health care professional. You should not use the information in this book for diagnosis or treatment of any health problem.

Learn more information at: NaturalLivingFamily.com.

The Essential Oils Apothecary

**Alzheimer's, Cancer, Fatty Liver, Heart Disease & More...
150+ Soothing Remedies for Managing the Treatment &
Symptoms of Chronic Illness!**

[Get Your Copy Here!](#)

The Healing Power of Essential Oils

**150+ Healing Recipes & Remedies to Soothe Inflammation, Boost
Mood, Prevent Autoimmunity, and Feel Great in Every Way!**

[Get Your Copy Here!](#)

Leading Essential Oil Experts Dr. Eric and Sabrina Zielinski Bring Hope to Chronic Disease Sufferers With the Only Advanced Essential Oils Guide Backed by Science

Find clarity and comfort in the Zielinskis' long-awaited comprehensive essential oil guide, complete with 150+ evidence-based protocols for managing the 25 most common chronic conditions & nagging symptoms bringing the world to its knees

Includes the advanced strategies & protocols for Alzheimer's arthritis, cancer, COPD, depression, epilepsy, fatty liver, fibromyalgia, insomnia, heart disease, substance abuse & More!

Get the Support You Need from the Most Important Health Reference Book for Modern Living...



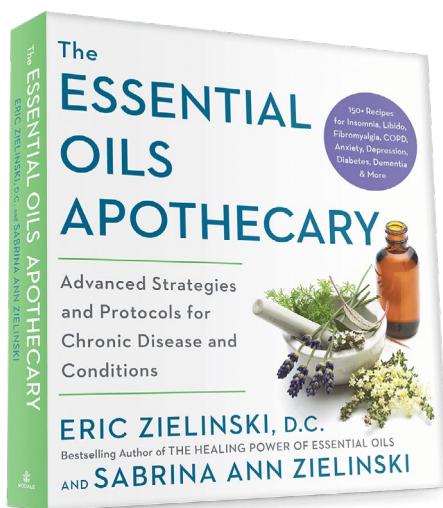
"Beginner-level essential oil information abound, but when one begins to seek out evidence-based protocols for more complicated ailments, finding information you can trust is incredibly difficult. The Essential Oils Apothecary is the volume I wish I had years ago."

- Jill Winger, Bestselling Author of *The Prairie Homestead Cookbook* and the host of the *Old Fashioned On Purpose Podcast*



"Essential Oils are powerful medicine, and nobody knows more about them than Dr. Eric and Sabrina Ann Zielinski. If you're looking for both state-of-the-art science and practical, hands-on information, this is the book you need."

- Kellyann Petucci, ND, New Your Times Bestselling Author, *Dr. Kellyann's Bone Broth Diet*



ORDER YOUR COPY NOW TO RECEIVE \$400+ IN IMMEDIATE BONUS CONTENT



Spiritual Disclaimer

Please note that I am a Christian and it is from this perspective that I present the information that is in this book. Amongst other things, this means that I will refer to “God,” not the “Universe.” This also means that I may reference Biblical teaching and ancient proverbs that I have found to be helpful and applicable today.

Sometimes people get offended by the words that I use, or the spiritual references that I make. Please don't fall into this trap.

As a trained public health researcher and world-renowned essential oils educator, you can trust that the information presented in these pages is solid, evidence-based and that it will help you.

I do not judge people that don't share my faith and I am committed to helping everyone (regardless of who they are or what they believe) benefit from my experiences. In fact, I whole-heartedly believe this is my mission in life and why God put me on this planet.

You see, there I go referencing “God” again. ;)

A Note About Faith

Personally, I have found that my faith has been vital to helping me overcome sickness and disease - as it has for the thousands of people that we have helped get well.

Being a Christian, it's impossible for me to separate my personal beliefs from my actions and lifestyle habits. As a researcher, I am intrigued to see how clinical trials and science continues to uncover the role that prayer, positive thinking and faith play in the healing journey.

My dear friend and Integrative Oncologist, Dr. Tony Jimenez often says that “cancer is an emotional disorder.” The same can be said of all chronic, long-standing disease like gut disorders, autoimmunity, arthritis, fatigue and insomnia.

It is with this in mind that I present to you the information in the Introduction and scattered throughout this book where you will discover eternal truths that will provide you with hope, inspiration and may even shed some light on things if you are willing to take a dive into the spiritual side of healing with me.

Table of Contents

Click on Title to go to Chapter

Part One

Natural Living Weight Loss Strategies

Chapter 1	Digestive Health	8
Chapter 2	Weight Loss	12
Chapter 3	10 “Healthy” Foods to Avoid	25
Chapter 4	Bioactive Foods	32
Chapter 5	Grapefruit	43
Chapter 6	Coconut Oil	47
Chapter 7	Probiotics	51
Chapter 8	Matcha	56
Chapter 9	HIIT	65
Chapter 10	Intermittent Fasting	78
Chapter 11	Emotional Detoxification	85
Chapter 12	Positive Thinking	99
Chapter 13	Daily Affirmations	103

Part Two

Using Essential Oils for Weight Loss

Chapter 14	Aromatherapy 101	108
Chapter 15	Cooking with Essential Oils	121
Chapter 16	Essential Oils for Weight Loss	128
Chapter 17	Using Essential Oils for Metabolic Syndrome	132
Chapter 18	Using Essential Oils to Balance Blood Sugar	139
Chapter 19	Cinnamon	146
Chapter 20	Citrus Oils	151

Chapter 21	Grapefruit	157
Chapter 22	Lime	167
Chapter 23	Melissa	177
Chapter 24	Orange	181
Chapter 25	Peppermint	188

Part Three Easy Quick-Start Recipes

<i>Aromatherapy</i>	Blood Sugar Balancing Blend	193
	Craving Diffuser Blend	194
<i>Beverages</i>	Essential Oil Detox Water	195
	Matcha Green Tea Latte	196
	Cleansing Beet Juice	198
<i>Salads, Sides & Snacks</i>	Homemade Vinaigrette	199
	Cucumber Spinach Salad w/ ACV	202
	Fill-the-Gap Nut Snack	204
<i>Entrees</i>	Kale & Lentil Soup	205
	Sweet & Sour Chicken	207
<i>Desserts</i>	Chocolate Avocado Mousse	209
	Coconut Whipped Cream	211
References		212
About the Author		224

PART ONE

Natural Living Weight Loss Strategies

Three Steps to Healing Your Gut

- 1) Avoid Food Triggers
- 2) Use Essential Oils
- 3) Restore Microbiome

In addition to following our gut-healing, inflammation-soothing essential oil protocols, everyone with leaky gut and inflammatory bowel disorders will benefit from taking high-quality supplements to repair leaky gut and balance their microbiome. The best way to get started is to take LIVE probiotics every day, and...

Our friends at Just Thrive want to help you on your journey by blessing you with FREE bottle (no strings attached).

Get a Free 14-Day Supply!!

Maximize your gut health and boost your immune function with this special blend of LIVE probiotics & antioxidants.



➔ Redeem your FREE bottle here!

CHAPTER 1

Digestive Health

Don't discount the importance of digestive health. It is responsible for up to 80% of your immune function! I never really had the chance to become healthy as a child because my parents were receiving misguided medical advice that led us right into a medical trap that I refer to as the *Digestive Health Trifecta*:

1. Gut-Brain-Skin Axis
2. Antibiotics
3. Standard American Diet (SAD)

If the foundation isn't set, then the building will fall. It's as simple as that.

Gut-Brain-Skin Axis for Digestive Health

Digestive health is intricately connected to virtually every aspect of your health. It's been nearly 80 years since dermatologists Donald M. Pillsbury and John H. Stokes first proposed the link between digestive health, depression, anxiety, and skin conditions such as acne. Known as the "Gut-Brain-Skin Axis" theory, this connection is understood to be a two-way street: emotional states can alter your normal intestinal microflora, which can increase intestinal permeability (leaky gut) and contribute to systemic inflammation. And vice versa—your microflora can influence your emotional states because these vitally important "good" bacteria produce neurotransmitters, or chemical messengers that play a role in mood and cognitive function.

In my case, lacking the antibody- and probiotic-rich colostrum and breast milk in my diet as a baby, research supports my suspicion that being formula fed was the primary cause of my poor digestive health. According to the *Proceedings of the National Academy of Sciences of the United States of America*,

"We found that breast milk-derived SIgA [antibodies] promoted intestinal epithelial barrier function in suckling neonates, preventing systemic infection by potential pathogens. Long-term benefits of early exposure to SIgA included maintenance of a healthy gut microbiota and regulation of gene expression in intestinal epithelial cells. These findings suggest that maternal antibodies provide benefits to the intestinal immune system of the breast-fed infant, which persist into adulthood."

Couple that with the Standard America Diet (SAD) that I consumed being low in naturally fermented foods, my poor digestive health can, thus, be linked to the multitude maladies that plagued me in my youth:

- Acne,
- Anxiety,
- Childhood dental cavities,
- Depression,
- Gut permeability (leaky gut),
- Stammering (associated with anxiety),
- Suicide ideation (associated with acne),
- and Tonsillitis.

The key takeaway here is that consuming a probiotic-rich diet and breastfeeding are both critical to our physical, mental and emotional health. Eating fermented foods like kimchi, sauerkraut, pickles, natto and yogurt are easy to incorporate into your health regimen. When you slip and don't eat them for a while, that's where probiotic supplements are helpful.

Interestingly, when essential oils are taken with probiotics (beneficial bacteria in supplement form) and probiotic-rich foods they have a synergistic effect! In 2012, a study analyzing the development of a probiotic found that essential oils work well with the formula, creating a synergistic effect of increased benefits. According to the study, "The probiotics retard the growth of the microorganisms, while essential oil kills them. Combining the effect of medicinal plant extract and probiotics may be a new approach due to their complementary antimicrobial effects and practically no side effects. The synergistic effect of the essential oil and probiotics will be necessarily higher than using them alone as health product."

Regarding nursing, it is important to note human breastmilk is the perfect food for infants. Somehow, this minor fact has been omitted by baby formula labels. The fastest growing packaged food source to date, the global infant nutrition industry is a \$50 billion market and their revenue growth is only expected to increase.

The advice that far too many moms-to-be receive—that breast milk isn't necessary and that you're putting your babies at risk of malnutrition if you decide to nurse—is simply not true.

If you're pregnant, want to be, or know someone who is, I implore you to consider these things and make a determined effort to nurse your baby for at least one full year.

Antibiotics & Harm to the Gut

Whether intended to treat a urinary tract, strep, or staph infection, far too many antibiotics are being prescribed when essential oils could be used instead!

According to the Centers for Disease Control and Prevention, "Up to one-third to one-half of antibiotic use in humans is either unnecessary or inappropriate. Each year in the United States, 47 million unnecessary antibiotic prescriptions are written in doctor's offices, emergency rooms, and hospital-based clinics, which makes improving antibiotic prescribing and use a national priority."

Overuse of antibiotics has caused an outbreak of infection and is becoming a main cause of death. Each year in the United States alone, more than two million people become infected with bacteria that are resistant to antibiotics and more than 23,000 people die every year as a direct result of these infections.

If you're thinking of taking an antibiotic, consider using essential oils for all non-serious infections.

Cause of Digestion Problems: Standard American Diet

Eating processed and sugary foods every day and using essential oils is like taking one step forward and three steps back!

My challenge to you is to think, "What would Jesus eat?" If Christ were living on this planet today, would He eat or drink anything that could potentially cause His body harm? What do you honestly think?

As we see in the Bible 2,000 years ago, Christ's life purpose was to honor God in everything that He said, thought and did; even to point of dying on the cross. Although I won't be able to prove it on this side of Heaven, I cannot logically see any way that He would have consumed anything that could possibly have hindered His ministry. And don't mistake it, everything that we eat and drink directly affects our mental, emotional, social, and physical health.

Sadly, this revelation hasn't reached mainstream Christendom. As one of my preacher friends quipped, "Christians don't drink, they don't smoke, they eat!" An argument can be made that gluttony is the acceptable sin in the church. Or, at least it appears this way because I don't hear too many ministers preaching against it!

I look forward to the day when everyone embraces the power of bioactive foods like we show and highlight in our book, [The Essential Oils Diet](#).

I have seen the lives of far too many pastors, missionaries, and church leaders cut short because of disease; many of which could have all but been prevented by lifestyle changes regarding digestive health. This, my friend, is the antithesis of Biblical health: seeing spiritual "giants" fall apart at the hands of poor lifestyle decisions.

GET A DEEP DISCOUNT FOR NATURAL LIVING FAMILY READERS!

Maximize your health and boost your immune function with LIVE probiotics. Our Natural Living Family "special" will help you on your way with your first bottle for FREE. [Check out Just Thrive Probiotics & Antioxidant support HERE!](#)

CHAPTER 2

Weight Loss

The most important weight loss tips are probably not what you think they should be, and you may be surprised to learn that weight gain isn't about food!

As God said *"My people perish for lack of knowledge,"* and nowhere is this truer than with obesity and weight gain. Fortunately, we can change things. There's no reason to lose hope!

Why You Should Lose Weight

So whether you eat or drink or whatever you do, do it all for the glory of God.
~ 1 Corinthians 10:31

First, it's important to know your why – i.e. the reason why that motivates your behavior to lose weight or shed body fat. Once we do this, we'll be prepared to set up some actionable steps that can help you overcome some struggles you may be having

The effects of being overweight and obese are endless. Weight loss is one of the biggest challenges Americans face. The Centers for Disease Control and Prevention says, "Obesity-related conditions, including heart disease, stroke, type 2 diabetes, and certain types of cancer, are some of the leading causes of preventable death." Obesity is the leading cause of preventable death, second only to smoking.

Being overweight can cause economic and psychological pressure. Sadly, obese people are discriminated against on a regular basis. The airline industry requires obese passengers to purchase two seats, and the Boy Scouts of America recently banned obese children from attending Jamboree summer camps. Plus, there is an increasing amount of "fat" jokes on TV and movies, which make it socially acceptable.

Here are three good reasons to lose weight:

1. **For God** – Our bodies are temples of the Holy Spirit and the Bible says that we are to present them as living sacrifices to God. We should be healthy, happy, and strong to overcome life's challenges. Have you ever wondered about the Golden Rule? How can you love others if you do not love yourself? To be a Christian and treat others well, you need to love yourself so that you can love others.
2. **For Yourself** – It is your God-given inheritance to live an abundant life and feel confident in who you are and what you look like. You must love yourself without reservations.
3. **For Your Family** – You want to always be present with your loved ones with clarity of mind and energy. You can share more memories with them when you live a longer life.

3 Reasons Why You're Not Losing Weight

Next we need to discuss some reasons why you're not losing weight.

Contrary popular advice, according to the NHS, calorie restricting diets should be avoided. Instead, it is suggested that you take a balanced eating approach when attempting or struggling to lose weight. Furthermore, exercise like burst training can help tremendously.

Calorie restricted diets, on the other hand, make your body break down its own muscle so that you have enough energy to live day to day. Naturally, when this happens, your BMR is lowered because your muscle mass decreases, and this only slows down your metabolism. This is why many people will gain weight immediately after stopping a calorie restricted diet.

Everyone aims for an abundant life, and this is all about balance. Balance is something that most Americans need to work on. Just look at how most people spend their days and what they allow to enter their bodies by way of food and drink and you'll see reasons why they are not losing weight.

Here are three of the primary reasons people cannot lose weight and/or cannot keep it off.

1. HORMONE IMBALANCE AND TOXICITY

Hormone imbalance and toxins from the environment are intricately intertwined. This is one of the reasons that chronic disease (like diabetes and obesity) has been linked with toxic overload. One of the most alarming examples of this was observed and discovered by the American Diabetes Association.

Researchers looked at the connection between insulin resistance and organic pollutants. Adult volunteers were tested in the 2016 study, and it was found that 80 percent or more of the volunteers had low levels of six POPs (persistent organic pollutants) in their blood streams.

Oxychlordan was one of the six POPs found in the bloodstream. This is actually an insecticide that is used for citrus crops and corn crops. It is used on domestic gardens and lawns as well. All six POPs also had diabetes strongly associated with them.

It was found that POP exposure puts people at risk for a higher body mass index and waist circumference. This perpetuates the idea that diabetes and the obesity cycle is definitely occurring in America today and has been at its worst for the last 20 years.

The Lancet, a world-renowned journal, recently published results from this study. The results were “a surprise for many people working in diabetes research, because most studies to date have focused on the effects of genetics and the westernization of dietary habits and lifestyle, while ignoring the potential effect of xenobiotics.”

The article also suggested that, “more than 90 percent of POPs comes from animal foods in the general population without occupational or accidental exposures.”

This is why it is so important to choose your meats wisely. Ultimately, you are eating what the animal did. That’s why you should choose grass-fed beef that is organic and has cancer-fighting properties when you can. If you don’t, you’ll be eating POP-ridden trash feed that has been genetically modified and used to fill up the animals that you eat for dinner.

In addition, watch out for where your kids play. Often, parks and schoolyards have pesticides and POPs sprayed on them. These organophosphates, say the Greater Boston Physicians for Social Responsibility, disturb growth hormones and the neurotransmitter balance in the body. They have been linked to ADHD and autism and many other neurodevelopmental disorders.

Here's a good rule to follow: if the grass that your kids are going to play on looks lush, green, and perfect, it's probably been sprayed with pesticides and toxins, so don't allow them to play there.

2. POOR DIGESTION

In order to properly keep off the pounds, you must have an optimal functioning digestive system. The digestive system is responsible for the nutrients being absorbed into your body and for waste removal. Of course, poor digestion has also been linked to numerous problems, including toxic overload, diarrhea, not losing weight, and constipation. Here are some specific diseases that have been linked to excess BMI and poor health:

- Yeast overgrowth, especially Candida
- Food allergies/sensitivities
- Celiac disease/gluten intolerance
- Leaky gut

Certain causes of bad digestion include eating lots of processed and unhealthy fats, living a stressful life, and living a sedentary lifestyle. Additionally, there's another common marker for poor digestion: antibiotic use. This has been linked to dysbiosis, yeast infections, and constipation.

Antibiotic use is on the rise. In fact, four out of five U.S. citizens have been prescribed antibiotics. This means that antibiotic prescriptions make up 17 percent of all prescriptions on the market today.

The so-called benefits that antibiotics offer do not mean that they are worth it when you look at the countless risks that have been associated with them. It is much better to take a natural approach to healthcare before resorting to antibiotic use.

3. INFLAMMATION

Nearly every chronic disease is linked with inflammation, which means that it is essentially America's number one silent killer. It's the main reason why reducing inflammation is one of the five primary targets of the Healing Foods Diet.

As far back as the 1990s, it was found that inflammatory peptides like TNF-alpha and leptin (both hormones) are secreted from adipose cells. Since that time, there has been substantial research looking at the connection between low-grade systematic inflammation and obesity.

“Meta-information” is the phenomenon that represents this connection. University of Ulster, UK researchers have been examining this phenomenon and have found that inflammation goes down when obese people and overweight people lose weight.

They published an article in *Nutrition Research Reviews* which showed that those people who lost 10 percent of their body weight had the best improvements in inflammation. The researchers also found that lowering inflammation itself has great positive effects on weight loss. Consider making healthy switches like coconut oil for inflammation control and weight loss.

Is There Such a Thing as a Slow Metabolism?

The NHS (National Health Service) of the United Kingdom says that your metabolism is: “All the chemical processes that go on continuously inside the body to keep you alive and your organs functioning normally, such as breathing, repairing cells and digesting food.”

Your BMR or basal metabolic rate is the minimal amount of energy that your body needs to maintain and carry out all of its chemical processes. Therefore, a low BMR represents an example of someone who has a slow metabolism.

Actually, however, it doesn't seem that having a lower BMR means gaining weight. According to the NHS:

“People who struggle to lose weight often blame a slow metabolism. But there's little evidence to support this claim.”

Interestingly, research shows that overweight people have faster metabolisms than thinner people because larger bodies require more energy to carry out basic bodily functions.

This is rather interesting. It shows that a common scapegoat for those who are horribly obese and overweight is a low metabolic rate. According to Mayo Clinic doctor Donald Hensrud, M.D., “There is such a thing as a slow metabolism. But slow metabolism is rare, and it's usually not what's behind being overweight or obese — that's usually a matter of diet and exercise.” Instead, Hensrud says that these are the biggest reasons for not losing weight:

- Medications
- A family history and genetics

- Too little exercise and a sedentary lifestyle
- Eating too many calories
- Bad habits that are unhealthy, like not getting enough sleep or skipping breakfast (Instead of skipping, try a healthy breakfast like homemade granola.)

The NHS agrees:

“Research has also shown that people tend to eat more than they think they do. When asked to write down everything they’ve consumed in a day, many people tend to report eating far less than they actually do. More often than not, the reason you’re putting on weight is not because of a slow metabolism, it’s because you’re eating and drinking more calories than you’re burning. It may be hard to accept, but staying on top of the number of calories you eat is key to losing weight and keeping it off.”

5 Weight Loss Tips to Achieve Your Life Vision

Losing weight is more than just having an exercise program. It is a lifestyle. When you view it as a lifestyle, you can achieve your true potential. If you want to lose weight, you need to have a regular exercise regimen and put healthy food on your plate. Follow these weight loss tips to lose weight and keep it off forever.

1. VISION

Proverbs 29:18 says “Where there is no vision, the people will perish.” This is true for people who die early from diabetes, obesity, and other chronic diseases. We can achieve great power by using positive words and visualization.

It’s great if you can get away from work and go on a “natural health retreat” to focus on your goals. Use this experience to prayerfully plan your future health. Do not be consumed with work deadlines and stress. Make sure you spend a few hours over a few days to fall in love with the new you.

2. GOALS

Make big goals and make you sure set a time frame. This is important so that your goals are realistic and challenging. It’s helpful to look at short and long-term goals. This makes your vision manageable and achievable. Create a vision board to look at every day that highlights weight loss, health, and life goals. Make it large and colorful so it catches your attention each day.

3. STRATEGY

“In all your ways, acknowledge Him, and he will make your paths straight.” – Proverbs 3:6. With prayer and spending time with God, you can develop a plan and schedule to reach your success in the way the Lord is providing for you. Seek His advice as your mentor and counselor, and be sure to use a calendar to track your success so you can see your results over time. Plan healthy options.

4. TRACKING

Write down your results in a diary or notebook, or track them on your phone. Pick a day that you can track your goals (example- sleep per night, waist circumference, total weight, BMI, body fat, etc). Keep a food journal to monitor your consumption for 30+ days. This way you can evaluate your progress and see what areas need improvement. Your notes will not lie to you. If you eat at McDonald's three times a week, you will see it in your journal and you will see it on your body.

5. ACCOUNTABILITY

Ecclesiastes says, “Two are better than one, because they have a good return for their labor. If either of them falls down, one can help the other up.” It is vital that you have a partner who can support you. Your healthy lifestyle is so much easier when you share it with a friend. If you are on your own, consider hiring a health coach or life coach to encourage you and to help you make healthy lifestyle choices.

Take some time to think through these weight loss tips and tell us in the comments below which of these weight loss tips work best for you.

The Importance of Listening to Your Body

There is a Navajo proverb that says, “If you want to see what your body will look like tomorrow, look at your thoughts today.”

There's an important reason why you cannot let your body become numb and why it is dangerous to continually put toxins into your body. God designed us so that fevers, stomachaches, rashes, and headaches would be red flags. These would be clues and warning signs that tell us that the balance of our bodies has been challenged.

Today, however, these natural red flags are masked with makeup, prescription medications, and other “Band-Aids.” People want to avoid being bothered by unsightly acne, pesky acid reflux, skin rashes, or leaky gut. This is true even though these are the results of making poor health decisions.

Judith Orloff, MD said, “Your body is a richly nuanced intuitive receiver.” Therefore, the importance of you being aware of your “body’s signals” cannot be emphasized enough as you continue your path toward optimal health and wellness. According to Orloff, it is critical to keep watch for what she refers to as the “5 Warning Signs That Your Body Sends.”

1. Feeling out of focus, oddly numb, off-center, or detached
2. Feeling toxic: as if you’re about to get sick or come down with the flu
3. Experiencing symptoms that you can’t explain that last for years at a time. Some people might have a knot in their stomach, an empty feeling in their core, an achy heart, or a lump in their throat
4. Feeling exposed without a defense
5. Feeling tired all the time

Essentially, as Americans continue to ignore these warnings signs, they lose connection with their bodies, and they lose the ability to sense the warning signs. They become literal toxic waste dumps.

They suffer from imbalanced hormones and have excess inflammation all the time. This puts them at serious risk for many chronic diseases like heart disease. In the end, these are the symptoms that contribute to struggling to lose weight, continuing the cycle even more.

An Olympian Mindset for Weight Loss

One of the primary reasons people hate themselves is because of how they look. It can be extremely challenging to overcome the mental roadblocks related to being overweight, and it takes an Olympian effort to overcome them.

What do I need to do to be the best I can be?

Have an Olympic-level mindset. Ask yourself what you need to do to be the BEST!

What do I need to do to have an Olympic-level mindset?

It takes years of training, a drive of passion, and a willingness to never give up, to reach greatness. Here are some inspiring Olympic medalists:

*"The only victory that counts is the one over yourself."
~ Jesse Owens, American sprinter and long jumper*

You need to believe in yourself to reach your goals. Jesus said that "anything is possible if you believe." It is important to surround yourself with positive people who are seeing their dreams become realities and glean off their confidence. Choose your friends wisely, because success is contagious.

*"I didn't set out to beat the World; I just set out to do my absolute best."
~ Al Oerter, four-time gold medal winner in the discus throw*

It can be challenging to keep up with a culture that lives in vanity and hedonism. It's important to remember that it is about you and not the person working next to you. Men and women are both impacted by societal competition. You should do your best with what God has given you.

Scientifically speaking, we each have our own "biochemical individuality." Not every woman can be skinny like Taylor Swift, and not every man can become strong like Chris Hemsworth. We all have different strengths and weaknesses. We can set realistic goals for our body types so we can be successful.

*"The first thing is to love your sport. Never do it to please someone else.
It has to be yours."
~ Florence Griffith-Joyner, three-time gold medalist in 1988*

This is why you should surround yourself with positive people. You may not be able to close the mouth of your critics. You need to focus on the prize of the future to reach your goals.

*"I'm trying to do the best I can. I'm not concerned with tomorrow,
but with what goes on today."
~ Mark Spitz, gold medalist in swimming in 1972 and 1968*

We need to remember to focus on today rather than the troubles of the future. We discourage people from weighing themselves every day. Your body will fluctuate and can be discouraging.

*"It's all about the journey, not the outcome."
~ Carl Lewis, gold medalist in 1996, 1992, 1988*

We need to enjoy the process to have a rewarding and exciting life. We need to embrace the rough times too. If we don't have low moments, we cannot fully appreciate the great moments.

"Hard days are the best because that's where champions are made. So if you push through the hard days you can get through anything."

~ Gabby Douglas, two-time gold medal winner in the 2012 London Olympic Games

In the book of Romans, Paul says, "Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us."

When we have challenging days, God will strengthen us with faith and we will see His glory. When we commit to weight loss and health, the Lord is in control and will show his eternal goodness.

*"I am building a fire, and every day I train, I add more fuel.
At just the right moment, I light the match."*

~ Mia Hamm, gold medalist in women's football in 2004 and 1996

Mia Hamm is defining her breakthrough moment. God has perfect timing for you to control your health and destiny. This is an important moment for athletes because they put everything on the line to "go for the gold." Once they set this goal, they never look back.

"Never underestimate the power of dreams and the influence of the human spirit. We are all the same in this notion: The potential for greatness lives within each of us."

~ Wilma Rudolph, gold medalist in athletics in 1960 and bronze medalist in 1956

You are only limited by your drive and creativity to make goals happen. Remember to keep pushing your limits and dreaming. If you say, "I am destined for greatness. I will reach my goals," then your positive attitude will be reflected in your results.

"Nothing can substitute for just plain hard work."
~ Andre Agassi, gold medalist in tennis in 1996

"Never put an age limit on your dreams."

~Dara Torres, gold medalist in swimming in 2000, 1992 and 1984, silver medalist in 2008 and 1988 and bronze medalist in 2000 and 1988

You are never too old to become a better version of yourself. Dara Torres was 41 years old in the 2008 Olympics. She was the oldest swimmer to place on a U.S. Olympic team and won silver medals in each of the events she did. You need to overcome your insecurities about your age if you want to look and feel younger.

*“He who is not courageous enough to take risks will accomplish nothing in life.”
~ Muhammad Ali, gold medalist in boxing in 1960*

When you take the first steps toward a new healthy life, you will need to be courageous. It is terrifying to change. We applaud you for reading and researching all things natural, and we encourage you to make your dreams a reality.

The founder of the modern Olympic Games, Pierre de Coubertin, said, “The most important thing in the Olympic Games is not winning but taking part; the essential thing in life is not conquering but fighting well.” You will experience high and low points during your health journey. Remember to focus on why you are becoming healthy.

Weight Loss Guidelines that Work

Enjoying your ideal weight is more than just having an exercise program. It is a lifestyle. When you view it as a lifestyle, you can achieve your true potential. If you want to lose weight, you need to have a regular exercise program and put healthy food on your plate. Follow these additional weight loss tips to lose weight and keep it off forever.

Vision

Proverbs 29:18 says “Where there is no vision, the people will perish.” This is true for people who die early from diabetes, diabetes, obesity, and other chronic diseases. We can achieve great power by using positive words and visualization.

It would be wonderful if you can get away from work and go on a “natural health retreat” to focus on your goals. Use this experience to prayerfully plan your future health. Do not be consumed with work deadlines and stress. Make sure you spend a few hours over a few days to fall in love with the new you.

STRATEGY

“In all your ways, acknowledge Him, and he will make your paths straight.” – Proverbs 3:6. With prayer and spending time with God, you can develop a plan

and schedule to reach your success in the way the Lord is providing for you. Seek His advice as your mentor and counselor, and be sure to use a calendar to track your success so you can see your results over time. Plan healthy options.

TRACKING

Write down your results in a health diary or notebook, or track them on your phone. Pick a day that you can track your goals (example- sleep per night, waist circumference, total weight, body fat, and so forth). Keep a food journal to monitor your consumption for 30+ days. This way you can evaluate your progress and see what areas need improvement. Your notes will not lie to you. If you eat at fast food three times a week, you will see it in your journal and you will see it on your body.

ACCOUNTABILITY

Ecclesiastes says, “Two are better than one, because they have a good return for their labor. If either of them falls down, one can help the other up.” It is vital that you have a partner who can support you. Your healthy lifestyle is so much easier when you share it with a friend. It is important to surround yourself with positive people who are seeing their dreams become realities and glean off their confidence. Choose your friends wisely, because success is contagious.

If you are on your own, consider hiring a health coach or life coach to encourage you and to help you make healthy lifestyle choices.

LISTEN TO YOUR BODY

There is a Navajo proverb that says, “If you want to see what your body will look like tomorrow, look at your thoughts today.”

There’s an important reason why you cannot let your body become numb and why it is dangerous to continually put toxins into your body. God designed us so that fevers, stomach aches, rashes, and headaches would be red flags. These would be clues and warning signs that tell us that the balance of our bodies has been challenged.

Today, however, these natural red flags are masked with makeup, prescription medications, and other “Band-Aids.” People want to avoid being bothered by unsightly acne, pesky acid reflux, skin rashes, or leaky gut. This is true even though these are the results of making poor health decisions.

GET A DEEP DISCOUNT FOR NATURAL LIVING FAMILY READERS!

Maximize your health and boost your immune function with LIVE probiotics. Our Natural Living Family “special” will help you on your way with your first bottle for FREE. [Check out Just Thrive Probiotics & Antioxidant support HERE!](#)

CHAPTER 3

10 “Healthy” Foods to Avoid

For the most part, the majority of people I meet think they eat a healthy diet. But when I probe a little further, I easily discover that most of the unhealthy health foods people consume are some of the most popular.

I don't blame you. There is so much confusion regarding advertising labels with buzz words like “organic,” “all natural,” and “no sugar added.” FYI, none of these words mean the product is good for you. So what are some “healthy” foods to avoid?

10 Unhealthy Health Foods You Really Want to Avoid!

1. SOY PROTEIN

Despite what you may have heard, soy is not healthy. Public enemy #1 on my list of unhealthy health foods. Unfermented soy, that is. Consuming soy milk, edamame, or soy protein is quite different from Miso, Natto, tempeh and tamari.

For starters, nearly 100 percent of soy produced in the U.S. contain GMOs (Genetically Modified Organisms) and have been chemically processed to repel insects “naturally.”

Secondly, the enzymes needed to digest unfermented soy are missing in most people, similar to the enzymes needed to digest lactose, leading to lactose intolerance, which will lead to gas, bloating and other gastro-intestinal issues.

Finally, it is commonly acknowledged that long-term use of soy dietary supplements like soy protein is dangerous because it has been connected to the following:

- Urinary bladder cancer
- Kidney disease
- Hypothyroidism (under-active thyroid)
- Asthma
- Allergic rhinitis (hay fever)

- Cystic fibrosis
- Breast cancer
- Endometrial cancer
- And many more...

2. CONVENTIONAL MEAT

This should be a no-brainer, but unfortunately, it is not, so I will spell it out for you: Non-organic, genetically modified meat products are absolute death foods. It does not matter if it is lean or if you have trimmed off excess fat, genetically modified meat products should never be consumed. In effect, YOU are what THEY eat and if the cattle that you are cooking up for dinner is force-fed pesticide-ridden and hormone-stuffed food, then that's what enters into your gastro-intestinal tract and what gets stored in your fat cells. This is no joke.

Like everything you buy, you need to read and reread the labels. This will help ensure you are buying safe meat. Even if it says "grass-fed," still do your homework. The grass-fed vs. grain-fed debate still rages on and is not as clear-cut as once assumed.

You should only buy meat from a reliable local source. Try to get to know the workers who grow and farm the foods you consume. It is useful to know how your food is harvested and prepared.

3. FRUIT JUICE

I know, this one may come as a shocker, but fruit juice (in abundance) is actually harmful. Probably the most shocking of unhealthy health foods for people to learn about. For starters, many of the varieties you will find at the grocery store have been pasteurized. This means these products are void of nutrition and have been rendered useless. The pasteurization process, which heats the juice to kill bacteria, kills the beneficial vitamins and minerals. The final product is just flavored fructose

When made fresh at home, the occasional glass of juice will do no harm. However, if consumed on a regular basis, juice can cause major spikes in your blood sugar.

Look at it like this: An 8-oz. glass of orange juice contains the juice of four full-size orange. You are consuming that juice in seconds – a few minutes at most. Contrast this with how quickly you can eat four full oranges and you will

understand why God's design for eating fruit in its whole form is best. I mean, let's be real, how many people can eat four oranges in one sitting? Also, think about the additional calories you burn peeling, chewing and digesting the orange.

Here are a few things to keep in mind before making fruit juice a staple of your diet:

- Eating fruit versus drinking fruit juice is easier on your blood sugar levels, allowing them to climb and descend at a slower pace.
- When your blood sugar spikes, it drops off just as quickly. This causes your blood glucose levels to "crash," which can lead to chronic fatigue and the need for another boost.
- When your blood sugar spikes and crashes, this is called hyperglycemia. Because your body is not designed to handle this level of sugar in one sitting, your insulin gets out of whack, putting undue stress on your body.
- Drinking juice is a cause of obesity. When the body cannot process the extra sugar in your blood, it turns that sugar into fat.
- Even if you decide to drink your juice slower – stretching it out 30 minutes or more – you are still missing all that valuable fiber.

God designed fruit to encompass a significant quantity of soluble and insoluble fiber to help aid digestion, help us feel "full," and to feed the probiotics in our gut. Repeatedly drinking juice deprives the body of this vital nutrient and is linked with diarrhea and other gastro intestinal concerns.

4. FARMED FISH

Farmed fish should be avoided at all costs, and it's one of the worst unhealthy health foods out there. I have written on this subject comprehensively and tilapia is the worst. Even salmon, which many people tout as the healthy fish of choice, is poison when farmed. Farmed fish is one of the "healthy" foods to avoid.

"Why?" you ask.

