# The KING'S MEDICINE Cabinet

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# The Kings Medicine Cabinet

## *Essential Oil Uses, Cures and Recipes for Healing*

What would a king keep in their medicine cabinet? If we look back in ancient days to see what **King Solomon, King David, King Tut, Queen Esther or Cleopatra** would have put in their medicine cabinet what do you think you would have found?

Well, according to ancient documentation, you would have found essential oils. Essential oils were used by kings and queens as medicine and were often more costly than gold and silver.

The purpose of this guide is to empower and train you to take control of your health with essential oils. This guide combines both science and ancient wisdom to give you the best recommendations for natural cures and home remedies with essential oils.

Today our medicine cabinets are full of synthetic chemicals and pills that have dangerous side effects. Why continue to use such substances when God has provided us with the food based medicine of essential oils that are even more powerful?

Just adding some of the most common essential oils like lavender, frankincense, lemon, peppermint and clove oil to your natural medicine cabinet can:

BENEFITS

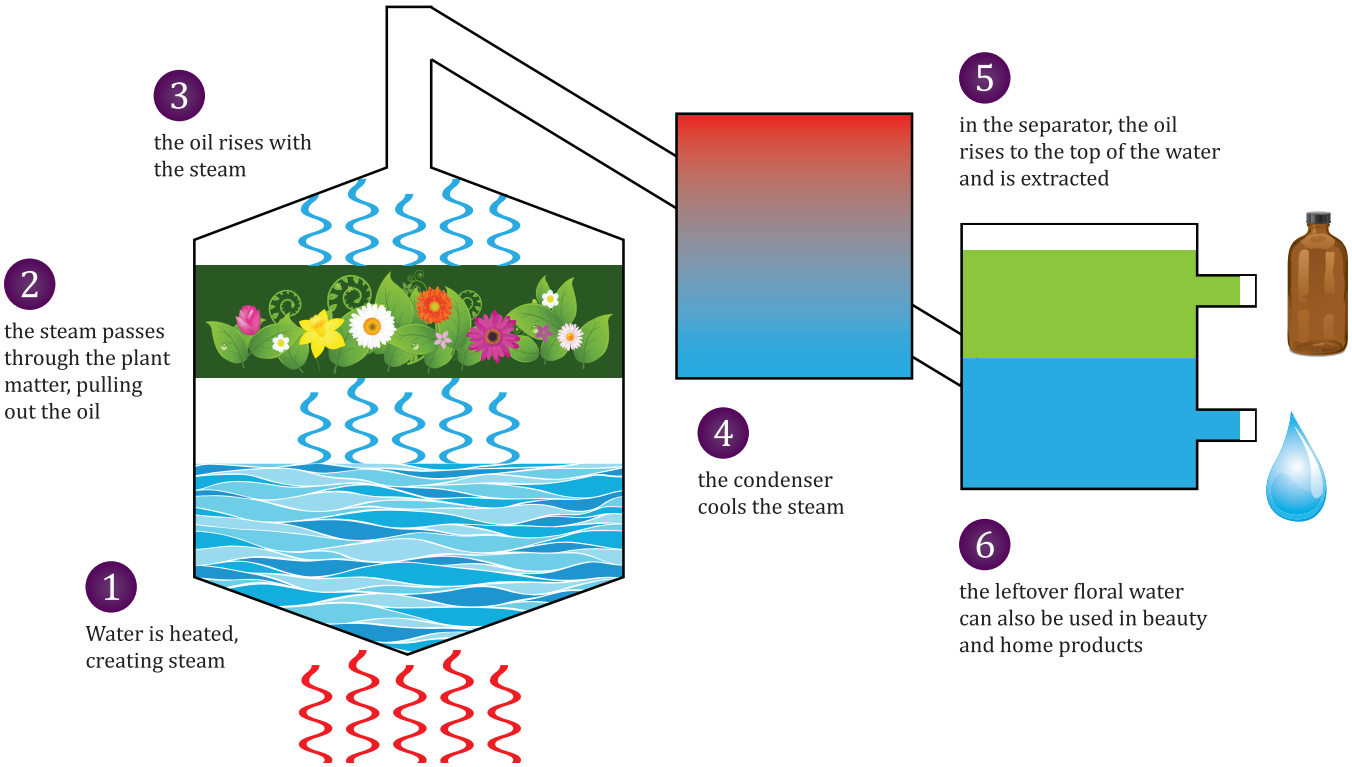
- **Fight cold and flu symptoms**
- **Relax your body and soothe sore muscles**
- **Heal skin conditions**
- **Alleviate pain**
- **Balance hormones**
- **Improve digestion**
- **Reduce cellulite and wrinkles**
- **Clean your home**
- **Be used in homemade personal care products**

And these are just a few of the health benefits of using essential oils.