Because most eat genetically modified feed and according to the non-profit watch dog organization *Environmental Working Group* (EWG):

"Seven of ten farmed salmon purchased at grocery stores in Washington DC, San Francisco, and Portland, Oregon were contaminated with polychlorinated biphenyls (PCBs) at levels that raise health concerns, according to independent laboratory tests commissioned by Environmental Working Group."

So, in essence, the farmed fish in our stores:

- Probably contain the uppermost PCB-contaminated protein source in the U.S. food supply.
- Contain up to 40 times more PCBs than other foods.
- Are 16 times more likely to contain the dioxin-like PCBs than wild-caught varieties, four times more than in beef, and 3.4 times more than in other seafood.

In addition, to PCBs and GMOs, farm-raised fish have been exposed to contain known neurotoxins and carcinogens:

- Dieldrin – Another prohibited pesticide.
- Dioxins – Industrial byproducts from waste treatment plants.
- Toxaphene – Banned pesticide since 1982.

5. MARGARINE

I can't believe we're still talking about margarine. I was sure the "margarine myth" was laid to rest a decade ago, but alas, here we are today and margarine is still be touted as an unhealthy health foods.

I want to make this as simple as possible: Margarine is not healthy. Period. Even the Mayo clinic says the margarine vs. butter race is all about fats and cholesterol:

Margarine is made from vegetable oils, so it contains no cholesterol. Margarine is also higher in "good" fats — polyunsaturated and monounsaturated — than butter is. These types of fats help reduce low-density lipoprotein (LDL), or "bad," cholesterol when substituted for saturated fat.

Butter, on the other hand, is made from animal fat, so it contains cholesterol and high levels of saturated fat.

Unfortunately, it is not as simple as the Mayo Clinic makes it out to be. Since its inception, margarine has been sourced from trans fats, which have a reputation for causing cardiovascular disease. In addition, trans fats have been linked to increases in type II diabetes and other severe health problems.

6. MICROWAVED POPCORN

I cannot warn against microwave popcorn enough. Microwave popcorn is packed with carcinogens and it is not worth the added “convenience.” Even if you are eating a certified organic brand that does not contain GMOs, STOP! Why? Because microwavable bags are coated with PFOAs, a chemical that is linked to cancer. Also, fake butter flavoring contains a compound called diacetyl, which causes a serious lung disease when inhaled in large quantities.

So now, when you get a craving for popcorn, pop your own. It is easy. Buy plain, organic popcorn at the grocery story. Using coconut oil or organic butter, pour three tablespoons into a heavy stainless steel pan. Put two kernels in the pan and wait until one pops, then pour 1/3 cup of popcorn in the pan and cover it. Shake the pan occasionally to let the steam out. This way the popcorn does not burn. Remove from the pan when the popping stops and season as desired. Some great toppings include nutritional yeast, garlic powder, and cayenne pepper.

7. VEGETABLE OILS

While on the topic of unhealthy health foods to avoid, I have to point out the dangers of vegetable oil, a staple in many kitchens. Just like margarine and canola oil, vegetable oil is not healthy, in any sense of the word. They are usually genetically modified, are partially hydrogenated and have been linked to:

- Obesity
- Diabetes
- Digestive disorders
- Skin reactions
- Vision reduction
- Sterility
- Atherosclerosis
- Birth defects
- Low birth weights
- Learning disabilities
- Bone and tendon problems
- Cancer
- Heart disease

- Immune system impairment
- Increased cholesterol levels
- Liver problems
- Reduced growth
- Sexual dysfunction

Instead, I would recommend using cold pressed extra virgin coconut oil. But make sure it smells like coconut when you buy it, otherwise that's a sign it has been pasteurized.

8. ARTIFICIAL SWEETENERS

You would think the term “artificial” would turn any one off. But when it comes to sweeteners, artificial seems to be a selling point. One of the worst unhealthy health foods, doctors recommend them because they are allegedly “safer” for diabetics. Ironically, new research has shown that artificial sweeteners causes a disturbance in gut flora and can actually cause diabetes!

Even worse, sugar substitutes have been clinically linked to:

- Weight gain/obesity
- Seizures
- Hypertension
- Brain tumors
- Allergies
- Breast cancer
- Lymphomas/leukemia
- Headaches
- Bladder cancer
- Phenylketonuria

9. TABLE SALT

We all love our salt. But we've all also heard that white table salt causes hypertension. So why hasn't that stopped 90 percent of the restaurants in this country from placing it on every table? While table salt is originally produced from sea salt, most harvesting methods will strip away all of salt's naturally occurring minerals and add in a number of additives, including aluminum. This takes salt from a “real” food to a fake food in no time.

During this process, the naturally occurring iodine is destroyed and replaced with potentially toxic levels of potassium iodide. Dextrose, a form of sugar, is then added, turning the salt purple. Finally, a bleaching agent is used to return the salt to its white color.

If you're looking for a replacement, try the actual product. Celtic sea salt and pink Himalayan salt are great alternatives and I recommend you start using either one ASAP.

10. CONVENTIONAL MILK

Finally, the last of our unhealthy health foods you should never eat, or drink in this case, is milk. In line with most of the items on this list, the dangers of milk are hiding in the production process and the nutritional elements for the cows. Genetically modified feed and hormones used to increase milk production are common.

These toxins are easily transferred to people when they drink milk or eat conventional dairy products, which have been linked to many of the issues discussed in this article.

Similar to fruit juice, when raw milk is pasteurized, it also loses its dietary content and rendered useless. Because the enzyme lactase is destroyed in the heating process, people cannot correctly digest the milk protein lactose. This issue has become so common that the National Institute of Health reports that, "Approximately 65 percent of the human population has a reduced ability to digest lactose after infancy."

By far, raw milk is healthier and can usually be found in cheese or yogurt forms in local health food stores.

So what is the main take away from all this? Don't believe all that you read and stay tuned for more helpful dietary tips from *NaturalLivingFamily.com*.

GET A DEEP DISCOUNT FOR NATURAL LIVING FAMILY READERS!

Maximize your health and boost your immune function with LIVE probiotics. Our Natural Living Family "special" will help you on your way with your first bottle for FREE. [Check out Just Thrive Probiotics & Antioxidant support HERE!](#)

CHAPTER 4

Bioactive Foods

Several years ago, we upgraded our diet and focused on eating more *bioactive foods*, and we have found them to be one of the biggest keys to unlocking abundant health for our family. But, if you're like most people, you've never heard of bioactive compounds, so let's start there...

What Are Bioactive Foods?

Today, as a society, we are more unhealthy and overweight than ever. In pursuit of both weight loss and better health, many people turn to fad diets and multi-vitamin supplementation, which often fails to address either of these issues. People discover that their weight-loss is short-lived and true health gains are not apparent.

What if there were a better way? I believe there is. Rather than turning to these quick fixes, adding foods rich in *bioactive compounds* to your diet along with adding essential oils to your routine can help ensure that you are getting the nourishment your body needs. It may even help you achieve your body's ideal weight.

When I was conducting research for our new book, *The Essential Oils Diet*, the term "bioactive" repeatedly caught my attention.

Assuming you're like me and you haven't heard of them before, bioactive compounds, are phytochemicals (plant-based chemicals) that help boost metabolism, prevent disease and make you feel great! Examples you may be familiar with include:

- **Carotenoids** – tetraterpenoids that gives your carrots, corn, tomatoes and pumpkins their distinct orange, yellow and red pigments.
- **Polyphenols** – a group of more than 8,000 antioxidant-rich phytochemicals such as flavonoids, lignans phenolic acid, which boost the immune system.
- **Fiber** – Dietary "roughage" (such as cellulose, lignin, and pectin) that are resistant to the action of digestive enzymes and help gastric motility (i.e. aids in moving food through your system and makes you "regular").

- **Essential oils** – volatile organic compounds that are extracted from plants containing powerful antioxidant and healing properties

While you may not have heard of *bioactive* before, you are most likely familiar with the term “antioxidant.” Antioxidants are the main reasons why more people should be talking about bioactives. In addition to fiber – yes, that stuff we all need for regular bowel movements – bioactive compounds are mainly comprised of *polyphenols, flavonoids, carotenoids* and *essential oils*, which are all plant-derived chemicals that contain outstanding antioxidant properties. Science has identified thousands of bioactive compounds including over 8000 polyphenols alone to date.

- One definition states that *bioactive compounds* are “components of food that influence physiological or cellular activities in the animals or humans that consume them.”
- Or, in more practical terms, they are “phytochemicals found in certain foods “are capable of modulating metabolic processes, resulting in the promotion of better health.”
- With these definitions in mind, “bioactive foods,” therefore, would be those foods that are rich in plant-based chemicals that help boost immune function and promote robust health.

“So, why haven’t I heard about bioactive foods before?” you may be asking.

Good question!

Truth be told I don’t really know the reason. Maybe it’s because a diet in bioactive compounds won’t make anybody rich because the best way to get them in your system is through good ol’ fashioned plant-based foods; not supplements, pills or expensive manufactured powders.

In fact, I’m somewhat befuddled by the fact that our diet program is the FIRST book ever to usher into the mainstream health and wellness community what researchers have been talking about for years.

Where Bioactive Compounds Fit in Nutrition

To put bioactive compounds into perspective, it's important to remember that our body requires two kinds of nutrients:

1. **Essential Nutrition** - nutrients that are necessary for life that your body cannot make: carbs, fats, proteins, water, certain vitamins & minerals.
2. **Non-Essential Nutrition** – can be made by the body or obtained from sources other than foods and beverages: vitamin D, cholesterol & amino acids.

Bioactive compounds, on the other hand, are considered “extra-nutritional,” meaning they contain no calories (as protein, fat, and carbohydrates do), and they are not vitamins or minerals. They are not required for life, but they make you truly healthy.

Think of it like this: You can live on essential nutrients with a feeding tube but it doesn't mean you are truly alive. Bioactive compounds add spice to your life!

The European Journal of Nutrition published an article in 2013 that put it this way: *“Whereas the absence of essential nutrients from the diet results in overt deficiency often times with moderate to severe physiological decrements, the absence of bioactive substances from the diet results in suboptimal health.”*

Unfortunately, today's trendy low-carb diets focus on “essential nutrition” and ignore bioactive compounds, which are necessary for truly robust health. Interest in these carbohydrate-starvation fad diets means that heavy consumption of meat and animal fat is highly promoted. We should be cautious about the “benefits” of these diets. Research strongly suggests that someone's chance of enjoying optimal health is greatly diminished if his or her diet consists primarily of animal fat and protein.

If you want to improve your health, skip the fad diets and add more bioactive compounds to your plate!

The Benefits of Bioactive Compounds

These compounds do more than just help us live vibrantly. Antioxidant bioactives like flavonoids, carotenoids, and polyphenols are plant chemicals that protect your body's cells from damage caused by unstable atoms known as free radicals, which cause disease and illness. If your diet is lacking in foods that contain these compounds, you're going to be sick and gain weight.

Research shows that they also protect us from numerous health problems. Studies have shown that bioactive compounds may help:

- Improve vision
- Prevent diabetes and obesity
- Manage blood pressure
- Protect against cardiovascular disease
- Lower cholesterol
- Possibly fight cancer and slow tumor growth

In fact, a study from the American Association for Cancer Research says, "A variety of bioactive food components have been shown to modulate inflammatory responses and to attenuate carcinogenesis," that is, weaken the process of cancer growth."

While researchers are just starting to dive into this topic, the bottom line is that plant foods and herbal remedies, including essential oils, contain bioactive compounds. Some are more robust than others but we can choose to bolster our so-called "nonessential" nutrition by incorporating more of these into our lives.

Why You Need Bioactive Foods In Your Diet

Every day, we are bombarded by toxins in our food, soil, water, air – in short, all around us. These toxins include:

- Organophosphates and other pesticides used in homes and schools that accumulate in the body.
- Chlorine, pesticides, and preservatives added to or sprayed on foods. These chemicals can cause multiple health problems.

- Overuse of antibiotics, leading to antibiotic resistance. These medications destroy healthy gut bacteria, an important contributor to a healthy immune system. Many are fed to the animals we eat as well.

Currently, scientists are researching the impact of bioactive compounds on the body's detoxification systems, since many studies show that "exposure to an accumulation of toxins play a significant role in cardiovascular disease, type 2 diabetes, and obesity." It's great to see science moving in this direction, however, you can start today with steps to improve your health by adding more bioactive foods to your diet.

The Essential Eight Bioactive Foods

As mentioned, not all bioactive foods are equal. We have picked out the "Essential Eight" foods that you should be putting into your diet to maximize your health. These are all rich in bioactive compounds that promote overall health or support fat-burning by addressing issues such as inflammation, stress, insulin resistance, and hyperglycemia, all contributors to the most common diseases in American today.

The Essential Eight are:

SEEDS

These embryonic plants contain many life-enhancing properties. Some great examples that you can easily incorporate into smoothies and other dishes include:

- **Hemp seed:** Full of omega-3 and omega-6, hemp seeds contain as much protein as an ounce of beef or lamb. They also provide all the essential amino acids your body requires that it cannot produce on its own and are a good source of Vitamin E and many minerals. They can also reduce inflammation.
- **Cacao seeds:** Cacao is a powerful antioxidant and can help regulate the immune system, protecting against oxidative stress. It can also offset hyperglycemia, improve cellular response, and modulate obesity-related inflammation caused by high-fat diets. Use 72% or more cacao nibs or sugar-free bars.
- **Chia seeds** may help lower total cholesterol and increase "good" cholesterol, reducing your risk of cardiac events.

- **Flaxseed** helps to manage your weight, lowers cholesterol, thereby reducing the risk of cardiovascular disease, and improves insulin resistance which can reduce your risk of developing type 2 diabetes.

HEALTHY FATS AND OILS

Healthy fats and oils are an important part of a balanced diet, however, not all of them are created equal. Some, such as vegetable oils and margarine, are unhealthy foods even though they are often labeled as healthy choices. Here are some excellent choices:

- **Extra-virgin olive oil** is one of the best overall sources of fat and adding it to a nutritious diet promotes weight loss. It contains oleic acid, which has been shown to reduce inflammation, aiding in diseases such as cancer, autoimmunity, and dementia. It is also rich in antioxidants and may even reduce the risk of a cardiovascular event or stroke. (We get ours fresh-pressed here.)
- **Avocado oil** can lower cholesterol, banish hunger pangs, and spot-reduce fat around the middle. Like olive oil, it's high in monounsaturated fats, which help bioactive compounds get into your bloodstream and to the mitochondria of your cells to fight free radicals.
- **Butter** is an important dietary fat that must be consumed in moderation if you can tolerate it. Conventional butter, however, often comes from cows that are fed hormone-filled feed and administered antibiotics. Always choose non-GMO and organic butter, preferably from grass-fed cows.

FRUIT

Some fad diets, like Atkins or the ketogenic diet, restrict the consumption of fruit. However, many are rich in antioxidants and appealing to eat.

- **Berries of all varieties** are packed with bioactive compounds and their seeds are a great source of fiber, which can help suppress your appetite.
- **Eating avocados** – not just the oil – can help you absorb bioactive compounds better and can reduce your desire to eat more. They're also a good source of fiber and vitamin K, which helps with weight control.
- **Grapefruit** has been well-researched as a weight loss tool and beneficial in managing diabetes and cardiovascular disorders. Be sure to eat the whole fruit, not just the juice, for the most benefit. However, this fruit can interact with certain pharmaceuticals so ask your doctor before adding to your diet.

CRUCIFEROUS VEGETABLES

This is one of the healthiest food groups we consume. Cruciferous vegetables are potent anti-inflammatories, cancer fighters, and natural detoxifiers. They are rich in bioactive compounds, vitamins C, E, and K, folate, and minerals. In fact, the National Cancer Institute is studying the impact of cruciferous vegetables because they are known to:

- Protect cells from DNA damage
- Inactivate carcinogens
- Produce antiviral, antibacterial, and anti-inflammatory effects
- Induce cell death (apoptosis)
- Inhibit angiogenesis (tumor blood vessel formation) and tumor cell migration (which is needed for metastasis)

Best choices include:

- Broccoli, which has been shown to counteract nonalcoholic fatty liver disease that can progress to a deadly cancer. Buy it fresh as the prepackaged type may have reduced levels of bioactive compounds.
- Bok choy contains sulforaphane, which improves blood pressure and kidney function. It also has lutein and other anti-inflammatory cancer-protective compounds, vitamins A, B, and C. It's very low in calories and high in fiber!

NUTS

While they are calorie-dense, nuts are nutritional powerhouses full of protein, unsaturated fat, and fiber. A handful of nuts a day can help prevent obesity, type 2 diabetes, and heart disease. See our Fill-in-the-Gap Nut Snack Recipe for a delicious way of using nuts.

- **Almonds:** Research shows that daily consumption of small or large amounts of almonds does not result in weight gain! Even small amounts can improve health, including improving fat metabolism and moderating the rise in blood sugar after meals as well as increasing a pleasant feeling of fullness.
- **Walnuts** offer much of the same benefits as almonds but they contain higher amounts of both omega-3 and omega-6. This makes them particularly effective in reducing the risk of type 2 diabetes.

LEGUMES

Legumes contain bioactive components that may reduce the risk of developing cardiovascular disease and type 2 diabetes. They are also packed with fiber and antioxidants that together combat high blood sugar and excessive lipids in the blood, common for people who follow a typical American diet. (Note: we do not recommend soybeans or unfermented soy products as a legume choice as they are almost invariably GMO.)

- **Black beans** contain bioactive compounds known as anthocyanidins that give a fruit or vegetable its color. These help to lower blood sugar after a meal, which is particularly important in preventing the onset of heart disease and type 2 diabetes.
- **Lentils** may be green, black, red or yellow, and all varieties of lentils contain numerous bioactive components as well as prebiotic carbohydrates that help your healthy gut bacteria to survive. Prebiotic carbohydrates and dietary fiber have the potential to reduce the risks of becoming obese or developing cancer, heart disease, and diabetes.

WILD-CAUGHT COLD-WATER SALMON

Fish is an important protein food to include in your diet if you are not a vegetarian or vegan. Avoid farmed fish, which are fed grains and other unnatural ingredients that change their fat makeup. Cold-water fish are rich in omega-3 fats, making their consumption conducive to cardiovascular health. Avoid fish species that are endangered from overfishing. (Check SeafoodWatch.org to find a list.)

Cold-water salmon is harvested in the waters of Alaska, the Pacific Northwest or Northern Europe among other sources. Avoid Atlantic salmon. Omega-3 fatty acids provided by consuming these fish can help moderate inflammation. Along with caloric restriction, eating wild salmon has shown the best results in effecting weight loss and decreasing concentrations of some inflammation markers.

TEAS

Purified or distilled water is a necessary drink but when you need flavor, tea is your go-to solution.

- **Matcha green tea** is one of the best sources of catechins, bioactive compounds that act as antioxidants. The National Cancer Institute acknowledges that matcha could even help with cancer, partially by

protecting DNA. It's also effective at burning body fat. Our favorite brand of matcha is Ujido. Learn why we love this brand.

- **Rooibos and holy basil tea:** This blend combines rooibos, which can help you lose weight and achieve your body's ideal weight (66) with holy basil (tulsi), an herb that increases energy and relieves stress. Combined, they form a tea that revs you up when you're feeling sluggish. One of our metabolism-boosting favorites is the Republic of Tea's Get Burning blend.
- **Senna tea** stimulates the intestines, aiding in the natural process of elimination. Traditional Medicinal's Smooth Move tea is a natural, gentle bowel cleanser best taken at bedtime.

Essential Oils are Also Bioactive Compounds

Foods are not the only way to access important bioactive compounds. Essential oils are also inherently bioactive but, unlike bioactive-rich foods, they are not a source of nutrition. For example, both the fruit of a lemon and lemon essential oil, which is extracted from the rind, contain bioactive compounds, but the latter doesn't provide any energy in the form of calories, vitamins, or minerals. However, together they become far more than the sum of their parts.

Essential oils offer a more concentrated form of bioactivity than food does. These minute but highly concentrated compounds are able to heal the body (and soul) with metabolic effects that can assist in weight loss – or weight gain, if that is your concern. Certain oils can also boost your energy so you can be more active and burn more body fat.

However, you need to use caution when using essential oils. The scientific term for essential oils is volatile organic compound. The volatile components of a plant are the parts that are quickly released into the air. Essential oils are why you smell lavender when you lean down to sniff the blooms.

When using essential oils, proper dilution is always recommended. The 3 basic ways to use them include: inhaling them, applying them to your skin, or consuming them. Inhalation from a diffuser is the safest and most popular way to use them. There are few risks to diffusing 4-5 drops of essentials oils in water as directed. Be sure that your room is well-ventilated especially if you have children or pets. Run it for a few minutes only at first, to gauge your reaction.

When applying topically, make sure that you use a carrier oil and dilute properly. Read more about the benefits of different carrier oils and proper dilution rates, or learn how to consume essential oils safely.

THE PHYSICAL BENEFITS OF USING ESSENTIAL OILS

How can essential oils help you reach your ideal weight? Essential oils have a host of healthy applications, supported by research. Grapefruit, lime, peppermint, and cinnamon oils support appetite reduction, fat-burning, and other processes key to weight loss. Orange oil is one of the most versatile and affordable essential oils and is an effective mood booster. Bergamot, another citrus oil, enhances weight loss, provides stress relief, and reduces anxiety. Topical applications of both peppermint and lavender oils are proven pain relievers. And peppermint can help you get moving when you start a fitness routine as well as improving performance, endurance, and respiration rate. Several oils are known for the blood-sugar balancing prowess, including clove, lavender, melissa (lemon balm), and lemongrass. They can help relieve stress, tame inflammation, and help heal your gut. This is just a small sampling of how the bioactive compounds in essential oils can help you achieve greater health. Learn more do's and don'ts on using essential oils safely with our free Essential Oils for Abundant Living Masterclass Video Series.

WHAT YOU CAN EXPECT WHEN YOU MAKE THE SWITCH

Your health is either robust or poor, depending on your diet's proportion of bioactive foods. Many of these compounds are present in foods that you are probably already eating, but taking the time and effort to include more of them into your diet can have a real impact on your life. These benefits include:

- You will burn calories more efficiently, helping you lose weight and attain your ideal weight.
- Your cells will be better protected against free radicals, reducing illness and slowing down aging.
- A diet filled with bioactive compounds fine-tunes your metabolism so that your energy level remains high throughout the day.
- This also enables peak mental and physical performance.
- Since you are not tied to any "fad diet," you will have more food freedom as you integrate the many colors and flavors of bioactive-rich foods into your diet.

As you can see, bioactive compounds provide a wealth of health benefits. Adding them to your diet and your diffuser can help with many goals including achieving your body's ideal weight. With so many varieties and options, you have the freedom to create a healthy diet that you will enjoy while losing weight.

It's not that difficult to get started but here's a good place to start: with our fat-burning matcha latte recipe. This is just one example of the many life-changing recipes you can use to reach your ideal weight with [The Essential Oils Diet](#) program. After you've grabbed a copy of the book for yourself, be sure you sign up for the bonuses and join the private group coaching community.

GET A DEEP DISCOUNT FOR NATURAL LIVING FAMILY READERS!

Maximize your health and boost your immune function with LIVE probiotics. Our Natural Living Family "special" will help you on your way with your first bottle for FREE. [Check out Just Thrive Probiotics & Antioxidant support HERE!](#)

CHAPTER 5

Grapefruit

Grapefruit benefits weren't enjoyed in the United States until the 19th century but they quickly became a popular commercial crop. Today, the grapefruit grows mainly in Florida, Texas, Arizona, California and countries such as South Africa, Brazil and Israel.

Since it was only just discovered around the 18th century in Barbados, grapefruit is a relative newcomer to the health food scene. In fact, Capt. Shaddock is credited with first farming seeds from the pomelo and the orange, which ultimately led to the grapefruit.

Grapefruit for Weight Loss

Other than the fact that it's low in calories, the great thing about grapefruit, which is also known by its scientific name *Citrus Paradise*, is that one medium grapefruit contains more than 80 different vitamins and nutrients, including:

- Vitamin B1 (8.2% DV)
- Biotin (8.4% DV)
- Potassium (10% DV)
- Fiber (11.2% DV)
- Copper (13.2% DV)
- Pantothenic acid (14.4% DV)
- Vitamin A (79% DV)
- Vitamin C (107.4% DV)

In addition to contributing to weight loss thanks to its enzyme AMP-activated protein kinase (AMPK), which contributes to the burning of excess sugar, grapefruit is also effective at burning fat. In fact, the grapefruit engages the body's fat burning capacity before the first bite is ever taken.

What are the benefits of grapefruit? Japanese researchers looked at the effects of olfactory stimulation (smell factor) on autonomic nerves, appetite and lipolysis (fat metabolism). Here's what they discovered:

- Grapefruit in aromatherapy can stimulate weight loss by activating specific sympathetic nerves responsible for supplying the brown adipose tissue and adrenal glands.
- Ghrelin-induced feeding, a natural process that causes people to develop the munchies, can be slowed via the parasympathetic gastric nerve while smelling grapefruit oil.
- Essential oils must reach the brain in order to be effective. We know this because local anesthesia in the nose and nasal passages halted these changes.
- Researchers saw elevated plasma glycerol levels, another sign of weight loss since energy stores are metabolized into glucose.
- Lastly, lipolysis was boosted via what is known as a histaminergic response.

The unbelievable findings in this research show that even limited exposure (15 minutes a week) to grapefruit essential oil is effective at reducing appetite and weight loss.

4 More Benefits of Grapefruit

The benefits of grapefruit go far beyond weight loss though. Here are six more things you should know about this tasty fruit.

1. CELLULITE

Inhaling grapefruit extract stimulates the nervous system nearly two and a half times, which is the most effective way to reduce cellulite, according to the *International Journal of Cosmetic Science*. Moreover, these two others forms of grapefruit have also been found to be beneficial:

- **Fresh Grapefruit Juice** – Media reports show the grapefruit is a powerful anti-inflammatory agent as well as a skin cleanser mostly due to its significant levels of the enzyme bromelain, which is a known to break down cellulite. When attempting to get rid of unsightly cellulite, consider a one-day fast once a week consisting only of freshly squeezed grapefruit juice and purified water. This process has two benefits: giving your digestive system a break and burning away cellulite.
- **Grapefruit Essential Oil** – can be used topically with a carrier oil such as coconut oil or ingested in culinary doses or in capsules. Try this: mix 10

drops of grapefruit essential oil with 1 ounce of pure almond or coconut oil and rub it directly onto the skin where rejuvenation is needed.

2. BODY CARE

If you've ever shopped for any cosmetic or skin products, I am sure you've noticed that grapefruit is a common ingredient. In fact, this ad from Neutrogena says it all: *Oil-Free Cleansing Wipes feature soft, pre-moistened wipes that thoroughly cleanse skin of pore clogging impurities, all with an uplifting blast of pink grapefruit. Oil-free and ideal for acne-prone skin, the wipes sweep away pore-clogging dirt and oil in one simple step, leaving skin clean with no greasy residue, so there's no need to rinse!*

Clearly, grapefruit's cleansing powers are well known in the mainstream cosmetics and anti-aging industry and it might be worthwhile to add a few drops of the essential oil in your DIY body care.

3. IMMUNITY

Grapefruit is loaded with Vitamin C, so you probably won't be able to find anyone who can argue against its powerful nutritional value. Especially the red and pink assortments, which are jam-packed with bioflavonoids for an added immune boost. And here's something fascinating: Nigerian herbalists have used an alcohol concoction of grapefruit seed to fight diabetes and anemia for centuries.

American folklore is deeply rooted in evidence-based science, according to the *Nigerian Quarterly of Hospital Medicine*, which published a first-of-its-kind look in 2008. Not only did the study prove that oral treatments of methanol seed extract of *Citrus paradisi* Macfad (MECP) caused noteworthy drops in triglycerides and cholesterol, but that fasting plasma glucose levels fell to levels similar to metformin, a known prescription drug for diabetics.

The secret behind withdrawing such a diversity of risk factors for chronic disease could be the copious source of phytochemicals stored within MECP. According to the study, "Phytochemical results showed the presence of alkaloids, flavonoids, cardiac glycosides, tannins and saponin in varying concentrations. The biological effects recorded for the extract could be due to any or a combination of these phytochemical constituents."

4. NEUROCOGNITION

Grapefruit essential oil has widespread impacts on cognitive function, which is illustrated by a Japanese study published in the journal *Natural Product Letters* that uncovered how grapefruit impedes acetylcholinesterase (AChE) by up to 25 percent. The enzyme AChE helps to break down the neurotransmitter acetylcholine and is used to treat the following conditions:

- Schizophrenia
- Postural tachycardia syndrome
- Parkinson's disease
- Lucid dreaming
- Glaucoma
- Myasthenia gravis
- Autism
- Dementia
- Alzheimer's disease

It is thought provoking when we consider that the most shared side effects related to taking AChE inhibitors for these disorders are connected to gastrointestinal complaints and include loss of appetite and weight loss. This is where grapefruit essential oil stands out above all others. Can you envision a drug that helps reinstate neurocognitive function, contributes to weight loss and has virtually zero side effects? I can, it's grapefruit!

The grouping of neurocognitive restorative, anti-inflammatory, and immunity boosting properties discussed above generate an influential dynamic recounting how grapefruit helps rid the body of poisons and excess waste. Make sure that you incorporate the essential oil in your daily natural health regimen and don't forget to eat more grapefruits.

GET A DEEP DISCOUNT FOR NATURAL LIVING FAMILY READERS!

Maximize your health and boost your immune function with LIVE probiotics. Our Natural Living Family "special" will help you on your way with your first bottle for FREE. [Check out Just Thrive Probiotics & Antioxidant support HERE!](#)

CHAPTER 6

Coconut Oil

Coconut oil has been used to treat and prevent illnesses for thousands of years. Knowing how to use coconut oil for weight loss is even more valuable. There is a good reason that coconut oil is one of the best selling items in natural health today.

Coconut Oil Benefits

Coconut is believed to be nature's best source of medium chain fatty acids (MCFAs). Ultimately, of all the fats that we eat, MCFAs give the best source of energy because they are easy on our metabolism. They improve our metabolic system and help us lose weight.

Compared to low chain fatty acids (LCFA), MCFAs are:

- Processed by the liver and immediately used as energy rather than stored as fat
- Smaller in circumference, so they permeate our cells and provide quick energy
- Easier to digest

Coconut oil has been used to treat and prevent illnesses for thousands of years. Ayurvedic medicine in India used coconut oil because it worked, even though they did not know why it worked so well. Research has proven that this amazing fruit has medium chain fatty acids including caprylic acid and capric acid.

Note, you need to be careful you're not loading up on coconut oil and other fats if you consume a lot of carbs – especially processed refined grains and snacks. This is what gets people in trouble. Again, out of moderation, and calorie overload.

When consumed properly, people have experienced wonderful benefits in preventing and treating the following health conditions:

- Obesity and weight gain
- Type two diabetes
- Osteoporosis
- Oral health disorders
- Symptoms of cystic fibrosis and malabsorption syndrome
- Symptoms of skin disorders such as: burns, eczema, dandruff, dermatitis, and psoriasis
- Symptoms of enlarged prostate (prostatic hyperplasia)
- Symptoms of gall bladder disease and pancreatitis
- Symptoms of digestive issues such as Crohn's disease, stomach ulcers, and ulcerative colitis
- Epileptic seizures
- Liver disease
- Memory and brain dysfunction
- Immune dysfunction
- Cancer
- Chronic inflammation
- Bladder and kidney infections
- Heart disease, high blood pressure, and atherosclerosis
- Alzheimer's and dementia

When consumed in the context of a well-balanced diet (i.e. not high-carb/low-fat, nor low-carb/high-fat), coconut oil can be used in a large variety of beneficial ways in your natural health plan.

Fat Burning & Culinary Doses

The *Journal of Toxicology and Environmental Health* reported in 1985 that a single injection of capric acid resulted in eating less and losing weight. This was proven in male rats, and it became well known that capric and caprylic acids were beneficial to the human body.

It may not seem to make sense that eating more fat leads to greater weight loss, however, it is very logical. It's important to understand that MCFAs control many physiological processes. For example, the study above showed that *capric* acid has great thyroid, bradycardic, and hypothermic effects. The MCFAs found that coconut oil can speed up the metabolism and help the body use calories in a more efficient way.

The *Obesity Research Journal* from Boston University shows that MCFAs breakdown fat (intracellular lipolysis) in rats treated with caprylic acid. It was proven that fat breakdown occurred at such a great speed that it was similar to starvation. Don't think of starvation in this sense as a negative occurrence, but as a positive way that the body utilizes energy to enhance your metabolism.

Researchers who conducted this study said, "Such changes could contribute, in part, to weight loss in animals and humans associated with *dietary* medium chain FAs."

NOTE ON CULINARY DOSES

In laymen's terms, this research is suggesting that if you want to enjoy a healthy, balanced weigh and burn excess fat, be sure to consume MCFA rich foods such as coconut oil.

The key is to eat it in culinary doses – meaning consume the amount that you would normally do in your everyday cooking: teaspoon in your coffee, spread some on your toast, add a tablespoon to cook your stir-fry, etc.

Don't fall into the trap of "supplementing" with spoonfuls throughout the day or in capsules or anything.

I have found that swapping out butter for coconut oil in 75% of the recipes that I make is a great way to naturally (and tastefully) incorporate coconut oil in my diet without having to think twice.

GET A DEEP DISCOUNT FOR NATURAL LIVING FAMILY READERS!

Maximize your health and boost your immune function with LIVE probiotics. Our Natural Living Family “special” will help you on your way with your first bottle for FREE. [Check out Just Thrive Probiotics & Antioxidant support HERE!](#)

CHAPTER 7

Probiotics

Using probiotics just for weight loss doesn't give you a full picture of why they are so beneficial and healing to your entire body – especially your gut! The key is how to incorporate them in your diet and natural health regimen.

About Microflora (Microorganisms)

Almost since the beginning of time, people have been fermenting and pickling food. In doing this, our ancestors were simply planning to preserve their foods as fermentation and pickling were the primary ways in which people kept their food around longer than just a few days.

But by pickling and preserving, they also unknowingly created many superfoods that are rich in some of the best nutrients known to man! These foods were jam-packed with probiotics for weight loss (healthy microorganisms). Because of this, they regularly enjoyed long and healthy lives.

Those foods that are rich in probiotics are alive and full of helpful microorganisms and nutrition. But those wonderful days of longevity and health didn't last forever. Soon came the Industrial Revolution. And the Industrial Revolution also brought the "Industrial Society."

During this time, food manufacturers were trying to figure out new ways to genetically modify foods to preserve them for even longer. Two great examples of what they came up with are white flour and white sugar. Naturally speaking, both white flour and white sugar are actually alive.

This means that they will naturally decompose over time (which is good), but it also means that they have a limited shelf life. In other words, they won't last very long. The problem is that to make these foods, they have to be bleached by dangerous chemicals like chlorine. And in going through with these processes, they become essentially dead. In turn, this means that they have almost no nutritional value.

So here's the point of all this: If your food won't decompose (rot), it is dead, and this means it has no nourishment. You may be surprised by this — as we live in a super clean culture — but humans were made to live in harmony with microorganisms. To see all the antibacterial soaps and antibiotics around, you'd think the opposite was true.

The point is this: when you destroy good microorganisms, harmful ones can enter the picture. Here's why:

An imbalance of your microflora can wreak havoc on your immune system because your immune system is almost entirely in your gut (80 percent is there). Your digestive system essentially houses billions and billions of good fungus and bacteria. Their biggest job is to find bad microorganisms and destroy them. Another one of their jobs is to help you metabolize your food. All of this keeps you healthy. This is why many people who are sick have issues in their digestive tract.

In fact, improper digestion and leaky gut have been linked to neurological issues like autism and many chronic diseases. In the end, the fact is that you need a proper probiotic balance within your gut so that you can fully absorb your food's nutrients. This will help your organs and body systems be adequately fed with good nutrients, and it will make you overall more healthy.

How Will Probiotics Help Me Lose Weight?

Your body is designed to break down the food you eat into micro pieces. This allows your intestines to absorb the essential nutrients from your food. The rest is expelled as fecal matter. If you have the right balance of gut probiotics, your digestive tract will be able to absorb the nutrients your body needs or sort through what can be turned into waste. However, if you don't have the right balance, you will have waste accumulation, backed-up lines, infrequent bowel movements, body odor, bad breath, and an overload of toxins.

Can probiotics help you lose weight? Probiotics clean your colon, make sure it doesn't get backed up, and free it from obstructions. Your metabolism can almost shut down if you get "clogged pipes." This is because your body will be trying to target and expel the waste instead of using its energy to break down calories. Those who don't have enough probiotics often gain weight.

Research Review

There has actually been only a small amount of research done in the area of probiotics for weight loss, and in fact, it didn't start to pique the interest of researchers until 2010. This is when a clinical trial (double-blind randomized) evaluated *Lactobacillus gasseri* effects on obesity.

The trial was in *The European Journal of Clinical Nutrition*. The results were profound because it was found that drinking 200 g of fermented milk every day over a course of 12 weeks brought about a decrease in abdominal fat of 4.6 percent, a decrease in BMI of 1.5 percent, a decrease in waist size of 2.8 percent, and a decrease in body weight of 1.4 percent. At first, that may not seem like too much, but remember that it doesn't include any other changes to exercise routines or diet.

More research on probiotics for weight loss shows that it can also help other areas of health. Last year, a study showed that, "Certain strains of *Lactobacillus* appear to have a reproducible effect on weight as a weight-gain effect in lean humans and animals or a weight-loss effect in overweight/obese humans and animals."

Can probiotics help you lose weight? When I'm asked how much someone should weigh, I always respond with: "Your body will know." In general, if you eat a diet that is rich in probiotics and superfoods, and you exercise regularly, your body will take care of the rest.

5 Ways Eating More Probiotics

Consuming probiotics for weight loss can easily be added to your diet through a soil-based organism supplement or with food from your own garden or a farmer's market. Here are a few of my favorite probiotics-rich foods that you should try!

1. KEFIR

When researching probiotics for weight loss, you'll find foods like kefir top the list. Made of a special combination of yeast (kefir grains), bacteria, and milk, the name comes from the word "keif," which means "good feeling" in Turkish. It was 3,000 years ago that kefir was first described in Russia in the Northern Caucasus Mountains.

Some studies also say that kefir can be helpful for those who are lactose intolerant. However, coconut milk from a health food store might be just as good of a dairy milk substitute.

2. KIMCHI AND SAUERKRAUT

Kimchi comes from Korea, and sauerkraut comes from Germany. Kimchi is bok choy, cabbage, and other veggies that are fermented, and sauerkraut is only fermented cabbage. Both of these foods are rich in enzymes digestion and probiotics for weight loss. They also support good bacteria growth because of their high amount of sour tasting organic acids.

3. KOMBUCHA

Kombucha is a blend of cane sugar and black tea that is carbonated. It is rich in probiotics, enzymes, and B vitamins. The *Journal of Medicinal Food* says that kombucha “harmonizes and balances metabolism in general and abolishes or limits fat accumulation.” It’s been popular in the Far East for over 2,000 years. Who knew this trendy healthy drink was loaded with probiotics for weight loss?

4. NATTO

This is a dish of fermented soybeans that is popular in Japan. It contains a strong probiotic for weight loss called *Bacillus subtilis*. This has been known to enhance your body’s digestion of vitamin K2, improve your immune system, and support heart health. It also contains nattokinase, an enzyme with anti-inflammatory powers that can also help cancer.

5. APPLE CIDER VINEGAR (ACV)

An honorable mention, technically not a probiotics for weight loss, apple cider vinegar is great metabolism booster. It’s also been known to control diabetes, blood pressure, and cholesterol. To start drinking this, mix one cup of ACV with organic raw honey and a squeezed fresh lemon. You can mix it with another fat burner, coconut oil, as well. It makes a great vinaigrette.

A Test of Trustworthiness

Remember that you should have a minimum of one bowel movement every day. In fact, if you were firing on all cylinders, you'd be going to the bathroom about 10 minutes after each meal. You could be lacking probiotics if you don't, and you probably have toxemia. Try adding probiotics to your diet, and you'll hopefully see changes in your restroom habits. You should see these changes within a month. If you don't, talk to a natural health care provider.

GET A DEEP DISCOUNT FOR NATURAL LIVING FAMILY READERS!

Maximize your health and boost your immune function with LIVE probiotics. Our Natural Living Family "special" will help you on your way with your first bottle for FREE. [Check out Just Thrive Probiotics & Antioxidant support HERE!](#)

CHAPTER 8

Matcha

Matcha green tea benefits can be regularly enjoyed as a supplement, superfood and (most commonly) a coffee replacement. I love matcha It's become a daily staple and my morning latte.

Catechins Are Super Heroes

Drinking a daily cup of tea will surely starve the apothecary.
~ Chinese Proverb

Matcha green tea benefits come from a compound called catechins. Superfoods, such as apple, cocoa and green tea, contain a form of antioxidants known as polyphenol compounds. Of these, catechins are the most common, and the more catechins, the better. Green teas are especially rich in catechins, which provide remarkable healing powers for those who consume it regularly. The catechins found in green tea (EGCG, EGC, ECG, and EC) are so incredibly potent that many believe they can actually help with cancer, according to the the National Cancer Institute (NCI). What? Drinking something as common as green tea can lower your risk of cancer? How can that be? Well, it's not as far-fetched as it sounds. Here's what the NCI has to say:

- For starters, the catechins in green tea can protect against the harmful effects of ultraviolet (UV) B radiation as well as help improve the entire immune system.
- Catechins in green tea specifically push detoxification enzymes into action. These enzymes, such as glutathione S-transferase and quinone reductase, are known for their ability to prevent tumor growth.
- Laboratory animal studies have found that the polyphenols in tea slow cancer cell growth and actually create apoptosis (killing of cancer cells).
- Finally, the compounds, notably EGCG and ECG, are adept at scavenging for free radicals and are known to help cells avoid DNA damage induced by reactive oxygen species.

Weight Loss with Matcha

One of green tea's best-known purposes is that it can help with weight loss. This is thanks to the fact the matcha green tea is loaded with beneficial catechins. The *American Journal of Clinical Nutrition* compared the effects of consuming one bottle of oolong tea with 690 mg of catechins with another bottle containing 22 mg catechins.

The 12-week study, which examined Japanese men divided into two groups by BMI and waist size, saw significant results. The body mass (BMI), body fat, waist circumference and subcutaneous fat areas were all reduced significantly in the group consuming 690 mg of catechins. And even more surprising is the fact that LDL cholesterol levels also decreased significantly for this group.

"Daily consumption of tea containing 690 mg catechins for 12 weeks reduced body fat, which suggests that the ingestion of catechins might be useful in the prevention and improvement of lifestyle-related diseases, mainly obesity," the researchers concluded.

Know Your Green Teas

We now know, thanks to science, that the catechins in green tea are extremely beneficial to our overall health and wellbeing. But interestingly, it wasn't until about a decade ago that we discovered that certain green teas might be better than others.

In 2003, scientists at the University of Colorado Springs decided to look into the theory that matcha green tea contained more catechins than other green teas. Matcha is a powdered green tea that has been used in Japanese tea ceremonies for centuries.

The study used micellar electrokinetic chromatography, a procedure that divides compounds into individual parts using various mediums, to determine the chemical makeup of matcha.

The groundbreaking results, which were published in the *Journal of Chromatography*, said, "The concentration of EGCG available from drinking matcha is 137 times greater than the amount of EGCG available from China Green Tips green tea, and at least three times higher than the largest literature value for other green teas."

Since the results of this study were first published, numerous other studies have confirmed the findings. If you want to maximize the superfoods in your daily diet, matcha green tea benefits make this green tea a no-brainer.

Catechins Improve Athlete Recovery Time

Drinking matcha green tea is highly effective at helping prevent serious diseases, such as cancer, helping athletes recover after intense workouts and building cellular strength. This is because matcha contains some of the greatest amounts of catechins of any antioxidant-rich foods or beverages.

Another important aspect of catechins is their ability to help athletes recover quicker. Clinical trials have suggested that catechins speed up the recovery time after high-intensity workouts, such as burst training, and can actually reverse any cellular damage resulting from oxidative-nitrosative stress.

Oxidative-nitrosative stress is just a fancy way of saying that you're experiencing an imbalance in antioxidants and free radicals. This is bad because it can destroy cells and cause disease.

For example, research published in the journal *Basic and Clinical Pharmacology and Toxicology* looked at lab mice suffering from chronic fatigue that were forced to swim six minutes a day for 15 consecutive days. This level of activity caused these animals to experience dramatic increases in oxidative-nitrosative stress as well as elevated tumor necrosis factor-alpha levels, both of which are biochemical markers for cell death.

Shockingly, by giving the rats regular doses of EGCG, scientists discovered that both alterations were returned to normal.

Matcha For Mind & Body

From the book *"Matcha For Mind & Body" by Ujido*

Nothing lights up the senses quite like a fragrant cup of hot tea. The slightly toasty scent of tea leaves, the warm steam swirling off the surface of the liquid, the soothing feel of the cup between your palms... these are classic comforts. A far East tradition, people all across the globe have found that they can lose weight with Matcha green tea and so much more with just one cup a day!

As you chase after the Abundant Life, remember stimulants and caffeine like coffee can be helpful, but be cautious of overdoing it. Too much of a good thing, is still too much.

In recent years, matcha green tea health benefits have caught on hard in the United States and other Western countries (it was already popular in Eastern parts of the world). And there is a very good reason that matcha is taking the world by storm. A pure, carefully sourced powder made from only the best parts of specially cultivated green tea leaves, Matcha is both a health-boosting superfood and a tasty, energizing alternative to other morning drinks with that same caffeine kick you crave without the nasty side effects.

Plus it is really quite easy to prepare once you get the hang of it. In fact its preparation is half the fun! Centuries-old tradition ties matcha to meditation, Zen Buddhism and a calm preparation ceremony that aids concentration, calm yet alert focus, and sustained productivity.

The Matcha Legend

Buddhists monks relied on the benefits of matcha green tea to sustain them through hours of silent and still meditation. Others use it to power through their work day with some added pep in their step sans any jitters or crash. You'll likely find your own sweet spot with matcha. It's that versatile. And we're going to help you on your journey to discovering the benefits of matcha green tea for yourself in this guide.

Matcha is a type of the Japanese Green Tea, and although you may not have much familiarity with matcha green tea health benefits, you've certainly seen the results of its ancient favor. Any time you witness a Japanese tea ceremony in a traditional home or teahouse, you're observing customs that were developed and fine-tuned largely around matcha.

If you've ever heard of Zen Buddhism you've also encountered matcha, perhaps incognito. Because when Zen Buddhism was first birthed in Japan, its creator brought with his philosophy unique tea seeds he and his monks used to aid them in meditation and spiritual growth.

Over 800 years ago a young Buddhist priest by the name of Myoan Eisai left his native Japan on a spiritual journey for greater awareness and knowledge. Eisai returned to Japan with a new found philosophy called "Chan" and some unique tea seeds. Using the Chan philosophy Myoan Eisai created the Rinzai School of Zen Buddhism in Japan and became "Zen Master Eisai."

The special tea seeds were given to a learned Buddhist priest named Myoe Shonin to plant on the grounds of a temple near Kyoto. These special tea leaves made a green tea powder called “matcha.” The Buddhist monks found that matcha had exceptional health and spiritual qualities and used this tea to increase focus and chi energy for Zen Meditation.

So how did Zen Master Eisai come across this unique matcha tea, prepared so differently from normal teas?

No one quite knows how the preparation and consumption of matcha was first discovered. However we do know the recipe for preparing dried tea in this manner was developed in China during the Song Dynasty, in roughly the 10th or 11th century.

Tea growers picked fresh leaves from the tea plant (*Camellia sinensis*, a type of evergreen shrub). They then steamed the leaves to stop fermentation, keep their color bright, and maintain their fresh flavor, then dried them and ground them into a fine powder. This powder was placed in molds, left to harden, dried in the sun, and baked. The end product was a durable, long-lasting cake that wouldn't rot and could be carried around. Whenever the cake's owner wanted a cup of tea, all they had to do was break off a piece of the cake and add water.

This practice was largely abandoned in China sometime after its development, however. Fortunately, it was later picked up by the traveling Eisai and brought to Japan, where this ceremonious method of preparing tea was picked up and elevated to an art form.

Matcha Green Tea Today

Today, Tea is grown in various ways. At its essence, matcha tea is the purest and most nutritionally dense form of the tea plant *Camellia sinensis*, the evergreen tree plant that all basic teas come from. What determines whether a tea is green, yellow, black, white, or blue is the level of oxidation that has occurred due to fermentation.

Green teas are non-fermented, retaining their flush green color as well as their nutritional profile. Matcha tea in particular is shaded for several weeks during the last stage of cultivation, protecting the tea leaves from direct sunlight.

That way, matcha remains palatable due to the development of theanine, a mellow flavor stemming from amino acids. Teas grown and cultivated in full sun,

on the other hand, develop catechins, which add an astringent flavor to the tea. Growing the leaves in shade also increases their chlorophyll content, giving them the bright green color and richly delicious taste matcha drinkers love.

Is Matcha Green Tea a “Super Food?”

Yes, indeed.

The leaves of the *Camellia sinensis* plants – and more specifically the matcha that is made from them – possesses all sorts of proven benefits, including regulating blood flow in the body and brain, reducing the risk of various health problems, and preventing cell damage due to their powerful antioxidant properties.

ANTIOXIDANTS

One of the first amazing benefits of matcha green tea is its extremely high antioxidant level, for which all health-conscious people seek from foods such as raw fruits, and green veggies – the highest rated by the ORAC (oxygen radical absorbance capacity) method.

In fact, the ORAC value for *Ujido Matcha* has roughly 31 percent higher antioxidant levels than açai berries. Its levels are also 6 times greater than dark chocolate, 14 times higher than blueberries, 28 times higher than pomegranate, and 40 times higher than goji berries.

Why do antioxidants matter? Because they help you stay young, fighting free radicals in the body and preventing the unravelling of your DNA that many scientists believe is responsible for old age. They also keep you healthy, fit, and alert, so it's a good idea to pack as many antioxidant-containing foods and drinks into your diet as you can.

ANTICANCER PROPERTIES

David Servan-Schriber, who famously lived for 17 years with a brain tumor and wrote the book *Anticancer: A New Way of Life*, explains that consuming green tea can both prevent relapses and reduce risk of cancer:

“Concerning green tea, we can for example look at two studies. In one, Japanese women already diagnosed with breast cancer, whose disease was still at an early stage (non-metastasized) and who consumed at least three cups of green tea a day, had 57% fewer relapses than women who drank one cup or less per

day (Inoue et al., 2001). Another Japanese study, Japan being the country where studying consumption of green tea is easiest, showed that men with prostate cancer notably benefited from the consumption of FIVE or more cups of tea a day. This reduced by 50% the risk that their prostate cancer would progress to an advanced stage. (Kurahashi et al., 2007)”

Green tea is so effective, in fact, that it has been said to replace pharmaceutical cancer treatments designed to block the receptor that allows cancer cells to invade nearby healthy cells.

“As Dr. Béliveau has written in the Lancet (2004),” Dr. Servan-Schrieber says, “the quantity of green tea polyphenols obtained by a daily consumption of just three cups (size 4 oz or 120 ml – the standard European cup size) is sufficient to block most activity by the VEGF receptor. This receptor allows cancer cells to invade neighboring tissue, and also stimulates the manufacture of new blood vessels which they need in order to develop as dangerous tumors. Many of the famous ‘targeted cancer treatments’ developed by the pharmaceutical industry also concentrate on blocking this receptor by other biochemical processes.”

While the studies he used to create these statistics did use green tea as their subject (rather than matcha, the powdered form), matcha still has very high levels of polyphenols, which are instrumental in blocking cancer growth. So it is safe to assume that a daily routine of matcha consumption would be protective – and the more matcha you drank, the more cancer protection you would receive.

BOOST HEART HEALTH

Harvard Health reports “A study of 40,530 Japanese adults found that participants who drank more than five cups of green tea a day had a 26% lower risk of death from heart attack or stroke and a 16% lower risk of death from all causes than people who drank less than one cup of green tea a day.”

They hypothesize that most likely these benefits stem from the fact that green tea lowers “bad” LDL cholesterol and triglycerides, both of which are correlated with heart disease and stroke.

LOSE WEIGHT

Green tea has also been associated with weight loss. For one thing, it can help you regulate your appetite and reduce mindless snacking, explains Shape. The catechins may “help to inhibit the movement of glucose into fat cells, which slows the rise of blood sugar and prevents high insulin and subsequent fat storage.” When your blood sugar remains stable, you’re less likely to give in to cravings.

Moreover, the antioxidant epigallocatechin gallate, more commonly known as ECGC, can help boost metabolism, making it more likely that you'll tone up and slim down, especially if you are also exercising and eating a healthy diet at the same time. Note these benefits accrue to the green tea itself, not the green tea flavor ... avoid sugary green tea snacks and anything made with extract or fake flavoring. People have found that they can lose weight with Matcha green tea with just one cup a day!

Consume the Whole Leaf

Because matcha is made from whole leaves that have been finely ground, you are actually ingesting the entire leaf. This means you're getting more nutrients than if you simply steeped the leaves – as you do with regular tea – before discarding the leaves. Therefore matcha may provide even more health benefits than regular tea. And while the levels of catechins in matcha are lower than

in traditional green tea due to the shading of leaves, they are still there in abundance. Plus, levels of other nutrients are higher, such as L-theanine, which produces a relaxed alertness (unlike the sometimes-jittery buzz of coffee).

Unlike some other supposed health foods, matcha and green tea are safe for practically everyone. Note that this is not the same as green tea supplements, which contain higher doses of all the substances in green tea, and may not be safe for “pregnant or breastfeeding women, those with heart problems or high blood pressure, kidney or liver problems, stomach ulcers, or anxiety disorders,” explains Medical News Today.

AVOID SUPPLEMENTS ... GO OLD-SCHOOL

The article adds that supplements “contain high levels of active substances that can trigger side effects and interact with other herbs, supplements, or medications. Green tea supplements are unregulated by the FDA and may also contain other substances unsafe for health or with unproven health benefits.”

Given this, it's always important to ingest such foods in their proven form, i.e. the method by which tea has been prepared for almost a thousand years in the case of matcha (and 5,000 in the case of tea in general). Of course, that doesn't mean that all matcha green tea health benefits are the same; how it's prepared and where you buy it from still matters quite a bit.

GET A DEEP DISCOUNT FOR NATURAL LIVING FAMILY READERS!

Maximize your health and boost your immune function with LIVE probiotics. Our Natural Living Family “special” will help you on your way with your first bottle for FREE. [Check out Just Thrive Probiotics & Antioxidant support HERE!](#)

CHAPTER 9

HIIT

Work smarter (not harder) should be your motto when exercising, which is why high intensity interval training workouts have become so popular.

Everyone has heard the recommendation that you should exercise for one hour every single day. However, many people do not realize that exercising *too much* can be more harmful than not working out at all. More is not better in this case, which is why *Mama Z's Fit40 & Beyond* home exercise class focuses on the benefits of high intensity interval training.

Overexertion Is Dangerous

Long distance running is a great example in which overexertion can take place. Pheidippides was an Athenian messenger who ran across the land of Marathon to announce the Greek victory over the Persian army.

Since that time, marathon running has caused a great debate. When Pheidippides arrived, he said "Rejoice, we conquer," and then he immediately dropped dead.

While some contend this story is untrue, many understand that marathon running (and overexertion) can be very harmful to the human body. Dr. James O'Keefe of Preventive Cardiology at the Mid America Heart Institute of Saint Luke's Health System said,

"The heart pumps about 5 quarts per minute when we're sitting. When we're running, it goes up to 25 to 30 quarts. The heart wasn't meant to do that for hours, day in and day out. You end up overstretching the heart and tearing muscle fibers. Up to 30 percent of those who finish marathons have elevated troponin levels, which is a marker for heart damage. That's the marker we look for to see if someone's having a heart attack- it's irrefutable evidence of heart damage,"

There is a correlation between running and shortened life expectancy. A recent study shows that long distance runners have the same life span as couch potatoes.

3 Important Health Benefits

Fortunately, global health authorities have discovered a new effective way to train and exercise, which is high intensity interval training (HIIT). The *World Health Organization (WHO)* recommends:

“Adults aged 18-64 should do at least 150 minutes of moderate intensity aerobic physical activity through the week or do at least 75 minutes of vigorous-intensity aerobic physical activity through the week or an equivalent combination of moderate and vigorous intensity activity.”

Although the WHO still recommends an hour of cardio five times a week, it is reassuring to know that the benefits of high intensity interval training workouts are getting more attention around the world.

1. ANTI-AGING

According to a 2012 presentation at the European Society of Cardiology:

- HIIT activates telomerase, an anti-aging enzyme, and reduces p53 expression, reduces p53 expression – the most commonly mutated gene in people with cancer.
- One workout can increase telomerase by circulating the cells.
- Physical activity and life expectancy have a positive correlation.

Not only can HIIT workouts benefit our DNA, but they help the following:

- Decreased body fat
- Improved libido
- Better muscle tone
- Fewer wrinkles, firm skin
- Increased energy
- Boosted metabolism

2. BALANCING KEY HORMONES

The overall most important benefit of high intensity training is the management of hormones responsible for weight gain and unhealthy eating.

GHRELIN

Ghrelin is a hormone related to long-term weight gain and short term eating habits, such as the “munchies.” This hunger hormone is produced in the stomach and can stimulate appetite. Ghrelin mainly contributes to sweet, salty, and fried food cravings. It has a unique way of slowing down fat usage. Some other important facts are:

- Ghrelin “primes the brain” for post-traumatic stress disorder.”
- Ghrelin continues the stress-cycle, which contributes to weight gain.
- Ghrelin is released directly in response to stressful situations, which clarifies why people eat when they are stressed.

Associate Professor Jeffrey Zigman, MD, PhD, of *UT Southwestern Medical Center* states that ghrelin is related to stress and it helps explain certain complex eating behaviors and may be one of the mechanisms by which obesity develops in people exposed to psychosocial stress.

LEPTIN

Leptin is considered the “starvation hormone” because it makes your body feel like it is full. By telling your brain you have eaten enough, leptin ensures that your energy levels are adequate. Typically, your fat cells create enough leptin so your internal energy level manages your weight and helps your cells to function.

When people gain weight, their blood leptin levels can rise and weight loss will result because the body feels full faster when eating food. However, many individuals ignore these warning signs and they eat too much. This makes them “leptin resistant” which causes more weight gain and obesity.

Three important pointers:

- High intensity training is a natural way to control these hormones and more.
- Leptin manages long-term energy balance and suppresses food consumption, which helps weight loss.
- Ghrelin is a vital and fast-acting hormone that contributes to weight gain.

The past decade has had substantial research that shows ghrelin increases and leptin decreases after burst training workouts. High Intensity Interval Training is one of the best ways to manage your hunger cues and to maximize your hormones to lose weight.

TESTOSTERONE

Researchers have been confused for years due to these four hormone facts:

- Both of these hormones increase after high intensity training workouts.
- Increases in testosterone encourage weight loss.
- Reduced levels of leptin are responsible for weight gain.
- Testosterone impedes the discharge of leptin in the body.

Ultimately, high intensity interval training creates an effect on testosterone and leptin in the body. These hormones offset each other, but promote the same weight loss effect. This poses many questions, "Would the level of leptin created as a result of HIIT be sufficient to offset testosterone's capacity to slow down leptin release?"

The journal *Endocrine* published a study that says, YES! High intensity workouts cause leptin to not be impacted by the harmful effects of high testosterone. No relation could be found between the two hormones during the study. By doing High Intensity Interval Training workouts, you receive the hormonal benefit of weight loss.

Additionally, health and exercise science researchers in the UK have shown the various hormone levels for individuals who do burst training:

- Growth hormone (accredited to weight loss) increases, which shows that burst training impacts other hormones besides ghrelin and leptin.
- Ghrelin declines after 30 minutes of recovery.

These two pieces of research show that burst training is effective in curbing appetite and controlling weight gain.

3. WEIGHT LOSS

High intensity interval training is super effective when you are working out to help increase weight loss. As you are getting a good cardio workout while focusing on major muscle groups, your workout will give you plenty of bang for your buck!

The hormones that affect your mood and metabolism begin to regulate and your body will learn to burn stored fat for energy during rest periods. Of course, it is important to ensure that you're fueling your body with high quality food to get the maximum benefits of both health and weight loss.

Strengthening the major muscle groups of the body, like those in the legs, glutes, and abs also works to improve your posture, strengthen joints, and relieve aches and pains in the lower back. The benefits of HIIT are so far reaching!

The Basic Principles Behind HIIT

HIIT is a combination of short but high intensity bursts of exercise with slow recovery times repeated during a short session, such as 15-20 minutes. The workout is completed at 85-100 percent of your maximum heart rate, rather than 50-70 percent in a moderate endurance activity. This burst training workout can be done anywhere with any type of movement, as long as it is performed like a sprint rather than a marathon.

It is best to exercise first thing in the morning to control your leptin and ghrelin throughout the day. According to the *Journal of Physiology*, exercising on an empty stomach has been shown to improve glucose tolerance and insulin sensitivity. This helps to prevent type II diabetes, improve weight loss, and curb any cravings to eat unhealthy food.

One of the advantages of high intensity workouts is that they can be done at home with little to no equipment. For example, you could go to a track and walk the curves and sprint the straight lines. If you enjoy biking, you can spin at maximum speed for 20 seconds, and then go easy for 20 seconds, repeating the bursts for 10-20 minutes.

Elite athletes have been using burst training for years. While this method of exercise isn't new, it proves that anybody can train this way, whether they are an Olympian or not.

How To Start Exercising

When you have made the decision to create a healthier lifestyle, there are a couple of different components that you need to put into place. It's important to make sure that you are eating right to give yourself the energy you need and support your total body health, first and foremost. Once you have that plan in hand, adding in a great exercise program, like Mama Z's HIIT workout, is crucial for your success.

The first step to getting started with a HIIT exercise program is understanding exactly what HIIT, or high-intensity interval training, means. With HIIT exercise plans, workouts consist of short bursts of high intensity exercise, followed by slow recovery periods. Also known as burst training, one of the most common examples is alternating a short sprint with a walk to bring your heartrate down. This allows your heart to work in the wonderfully efficient way that it was designed, while giving you the physical activity that you need to tone muscles, boost metabolism, and increase your overall physical and mental well-being.

There are a lot of amazing benefits to HIIT, but there are also a few precautions and safety considerations, as well. Exercise is best done in the morning, on an empty stomach, to help control insulin and hormone levels throughout the day. If you have pain, dizziness, vertigo, or nausea, you might be pushing too hard, so dial down the workout. Soreness is normal as you tone and build muscle, but you should never have real pain when exercising.

HIIT WORKOUTS FOR BEGINNERS

There are HIIT workouts for every part of the body, which we cover extensively in our [Essential Oils Diet](#) book. With HIIT training, you will focus on one muscle group with each working, making sure that the entire body gets the attention it needs. There will be days that you work upper body, days for lower body, and days where your focus will be on your abs and core. One thing that won't change from day to day is the need for a warmup and cool down to begin and end each workout.

As a beginner, we suggest that you start with a ten-minute warmup, 10 second "burst" intervals with a maximum level 5 out of ten for effort, 50 second "recovery" intervals at a level 2 out of 10, for a total of 10 intervals. This will help you begin to acclimate to the physical activity that you are adding into your daily routine and build up your energy levels and stamina. After a couple of weeks, you can begin to increase the length and intensity of your intervals, making for an even more effective workout.

Anyone can do HIIT workouts! Even if an exercise seems too hard, performing a modified version that meets your personal limitations is perfectly alright. The key to success is keeping your heart rate up and performing in sprint-style bursts to maximize the effectiveness of the workout.

Warmup & Cool Down Routines

The purpose of warming up and cooling down are very much the same. It's all about preparing your body. Even if you are pressed for time, be sure to start every workout with a warmup, as it can prevent injuries to your muscles and tendons. You want to be sure that your muscles are limber and ready and your heart is engaged and prepared for the challenges ahead!

WHAT IS A SAFE HEART RATE FOR EXERCISE?

In order to find your target heart rate, you must first calculate your maximum heart rate by subtracting your age from 220. With HIIT, your target heart rate will be 85-100 percent of your maximum heart rate for the short period of time of your workout – typically around 15-20 minutes.

Simple warmups that will increase your heart rate and prepare your body for the more intense intervals to come include walking up and down stairs, brisk walks, or a low impact series of kicks, arm circles, and similar exercises that will help to increase your heart rate safely. Our Essential Eight Warm-up, which you can find in the Essential Oils Diet Book, is a perfect, martial arts style warmup that is a lot of fun and quite effective.

WHAT LEVEL OF INTENSITY SHOULD A WARMUP BE?

While you want to begin increasing your heart rate during your warmup, it's important not to overdo it and burn out in the first few minutes of exercising. Instead, start slow and build momentum to the high intensity intervals in the workout. As your body begins to get into better shape, you can begin to increase the intensity of your workouts and challenge yourself even more to achieve even better results!

COOL DOWN EXERCISES

Just as important to your workout as warming up is cooling down. You want to bring your heart rate back down and signal to your muscles that it's time to rest and recover. A brisk walk for a few minutes is a perfect way to end your workout, as it will allow your heart rate to decrease slowly and your muscles to continue a slow stretch as you finish your routine.

Upper Body HIIT Workout Tips

When many people think upper body, their minds instantly go to workouts that include a large amount of weight work. With Mama Z's HIIT workout plan, nothing could be further from the truth. While you could add hand weights to increase the intensity of your workout and gain strength, everything within the Essential Exercise plan upper body HIIT Workout is done simply with your own body weight and resistance.

Your Upper Body HIIT Workout at home will consist of exercises specifically designed to strengthen the muscles of your arms, shoulders, and back. If you haven't been exercising regularly, you can begin with just a few reps or a shorter time period, modifying the moves to meet your own abilities. As time goes on, you can start to increase your reps or move to the unmodified version as you begin to increase your physical fitness.

Though Mama Z's arm circles and grip workout might seem simple, these seemingly easy moves can really pack a punch! Check out the video and see just how simple but effective these upper body HIIT exercise can be for your shoulders and arms.



Lower Body HIIT Workout Tips

Working out your lower body is so important to fitness and total body health. When you are carrying extra weight, it takes a serious toll on the joints in your legs, so by strengthening those muscles, they will better protect those joints as you work toward reaching your weight loss goals. Plus, the added weight loss will help to relieve some of the strain on your knees, hips, and ankles, as well.

The exercises in the HIIT leg workout will work your calves and thighs, without the need for excessive equipment. You may wish to use a yoga mat or folded blanket or towel to protect your knees when doing exercises that require kneeling on a hard surface. The HIIT Hips and Glute Workout gives your hips and backside a solid workout that will help to improve posture and increase joint stability and flexibility.

MOUNTAIN CLIMBERS FOR LOWER BODY

Keep in mind as you are coming up with your personalized workout that you can alternate leg days and arm days to give your muscles a chance to rest and recover between interval sessions. Working out the entire body will help you to maximize weight loss and enhance your body's overall health.

Check out the video below to see Mama Z demonstrate one of the most effective leg exercises, Mountain Climbers, as well as some modifications that you can do as you are working your way toward a higher fitness level. This exercise is so versatile! Anyone can find a way to do it, no matter their fitness level.



HIIT Ab Workout Tips

There are two ways that you can approach your HIIT ab workout as a beginner. You can rotate your ab days with your upper and lower body workouts, or you can do abs each day alongside another muscle group. As your fitness level and stamina begins to increase, you can work toward completing all the groups in one extensive workout session.

When doing your HIIT ab workout, you'll need a little bit of equipment. A towel, blanket, or mat for the floor is helpful. You also will need an exercise ball, some hand weights, and an ab wheel to get the most effective workout. Medicine balls in lower weights are also a great addition to your home workout equipment. All of these can be found at a relatively inexpensive price at your favorite big box store or on Amazon, allowing you to work out at home without expensive equipment.

IMPORTANCE OF HIIT CORE WORKOUT

Working out your core muscles is one of the most important parts of your total body health. When you have weak core muscles, it affects your posture, can cause back pain, and can also leave you open to injuries. Be sure that you include this interval set regularly in your HIIT workout plan.

Best High Intensity Interval Training Ab Exercises – Some of the best high intensity interval training ab exercises include:

- various crunches
- ab wheel rolls
- ab twists
- simple floor work like the “superman” and “ninja turtle” exercises

In the video below, see a great demonstration of Exercise Ball Crunches, with and without a medicine ball. Pay close attention to the advice given about form and learn how to modify the exercise if you aren't quite physically ready to go all-in.



15 MIN HIIT AB WORKOUT

Pressed for time? You can still fit in a quick ab workout to make sure that you don't miss a day in your new workout routine.

Start with a brisk 5 minute walk to get your body warmed up. Alternately, you can spend 5 minutes doing low impact exercises that will raise your heart rate. Choose 3 favorite exercises that work your core muscles and do a few sets of each in 10 second bursts with a 50 second cool-down exercise between each, for a total of 10 intervals.

Some of our favorite core exercises include:

- Exercise Ball Crunches
- Ab Wheel Roll Outs
- Fire Hydrants

It really is just that easy to fit a quick ab workout into your day! No more excuses about not having enough time to exercise!

WHAT DO I DO AFTER MY WORKOUT?

Of course you need to cool down. But exercise alone isn't going to make you healthy. One vitally important aspect of healthy living is to stay well-hydrated. Try our essential oil water concentrate to ensure proper hydration.

Make sure that you are eating plenty of bioactive foods that will fuel your body well. And if you find yourself a little stiff and sore after your workout, we have some great essential oil remedies for athletes that will help ease any aches and pains.

As you can see, making the move to HIIT workout plans is one that has far-reaching benefits and can help you to live the healthiest, most abundant life possible, as God intended. Want to learn more about HIIT and how you can get started on a path to weight loss and total body health? Pick up a copy of the [*Essential Oils Diet*](#) book and unlock the rest of the bonuses including more workout videos to help you maximize your fitness routine!

GET A DEEP DISCOUNT FOR NATURAL LIVING FAMILY READERS!

Maximize your health and boost your immune function with LIVE probiotics. Our Natural Living Family “special” will help you on your way with your first bottle for FREE. [Check out Just Thrive Probiotics & Antioxidant support HERE!](#)

CHAPTER 10

Intermittent Fasting

What are the benefits of intermittent fasting? For those of us looking for long-term changes and whole-body health, we know that there is more to a healthy eating plan than a fad diet, more to health than the scale, and more to food than calories.

As long as we're looking for a quick fix, a new way to lose weight and look great will be marketable and profitable. Obesity is on the rise, and marketing is always on its heels with the next fad that can be sold to desperate consumers.h

More and more, researchers are discovering that when we eat may be just as important as what we eat. So let's discuss the benefits of intermittent fasting and how it goes beyond body building and athletic goals.

Is Intermittent Fasting Healthy?

Breakfast has long been thought of as the most important meal of the day, which is quite true. It is the meal that breaks your fast after sleeping replenishes your nutrient stores, starts your digestive system up for the rest of the meals, and generally refuels your body.

Like Dr. B.J. Hardick points out, "We don't often consider overnight to be a fast, though. For the skeptics reading – rest assured that you already fast every day, in a manner of speaking. Fasting isn't always forty days and forty nights or a grand spiritual encounter – though our biggest associations and inspirations related to fasting are."

In 2007, for example, a group of volunteers who were fasting during Ramadan, an annual religious festival where daily fasts are observed over the course of a month, were matched with non-fasting individuals based on similar body structure and health. At the end of the month, the Ramadan participants had significantly lower inflammation markers.

With inflammation playing such a key role in many of our chronic illnesses, fasting of this sort has gained attention in the Western world, with more implications and recommendations surfacing as researchers learn more.

5 Benefits of Intermittent Fasting

If we “eat to live,” and not live to eat, it may help us understand the concept of intermittent fasting benefits a bit more. We certainly do need to eat; the body can’t go for long without nutrients to fuel its many intricate processes, but maybe we don’t need to be so consumed with what we consume every waking moment.

The concept of intermittent fasting is similar to that of the Paleolithic, or low/selective carbohydrate diets. Just as our ancestors had very different carbohydrates in their diets, there were also periods of time with very little caloric intake. Our bodies have obviously changed over the millennia, but perhaps the need for a resting period still exists and can be met with shorter, more controlled times of fasting.