Now let's talk a bit about what essential oils are, the history of these oils and how you can use them to transform your health forever!

# What are Essential Oils?

Essential oils are extracted directly from the bark, flower, fruit, leaf, seed or root of a plant or tree and just one drop can have powerful health benefits. Essential oils are typically created through the process of distillation which separates the oil and water based compounds of a plant by steaming.




Essential oils are <u>highly concentrated</u> oils that have a strong aroma. By concentrating the oils of these plants you are literally separating the most powerful healing compounds of a plant into a single oil. For instance, in order to get **1 pound of lavender essential oil it takes 150 pounds of lavender flowers!**

So essentially *(no pun intended)* you can be getting 150 times the healing properties from lavender essential oils than you would from using straight lavender.

These natural oils in plants protect the plant from insects, shield the plant from a harsh environment and help them adapt to their surroundings.
By taking essential oils you are harnessing the protective and healing powers of a plant. Essential oils are truly the most potent form of plant based medicine. Their power to heal and cure disease is

so effective that by using essential oils many people are able to avoid the need to use a plethora of drugs or have various types of surgeries.

## History of Essential Oils

A vital component of ancient culture that dates since nearly the beginning of time. It appears that it was the **Egyptians** who first made extensive use of herbs with distillation methods dating back 3,500 B.C. Essential oils were used as Egyptian medicine and used in the burial of rulers and pharaohs.

When **King Tut's** tomb was opened 350 liters of essential oils were discovered in alabaster jars. It's been documented that Cleopatra, who was famous for her beauty and charm, owned the first spa near the dead sea where she used essential oils for her personal beauty treatments.

Also, essential oils were used by **Moses** and were referenced in the Bible. In fact, in the book of Exodus when the Lord refers to holy anointing oil it was a specific formula God recommended.

**Bible Annointing Oil**

- **Myrrh 6kg**
- **Cinnamon 3kg**
- **Calamus 3kg**
- **Cassia 6kg**
- **Olive Oil 7kg**

This formula was used to anoint **priests** and **kings**. And, this holy anointing oil was used when someone went to the priest for healing. The oil was poured onto their head and they were prayed for. And this wasn't just a ritual, this oil was known to have healing properties.

In the book of Numbers 16 Moses tells the high priest Aaron to burn oils as incense to stop a plague. We know that these oils, especially cinnamon, have powerful anti-bacterial properties that could protect the people.

Other healing oils used frequently during that time period include frankincense, hyssop, spikenard and cedarwood.

This wisdom then sailed across the Mediterranean and

evidently reached **Hippocrates** who utilized aromatherapy to enhance massage techniques a few centuries before the coming of Christ. Somewhere in the midst of this knowledge transfer, China and India also started to employ herbal remedies and Ayurvedic medicine embraced essential oils extensively.

Then as the Bible tells us **3 wise men** gave the infant King of Israel gifts of gold to honor his royalty, frankincense as a perfume, and myrrh for anointing oil. Although there is probably some truth to this, other sources claim that the wise men from the far east were actually being more practical by giving the baby **Jesus** these precious, costly items that could double as potential medical remedies.

During that time frankincense was used to support the immune system and fight infection which could heal a sick child. Myrrh was known to help healing after pregnancy and support *hormonal* health.

> **"In the Bible, essential oils are referenced 264 times and 33 different types of oils are mentioned."**

As civilizations transferred world power, the essential oil techniques from Greece traveled to **Rome** who favored aromatherapy and fragrances. After the fall of the Roman Empire, **Persia** picked up these healing techniques and perfected the essential oil distillation process.

Sadly, the Dark Ages brought with it a disdain for Hippocrates' holistic approach. However, because the **Catholic Church** viewed bathing as inappropriate, high esteem was given to aromatics, which coincidently are also anti-bacterial, to keep foul odor at bay. Little did they know that their perfume was also helping stave off sickness and disease!

During this era, it is believed that **Monks** continued the healing tradition of essential oils and secretly kept herbal medicine alive in the halls of their monasteries. Unfortunately, folk medicine was viewed as "witchcraft" and many herbalists were either burned at the stake or persecuted.

Thankfully, the **Renaissance** resurrected herbal medicine and physicians such as Paracelsus challenged his medical colleagues with testimonials of successfully treating life-threatening concerns like leprosy.