As scientists explore this possibility of intermittent fasting benefits, they have continuously uncovered more information about the potential benefits of intermittent fasting for the whole body, including:

- The immune system
- Neurological responses
- Muscular development and metabolism

Most people have an understanding of what the evening fast accomplishes. To see the body’s release of fats in action, some people like to test their urine for ketosis – the state when your body has an exceptionally high fat-burning rate. This is enormous when it comes to metabolism and disease prevention – but there may be much more to intermittent fasting than we first realized.

1. BETTER IMMUNE & INFLAMMATORY RESPONSES

The immune system is complex, and it’s always walking the line between incredible advantages to the body and incredible damage. The immune system is what keeps us from yielding to the onslaught of pathogens around and on us daily, but it can also turn on us at any moment and attack itself or harmless substances.

Inflammation, in theory, is a gathering of white blood cells and other immune responses to attack and eliminate threats to the body. In practice, inflammation often collects in excess or in unnecessary places, all too often being elevated to the status of inflammatory disease.

In 2012, a group of researchers from Saudi Arabia studied fifty people who observe Ramadan to analyze the way their bodies responded to prolonged fasting. Much like the 2007 study and others, the results showed less inflammation during the fasting month.

This particular study also noted that “systolic and diastolic blood pressures; body weight; and body fat percentage were significantly lower,” and that the decreases were only present while the participants were fasting intermittently. Once it ceased, the markers were higher again.

In laboratory studies, we also have indications that the slowed immune system extends to the allergic response. Mouse models indicated that fasting is associated with less hypersensitivity and allergic over-reactions of the immune system.

2. DECREASED PERSISTENT ILLNESSES

Heart disease, the top killer for men and women, painful arthritic conditions and obesity are all inflammatory diseases. Inflammation is a key player in inflammatory disease, and is one of the most common and deadly categories of illness today.

If intermittent fasting reduces unnecessary inflammation, it follows that disease risks reduce, as well. This theory has good indications that intermittent fasting can improve long term health. Multiple fasting models have been tested for their effects on disease, with similar results.

In 2013, a German review analyzed studies and instances where individuals followed a guided fasting regimen that restricted the amounts and times for eating – much like Ramadan – over periods of 7-21 days. The researchers concluded that fasting is “associated with deceleration or prevention of most chronic degenerative and chronic inflammatory diseases” and that we have great cause for further, more detailed studies.

An additional review more specifically looked at alternate-day-fasting, where certain days follow a fasting pattern while others maintain normal eating patterns. Extended to both human and animal trials to gather the most information available, they found the evidence to indicate this type of fasting “may effectively modulate several risk factors, thereby preventing chronic disease” and, again, warrants further research.

3. HIGHER QUALITY BRAIN FUNCTION

Two studies of note, both recent and both on animal models, give us an indicator that brain health can be improved with intermittent fasting. We've heard of a good breakfast as "brain food," but it's possible that the brain needs a bit longer before the fast is discontinued.

One study published in 2013, analyzed the way that both obese mice and mice with intermittent-fasting diets responded to both exercise and cognitive tests. The obese mice performed reasonably in terms of cognitive and learning ability, but they were sluggish and struggled with exercise compared with the control group. The mice that were given diets with intermittent fasting were both more active and had better learning and memory capacity than the control group.

The other study came a year later and concentrated on memory function, in particular. After testing and observing rats for changes made from intermittent fasting, it was found to induce "adaptive responses in the brain and periphery that can suppress inflammation and preserve cognitive function," once again circling back to the far-reaching impact that inflammation can have on the body.

With inflammation as a focal point, intermittent fasting seems to be quite promising as a plan of attack for many conditions of the body and mind. Since human trials are not yet available, these kinds of observations can give us a good look at the potential that exists so that information can be gleaned and future studies can be developed.

4. INCREASED FITNESS TRAINING

There are various ways intermittent fasting can benefit someone who is training. We're going to look at the implications of muscle development, hormone production, and how fasting is connected underneath it all.

While neurotransmitters connect our senses, brain, and body together for immediate responses, hormones connect messages gathered throughout the body with sustained, long-term directives. Once those directives have been completed, production of that hormone slows.

Growth hormone levels tend to slow when we are no longer growing as adolescents, which is a problem for middle-aged adults who are rediscovering healthy lifestyles and working to train, bulk, or simply tone their bodies.

To understand the primal theory behind intermittent fasting, consider if you were running out of food and nearing the hunting season once more, you would

need strong muscles and a lean body to achieve your goal. Perhaps this is why growth hormone increases in times of intermittent fasting, as evidenced in early studies on the subject.

The enhanced growth response was also recognized in a 2011 study, when hormones and inflammatory responses came together to increase wound healing in mice fed with intermittent fasting diet patterns.

5. ACCELERATED WEIGHT LOSS

With reduced inflammation markers – a prominent risk factor for obesity – and improved growth hormone for muscle development, weight loss is next in the logical progression of benefits of intermittent fasting.

Over the course of ten weeks, University of Illinois researchers monitored adults following a control diet, then alternate-day intermittent fasting patterns. Not only was weight loss significant, but cholesterol, triglycerides, and blood pressure decreased, as well.

Enough studies on intermittent fasting and weight loss have been conducted that a 2015 review analyzed whether this was simply another fad diet or if it carries any validity. They recognized – as we all should – that there is no magic bullet or one-size solution for obesity and weight loss. However, given the documented effects and results of intermittent fasting, it should be looked at as a realistic option for individuals and care providers to consider.

As with any adaptation to diet or exercise, care should be taken to make certain it's right for the individual. Women in child bearing years, especially, must be cautious.

While intermittent fasting hasn't necessarily shown problems for unborn babies or the maternal phase of life, increased cortisol levels have been noted, which can cause problems all their own. If any diet plan is causing you stress, anxiety, or mental difficulty, it is likely doing more harm than good and an alternative should be considered.

Fasting Strategies

There are many ways an intermittent fasting plan can play out.

- **Take Advantage of Nighttime.** Build on your natural fast – night times without eating – slowly and deliberately, to reinforce its function as an extended rest period. Ensuring a full 12 hours between dinner and breakfast, with no snacking after or early eating after a short night's sleep, gives your body half the day to recharge before being confronted with food again.
- **Push Your Limits Gradually.** Consider extending the resting period, delaying or “skipping” breakfast, pushing the first meal of the day out a few hours, which would make the time between breakfast and dinner closer to two-thirds of the day instead of only half. This can be done daily or only a few times each week, depending on what your body needs and the way it responds.
- **Don't Ignore Hunger.** You may feel habitual waves of hunger. It's important to respond to these properly. They shouldn't be ignored, but neither do you need to jump to a full meal and break the fast immediately. Drinking some water usually does the trick.
- **Pre-Digested Food.** Smoothies are often used as a semi “digested” food to ease the pangs and still be easy on the body. (Please be aware that the consumption of smoothies, if they contain protein or even low glycemic carbohydrates, will interrupt the body's state of ketosis by converting to sugar, but may have less of an impact on digestion, inflammation, and brain function.) Other coping mechanisms that are thought to have less of an effect on ketosis are black or bulletproof coffee, extremely low-glycemic greens, or coconut oil and other fats without sugar.
- **Stay In Touch.** Be sure to listen to your body, and remember that food entering the body is still food that must be attended to by the body's systems. Drinking the water you normally would – to total at least half of your body weight in ounces for the day – or herbal tea, provides hydration and a sense of fullness without much to process or digest.
- **Avoid Sugar.** Particularly in the form of the ever-popular juice fast (if focusing on fruits), as this actually amounts to little other than regular sugar. Ketosis is the breaking down of fat instead of carbohydrates for energy, so if you supply your body with sugar, it will interrupt the fasting process. Any kind of food ends the break that the fast was intended to provide to the body.

As you adapt to these intermittent fasting patterns, more rigorous plans can be considered. You can take cues from nomads and warriors who would travel on foot during the day and rest at night, or the full-day fasts in many religions, and meals may be consumed within windows of as much as 6 hours of the day to as little as 3 hours of the day.

NOTE ABOUT 24-HOUR FASTS

Regarding the benefits of intermittent fasting, nutrients are important, but remember that the entire body works to process every bite, which includes the liver sorting toxins and the blood circulating nutrients that have been gleaned. You can use a break!

Most of the studies on the benefits of intermittent fasting did not include caloric restriction. In other words, your body still needs plenty of varied, nutrient dense foods, even if you are eating them during a shorter period of the day. If you're eating one or two meals in your fasting window, make sure to get the full day's calories and nutrients packed in!

The most extreme versions include full days without eating anything at all, usually once every week or less. Jumping into a full day's fast without preparation can leave you feeling weak and hungry rather than rested and rejuvenated. While some people like to work up to 24-hour fasts, it is not likely the path to take when you are just starting out.

GET A DEEP DISCOUNT FOR NATURAL LIVING FAMILY READERS!

Maximize your health and boost your immune function with LIVE probiotics. Our Natural Living Family "special" will help you on your way with your first bottle for FREE. [Check out Just Thrive Probiotics & Antioxidant support HERE!](#)

CHAPTER 11

Emotional Detoxification

Have you ever done, or at least thought about doing, 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 emotional healing have jumped on the bandwagon.

The point of detoxification is to flush out toxins and other harmful substances, helping you recharge your body and improve overall health. But 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 health 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 to come along on the journey with me...

My Emotional Health “A-Ha” Moment

I actually only discovered emotional health 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. Many doctors leave out the emotional healing aspect of wellness these days, leaving many patients recovering physically, but reeling in spiritual and emotional torment. These people are looking for help anywhere they can find it.

As I listened – 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 in this article is to give you the bottom line, most actionable steps to help you start your emotional healing journey...

1. Emotional Healing: 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 Health Needs: Best practices.

I find it rather surprising that no one seems to talk about emotional health. 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 Healing 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, are one instance for 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 healing 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 healing 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!

How to Know You Need Emotional Healing

Life is just one big roller coaster. Experiencing extreme emotions is part of what makes us human. We face challenges every day that cause us to experience negative emotions. And while almost everyone can benefit from an emotional healing detox, anyone currently experiencing toxic emotions may want to start sooner than later.

Here are a few signs you need an emotional healing detox:

NEGATIVE EMOTIONS

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

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

"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.

Overtime, any or all of these negative emotions can build up and begin to harm our mental and physical health. "Chronic emotions, such as anger and hurt, can lead to an increased heart rates, 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."

WEAKENED IMMUNE SYSTEM

When your immune system is down, your overall health is at risk. This is a good sign that you need an emotional healing 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 different 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. Emotions, such as anger, anxiety and sadness, can all trigger symptoms in your gut. These symptoms can include nausea, upset stomach, reflux and leaky gut. People who experience gastrointestinal issues on a regular basis have seen significant results after an emotional healing 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 depression 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, found that patients who tried psychologically-based 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 healing 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. This is how my daughter Bella and I like to do it. We invite you along on the journey with us...

While detoxing your emotions is important, it's easier said than done. The following 11 tips will give you a good starting point for setting out on your emotional healing detox journey. I have ordered these steps by which I find most important. If you tackle each one at a time, 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. But 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 shown that people who forgive identify hills to be less steep and could jump higher in a test of fitness. 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 you psyche and take control of you mind and spirit. Stop blaming yourself for the past and look toward 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

other and forgiving yourself is integral 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. But by realizing that we are all a gift from God 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're working to build your self-esteem, you're moving in the right direction. Self-esteem plays a critical role in our physical health. One study reported that those with high self-esteem had 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 help you visualize change.

Reciting positive affirmations is one of the easiest and quickest ways to build self-esteem and self-love. Constant negative thoughts not only lowers your self-esteem, but as I've documented above, they also have severe impacts on your physical health.

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-affirmation 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 had a decrease in pain, tiredness, drowsiness, lack of appetite, depression, anxiety, and lack of well-being.

If you need some help with positive affirmations, Carmen Harra, a best-selling author and clinical psychologist, has a list of [35 Affirmations That Will Change Your Life](#). Read these. Print them out. Tape them to your bathroom mirror, computer monitor or steering wheel. Go the extra level and print a travel-size version you can carry with you at all time.

5. DON'T LOOK BACK

Not 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 improvements over the course of several months.

In essence, the study suggests that being thankful for what you have now may be the key 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:

- Remind yourself that life is a journey
- Remind yourself that everyone makes mistakes
- Remind yourself how great 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 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. MAKE SURE TO HAVE FAITH

Ask yourself this: "Do I deserve to be well? Do I believe emotional stability, and therefore the abundant life, is possible?" If you honestly answered, "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 if you don't believe in yourself. As we discussed early, negative self-talk has an impact on your emotional and physical state.

Once you have convinced yourself that 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 our 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 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 healthy 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. But think about it. Our addictive relationships with social media is unhealthy. Taking a break from Facebook and other social media site, at least while you're in recovery, is important. While keeping in touch with family and friend 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, one study found. This has serious consequences on your overall well being and can even lead to depression. Another study found that those who took a week-long break from social media had were happier and had significantly more satisfied with their lives. This research is evidence 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 simple DIY detox bath with essential oils:

Print out these recipe cards and share one with a friend.

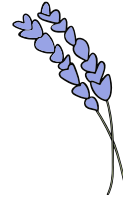
DIY DETOX BATH

Ingredients

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

Instructions

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



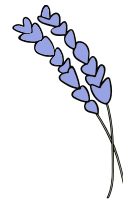
DIY DETOX BATH

Ingredients

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

Instructions

- Mixed the essential oils and carrier oil in a glass.
- Mix in ACV and Epsom salts .
- While filling your tub with warm water, pour in mixture slowly pour in mixture while the water is running.
- 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

Your family and friend 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 healing detox and you need to ensure you talk 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 healing detox.

Emotional Detox Inhaler

EOs help calm your mind, boost your mood and help put you in a meditative, mindful state. Keep this inhaler with you on your emotional detox journey and start to experience the Abundant Life today!

Print out these recipe cards and share one with a friend.

EMOTIONAL DETOX INHALER

Ingredients

- ✓ Aromatherapy Inhaler Stick
- ✓ Certified Organic Cotton Pads
- ✓ 4 drops of frankincense
- ✓ 4 drops key lime
- ✓ 4 drops neroli
- ✓ 4 drops opopanax
- ✓ 4 drops ylang ylang



Instructions

- Mix your essential oil blend in a glass bowl or jar.
- Cut down your organic cotton pad to the desired size to fit inside your inhaler tube.
- Place the cotton pad in your glass bowl to adsorb your essential oils.
- Use tweezers to remove cotton pad and insert into your inhaler tube.
- Place top section onto inhaler tube.
- Use during your emotional detoxing exercises - especially when you're practicing forgiveness, self-love and reciting positive affirmations.

EMOTIONAL DETOX INHALER

Ingredients

- ✓ Aromatherapy Inhaler Stick
- ✓ Certified Organic Cotton Pads
- ✓ 4 drops of frankincense
- ✓ 4 drops key lime
- ✓ 4 drops neroli
- ✓ 4 drops opopanax
- ✓ 4 drops ylang ylang



Instructions

- Mix your essential oil blend in a glass bowl or jar.
- Cut down your organic cotton pad to the desired size to fit inside your inhaler tube.
- Place the cotton pad in your glass bowl to adsorb your essential oils.
- Use tweezers to remove cotton pad and insert into your inhaler tube.
- Place top section onto inhaler tube.
- Use during your emotional detoxing exercises - especially when you're practicing forgiveness, self-love and reciting positive affirmations.

GET A DEEP DISCOUNT FOR NATURAL LIVING FAMILY READERS!

Maximize your health and boost your immune function with LIVE probiotics. Our Natural Living FAMILY "SPECIAL" WILL HELP YOU ON YOUR WAY WITH YOUR FIRST BOTTLE FOR FREE. CHECK OUT JUST THRIVE PROBIOTICS & ANTIOXIDANT SUPPORT HERE!

CHAPTER 12

Positive Thinking

In many ways, the mind is the gateway to health. Emotions and anxiety trigger hormones that course through the body, directing its long term actions. The gut and mind are intertwined, affecting everything from immunity to nutrient balance in healing through positive thinking. Stress is a key player in countless ailments. We've all heard that we are what we eat. Nutrition is important, but we are what we think cannot be overlooked.

History of Healing Through Positive Thinking

In 1952, author Norman Vincent Peale set the stage for a positive thinking movement when his book *The Power of Positive Thinking* was released. This, of course, was not the first time someone pointed out the merits of positive thinking and healing.

With as dark as philosophers can tend to be, there have always been a smattering who look toward the light, believing there is good in the world. and turning their hearts toward it.

Still, it was *The Power of Positive Thinking* that brought these ideas to the forefront, at least for recent generations. Decades later, cynicism seems to be the message of the day, in spite of "law of attraction" speakers, writers, and thinkers, or hits like *The Secret*. With an inundation of information in 24/7 news machines and social media, it's easy to get mired in the bad, over-stimulated and overstressed.

But the core ideals that fuel efforts toward positive thinking and healing remain, as they have since we were first promised an Abundant Life two thousand years ago.

Positive Thinking vs. Positive Psychology

As positive thinking took flight in our era, the desire to verify and solidify it in science also took hold, resulting in the similar-but-different ideals of *positive psychology*.

Where positive thinking as a movement and driving force seeks to simply exist in a state of positive thinking – in order to promote health and healing – positive psychology is driven by hard data and selective application of positive thinking and actions.

While both have their merits and at their core promote the same things, it's positive thinking that we'll focus on here and that I like to incorporate in my Abundant Life ideals.

Hurt, sadness, and ailments are part of life, and positive thinking cannot erase or even explain them. But it can help us respond to them, and that can make all the difference.

Thinking Your Way Toward Health

Positive thinking and healing has applications in every area of life, from the way we conduct our business to the way we interact with family, from the way we view our past to the way we dream about the future.

Health maintenance, illness prevention, and healing itself are especially intriguing facets and potential of positive thinking. By acknowledging the role that our mind and emotions play in health and wellness, we can begin to harness the power of intentionality and actually think our bodies healthy!

1. MIND OVER BODY

"It's all in your head" – *you're just imagining it; you're fine!* If you've been on the receiving end of such an accusation, you know how frustrating it can be to know there is something going on but lack any hard evidence.

Over the years, we've learned more about what really can be in our heads – not in the sense of fabrication, but as an actual source of illness. Terms like psychogenic and psychoneuroimmunology have emerged, referring to the direct connection between the condition of the mind and its effects on the body, such

as when “psychological stressors induce a neuroendocrine response” and directly alter gut health.

As scientists and doctors learn more every day, I hope we are moving closer toward reframing “It’s all in your head” with the understanding that what’s in your head can actually have a significant impact on the body.

Focusing on the mind is just as important – if not more so – as direct care for the body, in order to keep our central command center operating at full capacity.

2. MELT YOUR CARES AWAY

As we let go of our cares and focus on mindful positivity, our stress levels inevitably decrease. With stress at the root of so many of our modern epidemics, it’s little wonder that positive thinking (and, therefore, stress relief) can heal your body.

This, according to the Mayo Clinic, is a prevailing theory as to why positive thinking can be so beneficial. The informative article includes a list of benefits of positive thinking, including:

- Increased life span
- Lower rates of depression
- Lower levels of distress
- Greater resistance to the common cold
- Better psychological and physical well-being
- Reduced risk of death from cardiovascular disease
- Better coping skills during hardships and times of stress

Positive thinking that centers on stress reduction can be obtained with meditative practices like yoga or tai chi, mindfulness meditation, and prayer.

3. HEALING THROUGH PRAYER POWER

Really, I view positive thinking and prayer as partners in healing and disease reversal. If we’re focused on God’s will in prayer, concerned about others in intercessory efforts, and generally shifting our minds away from ourselves and onto the Big Picture of faith, we have little time to dwell on our own struggles. Our perspective naturally shifts. We can’t help it!

Researchers are fascinated with this – one encouraging study tracked women with depression who had prayer incorporated into their therapeutic treatments. A full year later, the benefits had not yet subsided.

While science seeks to boil everything down to predictability and absolutes, we know one thing without a doubt: prayer, mindfulness, and positive thinking are matters of faith.

4. FAITH CAN MOVE MOUNTAINS

In one of many studies on the effects of faith and prayer on health, people who had deeply held religious beliefs were found to be generally healthier than their counterparts.

Was this a matter of a formulaic prayer or specific meditation? Is it something we can replicate in a lab or nail down as having positive results 100% of the time, effective every time?

At the end of the day, I believe the answer is that it doesn't matter. An exercise of faith seeks to take us outside of ourselves, relying on God and letting go of the impulse to control. And as we melt our stresses and mind-body related tension away, other facets of health tend to emerge, as well.

Letting go of our stresses and negativity in faith will move mountains of "disease"; whether that manifests as physical healing or simply bolstered faith and minimized stress is up to God in his wisdom. In either case, we have every reason to put our trust in the Lord and cast all our burdens onto Him.

Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. ~ Philippians 4:8 (NASB)

GET A DEEP DISCOUNT FOR NATURAL LIVING FAMILY READERS!

Maximize your health and boost your immune function with LIVE probiotics. Our Natural Living Family "special" will help you on your way with your first bottle for FREE. [Check out Just Thrive Probiotics & Antioxidant support HERE!](#)

CHAPTER 13

Daily Affirmations

Meditating on positive daily affirmations is a great way to encourage ourselves to believe in faith and optimism. Why? Because millions of people are sick, medicine has failed them and they are grasping at anything to give them hope and relief.

Is reciting healing daily positive affirmations hocus pocus, “New Age” stuff? No, not in the least. It’s a Biblical principle and there is much science to back it up!

Why Positive Daily Affirmations Are Necessary

Maybe the reason so many people suffer from the sheer number of sicknesses that are robbing people of the abundant life is because it’s virtually impossible to find pure air, food and water nowadays. Maybe it’s because we live in the most toxic environment the world has ever known, and it’s only by the grace of God that we are all not dead at this point.

One thing I am quite certain about is that we have been gifted with the remarkable ability to adapt to our surroundings and to heal ourselves under the right conditions, which is why it’s so important that we treat our bodies right and to recite healing affirmations to keep our focus in the right place!

Positive Daily Affirmations Bring Hope

“And not only this, but we also exult in our tribulations, knowing that tribulation brings about perseverance; and perseverance, proven character; and proven character, hope; and hope does not disappoint, because the love of God has been poured out within our hearts through the Holy Spirit who was given to us.”

~ Romans 5:3-5

“And hope does not disappoint...”

Why some people get sick and others don’t, I’ll never know.

Inspired by Romans 5, my suggestion is that you approach disease (whether mental, emotional, or physical) with your spiritual armor on, tightly knitting these words to your chest in the very order that the Bible lays them out:

- Tribulation
- Persevere
- Character
- Hope
- Love

We must not confuse Paul's message about boasting in our sufferings to be a badge of honor. Disease is not a burden to bear. The key is to fight through the tribulation, never giving up until you gain the victory!

You need to be prepared to persevere against all odds and never stop until you find the cure the works for you. This experience will develop in you a proven character that will serve to inspire everyone around you; a character defined by hope in God and in His undying care for you and for the love He has for all people.

To beat disease God's way, following these five steps is critical as they center on daily positive affirmations.

1. **Faith.** The first step is to whole-heartedly believe in God's promises to be your provider, your healer, and your redeemer. Faith is the foundation in which your entire life is built upon. Make sure your foundation is built on solid rock, not sand!
2. **Prayer.** Not to state the obvious, but falling on your knees to seek God's merciful hand is just what the doctor ordered. You'd be surprised to learn about the number of people who literally don't think to pray for healing or to ask God for the formula to cure their body. Somehow, it either slips their mind or they don't think God is concerned about their health condition. In addition to the many proven health benefits of prayer including reducing stress inflammation, trust me, it moves God's heart. Prayer works.
3. **Seek.** The third step is to follow God's leading and to find the solution. Easier said than done, right? I understand that this can be an arduous task for some people, but don't despair. The key here is to test, research, study and test again. If something doesn't settle right in your spirit, don't do it. Barring rare emergencies, you always have time to make a sound decision so you'll do well to follow your intuition. Working with a spiritually-minded

health care provider is key because she can help be your guide through this process.

4. **Action.** The fourth step is to follow the instructions God is giving you. At this point, you should have a better understanding of how the Spirit is directing you to beat this thing. Remember, “faith without deeds is dead,” so you have got to do your part!
5. **Repeat.** Make this your new anthem: Blessed are the flexible, for they shall not be broken. Healing is a journey for many of us so don’t be dogmatic in your thinking. Keep repeating Steps 1 – 4 until you get the victory!

A Collection of Positive Daily Affirmations

To help you along your way, here are 10 Biblical positive daily affirmations that I recommend you read aloud every day until they take firm root into your spirit, and make them part of your daily meditation!

1. *I serve an awesome God who promises no evil will befall me and no plague will come near my dwelling! (Psalm 91:10)*
2. *I serve a faithful God who promises to never leave me nor forsake me! (Deuteronomy 31:6)*
3. *I serve an unconditionally loving God who says He sees what I do and will heal me anyway! (Isaiah 57:18)*
4. *I serve an awesome God who proclaims that He is my healer! (Exodus 15:26)*
5. *I serve a merciful God who commits to taking sickness from among me! (Exodus 23:25)*
6. *I serve a gracious God who promises to restore me to health and to heal my wounds! (Jeremiah 30:17)*
7. *I am made in God’s image and He has given my body the ability to heal itself! (Genesis 1:27)*
8. *I have not been given a spirit of fear, but of power, of love and a sound mind! (2 Timothy 1:7)*
9. *I know that God will perfect that which concerns me to the end! (Psalm 138:8)*
10. *I rest assured knowing that what the enemy intends for evil, God will use for good! (Genesis 50:20)*

We pray you’ll be blessed as you use positive daily affirmations to help you enjoy the Abundant Life!

GET A DEEP DISCOUNT FOR NATURAL LIVING FAMILY READERS!

Maximize your health and boost your immune function with LIVE probiotics. Our Natural Living Family “special” will help you on your way with your first bottle for FREE. [Check out Just Thrive Probiotics & Antioxidant support HERE!](#)

PART TWO

Using Essential Oils for Weight Loss

Three Steps to Healing Your Gut

- 1) Avoid Food Triggers
- 2) Use Essential Oils
- 3) Restore Microbiome

In addition to following our gut-healing, inflammation-soothing essential oil protocols, everyone with leaky gut and inflammatory bowel disorders will benefit from taking high-quality supplements to repair leaky gut and balance their microbiome. The best way to get started is to take LIVE probiotics every day, and...

Our friends at Just Thrive want to help you on your journey by blessing you with FREE bottle (no strings attached).

Get a Free 14-Day Supply!!

Maximize your gut health and boost your immune function with this special blend of LIVE probiotics & antioxidants.



➡ Redeem your FREE bottle here!

CHAPTER 14

Aromatherapy 101

Although the use of aromatherapy 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 essential oils all day long. It enhances our mood, health and virtually every aspect of our lives! We have an essential oil 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 favorite blends:

- ***Good Bye Allergy Blend*** – Lavender, lemon, and peppermint
- ***Healthy Digestion Blend*** – Anise, caraway, fennel, ginger, lemon, tarragon
- ***Focus Blend*** – Cedarwood, frankincense, sandalwood and vetiver
- **Christmas Blend** – Fir (Balsam, Douglas, white), peppermint and vanilla absolute
- ***Holy Anointing Blend*** – cinnamon, frankincense, myrrh (cinnamon is a hot oil when used topically. Always dilute it appropriately or use in a diffuser instead of topical blend.)
- ***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 are Essential Oils?

“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 than essential oils.

The very first questions a newbie should ask – what is aromatherapy, and what is an essential oil? You might associate aromatherapy with massage therapists and thick 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 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 oil, 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 from the plant and into the air. 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.

The essential oil is why you smell a rose when you lean down and sniff the blooms. It releases as you walk through the garden and shake 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 the volatile oil serves, 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. However, Nicander (b.c. 183—135), a Greek poet and physician for example, “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 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.

Because essential oils are part of herbs – the aromatic compound that hits your nose right away – they can be part of herbal preparations. 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 oils 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.

The ‘spices’ were burned, infused into carrier oils, and even crudely distilled. This crude distillation produced something similar to what we now call hydrosols, which contain minute amounts of the essential oil from the distillation process.

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.

Herbal Oils vs. Essential Oils

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!

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 and utilizing the fragrance was the intended result.

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. An herbal oil is herbal matter infused with an oil such as olive, so that it contains the essential oil (albeit in very small amounts) alongside many other compounds from the plant. There are fewer compounds, obviously, since the plant matter is strained away and discarded, but there are still many, creating a highly usable oil infused with a range of medicinal properties.

The essential oils as we know them, on the other hand, take the small amount of volatile oil from part of a plant and concentrate it so that it's the only product 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 5ml bottle of essential oil.

It comes down to this: for herbed oils, the oil is now medicinally stronger than it was before, but the herbal matter is more varied and less concentrated than an essential oil.

For essential oils, the oil is concentrated and specific in use, condensed from large amounts of herbal matter that have been isolated for a single component, therefore compressed into much, much smaller volumes of oil.

To break it down further, the herbal oil can contain the essential oil but not vice versa.

How Aromatherapy Works

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, 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 precious vials of aromatherapy 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?

Putting Oils in Context of the Plant

When the essential oil – whatever is left after processing, packaging, and then your cooking methods – is part of the whole product, it is in such small and dispersed amounts that it's only a small 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 *Aromatherapie* was first written 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

INHALATION

Not only is inhalation the oldest form of aromatherapy 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 low level of concentration when used correctly.

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 volatile oil directly into your respiratory system and mucous membranes, diffused throughout the steam or air molecules.

TOPICAL

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

Instead of the broad diffusion through air droplets that inhalation provides, topical use of essential oils 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. Carrier oils like olive, coconut, jojoba and avocado oils usually have benefits of their own, and you can easily combine a couple of drops in a teaspoon to dilute the oils and help bypass potential irritation.

INTERNAL

Finally, and most controversially, some oils are safe for ingestion. The most basic form of ingestion is in culinary use. Revisiting cinnamon, you could use cinnamon essential oil in a cake batter, but you'd only need one drop for the whole batch vs. a tsp. or more of the bark powder.

Another common internal preparation is to combine it into a drink. Do 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 coconut oil first.

Many aromatherapists believe essential oils are never to be ingested, and most will suggest only trained professionals utilize internal methods. Again, it's better to be safe, and for someone just starting out, this is excellent advice to consider. Additionally, when you are dealing with a specific medical condition, it makes sense to talk to your health care provider about ingestion and dosages.

Conversions and Dilution of Essential Oils

Dropper sizes vary and volume varies based on 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 you math enthusiasts out there, this is how the conversions all pan out:

- $\frac{1}{8}$ oz. = 3.75 ml
- $\frac{1}{4}$ oz. = 7.5 ml
- $\frac{1}{2}$ oz. = 15 ml.
- 1 oz. = 30 ml
- 4 oz. = 120 ml
- 8 oz. = 237 ml
- 16 oz. = 473 ml

The final conversion typically looks like this:

- $\frac{1}{8}$ oz. = 75 drops
- $\frac{1}{4}$ oz. = 150 drops
- $\frac{1}{2}$ 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).

So 30 mg is about 1 drop.

3 Ways to Use Essential Oils

Within the major types of aromatherapy essential oil use, 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.

INHALATION

For inhaled oils, 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. Here are some of the methods you might use to inhale essential oils.

- **Diffusion** – Good for blends intended to affect the entire room. Place as few as 2-3 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. Ideal for essential oils that are energizing, antimicrobial, promoting memory and focus, 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. Up to 20 drops of an essential oil blend can be used in a commercially made personal diffuser. Or consider jewelry style inhalers such as a piece of porous jewelry, a piece of cloth or handkerchief, or inhalers made of a wick of sorts placed in a glass tube. Place 1-2 drops of a single oil or a pre-prepared blend of oils on the jewelry inhaler, then hold it close to the nose and breathe in periodically. Ideal for personal benefit

such as 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 essential 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, of sorts), close your eyes, and breathe deeply. Avoid the more hot oils that would irritate mucous membranes. Ideal 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 190 proof grain alcohol or the 91% isopropyl you can find in the store, then add ½ oz distilled water and shake to combine. Spritz in the air, on linens, or on clothes as desired. Ideal for air freshening, cleaning, antimicrobial purposes, body sprays, and even topical anti-inflammatory benefits and healing. Ex: tea tree, lemon, thyme.

TOPICAL APPLICATION

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 there is a time and a place for neat application, 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 the dilution rates you choose:

- **0.5% dilution** – 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. *Ideal 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 use on sensitive areas of the skin. *Ideal for facial applications, and treatment of delicate skin. Ex: tea tree for acne, frankincense in a facial toner, etc.*
- **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. *Ideal for most applications – lotions, creams, salves, balms. Ex: geranium, helichrysum, chamomile.*
- **5%+ dilution** – Higher concentrations should be used with care. Or, extremely safe oils can be used in small amounts on tiny areas of the skin – for example, as a strong acne treatment. Know your oil's safety profile and choose high concentrations with caution. *Ideal 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.*

INGESTION

Typically reserved for culinary oils or for use by trained aromatherapy professionals, ingestion is used when there is a need for specific dosing or certain areas of the body need to be reached that cannot easily be affected by other application methods. Dosage is 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. *Ideal 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 dilution or dispersion, the drop is likely to make direct contact with sensitive internal organs. You can use a dispersing agent like Solubol for essential oils taken in water, or you can quickly mix a drop into a teaspoon of honey and take the spoonful. *Ideal 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. *Ideal for professional guidance, digestive 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 to a plant, 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 and analyze their very molecules. And THEN we can begin to study how these things impact our health? Amazing. If you aren't hooked yet, you will be once you get started.

5 Steps to Get Started with Essential Oils

1. The best place to begin with aromatherapy is with familiar scents that are personal favorites. 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 pure, 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 passed 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 oils.

GET A DEEP DISCOUNT FOR NATURAL LIVING FAMILY READERS!

Maximize your health and boost your immune function with LIVE probiotics. Our Natural Living Family “special” will help you on your way with your first bottle for FREE. [Check out Just Thrive Probiotics & Antioxidant support HERE!](#)

CHAPTER 15

Cooking with Essential Oils

Learn how cooking with essential oils safely (and deliciously!) can help you cook up nutritious concoctions in the kitchen. Combining nutritious foods with flavorful spices and herbs is a time honored tradition and a beautiful picture of God's design for the Abundant Life. The flowers and herbs that grace our gardens are also delicious sources of wellness. Extending this celebration to cooking with essential oils as well widens our appreciation for creation and all of the goodness available at our fingertips.

Ingesting Essential Oils Controversy

Admittedly, the ingestion of essential oils is a hot topic with much controversy. What, if any, oils can be ingested and how do we do it? There are plenty of opinions out there, but past precedent alone tells us that cooking with essential oils is nothing new.

Essential oils and extracts have been used as flavoring agents for years. It's just too easy to add a drop or two of an intensely flavored oil in place of time consuming ingredients with much more volume.

In addition to flavor, cooking with essential oils are regularly tested by researchers for their potential to improve food safety. Antimicrobial oils, the theory goes, may be able to minimize food borne illness if manufacturers added it to packaging.

So the idea of cooking with essential oils or incorporating them into our kitchen process is nothing new. The important thing is to do it safely, appreciating the differences between a whole herb or spice and its essential oil.

You'll also want to note that not every essential oil is a good choice for cooking. Sometimes cooking with essential oils changes the taste and it doesn't taste quite as yummy as the whole herb. Sometimes the oil has too much of a certain component, making it less than ideal or even unsafe in high quantities. Fennel is a good example, when a woman ate an "undisclosed amount" of fennel cakes with essential oil in them and experienced seizures.

Knowing all about the oil you'd like to use – its safety, profile, and precautions – is important. With proper use, dilution, and amounts, I believe cooking with essential oils can be both safe and fun.

Basics of Cooking with Essential Oils

Cooking with essential oils actually helps to make cooking much easier and more flavorful. There's always a place for herbs and spices – we need the variety of nutrients they offer! But sometimes, it's just easier to add a drop or two instead of spending time chopping and slicing and preparing. Other times, a yummy essential oil can take the place of a recipe's artificial flavoring ingredient (think "orange extract" or "lemon flavoring" or vanilla).

For the basics of cooking with essential oils, remember to:

- Convert
- Dilute
- Delay

CONVERT THE AMOUNTS WHEN COOKING WITH ESSENTIAL OILS

Remember that the essential oil is a concentrated portion of its original source. Just like cinnamon sticks take up more space than cinnamon powder, the essential oil should be used in much smaller quantities than the whole substance.

We don't quite have a hard-and-fast rule for substituting essential oils for whole herbs and spices, but a good rule of thumb is that a drop will replace a teaspoon and that you don't need more than one or two drops for a full recipe.

DILUTE ESSENTIAL OILS FOR COOKING AS NEEDED

Another thing to remember when cooking with essential oils is that they should still be diluted into a lipid first. This not only keeps us safe, but it helps to ensure the oil (and flavor!) gets dispersed throughout the whole dish. Learn more about the chemistry of dispersing and diluting essential oils [here](#).

For savory recipes, dilute into a bit of olive or coconut oil. Stir, then add to the recipe.

For sweet recipes, honey or a syrup works well; however, this is better done with non-liquid dishes as neither are sufficient to keep the essential oil safely dispersed in water, tea, etc.

DELAY ADDING ESSENTIAL OILS

Finally, for hot recipes, wait until the end of the process before adding the essential oil. These are called “volatile oils” for a reason – they are relatively fragile and will dissipate quickly in high heat!

For stovetop recipes, after the cooking is finished, stir your diluted essential oil into the dish. For baking, you’ll simply expect to lose a bit of the properties in the process. Dilution throughout the recipe will help, and you’ll still be able to enjoy the flavors of cooking with essential oils, no matter what!

Does Cooking Damage Essential Oils?

This point is worth expanding a bit more before we move on to the best essential oils for cooking. After all, it’s important to understand why we’re doing it and what the benefits and drawbacks may be.

The two concerns with cooking essential oils seem to be:

1. Alteration of chemical structure
2. Evaporation

Both of these concerns are valid, but that shouldn’t stop us from enjoying the culinary use of cooking with essential oils. Minimize exposure to high heat by adding essential oils last, and minimize evaporation by proper dilution and dispersion throughout the recipe.

While one would think boiling would eliminate the beneficial properties, but at least one study found that some properties were better retained during boiling than baking. Go figure!

Because these oils are going to be ingested and some of the properties are indeed retained, it’s important to get high quality, certified organic oils for the absolute best in safety and flavor.

Finally, remember that cooking with essential oils is largely to enjoy the flavors and fragrance, with a dash of potential health benefits on the side. For direct and potent health effects, other remedies or applications are ideal.

Top 10 Essential Oils for Cooking

It doesn't take much essential oil to flavor your dish when using essential oils. Remember you typically need just a drop or two at most. Here are some of the best essential oils for cooking.

1. LAVENDER

As one of the most gentle oils, lavender essential oil is a great oil to start with as you learn to cook with essential oils. Its flavor is delicate and floral, excellent for a variety of culinary options.

Try lavender in dessert recipes like scones or even savory dishes like fish bakes. Just a couple of drops for the whole recipe will add just a touch of that unique floral flavor to take your recipe from bland to gourmet.

Lavender essential oil properties are linked with relaxing, calming, anti-anxiety effects.

2. PEPPERMINT

Cool and refreshing, peppermint essential oil is another easy one to start out with. A drop of peppermint essential oil added to honey turns an ordinary mug of tea into a stimulating, energizing jump start. Peppermint also blends well in lemonade, and for the adventurous – go for a lavender, peppermint, lemonade mix! It's yet another case where the big-three essential oils and flavors work together well when cooking with essential oils.

Use peppermint oil in candies and chocolates for your own mint treats. And while it's not actually cooking, don't forget to use peppermint to make your own oral health treatments.

Peppermint essential oil properties are linked to energizing stimulation, relief of aches and pains, and even athletic performance.

3. CITRUS

There's just no way around it – all of the citrus oils are great for cooking! Citrus oils are unique in that they are pressed directly from the peel of the fruit, so while you're getting the oddball composition of roots and leaves and bark with other oils, you are much closer to the familiar fruit in citrus.

That also means they aren't steam distilled – which means they've yet to undergo heat. This makes citrus potentially more sensitive to heat applications. Don't avoid it, really, just be aware of that when you set your expectations.

Use citrus oils properly emulsified in drinks, smoothies (orange-cream, anyone?), and treats. Add to stir-fries and casseroles, one-pot wonders, and even in dips. The sky's the limit with these delicious, fruity oils.

Citrus essential oils are linked to energizing, antimicrobial properties and may even contribute to weight loss efforts.

4. BERGAMOT

While bergamot is technically citrus, it deserves special mention. First, it's not a fruit that we eat so we don't readily relate to the flavor. And second, it is a stand-out anxiety reliever.

Bergamot's flavor is mildly citrus-like. Try bergamot in scone recipes and other treats to take advantage of its excellent pairing with mild flavors.

Bergamot essential oil is a cold-pressed citrus oil that is associated with stress relieving, anti-anxiety benefits.

5. CINNAMON

Now we're stepping into the meat and potatoes (though, I'm not sure I'd use that literally for cinnamon!). Cinnamon essential oil is strong in both flavor and effects. It's more important than ever to dilute properly to protect sensitive membranes, and to only use a drop or two for a recipe.

Cinnamon essential oil works very well in sweet dishes, particularly cinnamon bark oil to replace powdered cinnamon bark. Think cinnamon French toast, you could add a drop into the eggs before dipping the toast into it, or to give an extra cinnamon boost in cinnamon rolls.

Cinnamon essential oil is associated with antimicrobial and antioxidant effects, as well as being a stimulating, energizing oil.

6. CARDAMOM

An excellent pairing with cinnamon oil, cardamom is known as a strong antioxidant with potential digestive benefits. Use cardamom and cinnamon as part of a chai flavor blend or in any spice-flavored dessert or treat.

Cardamom powder is also included in some savory recipes, adding a warm flavor touch to meat dishes and main courses. Adding cardamom essential oil in place of the powder may add digestive benefits to the recipe as well as tons of flavor.

Cardamom essential oil is associated with digestive wellness such as nausea relief, as well as potent antioxidant composition.

7. GINGER

Another digestive substance, ginger root has long been used to relieve nausea and protect the stomach. Ginger essential oil can be used in similar ways, and it is great for cooking.

Add ginger to sweet treats like ginger snaps, gingerbread, and spiced drinks, without a doubt. But also try it in sauces for savory dishes like stir fries and marinades. Fresh ginger has to be peeled and grated, so ginger essential oil can be a quick and easy addition when time is short but flavor is needed.

Ginger essential oil is linked to digestive wellness, nausea prevention, and anti-inflammatory benefits.

8. THYME

Typically used in cleaning blends, thyme essential oil is best known for its frontline effects against the microbes that cause illness. But it's also an immune stimulant and part of a flavorful culinary herb.

As a savory flavor, add thyme to main course dishes, especially when meat is involved. The herbaceous flavor blends well into soups, stews, and bakes as well. Add to marinades to add an herbaceous touch without being limited to dry rubs. For a surprising twist, experiment with thyme in desserts and treats to offset the sweetness.

Thyme essential oil is known as an antimicrobial immune stimulant and may help to improve food safety.

9. ANISE

With a licorice flavor, anise essential oil is fun to experiment with as a unique and absolutely delicious addition to nearly any kind of recipe. Anise as a whole herb is used in cookies and treats, mild biscotti, savory marinades, soups, sausages, and various ethnic recipes.

Anise is similar to fennel in flavor and digestive benefits. Replace anise in recipes with a drop or two of the essential oil. But, like fennel, it can be counterproductive and even dangerous if used in excess. Use it cautiously – not daily and not in excess – to enjoy the flavor and digestive benefits of anise essential oil.

Anise essential oil is associated with digestive benefits, as well as the risks associated with estragole content. Use appropriately.

10. CORIANDER/CILANTRO

Coriander is the seed of the plant and cilantro is the leaf of the same – but their flavors and applications are much different. Their essential oils work in a similar way. While the benefits are somewhat similar, the flavors are different and their best uses are different.

Use cilantro essential oil where you would use cilantro, in salsas, dips, and savory cuisine. Coriander essential oil works well in sauces, vegetable dishes, pickling, and other savory recipes that use herbs.

Coriander and cilantro essential oils are associated with digestive benefits and antioxidant properties.

GET A DEEP DISCOUNT FOR NATURAL LIVING FAMILY READERS!

Maximize your health and boost your immune function with LIVE probiotics. Our Natural Living Family “special” will help you on your way with your first bottle for FREE. [Check out Just Thrive Probiotics & Antioxidant support HERE!](#)

CHAPTER 16

7 Essential Oils for Weight Loss

From shedding some extra pounds to seriously shaking off weight, getting fit and getting healthy top most resolution lists and using essential oils for weight loss should be part of your journey!

Getting Serious about Weight Loss

Before we go any further, it's important to call out the elephant in the room here: there is no magic easy button. There's very little research on essential oils and weight loss, and when it comes down to it, nothing beats good old fashioned food choices and body movement for effective weight loss. With that out of the way, we can more clearly see the role essential oils have to play when weight loss is the goal.

You already know that there's no shortcut. If you think there is, you're bound to be disappointed. Instead of looking for a magic oil to melt away the pounds, let's look at what we know about a handful of essential oils and their parent plants to see how essential oils can support our efforts for weight loss. With all of the tools God left at our disposal, we are without excuse for a healthy and Abundant Life!

7 Essential Oils for Weight Loss

Essential oils play a supportive role in so many ways. From relieving side effects of treatments to ameliorating effects of illnesses, it's often the indirect benefits that are felt the strongest. For weight loss, this list is just a starting point – get creative with your oil “stash” to see what might help you achieve your weight loss goals.

Maintaining a natural, holistic lifestyle is absolutely crucial to being healthy and the key to preventing weight gain. One of my favorite ways is to drink matcha green tea and make my favorite fat-burning matcha green tea latte!

To try [matcha green tea](#) out for yourself, you can visit Ujido, my favorite supplier, [HERE](#).

They are also blessing us in a big way by giving every Dr. Z's Essential Oils Club member a special coupon – just type in MATCHA20 when you're checking out to enjoy 20% on me.

Like I always say, "Eating at McDonald's and using essential oils is like taking one step forward and two steps back!" so be sure to focus on abundant life giving eating and exercise habits when incorporating essential oil therapy into your life!

1. LIME ESSENTIAL OIL

Of the well-researched citrus oils, lime in particular has had very promising results regarding weight loss. One study, published in 2010, observed lime essential oil both assisting weight loss and preventing weight gain. The study concluded: *The data obtained in this study suggested that lime essential oil plays an important role in weight loss and could be useful in the treatment of drug-induced obesity and related diseases.* For anyone who has packed on weight after a procedure or prescription, this comes as welcome news!

Application: Include lime in culinary recipes, topical formulas, and diffusion blends to maximize a wide range of actions.

2. GRAPEFRUIT ESSENTIAL OIL

Another much-loved citrus oil, grapefruit, shatters our expectations of what a weight loss tool should be. Instead of yet another thing to drink, eat, or take, grapefruit seems to be just as effective in other ways. In evaluating the effects that grapefruit and lavender essential oils have after simply being smelled, researchers found that nerve impulses were affected extensively, leading to fat-burning and appetite-reducing benefits. Topically, grapefruit is a cosmetic boost during weight loss efforts. As part of a topical blend massaged onto the abdomen, grapefruit essential oil weight loss contributed to reduced waist-circumferences and composition changes, boosting self-image for the women who participated.

Application: Include grapefruit essential oil weight loss in lotion and massage oil blends; diffuse before and during meals.

3. CINNAMON ESSENTIAL OIL

The primary evaluation for cinnamon in various forms centers around diabetes itself, and cinnamon oil has been able to modify glycemic control in those cases. Additionally, in one recent study, researchers were able to observe some

pancreatic protection – the pancreas being our center for insulin regulation. For diabetics, reaching and maintaining a healthy weight is paramount, and glycemic control is part of the process. For everyone else, protecting the pancreas and helping the body better deal with glucose can be beneficial for weight loss, as well.

Application: Enjoy a drop or two diffused in stimulating weight loss blends or diluted into culinary or internal preparations.

4. PEPPERMINT ESSENTIAL OIL

Considered a mild stimulant, peppermint has been studied for its ability to improve athletic performance and endurance. Baby steps and good choices will get you to your goals, though, and that's where peppermint comes into play for weight loss. As a digestive herb, the peppermint plant has been enjoyed with meals in many cultures and for countless generations. As an inhaled essential oil, it has another suggested digestive purpose: affecting appetite and caloric intake for weight loss.

Application: Diffuse with grapefruit for a bright scent that may also brighten up your daily calorie count!

5. CARDAMOM ESSENTIAL OIL

Indicated in traditional and folk uses for weight loss and control, one suspected reason behind this may be cardamom's gastroprotective effects. As a digestive oil, cardamom has been known to protect the stomach against ulcers and damage. Weight loss and control begins and ends in the stomach, not only what you eat but the way your body uses it. Damage in the stomach and the gut can put a damper on even the best diet. Take care of your gut and it will take care of you!

Application: Culinary preparations, or dilution into a capsule. As with all oils indicated for internal use, one or two drops at a time is more than sufficient.

6. CUMIN ESSENTIAL OIL

We don't know a lot about cumin essential oil yet, but what we do know is promising. The whole herb, for example, is often used to combat inflammation and diabetes. It's this direction that researchers followed in 2005. In evaluating the chemical composition of cumin seeds, the study was able to pinpoint specific ways in which cumin – notably, some of the compounds found in the essential oil

– affects the body's blood sugar response. Cumin is considered a digestive herb and essential oil, and it's certainly worth trying out in your weight loss blends.

Application: Try cumin in culinary preparations or simply diffused as part of a blend.

7. BLACK PEPPER ESSENTIAL OIL

To really demonstrate thinking outside of the box for weight loss support, let's turn to black pepper. In the 1990s, black pepper essential oil was used via inhalation to help reduce the symptoms of withdrawal for people as they quit smoking. How might this benefit weight loss? The spiral of food addiction is often part of weight management problems, especially related to sugar. Taking care of your body as you make changes is important – going “cold turkey” on anything can create problems. Perhaps black pepper will help you take these steps for weight loss as it did for smokers. You never know until you try!

Application: Diffusion in an ultrasonic diffuser and personal inhalers.

Diffusing Blend for Essential Oils for Weight Loss Support

Try this stimulating, appetite-curbing combination for use around workout times, when cravings hit, or during mealtimes. Add 2 drops of the following oil blend in a gel cap for occasional support. Be sure to discontinue use immediately if acid reflux develops (can sometimes happen with peppermint).

Essential Oils for Weight Loss Blend – equal parts of:

1. *Grapefruit*
2. *Peppermint*
3. *Lime*
4. *Cinnamon*

For instant hunger curbing relief, add 5 drops of the Essential Oils for Weight Loss Blend into your favorite diffuser and take slow, deep breaths for 3-5 minutes. Keep the diffuser running as you go about your daily routine.

You can also use this blend to make a body oil or body wrap. I explain how to do all of this and more in my bestselling book, [*The Healing Power of Essential Oils*](#).

GET A DEEP DISCOUNT FOR NATURAL LIVING FAMILY READERS!

Maximize your health and boost your immune function with LIVE probiotics. Our Natural Living Family “special” will help you on your way with your first bottle for FREE. [Check out Just Thrive Probiotics & Antioxidant support HERE!](#)

CHAPTER 17

Using Essential Oils for Metabolic Syndrome

With all the talk about how to use natural solutions for obesity, diabetes, and heart disease, it's interesting to note that most people haven't heard about using essential oils for metabolic syndrome.

When I wrote this article, there was literally just one blog post about essential oils and metabolic syndrome online! My hope and prayer is that you find this report helpful, and that you share it with your loved ones because the information that I share below can spare someone a lot of pain and needless suffering.

Why Metabolic Syndrome is Important

Metabolic syndrome is a combination of various risk factors that together create the perfect storm for increased risk of type 2 diabetes, cardiovascular disease and death. Not clearly defined in the literature, I've narrowed the main contributing risks down to these four:

1. Excessive weight gain (abdominal obesity)
2. Elevated blood sugar (insulin resistance)
3. High blood pressure (hypertension)
4. Imbalanced blood cholesterol (dyslipidemia)

Truth be told, we really don't even know how far-reaching metabolic syndrome can be. It wasn't too long ago, for example, that science uncovered that these four associated factors are linked to autoimmune disease. What we do know, however, is that metabolic syndrome is quite pervasive.

Who has metabolic syndrome?

- Nearly 35% of all U.S. adults.
- 50% of those are 60 years of age or older.

- Gender: women are affected more.
- Race: Hispanics, followed by non-Hispanic whites and then blacks.

What are the risks from developing metabolic syndrome?

- Increases the risk of type 2 diabetes mellitus 5x.
- Increases the risk of cardiovascular disease 3x.
- Associated with a number of cancers including breast, colon, liver and pancreatic.

Not to mention that obesity, heart disease and diabetes are among the leading causes of deaths worldwide!

Maintaining a natural, holistic lifestyle is absolutely crucial to being healthy, and the key to preventing and treating metabolic syndrome is to approach each of the contributing risk factors individually. Meaning that you need to target weight loss differently than how you will balance your blood sugar and cholesterol levels.

Please keep this in mind as you dive into the ways you can use essential oils for metabolic syndrome below...

Losing Weight

Nearly 1.5 billion are affected by obesity around the globe and this number is rising year after year. Affecting all races and genders indiscriminately, abdominal obesity is the primary prerequisite for metabolic syndrome.

The bottom line is that, to beat metabolic syndrome, you need to lose weight. It's as simple as that. And I'm not talking about short-term diet solutions. I'm referring to sustainable, life-transformation!

When using essential oils for weight loss, you'll want to keep these on hand: lime, grapefruit, cinnamon, peppermint, cardamom, cumin and black pepper.

Take grapefruit, for example. You've likely seen it recommended in popular diets, because virtually every part of the fruit benefits your body composition – especially the essential oil!

One reason is that the scent basically tells your body that it's time to burn fat. According to one study, "Olfactory stimulation with scent of grapefruit oil (SGFO)

excites the sympathetic nerve innervating the white adipose tissue..." It can also reduce appetite and body weight. Pretty cool, huh?

Before you dive in, though, remember that eating at McDonald's every day and using essential oils is like taking one step forward and two steps back! Be sure to focus on abundant life-giving eating and exercise habits when incorporating essential oil therapy into your life.

One of my favorite tricks is to drink matcha green tea and make my favorite fat-burning matcha green tea latte! It tastes great and has been proven to help people lose weight and burn fat.

To try matcha green tea out for yourself, you can visit Ujido, [my favorite supplier](#). They are also blessing us in a BIG way by giving every Dr. Z's Essential Oils Club member a special coupon – just type in MATCHA20 when you're checking out to enjoy 20% on me.

The Weight Loss Essential Oil Blend – equal parts of:

- Grapefruit
- Peppermint
- Lime
- Cinnamon bark

Application: Try this stimulating, appetite-curbing combination around workout times, when cravings hit, or during mealtimes. Add 2 drops of the following oil blend in a gel cap for occasional support. Be sure to discontinue use immediately if acid reflux develops (this can sometimes happen with peppermint).

For the inhalation benefit, add 5 drops of the blend into your favorite room diffuser and enjoy!

Balancing Blood Sugar

One of the most intriguing things about essential oils is their ability to *synergize* – the phenomenon in which combinations of oils work together to create even more potent healing properties than they contain individually. This is a fundamental concept behind creating blends.

In 2005, Georgetown researchers took note of the benefits of synergy when they studied essential oils for lowering elevated blood sugar. Instead of isolating a single oil for their research, they experimented with blends of multiple oils that have been suggested as beneficial for diabetes. Oils named in the summary were:

- *Cinnamon bark (Cinnamomum zeylanicum)*
- *Cumin (Cuminum cyminum)*
- *Fenugreek (Trigonella foenum-graecum)*
- *Oregano (Origanum vulgare)*

The blends were able to improve insulin sensitivity when taken internally, which can be replicated by including oil blends diluted into a carrier and consumed in capsules, drinks, and recipes. Alternatively, you can create a body oil and apply for similar results!

Application: Make my Blood Sugar Balancing Body Oil and use twice a day!

Blood Pressure Control

In 2012, Korean researchers evaluated how inhaling essential oils could benefit 83 pre-hypertensive and hypertensive patients. They created a blend of lavender, ylang-ylang, marjoram, and neroli (20 : 15 : 10 : 2). They chose these oils because they suspected they would do the following:

- Lavender – alleviate cardiac excitation, lowers BP, and is effective in hypertension and palpitations.
- Ylang-ylang – lowers BP, alleviates palpitations and nervous system excitation, and promotes emotional relaxation.
- Marjoram Essential Oil – lowers sympathetic nervous system activity and stimulates the parasympathetic nervous system, resulting in vasodilatation to reduce cardiac strain and decrease BP.

- Neroli – brings forth emotional soothing and comfort and is effective in cardiac palpitations secondary to shock or fear.

As the method of intervention, the study group was provided with an aromatherapy necklace containing an essential oil-soaked stone, while the placebo group was given a necklace with artificial fragrance. Instructed to wear the necklace during the day, they were told to place an aroma stone with two oil drops by their bedside to ensure 24-hour inhalation.

Researchers discovered that by inhaling this special essential oil blend, patients were able to enjoy immediate and sustained blood pressure reduction – as well as lower stress levels!

Application: Try my Essential Oil Inhaler for High Blood Pressure and enjoy reduced blood pressure throughout the day!

Lower Blood Cholesterol

Since the groundbreaking 1975 paper that evaluated how onion and garlic essential oils could lower blood cholesterol levels in rabbits, people have been trying to find ways to use oils to prevent heart attacks.

Much more recently, the journal *Food and Chemical Toxicology* published an article showing how lemongrass oil can not only reduce elevated cholesterol levels but is quite safe to use!

According to the study:

“No significant changes in gross pathology, body weight, absolute or relative organ weights, histology (brain, heart, kidneys, liver, lungs, stomach, spleen and urinary bladder), urinalysis or clinical biochemistry were observed in EO-treated mice relative to the control groups.”

“Additionally, blood cholesterol was reduced after EO-treatment at the highest dose tested [~2 drops].”

“Similarly, data from the comet assay in peripheral blood cells showed no genotoxic effect from the EO.”

“In conclusion, our findings verified the safety of lemongrass intake at the doses used in folk medicine and indicated the beneficial effect of reducing the blood cholesterol level.”

At roughly 2 drops per day, taking lemongrass essential oil is a superbly effective and simple approach to balance your cholesterol levels!

Application: Consume 2 drops of lemongrass in a gel capsule filled with olive oil twice a day for one month between blood work evaluations.

GET A DEEP DISCOUNT FOR NATURAL LIVING FAMILY READERS!

Maximize your health and boost your immune function with LIVE probiotics. Our Natural Living Family “special” will help you on your way with your first bottle for FREE. [Check out Just Thrive Probiotics & Antioxidant support HERE!](#)

CHAPTER 18

Using Essential Oils to Balance Blood Sugar

Although there isn't a defined cure, diabetes can be managed with diet and lifestyle and, often, medication. One way to boost its management is with essential oils for diabetes, used in various ways to improve insulin sensitivity, manage body composition, and improve overall digestive wellness.

Diabetes is one of the more widespread metabolic, chronic illnesses of our time. It's estimated that around 10% of the population is diagnosed with diabetes, while another 8 million people likely have it without being diagnosed.

Diabetes and the Body

For a refresher on what diabetes is and how it works in the body, we can look to the *American Diabetes Association* for their summary of the more common variation of diabetes, type 2:

If you have type 2 diabetes your body does not use insulin properly. This is called insulin resistance. At first, your pancreas makes extra insulin to make up for it. But, over time it isn't able to keep up and can't make enough insulin to keep your blood glucose at normal levels.

On the other hand, type 1 diabetes is genetic and behaves differently:

In type 1 diabetes, the body does not produce insulin. The body breaks down the sugars and starches you eat into a simple sugar called glucose, which it uses for energy. Insulin is a hormone that the body needs to get glucose from the bloodstream into the cells of the body.

It's important to have an understanding of the disease itself before we adjust our habits and supplemental efforts in response. For example, if you are using an essential oil with the goal of improving insulin sensitivity for type 2 diabetes, understanding that exercise can have a similar and even more potent result will help you make safe choices and avoid bottoming out. On the other hand, if you are a type 1 diabetic, no amount of insulin sensitivity will correct a lack of insulin.

Therefore, the information in this article is relevant to type 2 diabetics specifically and, when I state to “diabetes,” I refer to type 2 diabetes.

Diabetes can have very serious and life-threatening complications, from poor wound healing to cardiovascular events. Never adjust your medications without the guidance of your physician, and if you suspect you may be diabetic, schedule a consult with your doctor right away.

Essential Oils for Diabetes

Most of us are already familiar with substances that are beneficial for insulin sensitivity, with powdered cinnamon topping the list of kitchen remedies to help deal with blood sugar and diabetes. Aromatherapy has even more to offer – with some oils appearing to benefit the insulin response and others working to ease the symptoms that diabetes can cause.

For using essential oils for diabetes, the key is to think outside of the box. If you are working toward weight loss to relieve the severity of your diabetes, then diffusing essential oils that energize and potentially benefit weight loss might be the way to go. If you’re trying to help a wound heal while diabetes hinders the process, an antiseptic and healing oil in a topical formula could do the trick.

Essential oils for diabetes are best used as integrative components of our wellness routines. For the diabetic who now focuses their lifestyle toward managing both the causes and symptoms of the disease, having such a versatile toolkit can be a lifeline.

6 Ways to Use EOs to Manage Diabetes

Here are some of the most useful essential oils for diabetes.

1. CULINARY CINNAMON ESSENTIAL OIL

Probably the most researched of the essential oils for diabetes relief, cinnamon in general refers to a group of trees whose leaves or inner bark are distilled for its essential oil or the bark harvested as a spice. There are multiple varieties of the *Cinnamon* tree, including *C. cassia*, which we usually refer to as simply cassia when used for its essential oil.

The most heavily researched “angle” for cinnamon and diabetes is that of the powdered spice, with a great deal of focus placed on it for pancreatic support, glucose lowering, weight loss, and general diabetes prevention and management.

Research of essential oils for diabetes is moving through the best applications and preparations, though, and essential oils have made their appearance in the literature. In 2013, an evaluation of cinnamon leaf essential oil found that “*all tested doses of [cinnamon essential oil] significantly lowered fasting blood glucose and fructosamine.*” The researchers pointed to pancreatic support as the likely mechanism leading to the blood sugar benefits.

We don’t have an exact directive from studies and research to tell us how to maximize cinnamon’s potential for diabetic wellness, but we can glean some helpful tidbits:

- Internal use seems to be the most effective.
- Cinnamon in all forms appears to lower blood sugar.
- A little dab’ll do!

Takeaway: Cinnamon essential oil may join the diabetic’s arsenal of culinary weapons against glucose. One or two drops for an entire day is a safe and sufficient amount – dilute it into a lipid and include it in recipes. Remember, cinnamon is a strong oil and can be an irritant if not used properly.

Be sure to monitor your blood sugar carefully when using cinnamon in any form, and consult with your doctor before adjusting medication. Your body might just respond a little TOO well to cinnamon’s strengths!

2. BLENDED ESSENTIAL OILS FOR DIABETES FOR INSULIN SENSITIVITY

One of the most intriguing things about essential oils for diabetes is the effect of synergy, which is the phenomenon in which combinations of oils work together to make even stronger effects. That’s why we’re so frequently making blends and formulas of essential oils for diabetes rather than just using one here and another there. Teamwork makes the dream work, right?

One prominent study out of Georgetown in 2005 took note of the benefits of synergy when they studied essential oils for diabetes. Instead of isolating a single oil for their research, they experimented with blends of multiple oils that

have been suggested as beneficial essential oils for diabetes. Oils named in the summary included:

- Fenugreek (*Trigonella foenum-graecum*)
- Cinnamon (*Cinnamomum zeylanicum*)
- Cumin (*Cuminum cyminum*)
- Oregano (*Origanum vulgare*)

The essential oils for diabetes blends were able to improve insulin sensitivity when taken internally, which can be replicated by including oil blends diluted into a carrier and consumed in capsules, drinks, and recipes.

As a side note, surely it's no accident that culinary herbs play a role in improving the way we digest and use food! God's medicine has been right there around our dinner plates all along!

Takeaway: As you discover oils that can be a) used internally and b) used to improve causes like insulin sensitivity or symptoms of any sort, experiment with blends! Pre-mix your dilution by adding a few drops each of the oils you'd like to blend into a 5 ml or 10 ml bottle of a carrier oil.

3. MELISSA ESSENTIAL OIL FOR GLUCOSE REGULATION

Like cinnamon, some herbs and their essential oil are simply regarded as anti-diabetic. Those are the words anyone with a diagnosis or pre-diagnosis of diabetes wants to hear! Let's fight this disease right at its core, where the body stops short of breaking down glucose into usable energy.

Like most early research, Melissa essential oil was tested on mice for precise tracking of its actions and potential benefits. Lab tests can first tell us the composition of oils, then how it is generally received in a body, and later how the human body responds in various circumstances.

The results of this study in particular were published in 2010 with exciting news. Of the mice that received a low-dose, heavily diluted amount of Melissa essential oil, markers of diabetes were reduced in multiple facets. Ultimately, the researchers concluded that Melissa *"administered at low concentrations is an efficient hypoglycaemic agent, probably due to enhanced glucose uptake and metabolism."*

Once more, we see that it only takes minute amounts of these potent digestive health oils to make a potentially substantial difference for those battling blood sugar imbalances by using essential oils for diabetes.

Takeaway: One drop is plenty, included in blends or diluted on its own for digestive assistance and potential glucose regulation. As with all hypoglycemic/anti-diabetic substances, be sure to monitor your levels carefully and work with your doctor closely.

4. Korean Pine – a New Scent with Strong Benefits

Moving away from the expected culinary herbs and their essential oil content, it seems you can still maintain anti-diabetic benefits while also branching out. Still very much in the foundational levels of research, Korean pine (*Pinus koraiensis*) has also exhibited potential for diabetes relief.

In the same vein as the Christmas favorite and year 'round healer fir essential oil, Korean pine essential oil comes from the needles of an evergreen pine tree. It's woodsy and grounding, the perfect addition to a blend of anti-diabetic oils we've looked at so far.

Researchers tackled this oil in 2013, very much *in vitro*, by injecting the oil into lab mice. The results were promising, with effects on the body that led to improved glucose levels. We won't be injecting essential oils, of course, but this demonstrates the wide range of oil types that may be part of our anti-diabetes toolkit.

Takeaway: Don't feel restricted with your diabetes-fighting blends! Look for oils like Korean Pine to mix up your approach. If it can't be taken internally, enjoy diffusion or direct inhalation to begin to introduce the oil into your routine.

5. SUPPORTING THE SIDE EFFECTS OF DIABETES

This is where we really get to play with essential oils for diabetes and the diabetic management lifestyle. Diabetes is so much more than how cookies or cakes are used by the body. Any time nutrient use is involved, the whole body is affected. Complications of diabetes can include:

- Heart health
- Oral health
- Respiratory health

- Skin health
- Immune health

In other words, diabetes is a case study in the ways that each body system is intertwined with the others.

Using what we know about essential oils for diabetes to boost these systems and potential complications, we can counter the effects of diabetes while managing the source of the issue with medication, diet, and lifestyle.

We can take this to its logical end and get creative with skin health and healing oils, oils for oral health, clear breathing oils, and antimicrobials. For a more specific look at how essential oils for diabetes comprise complementary therapy, a systematic review had this to say about research that has been conducted:

Essential oils can be used to reduce the side effects of some complication (ulcer: loss of skin integrity) and to reduce that often take longer to resolve than in non diabetic patients. Essential oil[s] can also ameliorate the stress of the coping with a lifelong chronic condition such as diabetes.

The applications are endless here. If you or a loved one is diabetic, learn all you can about the various uses of essential oils for diabetes, and begin to incorporate them into your life. The healing, restorative, and preventative benefits can quickly become your most trusted ally.

Takeaway: Diabetes complications can occur throughout the body, and essential oils can help to counter these issues and support the body's intended processes. Look for anti-inflammatory, antimicrobial, and stress relieving oils as a start to your essential oil "medicine" cabinet.

6. QUALITY OF LIFE IMPROVEMENT FOR KIDS WITH DIABETES

Let's not forget the kids who are impacted by diabetes. As a primarily genetic disorder, diabetes isn't about who ate too much cake as they got older. Kids are affected to the tune of thousands, and many of them spend their lives in and out of doctor's offices getting poked and prodded, not to mention those who receive daily injections.

Very recently, published in August 2015, researchers published findings on the use of essential oils for diabetes to help relieve some of this stress and physical pain for kids with diabetes. Thankfully (and hardly surprising), markers for pain relief were noticeable thanks to diffused orange and lavender oils.

Incidentally, these oils are notable for their anxiety-relieving properties, as well, which only contributes to quality of life for kids who are faced with more than their little lives should have to deal with.

Takeaway: Diffusion of oils can help with anxiety relief and even direct pain relief, and even the most gentle of oils can be potent for this purpose. Diffuse oils during times when painful or frustrating procedures are necessary, or place drops on a handkerchief or other personal inhaler to “sniff” when needed.

GET A DEEP DISCOUNT FOR NATURAL LIVING FAMILY READERS!

Maximize your health and boost your immune function with LIVE probiotics. Our Natural Living Family “special” will help you on your way with your first bottle for FREE. [Check out Just Thrive Probiotics & Antioxidant support HERE!](#)

CHAPTER 19

Cinnamon

Cinnamon essential oil benefits the body in so many ways that you may be surprised that the warm, spicy, fragrant, and powerful remedy can even be dangerous. Even as a potentially sensitizing and irritating oil, we shouldn't make the mistake of avoiding cinnamon altogether. There are many benefits of this classic spice and essential oil.

Cinnamon Essential Oil Uses and Sources

While we know cinnamon as simply sticks, powder, or oil, there is much more to it than a simple cinnamon source. The flavorful "sticks" we know are derived from the inner bark of a *Cinnamomum* tree, of which there are many different varieties. In fact, cassia essential oil comes from a cinnamon tree – *Cinnamomum cassia*. This is a different essential oil though with its own therapeutic benefits. This post is going to discuss cinnamon essential oil uses though and we'll save cassia for a different article.

As always, variety effects composition, and cinnamon essential oil most commonly comes from the *Cinnamomum zeylanicum* tree. From there, either the inner bark or the leaves can be harvested for distillation. This should be indicated as either "cinnamon bark" or "cinnamon leaf" on your bottle of essential oils.

And yep, you guessed it: the bark and leaf oils have their own composition, as well.

- Cinnamon bark essential oil, on the other hand is steam distilled from cinnamon bark, is reddish/ brown in color and contains mostly cinnamaldehyde (63.1-75.7%) and much less eugenol (2.0-13.3%). It's a known sensitizer and irritant.
- Cinnamon leaf essential oil, for example is steam distilled from cinnamon leaves, is yellowish in color and contains high amounts of eugenol (68.6-87.0%) and some cinnamaldehyde (0.6-1.1%). It's not as common a sensitizer as cinnamon bark is, though it's still a known irritant.

Cinnamon leaf is typically more heavily filled with eugenol – used to relieve pain and inflammation and fight bacteria – while the bark is comprised more of cinnamaldehyde – potent as an antioxidant and antidiabetic.

The History of Cinnamon Essential Oil Uses

One of the oldest and most beloved spices, cinnamon was prized in ancient times as a costly and decadent substance, usually burned for its aroma. Biblical mentions include cinnamon as a “choice spice” and part of the holy anointing oil of Exodus.

Further east, cinnamon was used in medicinal preparations in the Ayurvedic model of medicine. It was thought to be “warming” and was used as an antimicrobial treatment or protective substance.

Over time, the spice trade waned and culinary preparations became standard, at least in the Western world. The ability to distill essential oils specifically has opened up another avenue of use for us, and extensive research on this ancient spice has confirmed both aromatherapy uses and medicinal whole-spice uses.

Top 5 Cinnamon Essential Oil Benefits

Because the leaf and bark oils work differently, I'll note where one is preferred over the other. The safest use for essential oil is aromatic, via sprays and diffusion or inhalation methods. Some internal and topical use can be utilized as well, though, as long as you carefully dilute and use appropriate amounts. With that in mind, here are the top 5 uses for your cinnamon essential oil.