What we know as modern "aromatherapy" was not introduced formally until French chemist **Rene Maurice Gattefosse** first coined the phrase in 1937. Although he wasn't necessarily a natural health advocate, he became interested in essential oils after a 1910 accident where he badly burned his hand. Gattefosse used the first available salve in his laboratory, a pure, undiluted lavender oil compound that not only immediately eased the pain, but healed his injury without infection or scar.

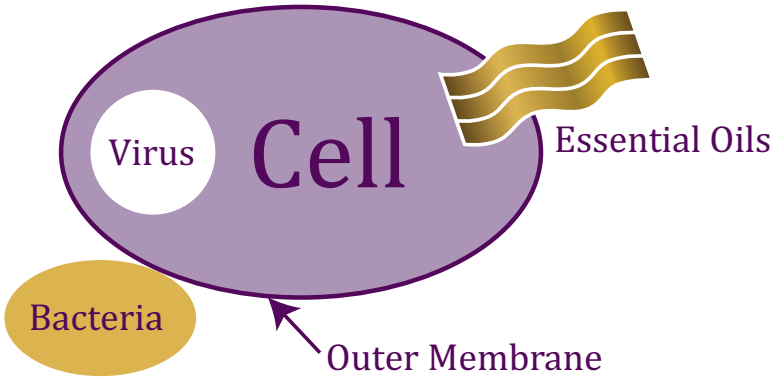
Because of Gattefosse's work, **Dr. Jean Valet** used essential oils to treat injured soldiers in World War II. This led to **Marguerite Maury** being the first person to "individually prescribe" essential oil combinations using a Tibetan technique for back massage that treated nerve endings along the spine.

Today, essential oils are still used as medicine by "**kings**" and "**priests**" as well as by doctors, nutritionists, mom's and dad's all over the world.

## Why Essential Oils Are So Powerful

Essential oils are composed of very small molecules that can penetrate your cells, and some compounds in essential oils can even cross the blood-brain barrier. They differ from fatty oils (like those in vegetables or nuts) that come from large molecules because they cannot penetrate your cells so they are not therapeutic in the same manner.

For instance, most vegetable oils will stay on your skin and may even clog your pores because they are not small enough to get into your system where essential oils will soak right into your skin.




Essential oils placed anywhere on the body are "**transdermal**" which means they can actually pass through your skin and into your circulatory system and cells.

**These oils are typically used in four ways: topically, inhaled by using a diffuser, taken internally and used for personal care.** Many essential oils are so powerful that when used topically or internally they must be diluted with a carrier oil like olive or coconut oil.

Because of the incredible ability of essential oils to travel through the body and air even diffusing essential oils can have great health benefits. Think about how powerful the scent of these oils are.

An example would be if you had peppermint leaves in your kitchen. Could you smell them from 10 feet away? Probably not. But if you are diffusing peppermint, cinnamon or oregano essential oils you can smell them throughout most of your home!

That's because the volatile compounds in essential oils can pass from the air into your olfactory system. Your **olfactory system**, which is your sense of smell, is connected directly to your brain and what you smell can go into your cells and your blood stream within seconds.

This is why if you or your child are getting sick you can simply diffuse essential oils of clove and frankincense in the air and recover from a cold much faster or keep your family from getting sick in the first place.

Once in your system these oil compounds have the ability to protect and heal your body in various way. Healing by means of your olfactory system is why using essential oils has been referred to as **aromatherapy**.

It is important to mention that dried herbs and medicinal tinctures also have the power to heal. For instance ground ginger root, cinnamon and echinacea have many health benefits. Also, consuming healthy foods like vegetables and fresh herbs can support healing. But in terms of compounds that have the strongest concentrated healing properties none of these are as powerful as essential oils.

# Quality of Essential Oils...What You MUST Know

This is one of the most vital things you must know about essential oils ... not all essential oils are created equally. In fact, most of them are worthless to your health and potentially toxic. There are four grades of essential oils:

## 1. Synthetic and Altered Oils

- ⇢ created in laboratory and lowest grade of oil

## 2. Natural and "Pure" Oils

- ⇢ overly processed so they lose healing compounds
- ⇢ most commonly sold type of essential oils

## 3. Wellness Grade Essential Oils

- ⇢ steam distilled with healing compounds
- ⇢ the negative is that they may or may not have been sprayed with pesticides

## 4. Certified Therapeutic Grade Essential Oils

- ⇢ the highest grade of essential oils with greatest healing properties
- ⇢ medicinal oils that can be used as plant-based medicine

Creating true quality essential oils starts with planting high quality plants in nutrient dense organic soil. Then these herbs or plants must be harvested when their healing compounds are most available.

Next, oils should be extracted using steam distillation or cold pressed without using chemicals. Finally, the oils should be bottled in dark glass containers to protect from oxidation and sunlight.