1. ANTIBACTERIAL STRENGTH

Cinnamon oil is well known as antibacterial, and that is translating to varied uses as researchers begin to think outside of the box. In 2015, a couple of interesting studies were released for uses of cinnamon's antibacterial strength.

The first combined antibiotic doxycycline with isolated components of 3 essential oils, one of which being cinnamon – with all three components (carvacol, eugenol, cinnamaldehyde) found in both cinnamon leaf and bark oils. The combination had a synergistic effect, which could imply some answers to the problem of antibiotic resistance!

The second addressed an issue on our minds for awhile now, that of oral health with natural products. Cinnamon oil on its own was protective against an array of oral bacterial colonies. The oils didn't contain prominent levels of cinnamaldehyde, indicating a potential preference toward leaf oil.

A much earlier study had confirmed more traditional uses for this antibacterial oil – relieving bacterial respiratory conditions. Of the essential oils tested in 2007, cinnamon and thyme rose to the top as most effective against respiratory infections.

Indications: Diluted into alcohol for mouthrinse blends, cleaners, hand sanitizers, room diffusion, respiratory blends for inhalation.

2. ANTIDIABETIC POTENTIAL

We know that cinnamon as a whole spice can be used for anti-diabetic purposes, helping to lower fasting blood sugar levels. Further research is diving into the way this works, and some studies have found specific compounds of cinnamon are responsible for the effect – compounds also found in the essential oil.

For example, cinnamaldehyde in animal models has been observed reducing glucose levels and normalizing responses in circulating blood. In 2015, researchers found cinnamic acid to improve glucose tolerance and potentially stimulate insulin production.

These results are promising, and it will be interesting to see how it ultimately plays out. Diabetes affects a large swath of the population, and natural remedies are needed now more than ever.

Indications: One or two drops diluted in a lipid and included in recipes; inhalation or diffusion; whole-spice culinary inclusion.

3. ANTIFUNGAL SYNERGY

Especially with such a strong and potentially irritating essential oil like cinnamon, blending and dilution are important. Fortunately, the oils seem to work even better that way. A 2013 study demonstrated the effects of synergy on fungal infections, with the lavender and cinnamon blend performing the best.

Incidentally, lavender soothes what cinnamon may irritate! When creating your blends, use small amounts of cinnamon to enhance the other oils in the combination for an overall effective result.

Indications: Topical fungal infections, diffusion and sprays for in-home fungal growth.

4. GUT HEALTH PROTECTION

Traditional medicinal uses of cinnamon essential oil include protecting the digestive system. The whole spice is still indicated for this purpose, but aspects of the essential oil are finding their way into studies on this topic, as well.

Eugenol, for example, found in the cinnamon leaf oil, was the subject of a study in 2000. It was found to have a protective effect on the mucosal lining against ulcers and lesions. More recently, in 2015, both eugenol and cinnamaldehyde were explored as additives in animal feed for intestinal protection.

Both cinnamon leaf and bark oils could be utilized here, though the leaf is much milder in taste and should contain the eugenol content that is recurring in studies.

Indications: One or two drops diluted into a lipid and added to recipes; whole-spice use in culinary preparations.

5. CANCER FIGHTING

Last, but certainly not least, is cinnamon essential oil's ability to fight cancer. Eighty 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!

Cinnamon Essential Oil Blends & Applications

For all of its known benefits, cinnamon oil is also known as a sensitizer. And keep to 1% max dilution and no more than 2 drops per culinary dish. Remember that oil and water don't mix, so dilution should happen first in a lipid like coconut oil or another carrier oil.

Use cinnamon oil in:

- Cleaners and sprays with clove and citrus
- Respiratory diffusions with eucalyptus and frankincense
- Culinary preparations with sweet orange
- Highly diluted topical treatments with ginger and lavender

Dilution is the key to unlock the many benefits of cinnamon oil!

GET A DEEP DISCOUNT FOR NATURAL LIVING FAMILY READERS!

Maximize your health and boost your immune function with LIVE probiotics. Our Natural Living Family "special" will help you on your way with your first bottle for FREE. [Check out Just Thrive Probiotics & Antioxidant support HERE!](#)

CHAPTER 20

Citrus Oils

Citrus fruits are like the sunshine of the produce world and citrus essential oil benefits are similarly brilliant. They are colorful and bright, fresh and juicy – the perfect sign that summer is here. Their essential oils bring a similar cheer, whether cooking, cleaning, bathing or simply breathing, citrus oil uses can be part of the process, refreshing and revitalizing along the way.

How Citrus Essential Oils are Manufactured

While most essential oils are produced via steam distillation, citrus oils are not extracted via steam distillation alone. The leaves, bark, roots, and seeds aren't the source of the oil – it's the fruit itself! More specifically, the peel of citrus fruit provides the essential oil. If you've ever been sprayed in the eye when peeling an orange, or felt the oily residue on your fingers afterward, you've encountered citrus oil already.

To produce citrus essential oils, the peel is usually cold pressed, extracting the oil without the application of heat or solution, otherwise called "expression." The peels can also be steam distilled.

A note to remember about citrus oil uses: we often think of foods with thick peels as less dangerous when grown conventionally because the peel protects the edible part from toxic pesticides. The opposite is true in this case. The peel is in constant contact with sprays, so the concentrated essential oil product would be, as well. Always trust your essential oil provider to bring you toxin and residue free oils!

Citrus Oil Uses for Cancer-Fighting & Immunity

Since we are looking at an entire family of fruits and their essential oils, shared features are to be expected. Notably, with shared antimicrobial benefits, citrus oil uses are almost universally good in cleaning formulations and they are generally regarded as being mood boosters in traditional folk medicine.

The most prominent and noteworthy component of citrus oil uses is *d-limonene*, confirmed to be a potent cancer-fighting agent.

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

"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... may inhibit tumor growth ... and may induce apoptosis (i.e. programmed cancer cell death).

Regarding safety, according to one study, 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, d-limonene can help people by:

- Encouraging healthy immune system – it's a favorite in immune boosting blends.
- Providing antioxidant and anti-inflammatory affects
- Killing pathogens (like fungus) that can cause other diseases.
- Reduces stress and even boosts mood.

Other commonly shared chemicals in the citrus family are furanocoumarins like bergapten, notable for their phototoxic effects. When bergapten is left on the skin, then exposed to the sun, it amplifies the effect of the sun and can leave burns. Some people like to avoid using bergapten-heavy oils topically altogether, but simply avoiding the sun 12-18 hours after use (such as using it at night before bed) is sufficient. Alternatively, steam-distilled citrus oil are not known to contain furanocoumarins and mitigate this effect.

A Note About Phototoxicity

This list of photosensitizing and non-photosensitizing came from the National Association for Holistic Aromatherapists.

PHOTOSENSITIZERS

ESSENTIAL OIL	LATIN NAME
Angelica root	<i>Angelica archangelica</i>
Bergamot	<i>Citrus bergamia</i>
Cumin	<i>Cuminum cyminum</i>
Distilled or expressed grapefruit (low risk)	<i>Citrus paradisi</i>
Expressed lemon	<i>Citrus limon</i>
Expressed lime	<i>Citrus medica</i>
Orange, bitter (expressed)	<i>Citrus aurantium</i>
Rue	<i>Ruta graveolens</i>

NON-PHOTOTOXIC CITRUS OILS

ESSENTIAL OIL	LATIN NAME
Bergamot: Bergapteneless (FCF: Furanocoumarin Free)	<i>Citrus bergamia</i>
Distilled lemon	<i>Citrus limon</i>
Distilled lime	<i>Citrus medica</i>
Mandarin – Tangerine	<i>Citrus reticulata</i>
Sweet orange	<i>Citrus sinensis</i>
Expressed tangerine	<i>Citrus reticulata</i>
Yuzu oil (expressed or distilled)	<i>Citrus junos</i>

Great care should be taken when using citrus oils during summer months and with your children, but you don't have to avoid them all together. Many aromatherapists agree that heavily diluting citrus oils minimizes the risk.

Remember, even with non-phototoxic citrus, it is still good practice to dilution according to appropriate dilution guidelines.

For example, the Essential Oil Safety text and Aromahead Institute teach that phototoxic oils can be used if diluted as follows:

- Cold Pressed Bergamot (*Citrus bergamia*) — 2.4 drops (I just consider this 2 drops per oz). Dilution limit: 0.4%
- Cold Pressed Lemon (*Citrus limon*) — 12 drops per oz. Dilution limit: 2%
- Cold Pressed Lime (*Citrus aurantifolia*) — 4.2 drops (I just consider this 4 drops per oz). Dilution limit: 0.7%.
- Cold Pressed Grapefruit (*Citrus paradisi*) — 24 drops per oz. Dilution limit: 4%.

Note that if you're using more than one phototoxic citrus oil, the effects are combined. You'd need to consider them together for a new dilution limit.

5 Citrus Essential Oils to Use Every Day

There are few things citrus oils cannot remedy. From the countertop to digestive health to mood boosting, they have many benefits. Citrus oil uses make them a wonderful addition to any home!

Recommendation: Add one drop of a citrus oil to a tsp of honey, maple syrup, and/or coconut oil then mix with morning water or afternoon tea for a refreshing pick-me-up, spritz down counters with citrus oil and 190 proof grain alcohol where food preparation occurs, and marinate dinner with a citrus oil infusion.

1. BERGAMOT

Officially named *Citrus bergamia*, bergamot differs from the other citrus oils in that it's not a familiar fruit. In fact, it's not even an edible fruit in any practical sense. Still, its oil has been used for some time now, flavoring black tea and appearing in traditional Chinese remedies.

Bergamot essential oil is an important oil for stress relief. In one very recently published study coming out of Japan, mood, cortisol levels, and fatigue were all improved in a short amount of time after inhaling bergamot essential oil.

Another strong benefit of bergamot is its antibacterial activity, not only good for surface cleaning but also implicated in food safety. Researchers are focusing heavily on citrus oil uses to inhibit E. coli and other bacteria, and bergamot is one of the most promising.

2. GRAPEFRUIT

The grapefruit is an undersold tool for weight management. If you struggle with maintaining a healthy weight, no doubt you've seen grapefruit recommended in every diet, from the healthier "eat well" varieties to the dangerous crash diets. That's because every part of the grapefruit is good for your metabolism and body composition, right down to the essential oil.

One mechanism of the benefits may be connected to an internal reaction to the scent, that basically tells the body it's time to burn fat. Topically, massages including grapefruit oil have shown reduced cellulite and body circumference, as well as increased self esteem. There are internal benefits, as well, though it should be noted that doses are quite important – no essential oil should be taken in high quantities, regardless of recommendations from friends, family, or blogs. Always consult with a professional, especially when weight management is the concern and goal.

3. LEMON

Lemon contains the highest levels of limonene, the active component that brings us most of the benefits from citrus oils. Aside from the benefits for ourselves, limonene and lemon essential oil are excellent options for DIY cleaning recipes. Limonene is so beneficial, in fact, that commercial cleaning products synthesize it for their formulations!

Use lemon essential oil in sprays for countertops, faucets, doorknobs, and any other surface that comes into contact with germs for a strong antimicrobial, protective effect.

4. LIME

Lime essential oil is quite similar to lemon in composition, which makes it an effective option for cleaning as well as for synergistic blends. A noteworthy finding on its cleaning abilities, lime essential oil was shown to be an effective surface antifungal in addition to its antimicrobial effects.

For the body, combine lime with other citrus oils in diffuser blends to boost their combined benefits. Cleanse the air, energize your spirits, and lift your mood with the bright scents and powerful composition.

5. SWEET ORANGE

Commonly used as a food flavoring, orange essential oil is a common ingredient in industrial cleaner and body care products like deodorants, soaps and lotions. Primarily because of the rich d-limonene content, orange is truly one of the most versatile and cost-effective essential oils on the market when you consider its effect on cancer and these five ways that orange oil can be used therapeutically.

As I mentioned above, although we cannot pinpoint the exact mechanism, research suggests that *d-limonene not only inhibits tumor growth, but triggers what's known as apoptosis (cancer cell suicide)*. Orange oil also contains polymethoxyflavones, phytochemicals that have been shown to slow the growth and can actually kill human lung cancer. It is important to note that polymethoxyflavones are almost exclusively found in sweet orange and mandarin oils. Grapefruit and neroli only contain trace amounts.

GET A DEEP DISCOUNT FOR NATURAL LIVING FAMILY READERS!

Maximize your health and boost your immune function with LIVE probiotics. Our Natural Living Family "special" will help you on your way with your first bottle for FREE. [Check out Just Thrive Probiotics & Antioxidant support HERE!](#)

CHAPTER 21

Grapefruit

Grapefruit essential oil benefits are definitely some of the most profound in the aromatherapy industry. Rich in *d-limonene*, we all should have it in our medicine cabinets, pantries and pretty much everywhere we use essential oils! This highly versatile remedy is a wonderful addition to your natural health regimen and you may be surprised at the healing properties that it contains.

Interesting Grapefruit Facts

Grapefruits are usually thought of as a “diet food” because they are a common staple on weight loss meal plans because they are rich in phytochemicals and nutrients, including vitamin C, fiber, and many antioxidants and grapefruit essential oil has similar benefits. Grown on large, evergreen trees called *Citrus paradisi*, they are one of the few citrus fruits that contain both soluble and insoluble fiber.

The name “grapefruit” also has a fascinating history that’s cloaked in mystery. Grapefruits are hybrids and may be a cross between Chinese grapefruits (or pomelos) and sweet oranges – but no one is certain.

This fruit was “discovered” in 1750 on the island of Barbados. They were originally called “shaddock” in English, possibly named for Captain Shaddock, a British navigator believed to have brought the first seeds from China to the Caribbean Islands. Later, they were known as the forbidden fruit, but in 1814 botanist John Lunan coined the word “grapefruit” since he thought they resembled grape clusters when the fruit was immature. Ever since, the name has stuck!

Essential Oil vs. Seed Extract

So, there is a HUGE difference between grapefruit seed extract and grapefruit essential oil that often confuses people.

- *GSE (Grapefruit Seed Extract)* is extracted from the seeds and pulp of the grapefruit and is considered a “fixed oil” – meaning, it contains fatty acids (triglycerides), derived from non-volatile organic compounds, and cannot be distilled,
- *Grapefruit essential oil*, on the other hand, is expressed from the peel of the fruit and contains highly potent plant-based chemicals used for healing. It dissolves in lipids, is not “oily” like grapeseed oil and can also be distilled.

Chemical Components

The major constituents of grapefruit essential oil include the following:

- *d-limonene*
- *β-myrcene*
- *α-pinene*
- *sabinene*

Of these, the primary constituent is *d-limonene*, a terpene that makes up between 84% to over 95% of the oil. This is much a higher concentration of the compound than what's found in many other citrus oils including lemon, tangerine, mandarin, and lime, making grapefruit oil one of the most powerful in the family!

Because limonene is such a potent antioxidant with the ability to fight disease, damage, bacteria, fungus, and more, grapefruit essential oil is an excellent choice if you want to stay healthy and fit.

10 Grapefruit Essential Oil Benefits

Grapefruit oil is safe to be used via inhalation, topically and ingestion if dosed and diluted properly. Try some of the recommendations below and be sure to consult with your physician if you are being treated for a medical condition or currently taking pharmaceuticals.

1. WEIGHT LOSS & FOOD CRAVINGS

Grapefruit essential oil stands head and shoulders above other essential oils to help you not only curb unhealthy food cravings, but can stimulate lipolysis (fat breakdown) and can help you lose weight.

- Research shows that mice who inhaled grapefruit and lemon essential oil lessened their food intake. After inhalation, lipolysis was stimulated as well as thermogenesis (the use of calories to produce heat). Fat breakdown plus this use of calories mean that both oils have incredible potential to stimulate weight loss!
- One small human experiment tested aromatherapy massage on post-menopausal women. Each received one hour of massage per week for six weeks, one group with a blend of grapefruit, cypress, and three other oils, and the control group with grapeseed oil. Subjects also had to massage their own abdomens twice a day for six weeks. Belly fat and waist circumference decreased *significantly* for the aromatherapy group compared to the control group. Additionally, body image in this group also improved.
- Certain medications act as “AChE inhibitors,” that is, they inhibit a chemical in the brain called choline. The side effects of these drugs include loss of appetite and weight loss. Grapefruit essential oil produces those same results but without the harmful side effects of traditional pharmaceuticals.

In other words, grapefruit essential oil can help you lose weight, kick those unwanted food cravings, and help you to feel good about yourself!

You should also maintain a healthy diet and get the exercise your body needs but grapefruit essential can provide a bit of extra support for attaining your fitness goals.

Application: Use a personal aromatherapy inhaler with 5 drops grapefruit, 4 drops lemon, and 3 drops peppermint essential oil.

2. BRAIN HEALTH

Those medications that act as AChE inhibitors that I mentioned above? They are used for patients with Alzheimer's, Parkinson's disease, and dementia. That means that grapefruit oil can be a powerful way to protect your brain from neurological diseases!

One study shows that grapefruit essential oil inhibits (or slows) AChE activity in the brain up to 24%, impacting brain function. This effect improves the operation of your brain's neurotransmitter activity making it stronger and thus, protecting your brain against degeneration.

Application: Add 1 drop of grapefruit oil and some liquid stevia extract into a 32-ounce glass bottle and fill with sparkling water, or make our Essential Oil Detox Water Recipe.

3. CANCER

While many essential oils can support your journey with cancer, grapefruit essential oil has a growing body of support to back it up its ability as a powerful antioxidant and because it's rich in limonene:

- In at least one lab study, grapefruit oil has been shown to kill certain kinds of leukemia cells.
- In 2013, researchers tested the effect of capsules filled with limonene on 43 women who were newly diagnosed with breast cancer and concluded that it reduced tumor expression. This is a small study but it suggests that oils rich in limonene like grapefruit oil can be helpful in your healing journey.

Naturally, we are not suggesting that grapefruit essential oil can prevent or eliminate cancer but may be useful for support. Talk to your doctor about adding essential oils for cancer into your treatment plan.

Application: To a roller bottle, add 2 drops each of grapefruit, orange, tangerine, oregano, and thyme oils plus 1 drop winter savory essential oil to your carrier of choice. Apply 1-2 times per day for no more than 1 month.

4. CELLULITE & STRETCH MARKS

Cellulite is a common problem for women. In fact, one study claims that 80-90% of women encounter it. It is made up of fat deposits under the skin that can become visible. While many factors can contribute to this issue, grapefruit oil may be able to help.

Research has demonstrated grapefruit oil's ability to inhibit the formation of fat cells under the skin in lab studies. While this is only a petri dish study, the *International Journal of Cosmetic Science* also reports that inhaling grapefruit extract may reduce cellulite by stimulating the nervous system.

Traditionally, grapefruit oil has also been used to treat stretch marks. All these benefits make oil a great addition to your body care routines.

Application: Mix 10 drops of grapefruit essential oil with 1 ounce of pure almond or coconut oil and rub it directly onto the skin where needed.

5. MOOD AND BRAIN FUNCTION

Citrus essential oils are famous for their uplifting aromas. A study from Japan published by the *Journal of Pharmaceutical Health Care and Sciences* tested the impact of inhaling several essential oils and one control substance on mood among volunteer test subjects. Of the four oils tested, grapefruit essential oil had the greatest impact in reducing a stress marker, with lavender a close second.

While this is a very small human study, grapefruit oil's effect on inhibiting AChE also improves a person's mood. This makes it an excellent choice to diffuse when you need a mood lifter.

Application: Diffuse equal parts of the following oils to make our "Joyful Blend": grapefruit, orange, lemon, bergamot, and vanilla absolute essential oils.

6. ACNE

When teenagers struggle with acne, the cause is often hormones and puberty. But as an adult, acne can be caused by problems in the gut, unhealthy diet, and stress, creating an environment where *Propionibacterium acnes*, the bacteria responsible for breakouts, thrives. Healthy lifestyle changes are important to fight acne, but grapefruit oil can be a welcome addition for treating it as well.

Researchers in China tested the efficacy of 10 different essential oils in combating *Propionibacterium acnes*. Grapefruit oil was not the leader in addressing this bacteria, but it is a pleasing and refreshing substitute for the overall winner, thyme essential oil. Learn what else you can do to treat acne.

Grapefruit oil has traditionally been used as a cleanser for oily, combination and problematic skin and as a toner, making it a great addition to your skincare regimen.

Application: Choose grapefruit essential oil to add to our easy-to-make DIY Facial Cleanser Recipe.

7. ANTI-BACTERIAL

Bacteria is a common cause of illness that can be made worse by things that are often recommended, such as using hand sanitizer. And, one of the best ways to prevent microbial threats while safeguarding your immune system is by using an anti-bacterial essential oil solution to clean your home.

Grapefruit essential oil has proven its effectiveness in fighting bacteria in several lab studies:

- A 2019 study demonstrated that grapefruit essential oil (and not just limonene) combated the common bacteria *Pseudomonas aeruginosa*, which can cause infections in people. This suggests that the synergistic properties of the compounds found in grapefruit oil have potent microbial effects. It may be even more effective than lemon oil for your cleaning solutions!
- The *Journal of Food Safety* states that grapefruit oil, as well as lemon, mandarin, and orange, are all safe and useful for inhibiting the growth of common food industry bacterium and preventing food spoilage so be sure to use these to sanitize your kitchen counters.
- Research also suggests that grapefruit oil may be effective to combat MRSA and MSSA, two types of *Staphylococcus aureus* (or staph) bacteria that are very harmful and difficult to eradicate.

With so many harmful bacterial infections at large around our families, this potent microbial is a good bet to keep your home clean and your family healthy safe from illness.

Application: Add 10 drops of some organic grain alcohol, 10 drops of witch hazel, 10 drops of Vitamin E and 10 drops of grapefruit oil to a 1 ounce glass spritzer bottle for an effective, disinfecting room spritzer. Mix together to incorporate the essential oils and then top off with distilled water for a quick and simple spray.

8. HAIR CARE

Because of its antibacterial effects, many people add grapefruit oil to their shampoos and conditioners, claiming that it adds shine to your hair. It's been traditionally used to reduce greasy hair as well and may even be gentle enough to use on colored or treated hair.

Application: Add grapefruit oil to Mama Z's DIY Shampoo recipe if you have greasy hair. Grapefruit oil is also featured in Mama Z's Salt Spray Natural Curl Booster Recipe!

9. ATHLETE'S FOOT & FUNGAL INFECTIONS

If you've ever had athlete's foot fungus, you know that it can be difficult and time-consuming to heal. It can put a real damper on your workout, especially if you like to run. Here's grapefruit oil to the rescue!

The journal *Molecules* published research that tested numerous essential oils on fungi, including several that cause athlete's foot, ringworm, and nail infections. Grapefruit, rosemary, and cinnamon had the biggest impact on two of the four fungi tested and on all four when blended.

Grapefruit oil has also been shown to be effective in dealing with *Penicillium digitatum*, a green mold that grows on citrus fruit. It may even have future potential for industrial or pharmacological uses.

Application: Properly dilute 1-2 drops each of grapefruit, rosemary, and cinnamon essential oils into a carrier base oil. Apply to the infected area with a cotton ball, then dispose. Use coconut, jojoba, argan, or castor oils – which all have antifungal potential – to create a synergistic blend.

10. INSECT & PEST CONTROL

It should come as no surprise that this citrus oil, with its refreshing and lively scent, is another great defense against bugs. Consider the science:

- Grapefruit oil increased the attractiveness of traps to Japanese beetles, even without any bait.
- Research from Iran, where malaria has been endemic, demonstrates its effectiveness in reducing mosquito larvae.
- One of the compounds in grapefruit oil was tested on tick populations and acted as a safe, environmentally-friendly tick control substance.

Application: Add a drop of grapefruit oil, properly diluted, to DIY mosquito or tick repellent recipes. Add 2 drops each of grapefruit and citronella to your diffuser for your porch or deck in the summertime.

Grapefruit Oil & Safety

Grapefruit essential oil is safe to consume, though there has been some speculation that it is not safe for heart disease patients because it is widely known that grapefruit can cause adverse drug interactions.

However, according to the Tisserand Institute, one of the world's leading authorities on essential oil safety, the chemical dihydroxybergamottin that is known to inhibit the metabolism of many medications, including statins, is *not* present in the oil. It has no known drug interactions and is a much safer choice for people taking medication than eating grapefruits!

One concern with grapefruit oil, however, is its *phototoxicity*. Certain essential oils contain compounds that become more active with sun exposure – that is, they are triggered by UV rays. They can irritate or discolor the skin upon exposure. Many citrus oils fall into this category, including cold-pressed grapefruit essential oil.

It's wise to take caution when using these oils on the skin. With proper dilution, you should be safe. According to *Essential Oil Safety* by Robert Tisserand and Rodney Young, always use 4% dilution to avoid the risk of phototoxic reaction.

Remember these common-sense tips for using grapefruit essential oil:

- Avoid grapefruit oil that has oxidized because it can pose a greater risk of skin sensitization. You'll know it has oxidized if the smell changes or if it is less bright or fresh in color (you might need to compare it to a new bottle of oil). Grapefruit oil tends to last no more than 1-2 years.
- At present, there is no clinically safe level of dosage for children, but this doesn't mean that you cannot give it to them. You should start off small with "culinary doses," that is, no more than 1 drop per dish. Grapefruit essential oil is safe to use in your diffuser and topical applications if you keep it to 1% or less for children.
- If you have pets, the ASPCA warns that grapefruit oil is toxic to dogs and cats. Do not use it on these pets and be sure to leave a way out of the room if you are diffusing. If you are worried that your pet has been exposed, symptoms to look for include vomiting, diarrhea, depression, and dermatitis. Learn more about using essential oil for pets.
- Don't consume straight out of the bottle, and don't drink with water (remember oil and water do not mix).
- You can consume safely by adding 2-3 drops of grapefruit essential oil into a veggie gel capsule and fill it with olive oil. Consume with food.
- Do not stay on grapefruit oil for an extended length of time. Ideally, you should rotate your oils every few weeks.
- Stop using it immediately if you experience any side effects.
- Use with caution if you take medications. Check with your healthcare provider first.

Grapefruit essential oil blends well with other citrus oils but it can also be blended with patchouli, vanilla, frankincense, melissa, sandalwood, and ylang ylang.

Weight reducer, brain protector, powerful anti-fungal...with so many health-inducing uses, it's hard to imagine any reason not to use grapefruit essential oil as part of your daily regimen!

GET A DEEP DISCOUNT FOR NATURAL LIVING FAMILY READERS!

Maximize your health and boost your immune function with LIVE probiotics. Our Natural Living Family “special” will help you on your way with your first bottle for FREE. [Check out Just Thrive Probiotics & Antioxidant support HERE!](#)

CHAPTER 22

Lime

Like many citrus oils, lime essential oil benefits your body in a myriad of ways. From reducing belly fat and preventing dental cavities to helping your anxious child get a good night's sleep there's a lot to know about its therapeutic efficacy!

Maybe you're like me, and you love the bright, sweet scent of lime essential oil. It's wonder it's a popular addition to many aromatherapy blends and air freshening sprays. But, most people don't know the benefits of using it far exceed your sense of smell!

Historical Uses of Lime

Lime oil can only be found in its rind, so many of the traditional uses for lime fruit and juice are not applicable when we discuss how to use the essential oil. Nonetheless, it's interesting to look back and see how the benefits of lime essential oil were *hinted* at throughout historic uses.

The original vitamin C supplement? British explorers frequently carried limes aboard ship to prevent scurvy. All citrus fruits are well known to protect against this unpleasant, but completely preventable disease. Some captains are said to have felt so strongly about the necessity of preventing scurvy that they ordered every crew member to eat a lime, including a bite of the peel on a fixed schedule. Most of a lime's volatile oils and vitamin C are in the peel, so this was a wise practice.

1. DRIED LIME

People in semi-tropical climates have long relied upon this food preservative and flavoring to help prevent food borne pathogens long before refrigeration was available. Whole limes were kiln- or oven- dried, then broken and crumbled onto meat as needed.

Dried lime has also been simmered in oil warmers for house blessing— this may have been the ancient precursor to modern essential oil diffusers. Lime is still used effectively to preserve food and to brighten the energy in our homes.

2. PRESERVED LIME

Crushed in a jar with salt and left to naturally ferment, or pickle itself, lactic acid preserved limes and lemons were probably the first foods ever cultured specifically for their probiotic benefits. When traditionally prepared by this method, limes (and lemons) and their peels lose their sharp bitter bite.

The flavors meld with the fruit into a slightly salty, mellow, sweet-tart condiment that is still popular worldwide today. Who knew citrus fruit could provide your daily dose of good bacteria?

3. NATURAL INSECTICIDE

Lime essence makes a note-worthy insecticide—it successfully kills the vermin responsible for grain damage among others, such as mosquitoes. When properly diluted and applied, steam distilled lime essential oil may be a good tool in your insect repellent arsenal.

Properties of Lime Oil

Referred to in the scientific community as *Citrus aurantifolia*, lime oil is technically not an essential oil, but a “cold-pressed” oil similar to olive oil.

Primarily reserved for citrus peels, mechanical pressing (aka cold pressing) literally squeezes the volatile and non-volatile organic compounds out of the rind of the fruit. At one point in history, this was done by hand using a sponge to collect the oil, but those days are long gone. Citrus oils can also be steam distilled, but because of the extreme heat required to vaporize water and the plant matter, the aroma and chemical structures changes considerably and the therapeutic properties are much different than.

Lime oil is also becoming more popular as a CO2 extract. CO2 extracts are still experimental as few clinical trials have been conducted evaluating their safety and efficacy. That said, they are quite popular now in the aromatherapy community because, unlike with steam distillation, many more (medicinal) plant compounds are extracted during the process, no potentially harmful solvents are required, the oils are sometimes gentler to use on the skin, and their aromas are truer to the original plant than those of steam-distilled essential oils.

So, depending on the type lime oil you get, the chemical compounds will include a mixture of: alpha-pinene, beta-pinene, borneol, citral, cineole, d-limonene, geranyl acetate, linalool, myrcene, neral acetate and terpinolene.

6 Lime Essential Oil Benefits

Lime oil is safe to be use via inhalation, topically and ingestion if dosed and diluted properly. Try some of the recommendations below and be sure to consult with your physician if you're being treated for a medical condition or are currently taking pharmaceuticals.

1. REDUCE STRESS

Unless you live in a sequestered non-technological community, you have probably heard again and again about the importance of putting away all the electronics. Not only to avoid constant EMF exposure, but to learn to be present in the moment with your family, friends, and co-workers... and you probably read that apt reminder on a social media app while gazing at your electronic device!

We all know we desire more downtime; we want our children's lives to be at least a little more like our own internet-free childhood years. The screen-drain is real—we may feel frequently fatigued, even exhausted. But ironically, we may also feel too stressed or anxious to sleep well.

Lime essential oil can help! It has the amazing ability to reduce feelings of distress, and promote better sleep. Even better, it's an appropriate essential oil for use with children.

Lime essential oil is known to be high in the d-limonene compounds that rat studies show can help with stress. It is difficult to be in the moment when the cares of the day will not leave your mind and body. We hold onto concerns and tensions, unfortunately, ending up with less connection and more stress-related health concerns.

Lime essential oil eases stressful transitions. Studies show pressed oil reduces muscle spasms so it's worth asking what benefits the essential oil may show in future studies on this topic.

All citrus oils are beneficial for mood and stress relief because of the d-limonene. While orange essential oil usually has the highest levels, lime essential oil should not be overlooked as a d-limonene rich option. This compound seems to

protects us from stress at a cellular level, helping relieve the harm of stress on us physically.

Application: Try putting 10 drops of lime, 5 drops of ylang ylang, and 5 drops of frankincense into an aromatherapy inhaler for instant, stress-reduction.

2. BOOST MOOD & ENERGY

These affects and benefits of lime essential oil extend into mental health and mood support as well!

Lime Essential Oil is Extremely Energizing

Lime essential oil is an energizing essential oil, like many of the citrus family. In fact, you could combine lime and peppermint essential oils into a room spray to boost mood, energy, and concentration. Try mixing 10 drops of each in a 2 oz. spray bottle and top off the rest with 190-proof alcohol. The perfect afternoon pick-me-up spray!

This study shows the benefits of lime juice in energizing you, and we look forward to more studies on the benefits of lime essential oil. It may also improve energy and focus without the jittery feelings caused by drinking too much caffeinated coffee, tea, or soda. In fact, some people like to add a drop of high-quality essential oils (safe to take internally) like lime or key lime solubilized in a refreshing drink to replace caffeinated drinks while driving.

Lime Supports Mental Health During Depression

Depression effects many lives in ways that can be devastating, and not everyone finds relief in pharmaceuticals. Some people do find relief but suffer greatly from the dangerous side effects of prescription antidepressants. To support your self care efforts at home, try lime essential oil.

All citrus oils are great at combating depression, and lime is no exception. Lime and other citrus essential oils provide relief from acute feelings of anxiety, dread, and hopelessness. Obviously, if you have thoughts of self harm, contact your medical professional immediately, but for day to day dealing with depressive feelings, essential oil therapy is very effective. It is shown to work on brain chemistry directly to help address the cause, and not only the symptoms of depression.

Other Citrus Oils Also Boost Mood

Have you ever returned from work in a funk, only to find a sulky teen or grouchy grade schooler—maybe even an irritable spouse? This study shows how citrus oils can have a positive impact on mood overall. Diffuse some lime essential oil, and bring the family together for some revitalizing family time.

If your family practices “good morning do over”, this is a perfect oil to diffuse in the family room to set the cheerful tone while everyone goes back to their rooms and comes out again to restart the day with a new perspective.

Application: Try 3 drops of each of lime and bergamot into your diffuser to change the environment in the air and enhance your mood!

3. KILLS BACTERIA, FUNGI & VIRUSES

Lime essential oil kills the big three types of pathogens- bacterial, fungal, and viral, and it is an antiparasitic as well.

Dental caries or cavities are caused by a specific group of oral bacteria that are difficult to control—even with great dental hygiene practices. Researchers found that the best anti-cavity preparation they tested, including several fluoride products and even chlorhexidine (which is too toxic for daily use) was a garlic and lime juice solution. You know how much we love garlic here!

Lime essential oil is extremely effective at fighting bacteria in general and oral bacteria, specifically. We recommend it in our essential oil oral health mouthwash for this reason!

Immune protection is another benefit of using lime essential oil. Lemon is not the only citrus fruit that helps boost your immune system during cold and flu season. Add lime to your homemade hand soaps, gels, or lotions, and add it to your spray cleaners whenever the latest bug is going around. Lime essential oil is one of the best to add to your bathroom cleaner as it protects your immune system and fights so many pathogens.

Much mainstream research shows that lime and other citrus essential oils are highly antibacterial. Lime is proven to kill many gram-positive organisms (*staph* and *enterococcus*), gram-negative organisms (*e. coli*, *salmonella*, *citrobacter*, *serratia*, *shigella*, *klebsiella pneumoniae*, *pseudomonas aeruginosa*), fungi (*candida*, *aspergillus*), and anaerobic bacteria (*bacteroides*, *clostridium*, *porphyromonas*).

Research show citrus preparations such as lime essential oil to be especially powerful against fungal infections. Many parents use lime as a safe treatment for fungal skin overgrowths such as ringworm or athlete's foot for the entire family—always dilute for use on skin, especially for children. You may wish to consult an aromatherapist when using essential oils with an infant.

Because of lime's reliability as an antimicrobial, combined with its safety for human consumption, lime is considered to be one of the best food-safe antibacterial preparations available. In addition, it imparts great flavor when used as a marinade or added to salsa. Yum!

Application: trying mixing 6 drops of lime oil & 6 drops of geranium with 1 ounce of shea butter to make a body butter and apply on infected areas.

4. BURNS FAT & REDUCES CRAVINGS

Weight loss is an ongoing battle for an ever-growing number of American men and women. It is distressing that even our children are increasingly struggling to control their weight in a healthy, nurturing way. In addition to healthy eating habits, using essential oils can help.

You've probably seen the recommendations to drink fresh lemon or lime beverages to help lose weight. But lime essential oil is an even more concentrated, and, though it has a different chemical profile than the juice, may contribute to weight-loss efforts as well. It's one of my seven top essential oils for weight loss support!