When purchasing essential oils always buy therapeutic grade and organic oils whenever possible.

# How To Use Essential Oils

There are four main ways I recommend using essential oils: topical, inhalation, internal and personal care.

## TOPICAL USE

Some essential oils can be placed directly on the skin, but some cannot and should be mixed with a carrier oil.

Some of the best carrier oils include coconut oil, almond oil, olive oil, jojoba oil and pomegranate seed oil.

Simply take 3-5 drops of the essential oil and put directly onto your skin. If it needs a carrier oil mix 3-5 drops of essential oils with 1 teaspoon of a carrier oil like coconut oil.

Key points of application on the body are:

KEY POINTS

- **Behind ears**
- **Neck**
- **Abdomen**
- **Soles and tops of feet**
- **Upper back**
- **Temples**
- **Along spine**

### To apply topically I recommend

1. Put 3 drops in palm with carrier oil if necessary.
2. Rub oils together with palm and fingers, then apply to area in circular light massage movement.

### Other ways to use oils topically include:

**Baths:** 15 drops mixed with 1/2 cup of epsom salt makes a fantastic aromatherapy bath. This can help improve circulation, relieve sore muscles, soothe skin, open airways, relax the body and improve sleep. Use soothing oils like eucalyptus and lavender.

**Compresses:** 10 drops per 4 oz. of water. Soak cloth and apply for bruises, infections, aches and pains. Peppermint is one of the best for muscle aches and lavender is great for infections.

**Salves:** A 2.5% dilution is recommended, which is 15 drops per 1 ounce of oil. You can make salves by mixing coconut oil, beeswax, vitamin E oil and essential oils. You can store salves in a metal or glass container and use for things like cuts, scrapes, bruises or for sore muscle rubs.

## INTERNAL USE

Research suggests that many oils are more effective when taken orally. But only pure therapeutic grade oils should be taken this way. Dosage and dilution is dependent on age, size and health of individual. If you have more in-depth questions consult your nutritionist or physician.

### Suggested internal use methods include:

- Put several drops of oil into an empty capsule and swallow with water
- Add 1-3 drops to a glass of water, almond milk or coconut milk
- Put 1-3 drops to 1 teaspoon of coconut oil then consume
- Add 1-3 drops to 1 teaspoon of raw honey
- Drop directly under tongue with certain oils

I personally put drops of peppermint and lemon oil in my water and drink it throughout the day.

## INHALATION WITH DIFFUSER

Another excellent way to use essential oils is to diffuse them. As discussed earlier the molecules in essential oils are small enough to pass into your body and cells to support health and healing. Here are some directions when using a diffuser.

### Here are some ways to diffuse essential oils:

- To clean the air add in essential oils of lemon and the shield blend
- To improve energy add in peppermint
- To reduce a headache and relax add in lavender

** I have the diffuser going around the house and my office all day.*

> **“Putting 15 drops of essential oils in a diffuser or in warm water is fast becoming one of the most popular ways to use essential oils.”**

## PERSONAL CARE USE

In just a bit I also want to discuss some common home remedies with essential oils like homemade toothpaste, deodorant and body lotion but first let's talk about the top essential oils to stock in your natural medicine cabinet.

# The Seven Most Powerful Essential Oils To Stock In Your Medicine Cabinet

## 1. LAVENDER

Well-known for its soothing, calming properties lavender is wonderful for accelerating healing time for burns, cuts, stings and other wounds. It is jam-packed with anti-oxidant power, which is why researchers from Tunisia evaluated its ability to treat diabetes and oxidative stress.

A Russian scientist Rene Gattefosse first discovered the healing properties which Lavender possessed when he severely burned his arm in an accident. He immersed his hand in a vat of lavender essential oil and found his tissue healed rapidly and when healed there was no scarring!

BENEFITS

- **Relaxes body and reduces anxiety**
- **Heals wounds and burns**
- **Reduces high blood pressure and cholesterol**
- **Relieves insomnia**
- **Heals skin disorders**
- **Supports hormone balance**
- **Balances blood sugar for diabetes**

**Uses**

+ Rub on neck in evening to relax body and improve sleep
+ Detox and relaxing bath - add lavender essential oils and epsom salts to restore body after a challenging day
+ Put on your kids cuts, scrapes, rashes, burns and wounds
+ Diffuse in the air to relax and improve mood
+ Take as supplement or use topically on neck to lower cholesterol and blood pressure
+ Put on as fragrance to replace chemical perfumes

## 2. PEPPERMINT

Pleasantly suitable for an abundance of oral and topical uses, peppermint may be the most versatile essential oil in the world. Literally, there are few issues that it can't help.