Lime essential oil has been proven to help prevent weight gain in this murine study. In another study, subjects were given capsules with lime essential oil before lunch and dinner, and capsules of coriander seed after lunch and dinner. Even with no additional lifestyle changes, they showed significant weight loss in just a few weeks. Those who were given higher doses lost the most weight on average.

D-limonene was shown in this study to help prevent and treat high triglyceride (fat) levels, high cholesterol levels and in this murine study, helped balance high blood sugar levels. This was true even in subjects consuming a terrible diet and who already carried excessive weight.

This information obviously is not meant to encourage poor food choices, but rather to offer hope that essential oil therapy for weight loss can offer great results. Starting from where you are, even if you feel you haven't completely

fixed your diet yet, is important. Make simple switches in your sweeteners, your meat, and look for healthy recipes your family will enjoy.

Application: *from the Essential Oils Diet, make our fat-burning roll-on...*

- *Add 4 drops lime, 3 drops peppermint, 3 drops grapefruit, 2 drops cypress, 1 drop eucalyptus, 1 drop cinnamon bark into a 10 ml roller bottle. Fill with fractionated coconut oil and apply on your abdomen or problem areas twice daily for one month.*

5. SOOTHES INFLAMMATION

Inflammation is a necessary part of healing, in fact, your body cannot heal without a degree of inflammation. However, chronic or excessive inflammation can cause numerous very serious inflammatory conditions, including:

- asthma
- atherosclerosis
- certain cancers
- Crohn's disease
- hay fever
- active hepatitis
- rheumatoid arthritis
- chronic peptic ulcer
- periodontitis
- sinusitis
- tuberculosis
- ulcerative colitis

Citrus oils such as lime essential oil are proven by peer-reviewed studies in mice to be active, safe, and effective anti-inflammatory agents. They seem to specifically address inflammation at its cellular source.

If you or a loved one suffers from an inflammatory condition, add lime essential oil to your daily diffuser blend, uplifting room spray, or pillow sachet to support healing.

Application: trying mixing 2 drops of lime oil, 2 drops orange, 2 drops lemon, 2 drops grapefruit, 2 drops petitgrain and 2 drops of vanilla absolute with 1 ounce of a carrier oil and apply over your body after getting out of the shower for total body inflammation-soothing properties.

6. ANTI-AGING & RICH IN ANTIOXIDANTS

Lime essential oil prevents and treats signs of aging such as dark skin spots, deep wrinkles, fine skin lines, skin dryness, and lack of elasticity. The high levels of antioxidants even help with brain fog and memory lapses. While no essential oil can turn back the clock two decades overnight, specific components in lime essential oil (such as limonene) are among the best sources of antioxidants safe for regular use.

This means, one of our our favorite essential oil roll-ons not only treats visible signs of aging, but some of the physical deterioration as well if it is caused by oxidative stress. And of course the antimicrobial benefits makes it great for healthy homemade deodorants and other body-care recipes!

Application: Make Mama Z's anti-aging, skin healing serum and add 5 drops of lime oil!

Other Health Benefits (Including Cancer!)

Lime essential oil doesn't just benefit sleep concerns and mild anxiety. Studies are showing health benefits and healing support for major medical issues too! Isn't God amazing?

Cancer fighting. Lime essential oil has been shown to fight cancer cells in general. Lime juice has also been shown in vitro to specifically target pancreatic cancer cells — among the most painful and difficult cancers to treat. Breast cancer cells are also destroyed by components present in lime essential oil.

Fatty liver disease (even the type caused by stress) is greatly improved by taking limonene found in lime essential oil and other citrus oils. Research confirms that limonene helps insulin resistance and liver injury that is caused by stress and an unhealthy diet.

Alzheimer's Disease. This is a devastating diagnosis as the personality of the patient slowly fades away. It's something that has touched our family personally.

Essential oils for Alzheimer's patients provide promising treatment options. Lime essential oil may help by inhibiting cholinesterase, an enzyme responsible for damaging neurotransmitters in the brain and with its high antioxidant levels.

Heart Disease. Citrus consumption, including lime, may also have a direct impact on the incidence of heart disease. How much of this benefit translates to lime essential oil is something future studies will need to show, but lime essential oil shouldn't be ruled out. When dietary and lifestyle changes can protect your heart, why take chances—try to add some citrus, whether from diffused oil, fresh fruit, or refreshing citrus water, every day.

Gallstones. The limonene present in lime essential oil is responsible for an impressive 48% success rate when used to dissolve gallstones in this trial. Others found partial dissolution. While gallstones may not seem as life threatening as heart disease or cancer, they are reportedly among the most painful of medical disorders, and if they cause a rupture, are just as dangerous.

Some European countries report similar success with peppermint essential oil, and European doctors rarely remove a gallbladder from an otherwise healthy patient. The trial above injected the oil directly so it's not the same as topical application but the results are interesting.

Risks & Contraindications

With all the remarkable and almost unbelievable applications for lime essential oil to improve your health, home, and life, you may rightly wonder whether there is any downside to using lime oil.

There is a lot of buzz in the essential oil world regarding photosensitivity of skin after using citrus oils. It is true that expressed citrus oils can cause you to be very susceptible to sunburn for hours after application, and they are really only appropriate for products that are well diluted, used in the evening, and washed off in the morning (or that are used on completely unexposed skin).

However, steam distilled citrus oils do not cause ultraviolet light sensitivity. Even pressed oils are typically safe if they are used in appropriate concentrations and diluted with care and common sense. See more about citrus essential oils and photosensitivity [here](#)!

So, there is no downside at all? Actually, there is one caveat. Here, kitty, kitty.

Some cats may be extremely sensitive to essential oils—especially citrus essential oils such as lime or key lime. See more about our recommendations for using essential oils for animals in this post with Dr Janet Roark.

The GRAS is always greener... the GRAS designation means that upon inspection for safety, a product or ingredient is Generally Recognized As Safe. Steam distilled, fresh lime essential oil received the GRAS designation. Remember, we recommend diluting essential oils appropriately for maximum safety.

Additionally, most carrier oils help the essential oil penetrate and stick to skin for more effective use. Citrus oils like lime may deteriorate with time, ultra violet light exposure, and oxygen exposure. It's best to buy smaller quantities you will use up fairly quickly. Lime essential oil makes a great gift, especially if you include a card with fun and healthy ideas for how to use it!

GET A DEEP DISCOUNT FOR NATURAL LIVING FAMILY READERS!

Maximize your health and boost your immune function with LIVE probiotics. Our Natural Living Family "special" will help you on your way with your first bottle for FREE. [Check out Just Thrive Probiotics & Antioxidant support HERE!](#)

CHAPTER 23

Melissa

Melissa essential oil benefits us in so many ways, from daily comforts to long-term effects. Be sure to incorporate this into your natural health regimen! More properly referred to as lemon balm, this remedy is a pleasant fragrance to add to your essential oil collection.

Why Lemon Balm is Costly

Lemon balm – also called melissa essential oil, short for its Latin name *Melissa officinalis* – is distilled from the leaves, which are quite easy to grow and replenish. Lemon balm comes from the same family as peppermint, which is typically known for being prolific and even invasive.

In spite of easy-growing techniques, the leaves themselves yield very little essential oil. So it isn't a question of how quickly the plant produces but how much it must produce in order to yield a true, pure essential oil.

With that said, the benefits of true lemon balm or melissa essential oil are specific and clear. An investment in lemon balm is worthwhile. By the same token, keep an eye out for cheap lemon balm – a warning sign that the oil may be synthetic or cut with similar oils to stretch the yield.

Cancer Prevention Potential of Melissa

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 (melissa essential oil), for example, went through an extensive study 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 (melissa essential oil) holds pieces to the puzzle of a cancer cure, and hopefully researchers will fit them together in our lifetimes!

4 More Benefits of Melissa Essential Oil

Until we know just how to maximize lemon balm (melissa essential oil) as a cancer prevention and even treatment, lemon balm can benefit our lives in many ways, from daily comforts to long-term effects.

1. ANTI-DIABETIC ACTIONS

Diabetes affects more and more people every day, from type 1 lack of insulin production to type 2 lack of insulin sensitivity. For type 2 diabetes, diet and lifestyle changes are a huge component of treatment.

Where diet and lifestyle are indicated, you are likely to find an essential oil to help as well. Such is the case with lemon balm, which has been tested as an anti-diabetic essential oil. Mouse studies suggest that even small amounts of lemon balm essential oil can help to curb type 2 diabetes.

It's important to know your diabetes diagnosis well before looking toward additional nutritive treatment like essential oils. Once you understand what your body needs, you can look to oils like lemon balm to assist treatment.

Application: Use lemon balm essential oil as part of your shift toward healthy mind and body lifestyle decisions to combat diabetes. See some of our other favorite essential oils for diabetes [here](#).

2. HEALING COLD SORES

Not only are cold sores uncomfortable and unsightly, they are a virus that can be transmitted. In fact, cold sores fall under the umbrella of herpes – the *herpes simplex* virus. So if you are struggling against cold sores, it's not just a soothing reprieve you need. You need an antiviral!

Many essential oils are antivirals and could be used against cold sores. Lemon balm, though, appears to be directly effective against the herpes simplex virus. (3) As part of a soothing lip balm, you can address both the need to sooth painful sores and attack the virus at its root.

Application: Include a few drops of lemon balm in a melted mixture of a bit of coconut oil and beeswax. Pour into a small tin and let set up. Remember not to share this lip balm – it's a source of healing and you don't want to share your cold sore, as well!

3. COGNITIVE CALM & RELAXATION

Lemon balm is traditionally used for its calming effects. Essential oils are perfectly suited for this purpose, with easy application (just breathe deep!) and relaxation promotion. Lemon balm may do much more than just relax you, though.

For example, one study published in 2012 demonstrated the ability that lemon balm has to directly affect the brain and neurotransmitters. The specific action studied actually has implications for improving cognitive function and even reversing the effects of Alzheimer's disease.

Such direct effects on the brain show us how deeply essential oils work in our bodies. Simply inhaling an oil like lemon balm is not just relaxing us because we like the scent, but it's actually helping to change things deep within ourselves!

Application: Use a drop or two of lemon balm in calming and cognitive-enhancing blends. Diffuse for room-wide calming benefits or inhale directly for more targeted and specific results.

4. BUG REPELLENT

You've probably noticed by this point that bug repellent effects are a repeated benefit of many essential oils. It's not universal for all essential oils, but many have shared components that are effective against mosquitoes, ticks, and other pests. With Lyme disease on the rise, this is more important than ever. For lemon balm, the shared component is citronellol and citral, shared with the popular bug repelling oil citronella.

Sometimes, these natural components are much more effective than synthetic alternatives. As one study noted of essential oils, *"these natural products have the potential to provide efficient, and safer repellents for humans and the environment."* Why use potentially toxic chemicals when we have perfectly effective natural substances at our fingertips?

Application: Include lemon balm in topical sprays and oils for synergistic bug repelling protection.

GET A DEEP DISCOUNT FOR NATURAL LIVING FAMILY READERS!

Maximize your health and boost your immune function with LIVE probiotics. Our Natural Living Family “special” will help you on your way with your first bottle for FREE. [Check out Just Thrive Probiotics & Antioxidant support HERE!](#)

CHAPTER 24

Orange

One of the most abundant sources of the profoundly therapeutic *d-limonene*, orange essential oil benefits should top your list of natural solutions to consider adding to your medicine cabinet because they can be enjoyed relatively easily and on a strict budget. It's one of the lowest priced essential oils on the market, but don't let that scare you away. You don't always get what you pay for – you get way more than what you pay for with this oil.

In fact, dollar-for-dollar, I'd choose orange essential oil (*Citrus sinensis*) over any of the expensive oils on the market like sandalwood, Roman chamomile and even the beloved frankincense.

The Secret Power of Orange Essential Oil

By far, the most common question I get when being interviewed – whether it's for radio, podcasts, documentaries or academic conferences – is, "If you could only choose 3 essential oils, what would they be and why?" My answer is always the same, clove, peppermint and orange.

1. You can pretty much do anything with these three.
2. They blend well together.
3. And they are all "budget-friendly!"

That's a win-win-win for everyone, right!

Few substances on the planet are as versatile – boosting mood, lifting up the spirits and even killing cancer cells like orange essential oil. The most prominent and noteworthy component of this powerhouse is *d-limonene*, confirmed to be a potent cancer-fighting agent.

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

"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... may inhibit tumor growth ... and may induce apoptosis (i.e. programmed cancer cell death).

Regarding safety, according to one study, *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, d-limonene can help people by:

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

Some of the richest sources of d-limonene are:

- Sweet orange (83.9 – 95.9%)
- Grapefruit (84.8 – 95.4%)
- 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%)

Potential Phototoxicity

In addition to *d-limonene*, other commonly shared chemicals in the citrus family are furocoumarins like *bergapten*, notable for their phototoxic effects. This is generally not considered an issue with orange essential oil, however, there have been reports of people experiencing burns after using wild orange online.

When bergapten is left on the skin, then exposed to the sun, it amplifies the effect of the sun and can leave burns. Some people like to avoid using bergapten-heavy oils topically altogether, but simply avoiding the sun after use (such as using it at night before bed) is sufficient. Alternatively, steam-distilled citrus oils have lower concentrations of bergapten and mitigate this effect.

This list of photosensitizing and non-photosensitizing came from the National Association for Holistic Aromatherapists.

PHOTOSENSITIZERS

Essential Oil	Latin Name
Angelica root	<i>Angelica archangelica</i>
Bergamot	<i>Citrus bergamia</i>
Cumin	<i>Cuminum cyminum</i>
Distilled or expressed grapefruit (low risk)	<i>Citrus paradisi</i>
Expressed lemon	<i>Citrus limon</i>
Expressed lime	<i>Citrus medica</i>
Orange, bitter (expressed)	<i>Citrus aurantium</i>
Rue	<i>Ruta graveolens</i>

NON-PHOTOTOXIC CITRUS OILS

Essential Oil	Latin Name
Bergamot: Bergapteneless (FCF: Furanocoumarin Free)	<i>Citrus bergamia</i>
Distilled lemon	<i>Citrus limon</i>
Distilled lime	<i>Citrus medica</i>
Mandarin – Tangerine	<i>Citrus reticulata</i>
Sweet orange	<i>Citrus sinensis</i>
Expressed tangerine	<i>Citrus reticulata</i>
Yuzu oil (expressed or distilled)	<i>Citrus junos</i>

Great care should be taken when using citrus oils during summer months and with your children, but you don't have to avoid them all together. Many aromatherapists agree that heavily diluting citrus oils minimizes the risk.

For example, the [Essential Oil Safety](#) text and Aromahead Institute teach that phototoxic oils can be used if diluted as follows:

- Cold Pressed Bergamot — 2.4 drops (I just consider this 2 drops per oz.)
- Cold Pressed Lemon — 12 drops per oz.
- Cold Pressed Lime — 4.2 drops (I just consider this 4 drops per oz.)
- Cold Pressed Grapefruit — 24 drops per oz.

5 Orange Oil Benefits

Commonly used as a food flavoring, orange essential oil is a common ingredient in industrial cleaner and body care products like deodorants, soaps and lotions. It is truly one of the most versatile and cost-effective essential oils on the market when you consider its effect on cancer and these four additional ways that orange oil can be used therapeutically.

1. CANCER

First off, whenever people mention natural therapies and cancer, it's important to note that essential oil therapy for cancer patients is still untested and hotly debated. This is primarily because a vast majority of the research discussing the cancer-fighting benefits of essential oils are *in vitro* (cells in a petri dish) or are conducted on animals.

Still, orange oil uses should top your list of natural solutions to consider because it's really not difficult to conjecture from the data that essential oils can play a crucial part in someone's healing.

For instance, as I mentioned above, the most prominent and noteworthy component of not only orange, but all citrus oils is d-limonene, confirmed to be a potent cancer-fighting agent. Although we cannot pinpoint the exact reasons why, we know that *d-limonene inhibits tumor growth and can cause programmed cancer cell death (i.e. apoptosis)*.

Healing orange oil uses also can be attributed to polymethoxyflavones, phytochemicals that slow the growth and can actually kill cancer cells. It is important to note that polymethoxyflavones are primarily found in sweet orange and mandarin oils. Grapefruit and neroli only contain trace amounts.

2. PAIN RELIEF

You usually don't see much about citrus oils and pain relief on the Internet. However, research suggests otherwise. One study from 2008, for example, discusses orange oil uses along with ginger as a way to reduce joint pain in a group of elderly people.

Creating a massage oil with olive oil as the carrier (1% *Zingiber officinale* and 0.5% *Citrus sinensis*), patients enjoyed received six massage sessions over six weeks and pain started to decrease within the first week. Beforehand, these

people regularly experienced “moderate-to-severe” knee pain so the relief was more than welcomed!

The researchers discovered that the pain relief wasn’t permanent and only lasted until a week after the study ended. This suggests that regular use is necessary.

3. EMOTIONAL HEALTH (ANXIETY)

Orange oil uses are widely touted mainly because of its effect on emotional health. Few things can boost mood and calm the mind like citrus oils and orange tops the list!

Studies has proven that orange oil can actually relieve anxiety in dental patients who were waiting for a dental procedure. One study even evaluated both orange and lavender essential oils in comparison to music or control (no intervention). Researchers uncovered that patients who were exposed to the essential oils enjoyed a significant reduction in presurgical anxiety, and that their mood was boosted as well.

4. BRAIN HEALTH (DEMENTIA)

An interesting study evaluated the effects of aromatherapy on 28 elderly dementia patients, most of which were diagnosed with Alzheimer’s disease. They enjoyed rosemary and lemon aromatherapy in the morning, and lavender and orange in the evening. According to the researchers, the “patients showed significant improvement in personal orientation” without any negative side effects.

Though we clearly cannot pinpoint all of this to one oil, it should be evident that orange oil uses include cognitive function and it should be noted that these patients were battling a considerable amount of anxiety as well.

5. INFECTION-FIGHTING

Like many essential oils, orange oil uses include infection fighting. Compared to ten essential oils and their ability to kill 22 different strains of bacteria and 12 strains of fungi, orange oil was one of four of those tested that was able to kill off all strains. It’s important to remember that these results are obtained from *in vitro* studies, but still, they show promise, don’t they!

Practical Orange Essential Oil Uses

In addition to the obvious therapeutic benefit that people experience from using orange essential oil, don't forget about the more practical, every day applications in your kitchen countertops and bathroom. Like lemon, orange is extremely effective at:

1. **Freshen Clothes** – We've all forgotten to switch laundry to the dryer at least once. Just add a few drops of orange EO in a rinse to prevent that awful odor.
2. **Remove Gum and Sap** – Playtime around trees can quickly become a mess. Remove pine gum or tree sap from clothes and carpet with an essential oil application.
3. **Wash Greasy Hands** – Soap just doesn't always cut it after doing mechanic work. But with a couple of drops of orange essential oil added to your soap, the grime should wash right off!
4. **Disinfect (Without the Toxins!)** – Bleach is harsh, especially when little hands and lungs are around. Instead, add 40 drops orange essential oil to 8 oz grain alcohol and clean the moldy shower and germey countertops.
5. **Safe Leather Treatment** – A dab of orange oil on a cloth will restore leather furniture, shoes, and clothing to their original luxe.
6. **Polish Silver** – Try the same effect on tarnished silverware and jewelry to bring back the shine.
7. **Goo-Be-Gone** – Sticker books are a parent's nemesis when the stickers find their home on windows and furniture. Remove stickers, gum, and other gooey remnants with the help of orange essential oil!

GET A DEEP DISCOUNT FOR NATURAL LIVING FAMILY READERS!

Maximize your health and boost your immune function with LIVE probiotics. Our Natural Living Family "special" will help you on your way with your first bottle for FREE. [Check out Just Thrive Probiotics & Antioxidant support HERE!](#)

CHAPTER 25

Peppermint

When we talk about peppermint essential oil benefits, we aren't talking about mints, gum, or candy canes. Really, it's quite fascinating – in a somewhat sad way – that peppermint is so commonly associated with sweet treats rather than profound medicinal benefits. Aside from lavender, peppermint essential oil uses may be the most varied of all our essential oils.

And yet we've limited it to Santa Claus and toothpaste! Is there any reason at all that we wouldn't stock our cabinets with peppermint essential oil? Our culture is seriously missing out!

History & Composition of Peppermint

Peppermint (*Mentha x peperita*) is a hybrid combination of watermint and spearmint that grows prolifically – in fact, it can take over like a weed. The aerial parts – flowers and leaves – are harvested for essential oil production, which is conducted via steam distillation. At this point, active ingredients (1) typically include menthone at around 20% of the composition and menthol at roughly 40%, though these amounts may naturally vary. To get the most out of your preferred peppermint essential oil uses, choose a quality brand.

Typically, peppermint essential oil is used as an antiemetic (helps to prevent nausea) and antispasmodic (helps to prevent vomiting as well as any other harsh gastrointestinal contractions). It's a soothing digestive aid and beneficial during times of illness.

Historically, peppermint dates back as one of the oldest medicinal herbs used in Europe, an ancient remedy for both Chinese and Japanese cultures, and an Egyptian medicine in at least 1,000 B.C. When, in Greek mythology, Pluto pursued the nymph Mentha, he transformed her into an herb (guess which?) so that the generations to come would enjoy her just as well as he. Such a colorful legacy is contained well in this cool, accessible, effective substance.

Top 3 Peppermint Oil Benefits

Stepping away from Greek literature and into the scientific realm, peppermint is found throughout databases of studies and reviews – even more so when we look at its specific component *menthol*. With hundreds and literally thousands of mentions, scientists are all over this remarkable herb. I don't make promises and guarantees often, but peppermint is almost a sure thing: add it to your daily regimen and your life will never be the same.

1. NAUSEA RELIEF

For example, while we all hope to avoid surgery, sometimes it is a necessary part of life – and a common part of surgery is unpleasant post-operative nausea, to the tune of ⅓ of surgical patients. In 2012, Clayton State University facilitated tests on peppermint essential oil's effects on this nasty phenomena. Moms who are in recovery from a Caesarean especially do not want to deal with vomiting and nausea on top of the mixed emotions of the joy of birth and pain of surgery, not to mention the time that could be spent bonding with their babies. So, moms were chosen for this study, with 35 respondents discovering “significantly lower” nausea levels with inhaled peppermint compared with standard treatments.

2. IRRITABLE BOWEL SYNDROME

The use of essential oils is sometimes underestimated when limited to the connotations of “aromatherapy.” Topical and occasionally internal applications are relevant, as well. One drop mixed with one teaspoon of coconut oil, rubbed on the stomach or ingested in a spoon of honey, can calm an upset stomach or indigestion in a snap. This remarkable ability is being broached by researchers, marked by a systematic review of the literature that cover's irritable bowel syndrome (IBS) and peppermint, though this treatment typically requires the use of peppermint encapsulated in enteric-coated capsules.

Nine studies were reviewed, spanning more than seven hundred patients, and the conclusion was clear – taking peppermint essential oil in enteric-coated capsules performs much better than placebo when it comes to pain and symptom management. In their conclusion, University of Western Ontario researchers stated (3) that,

“Peppermint essential oil is a safe and effective short-term treatment for IBS. Future studies should assess the long-term efficacy and safety of peppermint essential oil and its efficacy relative to other IBS treatments including antidepressants and antispasmodic drugs.”

3. BUG REPELLENT

One of my personal favorite benefits of peppermint essential oil is bug repellent – especially since I live in mosquito country!

In a comparison of seven commercial bug repellants, Terminix® ALLCLEAR® Sidekick Mosquito Repeller nearly topped the charts. If you aren't aware, this is an "all-natural" blend that lists cinnamon, eugenol, geranium, peppermint, and lemongrass oils. It was very close to a tie with OFF!®, the chemical-laden, DEET-filled commercial brand.

Although I don't recommend Terminix® ALLCLEAR® because I have little faith in a big name company to use true, pure, therapeutic grade essential oils, the lesson is the same. It underscores the efficiency of essential oils, no matter their quality. And an effective essential oil blend most definitely is preferred to harmful, toxic chemicals or nasty 'skeeter bites!

10 More Uses

1. **Ease Pain Naturally** – For a natural muscle relaxer or pain reliever, peppermint essential oil is one of the best. Try using it on an aching back, toothache, or tension headache.
2. **Clear Sinuses** – Diffused or inhaled peppermint essential oil usually clears stubborn sinuses and soothes sore throats immediately. As an antitussive, the results may be long lasting and beneficial when you're down with a cold, plagued with a cough, or struggle with bronchitis, asthma, or sinusitis. Use peppermint in a homemade cough drop recipe to capitalize on these benefits.
3. **Relieve Joint Pain** – Peppermint essential oil and lavender oil work well together as a cooling, soothing anti-inflammatory for painful joints.
4. **Cut Cravings** – Slow an out of control appetite by diffusing peppermint before meal times, helping you feel full faster. Alternatively, apply a drop or two on your sinuses or chest to keep the benefits to yourself.
5. **Energize Naturally** – Road trips, long nights studying, or any time you feel that low energy slump, peppermint essential oil is a refreshing, non-toxic pick-me-up to help you wake up and keep going without the toxins loaded into energy drinks.

6. **Freshen Shampoo** – A couple of drops included in your shampoo and conditioner will tingle your scalp and wake your senses. As a bonus, peppermint's antiseptic properties can also help prevent or remove both lice and dandruff.
7. **Ease Cough** – The antitussive effect of peppermint can help ease a persistent cough. Try using it in a diffuser or as part of this homemade cough drop recipe.
8. **Relieve ADHD** – A spritz of peppermint on clothing or a touch on the back of your neck can help to improve concentration and alertness when focus is needed.
9. **Soothe an Itch** – Cooling peppermint and soothing lavender combine again to soothe an itch from bug bites or healing sun burns.
10. **Block Ticks** – Stop ticks from burrowing with a touch of peppermint essential oil. Make sure you remove them by their head to lessen your chances of contracting Lyme disease!

A Quick Word of Caution

Be sure to follow professional recommendations, healthcare provider advice, and common sense when using peppermint essential oil. While it is incredible versatile and relatively gentle, it is still a medicinal-quality substance and should be treated with care. As with all oils, make sure to always dilute with a carrier oil and, as always, listen to your body and the wisdom of those who have used aromatherapy before us: essential oils are best in small doses!

Also, don't consume neat. The University of Maryland Medical Center warns that peppermint essential oil can relax the esophageal sphincter and pose risks for those with reflux. Don't consume neat. Taking one or two drops of peppermint in a gel capsule can remedy this risk relatively easily.

GET A DEEP DISCOUNT FOR NATURAL LIVING FAMILY READERS!

Maximize your health and boost your immune function with LIVE probiotics. Our Natural Living Family "special" will help you on your way with your first bottle for FREE. [Check out Just Thrive Probiotics & Antioxidant support HERE!](#)

PART THREE

Easy Quick-Start Recipes

Three Steps to Healing Your Gut

- 1) Avoid Food Triggers
- 2) Use Essential Oils
- 3) Restore Microbiome

In addition to following our gut-healing, inflammation-soothing essential oil protocols, everyone with leaky gut and inflammatory bowel disorders will benefit from taking high-quality supplements to repair leaky gut and balance their microbiome. The best way to get started is to take LIVE probiotics every day, and...

Our friends at Just Thrive want to help you on your journey by blessing you with FREE bottle (no strings attached).

Get a Free 14-Day Supply!!

Maximize your gut health and boost your immune function with this special blend of LIVE probiotics & antioxidants.



➡ Redeem your FREE bottle here!

AROMATHERAPY

Blood Sugar Balancing Blend

Print out these recipe cards and share one with a friend.

BLOOD SUGAR BALANCING BODY OIL

Ingredients

- ✓ 2 oz. carrier oil (we use Mama Z's Base)
- ✓ 3 drops cumin essential oil
- ✓ 2 drops cinnamon bark essential oil
- ✓ 2 drops fennel essential oil
- ✓ 2 drops melissa essential oil
- ✓ 2 drops myrtle essential oil
- ✓ 2 drops oregano essential oil
- ✓ Glass bottle

Instructions

- Drop essential oils into a medium glass bowl.
- Add in carrier oil and mix.
- Between blood sugar tests, massage over abdomen and lower back twice a day for one month.
- Store in glass jar or in a lotion dispenser.



BLOOD SUGAR BALANCING BODY OIL

Ingredients

- ✓ 2 oz. carrier oil (we use Mama Z's Base)
- ✓ 3 drops cumin essential oil
- ✓ 2 drops cinnamon bark essential oil
- ✓ 2 drops fennel essential oil
- ✓ 2 drops melissa essential oil
- ✓ 2 drops myrtle essential oil
- ✓ 2 drops oregano essential oil
- ✓ Glass bottle

Instructions

- Drop essential oils into a medium glass bowl.
- Add in carrier oil and mix.
- Between blood sugar tests, massage over abdomen and lower back twice a day for one month.
- Store in glass jar or in a lotion dispenser.



Craving Diffuser Blend

Print out these recipe cards and share one with a friend.

CRAVING BUSTER DIFFUSER BLEND

Ingredients

Equal parts of:

- ✓ Grapefruit
- ✓ Peppermint
- ✓ Lime
- ✓ Cinnamon



Instructions

- For aromatherapy, add 5 drops of the blend into your diffuser.
- Enjoy!

CRAVING BUSTER DIFFUSER BLEND

Ingredients

Equal parts of:

- ✓ Grapefruit
- ✓ Peppermint
- ✓ Lime
- ✓ Cinnamon



Instructions

- For aromatherapy, add 5 drops of the blend into your diffuser.
- Enjoy!

BEVERAGES

Essential Oil Detox Water

ESSENTIAL OIL DETOX WATER



Ingredients

- ✓ 1 dropperful plain or flavored liquid stevia
- ✓ 10 drops lemon or lime essential oil
- ✓ 10 drops grapefruit or orange essential oil
- ✓ 1 Tbl. apple cider vinegar
- ✓ 1 tsp. freshly squeezed lemon or lime juice
- ✓ Purified or distilled water
- ✓ 1 scoop or packet electrolyte powder (optional; see Notes)

Instructions

- Put the liquid stevia, essential oils, apple cider vinegar, and lemon juice into a 1-gallon glass water jug (see Notes). Fill to the top with purified water. This is your concentrate.
- To make one serving, add 16 ounces (about one-fourth) of the concentrate into a 32-ounce glass container and fill it with purified water. I distribute the concentrate among four 32-ounce glass containers, filling each halfway so it's prepared ahead of time and ready to go.
- For an added nutrition boost, add 1 scoop or packet of electrolyte powder and shake vigorously.
- Enjoy!

Notes

This recipe makes a four-day supply. Drink no more than 64 ounces each day because otherwise, you'll exceed the maximum oral dose of essential oils as outlined in aromatherapy safety texts.

I use Ultimate electrolyte powder.

You can find giant glass water jugs at many health food stores and Whole Foods.

Matcha Green Tea Latte

FAT BURNING MATCHA LATTE + TWO MUST MAKE VARIATIONS!



Ingredients

- 1 Tbl. matcha green tea powder
- 2 cups unsweetened vanilla-flavored almond or coconut milk beverage, heated, or unsweetened almond or coconut creamer
- 2 cups boiling purified or distilled water
- 4 dropperfuls vanilla-or coconut-flavored liquid stevia
- 2 drops cinnamon bark essential oil
- 2 drops peppermint essential oil
- ½ tsp. ground Ceylon cinnamon plus more (optional) for garnish

Instructions

- Pour the matcha powder, almond milk, boiling water, stevia, essential oils, and cinnamon into a blender. Blend for 30 seconds until frothy.
- Pour into two 16-ounce glasses. Sprinkle more cinnamon on top, if desired. Serve immediately.

Dr. Z's
Essential Oils Club

FAT BURNING MATCHA LATTE + TWO MUST MAKE VARIATIONS!



Notes

Variations:

Immune-Boosting Matcha Latte: Add 2 drops of our Immune-Boosting Blend to the latte. To make the blend, place 10 drops each of cinnamon bark, clove, eucalyptus, lemon, orange, and rosemary essential oils in a 5-ml bottle. Gently shake to combine.

Pumpkin-Spiced Matcha Latte: Add 1 drop each of cinnamon leaf, clove, and ginger essential oils to the Fat-Burning Matcha Latte.

Notes:

Nutpods and Califa Farms Better Half are both dairy-free half-and-half “creamers.” Be sure to use the unsweetened variety.

Check the ingredients on your matcha tea! You want to purchase one without any added sugar.

Dr. Z's
Essential Oils Club

Cleansing Beet Juice

CLEANSING BEET JUICE



Ingredients

- 🌿 3 carrots (regular size)
- 🌿 3 sprigs of Italian parsley
- 🌿 1 Granny Smith apple
- 🌿 1 Empire apple
- 🌿 1 beet (leaf greens included)
- 🌿 1-inch piece of ginger
- 🌿 Cayenne pepper, sprinkled on top (*optional*)

Instructions

- Add all ingredients to vegetable juicer.
- Gently mix juice and consume immediately.

Dr. Z's
Essential Oils Club

SALADS, SIDES & SNACKS

Homemade Vinaigrette

BASIC VINAIGRETTE



Ingredients

- 🌿 ¼ cup Herbal or Bragg Apple Cider Vinegar
- 🌿 1 cup olive oil
- 🌿 1 raw egg or ½ Tbl. Egg Replacer + ¼ cup water
- 🌿 1 tsp. favorite herb blend (Italian or Herbs de Provence is great)
- 🌿 Salt and pepper to taste

Instructions

- Put vinegar in blender.
- As blender is running, slowly add oil in a steady stream. Blend well.
- Add egg.
- Mix until well blended.
- Add salt and pepper and more or less vinegar depending on flavor preference.

Dr. Z's
Essential Oils Club

CREAM VINAIGRETTE



Ingredients

- 🌿 ¼ cup Herbal or Bragg Apple Cider Vinegar
- 🌿 1 cup olive oil
- 🌿 1 raw egg or ½ Tbl. Egg Replacer + ¼ cup water + 3 Tbls. coconut milk yogurt
- 🌿 1 tsp. Herbes de Provence
- 🌿 Salt and pepper to taste

Instructions

- Put vinegar in blender.
- As blender is running, slowly add oil in a steady stream. Blend well.
- Add egg.
- Mix until well blended.
- Add yogurt, salt and pepper and more or less vinegar depending on flavor preference.

Dr. Z's
Essential Oils Club

SWEET VINAIGRETTE



Ingredients

- 🌿 3 oz. fresh fruit
- 🌿 ¼ cup Herbal or Bragg Apple Cider Vinegar
- 🌿 1 cup olive oil
- 🌿 ½ Tbl. Egg Replacer + ¼ cup water + 2 Tbls. honey
- 🌿 Salt and pepper to taste
- 🌿 Add poppy seeds or mint if desired

Instructions

- Put fruit and vinegar in blender. Puree.
- While blender is running, slowly add oil in a steady stream. Blend well.
- Add Egg Beaters and mix until well blended.
- Add honey, salt, pepper and more or less vinegar depending on flavor preference.
- Serve over fruit salad or mixed green with fresh fruit and flowers.

Dr. Z's
Essential Oils Club

Cucumber Spinach Salad w/ ACV

SUPER GREEN SPINACH AND CUCUMBER SALAD



Ingredients

- 🌿 6 cups baby spinach
- 🌿 2 large cucumbers, sliced thin
- 🌿 Chia sprouts or your favorite sprouts/microgreens

Instructions

- Combine in a bowl or on your plate, and drizzle with a homemade vinaigrette dressing!

Dr. Z's
Essential Oils Club

APPLE CIDER VINAIGRETTE



Ingredients

- 🌿 ¼ cup Herbal or Bragg Apple Cider Vinegar
- 🌿 1 cup olive oil
- 🌿 1 raw egg or ½ Tbl. Egg Replacer + ¼ cup water
- 🌿 1 tsp. favorite herb blend (Italian or Herbes de Provence is great)
- 🌿 Salt and pepper to taste

Instructions

- Place vinegar in the blender.
- While blending, pour in olive oil in a slow stream to emulsify.
- Add in egg and blend thoroughly.
- Season with herb blend and salt and pepper.
- Set dressing aside as you prepare the salad.
- Place spinach and cucumbers in a large bowl and toss to combine.

Dr. Z's
Essential Oils Club

Fill-the-Gap Nut Snack

FILL-IN-THE-GAP HEALTHY NUT SNACK



Ingredients

- 1 cup organic or organic & sprouted sliced or slivered almonds
- 1 cup organic or organic & sprouted pecans, halved
- 1 cup organic or organic & sprouted walnuts, halved
- 1 cup organic or organic & sprouted cashews
- 1 cup organic or organic & sprouted pistachios
- 1 cup organic or organic & sprouted macadamias
- ¼ tsp. pink Himalayan salt
- ¼ to ½ tsp. cayenne pepper, ground
- 1 to 2 Tbls. raw & organic Manuka honey

Instructions

- Place all the nuts in a large bowl.
- Add the salt and cayenne pepper ingredients and stir well.
- Cover with the honey and toss just so the honey is mixed throughout.
- Continue stirring longer so that it is well incorporated and the honey just barely binds them.
- Place them into small containers to have ½ cup portions.

Dr. Z's
Essential Oils Club

ENTREES

Kale & Lentil Soup

ALLERGY-FRIENDLY KALE & LENTIL SOUP



Ingredients

- 🌿 ¼ cup extra virgin olive oil
- 🌿 1 medium sweet Vidalia onion, finely chopped or 2 Tbls. dried onion
- 🌿 4 medium garlic cloves, freshly pressed
- 🌿 2 medium organic carrots, peeled and sliced
- 🌿 1 tsp. cumin, ground
- 🌿 1 tsp. curry powder
- 🌿 ¼ tsp. thyme, dried
- 🌿 1 large can (28 ounces) organic diced tomatoes, drained or organic tomato sauce
- 🌿 3 drops lemon essential oil
- 🌿 2-3 drops cumin essential oil
- 🌿 1 drop thyme essential oil
- 🌿 1 cup combination red, green & brown lentils, rinsed (you can use any combination)
- 🌿 4 cups organic vegetable broth (1 box)
- 🌿 2 cups purified, distilled or ionized water, boiling
- 🌿 1 Tbl. fresh lemon or lime juice
- 🌿 1 tsp. pink Himalayan salt or sea salt
- 🌿 ½ tsp. white pepper, ground
- 🌿 ¼ tsp. cayenne pepper
- 🌿 2 small bunches of organic baby kale, chopped or 10 oz. bag of frozen organic kale

Dr. Z's
Essential Oils Club

ALLERGY-FRIENDLY KALE & LENTIL SOUP (CONT.)



Instructions

- Add olive oil to a large pot on medium heat.
- Add chopped onion, garlic, and carrot pieces. Cook until the onion and garlic are very tender and starting to brown.
- Next, add cumin, curry, and thyme and cook for about 30 seconds to one minute, then add the diced tomatoes or tomato sauce.
- Then add in all of the essential oils.
- Pour in the lentils, broth, 1 cup of water, and lemon juice.
- Add salt, cayenne pepper, and white pepper.
- On medium heat, bring your mixture to a boil, then reduce heat to low and simmer for 20-30 minutes so that lentils are cooked through.
- If desired, you can puree this entire mixture with an immersion blender then add the greens afterward. Cook 5-10 more minutes until greens are cooked through.
- Use within 5 days when stored in the refrigerator or freeze in smaller portions.

Dr. Z's
Essential Oils Club

Sweet & Sour Chicken

MAMA Z'S EASY SWEET AND SOUR CHICKEN



Ingredients

Chicken

- 2 to 4 organic free-range chicken breasts, cut into 1-1 ½ inch pieces
- A variety of organic vegetables (carrots, celery, red or green pepper, water chestnuts, new potatoes, etc.) and pineapple chunks

Marinade

- ½ tsp. pink Himalayan salt
- 1 Tbl. Bragg aminos OR ½ Tbls. gluten-free soy sauce
- 1 Tbl. organic non-GMO corn starch
- 1 Tbl. organic white wine (Frey – sulfite free) OR cooking sherry

Sauce

- 2 Tbls. Bragg apple cider vinegar
- 2 Tbls. coconut crystals OR maple sugar
- 4 Tbls. ketchup (OrganicVille Organic ketchup OR homemade ketchup)
- 1 tsp. pink Himalayan salt
- 4 Tbls. cold purified/distilled water or pineapple juice
- 1 Tbl. organic non-GMO corn starch (add last)

Instructions

- Place chicken in a glass dish (we use 4-cup glass measuring cup) and pour in marinade to cover. Stir the chicken in the marinade to coat. Marinate overnight or at least 4 hours.
- Mix together sauce ingredients and set aside.
- Preheat a deep skillet over medium heat. Add sesame oil, coconut oil, and chicken. Cook chicken, and then place in a bowl. Set aside.
- Add more coconut and sesame oil to the pan. Add vegetables, starting with the ones that take the longest to cook (like carrots and celery) then peppers, water chestnuts, new potatoes and lastly pineapple.
- Make sure your sauce has the corn starch fully incorporated and homogenous. As vegetables near al dente, add the sauce and stir.
- Cook until the sauce looks like a glaze. Fold the chicken back in with the vegetables and serve over organic brown basmati rice or organic jasmine rice. Or you can serve this alongside a fresh salad.

Dr. Z's
Essential Oils Club

MAMA Z'S EASY SWEET AND SOUR CHICKEN (CONT.)



Notes

If the marinade fits all the way around the meat, then it's enough. This marinade will coat 2 to 4 single breasts, depending on their size. If you are using larger size chicken breasts, then you may need to double your marinade. If you need to double your marinade, then you will also need to double your sauce.

When cutting your veggies for this recipe, try to cut them in pieces that are the same size so that each vegetable will cook evenly. Cut the carrots and celery at an angle to get flat, bigger pieces.

Try varying this recipe by using your favorite vegetables. Explore the flavor combinations of carrots, celery, new potatoes, red or green peppers, onions, or mushrooms. For ingredients like onions and mushrooms that not everyone likes, you can sauté them in oil and use any leftover marinade in the pan following cooking & removing the chicken. Once sautéed then remove from pan and place in serving dish.

I like to use canned new potatoes in this recipe. I get the organic ones in BPA-free cans and just cut the big ones in half.

For the pineapple juice, I typically find that when grocery stores have fresh pineapple cut into chunks, it has its own juice in the bottom. So the juice from fresh cut pineapple slices are perfect for this recipe. If you run out of pineapple juice, you can also use water. Either is fine for this recipe.

If you have any leftover rice, use it to make a delicious rice pudding.

Dr. Z's
Essential Oils Club

DESSERTS

Chocolate Avocado Mousse

CHOCOLATE AVOCADO MOUSSE



Ingredients

- 4 medium-sized avocados, peeled and pitted
- 1 small ripe banana
- ¼ cup raw cacao powder
- Handful raw organic spinach leaves
- 1 tsp. pure vanilla extract
- 1 tsp. Himalayan pink salt
- 3 dropperfuls vanilla-flavored liquid stevia
- 3 dropperfuls chocolate-flavored liquid stevia
- Unsweetened vanilla almond or coconut milk

Instructions

- Place all ingredients but the milk in a high-powered blender (we use a VitaMix) or food processor.
- Add enough milk to cover ingredients.
- If omitting Chocolate Gold, use more cacao powder to taste.
- Blend until smooth, making sure to scrape down the sides of the processor several times with a silicone spatula.
- Add additional coconut milk as needed to create the desired consistency.
- Serve immediately; keep any leftovers, covered, in the fridge for up to three days.

Dr. Z's  Biblical Health Club

CHOCOLATE AVOCADO MOUSSE (CONT.)



NOTES

Variations:

- "High Octane": Add ½ cup organic, fair trade coffee and use a bit less milk.
- "Red Velvet": Add 1 small organic beet root, chopped.
- For desert, top with coconut whipped cream.

Dr. Z's
Essential Oils Club

Coconut Whipped Cream

COCONUT MILK WHIPPED CREAM



Ingredients

- 1 can full of fat coconut milk
- 1 Tbl. vanilla extract or ¼ tsp. of organic vanilla beans ground
- 1-3 tsps. maple syrup *

Instructions

- Place can of coconut milk in the refrigerator overnight.
- Turn can upside-down and open it.
- Drain off liquid and use later in a smoothie.
- Put all the coconut cream left in the can in a stand mixer (I use Kitchen Aid), add vanilla & maple syrup to taste.
- Mix together with regular or whipping blade. Place in refrigerator 3-4 hours and serve over dessert.

Notes: *Use liquid stevia for Fast Track

Dr. Z's
Essential Oils Club

References

Chapter 1 - Digestive Health

- Vighi, G et al., "Allergy and the Gastrointestinal System," *Clinical and Experimental Immunology*, 153, suppl. 1 (2008): 3–6. DOI: 10.1111/j.1365-2249.2008.03713.x.
- W.P. Bowe and A.C. Logan, "Acne Vulgaris, Probiotics and the Gut-Brain-Skin Axis-Back to the Future?" *Gut Pathogens*, 3, no. 1. DOI: 10.1186/1757-4749-3-1.
- E. Rogier, et al., Secretory antibodies in breast milk promote long-term intestinal homeostasis by regulating the gut microbiota and host gene expression, *PNAS*, 111, no. 8 (2014): 3074-3079. DOI: 10.1073/pnas.1315792111.
- Ibid.
- T. Loney, et al., "Not just 'skin deep': psychosocial effects of dermatological-related social anxiety in a sample of acne patients," *Journal of Health Psychology*, 13, no.1 (2008):13:47–54. DOI: 10.1177/1359105307084311.
- E. Uhlenhake et. al., "Acne vulgaris and depression: a retrospective examination," *Journal of Cosmetic Dermatology*, 9, no. 1 (2010):9:59–63. DOI: 10.1111/j.1473-2165.2010.00478.x.
- I. Le Huërou-Luron, S. Blat, G. Boudry, "Breast- v. Formula-Feeding: Impacts on the Digestive Tract and Immediate and Long-term Health Effects," *Nutrition Research Reviews*, 23, no. 1 (2010): 23-36. DOI: 10.1017/S0954422410000065.
- E. Blumgart, Y. Tran, A. Craig, "Social Anxiety Disorder in Adults Who Stutter," *Depression and Anxiety*, 27, no. 7 (2010): 687-92. DOI: 10.1002/da.20657.
- P. Robinson, et al., " Acne, anxiety, depression and suicide in teenagers: a cross-sectional survey of New Zealand secondary school students," *Journal of Pediatrics and Child Health*, 42, no. 12 (2006): 42:793–6. DOI: 10.1111/j.1440-1754.2006.00979.x.
- M. Gupta. "Depression and suicidal ideation in dermatology patients with acne, alopecia areata, atopic dermatitis and psoriasis," *British Journal of Dermatology*, 139, no.5 (1998): 139:846–850. DOI: 10.1046/j.1365-2133.1998.02511.x
- R. Li, et al., "Breastfeeding and Risk of Infections at 6 Years," *Pediatrics*, 134, suppl. 1 (2014): S13–S20. DOI: 10.1542/peds.2014-0646D.
- S. Karmakar, et al., "Development of Probiotic Candidate in Combination with Essential Oils from Medicinal Plant and Their Effect on Enteric Pathogens: A Review," 2012 (2012): 457150. DOI: 10.1155/2012/457150.
- A.K.C. Leung and R.S. Sauve, "Breast Is Best for Babies," *Journal of the National Medical Association*, 97, no. 7 (2005): 1010–1019.
- Zenith Global, "7% Growth for \$50 Billion Global Infant Nutrition Market," <https://www.zenithglobal.com/articles/1355?7%+growth+for+%2450+Billion+global+infant+nutrition+market>, accessed 4/5/17.

Centers for Disease Control and Prevention, "Antibiotics Aren't Always the Answer," <https://www.cdc.gov/features/getsmart/>, accessed 4/5/17.
Centers for Disease Control and Prevention, "Antibiotic/Antimicrobial Resistance," <https://www.cdc.gov/drugresistance/>, accessed 4/5/17.

Chapter 2 - Weight Loss

Orloff J. How listening to your body can improve your life. Huffpost Healthy Living (Internet). Available at: http://www.huffingtonpost.com/judith-orloff-md/better-life_b_893593.html.

Centers for Disease Control and Prevention. Overweight and Obesity. <http://www.cdc.gov/obesity/data/adult.html>

Jones OA et al. Environmental pollution and diabetes: a neglected association. Lancet. 2008; 371(9609): 287-8.

Lee DH, et al. A strong dose-response relation between serum concentrations of persistent organic pollutants and diabetes: results from the national health and examination survey 1999–2002. Diabetes Care 2009; 29(7):1638–1644.

Greater Boston Physicians for Social Responsibility. In Harm's Way: Toxic Threats To Child Development. Cambridge. 2000.

Lang IA, et al. Association of urinary bisphenol A concentration with medical disorders and laboratory abnormalities in adults. JAMA 2008; 300(11): 1303-1310.

Qatanani M, et al. Mechanisms of obesity-associated insulin resistance: many choices on the menu. Genes & Dev 2007; 21: 1443-1455.

Forsythe LK, et al. Obesity and inflammation: the effects of weight loss. Nutr Res Rev 2008; 21(2): 117-33.

CBS News. CDC: 4 out of 5 Americans prescribed antibiotics each year. 2013. Available at: <http://www.cbsnews.com/news/cdc-4-out-of-5-americans-prescribed-antibiotics-each-year/>

Mayo Clinic. Metabolism and weight loss: How you burn calories. 2011. Available at: <http://www.mayoclinic.com/health/metabolism/WT00006>.

NHS. How can I speed up my metabolism? 2013. Available at: <http://www.nhs.uk/livewell/loseweight/pages/how-can-i-speed-up-my-metabolism.aspx>.

Zhong W, et al. Age and Sex Patterns of Drug Prescribing in a Defined American Population. Mayo Clinic Proceedings 2013; 88(7): 697-707.

Chapter 3 - 10 “Healthy” Foods to Avoid

<https://www.webmd.com/vitamins/ai/ingredientmono-975/soy>
<http://edition.cnn.com/2011/HEALTH/03/29/grass.grain.beef.cookinglight/>
<https://www.ewg.org/research/pcbs-farmed-salmon>
<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/butter-vs-margarine/faq-20058152>
<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/trans-fat>
<https://www.cancer.org/cancer/cancer-causes/teflon-and-perfluorooctanoic-acid-pfoa.html>
<https://pubmed.ncbi.nlm.nih.gov/17288497/>
<https://www.mayoclinic.org/diseases-conditions/high-blood-cholesterol/in-depth/trans-fat/art-20046114>
<https://www.webmd.com/diet/features/trans-fats-science-and-risks#1>
<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/art-20046936>
<https://www.nature.com/articles/nature13793>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3198517/>
<https://pubmed.ncbi.nlm.nih.gov/22482843/>
<https://ghr.nlm.nih.gov/condition/lactose-intolerance>

Chapter 4 - Bioactive Foods

<https://www.sciencedirect.com/topics/agricultural-and-biological-sciences/bioactive-compound>
<https://doi.org/10.1007/s00394-013-0503-0>
https://ebrary.net/18009/environment/health_benefits_bioactive_compounds
<http://cancerpreventionresearch.aacrjournals.org/content/2/3/200>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4488002/>
<https://link.springer.com/article/10.1007/s10681-004-4811-6>
<https://doi.org/10.1186/1752-153x-6-122>
<https://www.ncbi.nlm.nih.gov/pubmed/15723738>
<https://doi.org/10.1007/s00394-013-0510-1>
<https://doi.org/10.3305/nh.2015.31.3.8242>
<https://doi.org/10.1111/obr.12550>
<https://doi.org/10.1186/1743-7075-9-8>
https://freshpressedoliveoil.com/c/APNLF005_O_REF_LE_Q220/tj/858656b476674f549dabad0b93738838
<https://ujido.com/pages/dr-z?aff=3>

Chapter 5 - Grapefruit

- <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=25>
Miyazawa M, Tougo H, Ishihara M. Inhibition of acetylcholinesterase activity by essential oil from *Citrus paradisi*. *Nat Prod Lett* 2001; 15(3):205-10.
Niiijima A, Nagai K. Effect of olfactory stimulation with flavor of grapefruit oil and lemon oil on the activity of sympathetic branch in the white adipose tissue of the epididymis. *Exp Biol Med (Maywood)* 2003; 228(10):1190-2.
Shen J, et al. Olfactory stimulation with scent of grapefruit oil affects autonomic nerves, lipolysis and appetite in rats. *Neurosci Lett* 2005; 380(3):289-94.
Date Y, et al. The role of the gastric afferent vagal nerve in ghrelin-induced feeding and growth hormone secretion in rats. *Gastroenterology* 2002; 123(4):1120-8.
<http://www.webmd.com/alzheimers/cholinesterase-inhibitors-for-alzheimers-disease>.
Adeneye AA. Hypoglycemic and hypolipidemic effects of methanol seed extract of *Citrus paradisi* Macfad (Rutaceae) in alloxan-induced diabetic Wistar rats. *Nig Q J Hosp Med* 2008; 18(4):211-5.
Rawlings AV. Cellulite and its treatment. *Int J Cos Sci* 2008; 28(3): 175-190.

Chapter 6 - Coconut Oil

- Bergsson G, et al. In Vitro Killing Of *Candida Albicans* By Fatty Acids And Monoglycerides. *Antimicrob Agents Chemother* 2001; 45(11): 3209-12.
Farr SA, et al. "Extra Virgin Olive Oil Improves Learning And Memory In SAMP8 Mice." *J Alzheimers Dis* 2012; 28(1):81-92.
Fife, B. "The Coconut Oil Miracle." New York: Avery Books. 2004.
Han JR, et al. "Effects Of Dietary Medium-Chain Triglyceride On Weight Loss And Insulin Sensitivity In A Group Of Moderately Overweight Free-Living Type 2 Diabetic Chinese Subjects." *Metabolism* 2007; 56(7): 985-91.
Han JR, et al. "Effects Of Dietary Medium-Chain Triglyceride On Weight Loss And Insulin Sensitivity In A Group Of Moderately Overweight Free-Living Type 2 Diabetic Chinese Subjects." *Metabolism* 2007; 56(7): 985-91.
Kochikuzhyil BM, et al. "Effect Of Saturated Fatty Acid-Rich Dietary Vegetable Oils On Lipid Profile, Antioxidant Enzymes And Glucose Tolerance In Diabetic Rats." *Indian J Pharmacol* 2010; 42(3): 142-5.
Langley AE. Thyroid, Bradycardic And Hypothermic Effects Of Perfluoro-N-Decanoic Acid In Rats. *J Toxicol Environ Health*. 1985; 15(3-4): 485-91.
Lei T. "Medium-Chain Fatty Acids Attenuate Agonist-Stimulated Lipolysis, Mimicking The Effects Of Starvation." *Obes Res* 2004; 12(4): 599-611.
Mayo Clinic. "Insulin And Weight Gain: Keep The Pounds Off." 2011. (Internet). Available at: <http://www.mayoclinic.com/health/insulin-and-weight-gain/DA00139>

Page KA, et al. "Medium-chain fatty acids improve cognitive function in intensively treated type 1 diabetic patients and support in vitro synaptic transmission during acute hypoglycemia." *Diabetes* 2009; 58(5): 1237-44.

Sicar S, et al. "Choice Of Cooking Oils – Myths And Realities." *J Indian Med Assoc* 1998; 96(10): 304-7.

Turner N, et al. "Enhancement Of Muscle Mitochondrial Oxidative Capacity And Alterations In Insulin Action Are Lipid Species Dependent: Potent Tissue-Specific Effects Of Medium-Chain Fatty Acids." *Diabetes* 2009; 58(11): 2547-54.

Chapter 7 - Probiotics

Kadooka Y, et al. Regulation of abdominal adiposity by probiotics (*Lactobacillus gasseri* SBT2055) in adults with obese tendencies in a randomized controlled trial. *Eur J Clin Nutr*. 2010 Jun;64(6):636-43.

Mallappa RH, et al. Management of metabolic syndrome through probiotic and prebiotic interventions. *Indian J Endocrinol Metab*. 2012 Jan;16(1):20-7.

Million M, et al. Species and strain specificity of *Lactobacillus* probiotics effect on weight regulation. *Microb Pathog*. 2013 Feb;55:52-4.

Vina I, et al. Current Evidence on Physiological Activity of Kombucha Fermented Beverage and Expected Health Effects. *J Med Food* 2013; [Epub ahead of print].

Langley AE. Thyroid, Bradycardic And Hypothermic Effects Of Perfluoro-N-Decanoic Acid In Rats. *J Toxicol Environ Health* 1985; 15(3-4): 485-91.

Chapter 8 - Matcha

National Cancer Institute. "Tea And Cancer Prevention: Strengths And Limits Of The Evidence." National Institute of Health. 2010 (Internet). Available at: <http://www.cancer.gov/cancertopics/factsheet/prevention/tea>.

<https://academic.oup.com/ajcn>

<https://www.uccs.edu/>

<https://ujido.com/pages/dr-z?aff=3>

Nagago, T. "Ingestion Of A Tea Rich In Catechins Leads To A Reduction In Body Fat And Malondialdehyde-Modified LDL In Men." *American Journal of Clinical Nutrition*. 2005; 81(1): 122-129.

Weiss, D.J. et al. "Determination Of Catechins In Matcha Green Tea By Micellar Electrokinetic Chromatography." *Journal of Chromatography*. 2003; 1011(1-2): 173-180.

Ichinose, T. et al. "The Effect of Endurance Training Supplemented with Green Tea Extract on Substrate Metabolism during Exercise in Humans. *Scandinavian Journal of Medicine and Science in Sports*." 2011; 21(4): 598-605.

Sachdeva, A. et al. "Protective Effect of Epigallocatechin Gallate in Murine Water-Immersion Stress Model of Chronic Fatigue Syndrome." Basic and Clinical Pharmacology and Toxicology. 2010; 106: 490-496."

Chapter 9 - HIIT

<http://www.today.com/health/running-farther-faster-longer-can-kill-you-1C7388868>
http://www.who.int/dietphysicalactivity/factsheet_adults/en/
<https://www.escardio.org/>
<https://www.sciencedaily.com/releases/2013/10/131015191405.htm>
<https://www.ncbi.nlm.nih.gov/pubmed/14515011>
<https://www.ncbi.nlm.nih.gov/pubmed/20472480>
<https://www.ncbi.nlm.nih.gov/pubmed/20837645>

Chapter 10 - Intermittent Fasting

<https://www.drhardick.com/intermittent-fasting>
<https://pubmed.ncbi.nlm.nih.gov/17374948/>
<https://pubmed.ncbi.nlm.nih.gov/23244540/>
https://file.scirp.org/Html/8-2700145_5217.htm
<https://pubmed.ncbi.nlm.nih.gov/24434759/>
<https://academic.oup.com/ajcn/article/86/1/7/4633143>
<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0066069>
<https://pubmed.ncbi.nlm.nih.gov/24886300/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC329619/>
<https://www.woundsresearch.com/article/influence-short-term-repeated-fasting-skin-wound-healing-female-mice>
<https://academic.oup.com/ajcn/article/90/5/1138/4598070>
<https://www.copyright.com/business/document-delivery-with-rightfind/>

Chapter 11 - Emotional Detoxification

Bergsson G, et al. In Vitro Killing Of Candida Albicans By Fatty Acids And Monoglycerides. Antimicrob Agents Chemother 2001; 45(11): 3209-12.
Farr SA, et al. "Extra Virgin Olive Oil Improves Learning And Memory In SAMP8 Mice." J Alzheimers Dis 2012; 28(1):81-92.
Fife, B. "The Coconut Oil Miracle." New York: Avery Books. 2004.

Han JR, et al. "Effects Of Dietary Medium-Chain Triglyceride On Weight Loss And Insulin Sensitivity In A Group Of Moderately Overweight Free-Living Type 2 Diabetic Chinese Subjects." *Metabolism* 2007; 56(7): 985-91.

Han JR, et al. "Effects Of Dietary Medium-Chain Triglyceride On Weight Loss And Insulin Sensitivity In A Group Of Moderately Overweight Free-Living Type 2 Diabetic Chinese Subjects." *Metabolism* 2007; 56(7): 985-91.

Kochikuzhyil BM, et al. "Effect Of Saturated Fatty Acid-Rich Dietary Vegetable Oils On Lipid Profile, Antioxidant Enzymes And Glucose Tolerance In Diabetic Rats." *Indian J Pharmacol* 2010; 42(3): 142-5.

Langley AE. Thyroid, Bradycardic And Hypothermic Effects Of Perfluoro-N-Decanoic Acid In Rats. *J Toxicol Environ Health*. 1985; 15(3-4): 485-91.

Lei T. "Medium-Chain Fatty Acids Attenuate Agonist-Stimulated Lipolysis, Mimicking The Effects Of Starvation." *Obes Res* 2004; 12(4): 599-611.

Mayo Clinic. "Insulin And Weight Gain: Keep The Pounds Off." 2011. (Internet). Available at: <http://www.mayoclinic.com/health/insulin-and-weight-gain/DA00139>.

Page KA, et al. "Medium-chain fatty acids improve cognitive function in intensively treated type 1 diabetic patients and support in vitro synaptic transmission during acute hypoglycemia." *Diabetes* 2009; 58(5): 1237-44.

Sicar S, et al. "Choice Of Cooking Oils – Myths And Realities." *J Indian Med Assoc* 1998; 96(10): 304-7.

Turner N, et al. "Enhancement Of Muscle Mitochondrial Oxidative Capacity And Alterations In Insulin Action Are Lipid Species Dependent: Potent Tissue-Specific Effects Of Medium-Chain Fatty Acids." *Diabetes* 2009; 58(11): 2547-54.

Chapter 12 - Positive Thinking

<https://pubmed.ncbi.nlm.nih.gov/26589222/>
<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/art-20043950>
<https://pubmed.ncbi.nlm.nih.gov/22641932/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3671693/>

Chapter 13 - Daily Affirmations

<https://www.hindawi.com/journals/isrn/2012/278730/>

Chapter 14 - Aromatherapy 101

<http://www.britannica.com/topic/essential-oil>
<https://www.naha.org/explore-aromatherapy/about-aromatherapy/what-is-aromatherapy>
<http://www.britannica.com/topic/spice-trade>
<http://onlinelibrary.wiley.com/doi/10.1002/j.2050-0416.1907.tb02205.x/full>
<http://www.sciencemuseum.org.uk/broughttolife/techniques/miasmatheory.aspx>
<http://www.ncbi.nlm.nih.gov/pubmed/25369660>
<https://umm.edu/health/medical/altmed/treatment/aromatherapy>

Chapter 15 - Cooking with Essential Oils

<https://www.ncbi.nlm.nih.gov/pubmed/25893282>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3265747/>
<https://www.ncbi.nlm.nih.gov/pubmed/21865126>
<https://www.ncbi.nlm.nih.gov/pubmed/26593564>

Chapter 16 - 7 Essential Oils for Weight Loss

<http://www.ncbi.nlm.nih.gov/pubmed/20623616>
<http://www.ncbi.nlm.nih.gov/pubmed/25002406>
<http://www.ncbi.nlm.nih.gov/pubmed/17615482>
<http://www.ncbi.nlm.nih.gov/pubmed/23627599>
<http://www.sciencedirect.com/science/article/pii/S0195666308003358>
<http://www.ncbi.nlm.nih.gov/pubmed/16298093>
<http://www.ncbi.nlm.nih.gov/pubmed/15796577>
<http://www.ncbi.nlm.nih.gov/pubmed/8033760>

Chapter 17 - Using Essential Oils for Metabolic Syndrome

https://www.eurekalert.org/pub_releases/2014-11/afot-opm111014.php
<https://www.ncbi.nlm.nih.gov/pubmed/21595595>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3109701/>
<http://jamanetwork.com/journals/jama/fullarticle/2293286>
http://pubget.com/articles/elasticsearch_show/15862904
<https://www.ncbi.nlm.nih.gov/pubmed/15715893>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3521421/#B12>

<https://www.ncbi.nlm.nih.gov/pubmed/1156467>
<https://www.ncbi.nlm.nih.gov/pubmed/21693164>

Chapter 18 - Using Essential Oils to Balance Blood Sugar

<https://www.cdc.gov/features/diseasesconditions.html>
<http://www.diabetes.org/diabetes-basics/type-2/?loc=db-slabnav#sthash.6fetM0NB.dpuf>
<http://www.diabetes.org/diabetes-basics/type-1/?loc=db-slabnav#sthash.xW6GjTEK.dpuf>
<http://spectrum.diabetesjournals.org/content/14/3/124.full>
<https://www.ncbi.nlm.nih.gov/pubmed/20513336>
<https://pubs.acs.org/doi/abs/10.1021/jf401039z>
<https://www.ncbi.nlm.nih.gov/pubmed/15715893>
<https://www.ncbi.nlm.nih.gov/pubmed/20487577>
<https://www.tandfonline.com/doi/abs/10.1271/bbb.130254>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3249697/>
<https://www.ncbi.nlm.nih.gov/pubmed/26352081>

Chapter 19 - Cinnamon

<http://www.ncbi.nlm.nih.gov/pubmed/21929331>
<http://www.ncbi.nlm.nih.gov/pubmed/26631640>
<http://www.ncbi.nlm.nih.gov/pubmed/26165725>
<http://www.ncbi.nlm.nih.gov/pubmed/17326042>
<http://www.ncbi.nlm.nih.gov/pubmed/21480806>
<http://www.ncbi.nlm.nih.gov/pubmed/17140783>
<http://www.ncbi.nlm.nih.gov/pubmed/25765836>
<http://www.hindawi.com/journals/ecam/2013/852049/>
<http://www.ncbi.nlm.nih.gov/pubmed/10930724>
<http://www.ncbi.nlm.nih.gov/pubmed/25553481>
<http://www.ncbi.nlm.nih.gov/pubmed/?term=cinnamaldehyde+cancer>

Chapter 20 - Citrus Oils

<https://naha.org/explore-aromatherapy/about-aromatherapy/aromatherapy-extracts-produced-from-plants/>
<https://pubchem.ncbi.nlm.nih.gov/compound/440917#section=Top>
<http://naha.org/?/explore-aromatherapy/safety>
<http://www.ncbi.nlm.nih.gov/pubmed/25824404>

<http://www.ncbi.nlm.nih.gov/pubmed/17105553aaaa>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6073409/>
<http://www.ncbi.nlm.nih.gov/pubmed/17615482>
http://pubget.com/articles/elasticsearch_show/3b99059e-6674-45be-b1a5-5607283c749a
http://pubget.com/articles/elasticsearch_show/3e26e320-b85e-46e1-ab59-57ea54cf9dcc
<http://onlinelibrary.wiley.com/doi/10.1002/mnfr.200800057/full>
<http://www.sciencedirect.com/science/article/pii/S1021949814001495>

Chapter 21 - Grapefruit

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3649719/>
<https://www.newworldencyclopedia.org/entry/Grapefruit#History>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6982870/>
<https://journals.sagepub.com/doi/abs/10.1177/153537020322801014>
<https://www.ncbi.nlm.nih.gov/pubmed/17615482>
<https://www.ncbi.nlm.nih.gov/pubmed/11858553>
<https://europepmc.org/article/med/14758720>
<https://cancerpreventionresearch.aacrjournals.org/content/canprevres/6/6/577.full.pdf>
<https://www.ncbi.nlm.nih.gov/pubmed/25940753>
<https://www.ncbi.nlm.nih.gov/pubmed/20143292>
<https://onlinelibrary.wiley.com/doi/full/10.1111/j.1467-2494.2006.00318.x>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6693249/>
<https://www.webmd.com/skin-problems-and-treatments/acne/what-is-acne#1>
<https://www.ncbi.nlm.nih.gov/pubmed/20657472>
<https://www.ncbi.nlm.nih.gov/pubmed/31684768>
<https://onlinelibrary.wiley.com/doi/abs/10.1111/j.1745-4565.2008.00131.x>
<https://www.ncbi.nlm.nih.gov/pubmed/15504436>
<https://www.ncbi.nlm.nih.gov/pubmed/30690523>
<https://www.sciencedirect.com/science/article/abs/pii/S0308814605005194>
<https://www.ncbi.nlm.nih.gov/pubmed/19736768>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5186748/>
<https://www.ncbi.nlm.nih.gov/pubmed/21485368>
<https://tisserandinstitute.org/learn-more/grapefruit-oil-and-medication/>
<https://tisserandinstitute.org/learn-more/oxidized/>
<https://www.asPCA.org/pet-care/animal-poison-control/toxic-and-non-toxic-plants/grapefruit>

Chapter 22 - Lime

<https://www.ncbi.nlm.nih.gov/pubmed/24125633>
<https://www.ncbi.nlm.nih.gov/pubmed/23285822>
<https://www.ncbi.nlm.nih.gov/pubmed/24586096>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5334235/>
<https://www.ncbi.nlm.nih.gov/pubmed/29565630>
<https://www.ncbi.nlm.nih.gov/pubmed/24742226>
http://www.scielo.br/scielo.php?script=sci_arttext&pid=S0001-37652018000401285&lng=en&nrm=iso&tlng=en
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5302327/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2816438/>
<https://link.springer.com/article/10.1007%2Fs11947-010-0507-1>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3265747/>
<https://www.ncbi.nlm.nih.gov/pubmed/20623616/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5065707/>
<https://www.ncbi.nlm.nih.gov/pubmed/23838456/>
<https://www.ncbi.nlm.nih.gov/pubmed/28923438/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4835072/>
<https://www.ncbi.nlm.nih.gov/pubmed/22260108>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5214556/>
<https://www.ncbi.nlm.nih.gov/pubmed/19919125/>
<https://www.ncbi.nlm.nih.gov/pubmed/12222671/>
<https://www.ncbi.nlm.nih.gov/pubmed/1988264>
<https://www.sciencedirect.com/science/article/pii/S0022474X1730200X?via%3Dihub>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6073409/>

Chapter 23 - Melissa

<http://www.ncbi.nlm.nih.gov/pubmed/24745610>
<http://www.ncbi.nlm.nih.gov/pubmed/20487577>
<http://www.ncbi.nlm.nih.gov/pubmed/15636181>
<http://www.ncbi.nlm.nih.gov/pubmed/22510493>
<http://www.ncbi.nlm.nih.gov/pubmed/19729299>

Chapter 24 - Orange

<https://naha.org/?/explore-aromatherapy/safety>
<https://blog.aromahead.com/2010/03/22/citrus-essential-oils-avoiding-phototoxicity>
<https://pubchem.ncbi.nlm.nih.gov/compound/440917#section=Top>
<https://onlinelibrary.wiley.com/doi/abs/10.1002/mnfr.200800057>
<https://www.sciencedirect.com/science/article/pii/S1021949814001495>
<https://www.ncbi.nlm.nih.gov/pubmed/18534325>
<https://www.ncbi.nlm.nih.gov/pubmed/16095639>
<https://www.ncbi.nlm.nih.gov/pubmed/20377818>
<https://www.ncbi.nlm.nih.gov/pubmed/8893526>

Chapter 25 - Peppermint

<http://www.ncbi.nlm.nih.gov/pubmed/19768994>
<http://www.ncbi.nlm.nih.gov/pubmed/22034523>
<http://www.ncbi.nlm.nih.gov/pubmed/24100754>
<http://www.ncbi.nlm.nih.gov/pubmed/23092689>
<http://umm.edu/health/medical/altmed/herb/peppermint>

About the Author



ERIC ZIELINSKI, D.C. has pioneered natural living and biblical health education since 2003. Trained as an aromatherapist, public health researcher, and chiropractor, Dr. Z started NaturalLivingFamily.com alongside his wife Sabrina Ann in 2014 to help people learn how to use natural remedies like essential oils safely and effectively. Now visited by more than six million natural health seekers every year, it has rapidly become the #1 source for Biblical Health and non-branded essential oils education online.

Dr. Z is an accomplished researcher with several publications, conference proceedings and is committed to sharing the healing power of natural therapies at churches and events across the globe.

The Essential Oils Apothecary

**Alzheimer's, Cancer, Fatty Liver, Heart Disease & More...
150+ Soothing Remedies for Managing the Treatment &
Symptoms of Chronic Illness!**

[**Get Your Copy Here!**](#)

The Healing Power of Essential Oils

**150+ Healing Recipes & Remedies to Soothe Inflammation, Boost
Mood, Prevent Autoimmunity, and Feel Great in Every Way!**

[**Get Your Copy Here!**](#)