Research has found peppermint can improve antibiotic resistance and help heal your body from the overuse of prescription antibiotics and other chemicals that effect your body.

Peppermint essential oil gives a cooling sensation and has a calming effect on the body which can relieve sore muscles when used topically. It also has antimicrobial properties so it can help freshen bad breath and soothe digestive issues.

BENEFITS

- **Improves focus, energy and concentration**
- **Supports digestion**
- **Relieves muscle aches and pain**
- **Fights bad breath and odor**
- **Improves breathing by fighting respiratory and sinus infections**
- **Anti-viral to fight the flu**
- **Reduces nausea, acid reflux and bloating**

**Uses**

- Mix with coconut oil and rub topically on sore muscles
- Diffuse in air to improve focus and energy
- Use on bottom of feet and chest to improve breathing and fight flu or infections
- Mix with coconut oil and baking soda for homemade toothpaste
- Put 1 drop in water to freshen breath and improve energy
- Take 1 drop in water to improve digestion and reduce nausea
- Mix with coconut oil and dark chocolate to make homemade peppermint patties

## 3. LEMON

Lemon is best known for it's ability to cleanse toxins from any part of the body and is widely used to stimulate lymph drainage, to rejuvenate energy, purify skin and act as a bug repellant. Lemon oil stands out as research has recently discovered that it carries powerful cleansing properties.

According to a study published in the *International Journal of Food Microbiology* last year, lemon oil may actually be the most powerful anti-microbial agent of all the essential oils. Lemon essential oil actually comes from the lemon peel, which is the most nutritious part of the lemon, something almost no one has in their diet.

Another study published in *Experimental Biology and Medicine* found that breathing in the scent of lemon essential oils improved neurological activity that promotes the breakdown of body fat.

Lemon oil is one of the most "essential" oils to have on hand and can be used for everything from a detoxification program to freshening up your clothes. I also put a drop of lemon essential oil in my water every day.

BENEFITS

- **Cleanses body and lymphatic system**
- **Improves weight loss**
- **Can reduce cellulite**
- **Improves fatigue**
- **Supports immunity**
- **Kills bad bacteria**
- **Improves mood and reduces anxiety**

**Uses**

+ Put 1-2 drops in water to freshen breath
+ Take 1 drop 3x daily as supplement to promote cleansing and metabolism
+ Diffuse to clean air, for a nice citrus scent and to uplift mood
+ Rub on hands in place of hand sanitizer for anti-microbial benefits
+ Put drops in yogurt or smoothie to enhance flavor
+ Mix with olive oil as natural cleaning product
+ Mix with baking soda as natural teeth whitener
+ Improve house smell by diffusing in air

## 4. FRANKINCENSE

One of the most underrated essential oils, frankincense could be the most powerful essential oil in the world.

Frankincense is also known as boswellia. It has been regarded as a holy oil in the Middle East for centuries. It has been used for the act of anointing individuals, and is well known biblically as one of the gifts given to Christ at his birth. In ancient times, frankincense was valued above gold because of its use to to treat every illness.

Recent research published in the *Journal of Oncology* has found frankincense to shrink tumors and kill cancer cells better than chemotherapy.

The essential oil has also been used with much success to treat issues by reducing inflammation and improving immune function.

BENEFITS

- **Fights cancer**
- **Reduces inflammation**
- **Boosts immune system**
- **Cleanses and detoxes body**
- **Improves depression and mood**
- **Spiritual awareness**
- **Fights infections**
- **Heals skin scarring, sunspots and acne**

**Uses**

- Rub topically behind ears, on chest and neck to improve immunity
- Take internally to reduce inflammation or put topically on areas of joint pain
- Put topically on age spots, scars and stretch marks to improve skin
- Diffuse in the air when praying or doing spiritual reading
- Use after a trauma to recenter and calm yourself
- Diffuse in air to reduce seasonal allergies
- Take internally, diffuse or use topically for cellular health and increasing longevity and lifespan

## 5. MELALEUCA *(Tea Tree Oil)*

Well known throughout Australia for it's ability to treat wounds, melaleuca also known as tea tree oil has powerful antiseptic properties. Melaleuca has been documented to kill many bacteria, viruses and fungi and is an essential part to anyone's natural medicine cabinet.

A study published in the *British Medical Journal* found that melaleuca is "a powerful disinfectant and is non-poisonous and gentle" to the body. In 1923 Dr. A.R. Penfold found that tea tree oil was 12 times more effective at healing infections than the conventional antiseptic at that time carbolic acid.

BENEFITS

- **Kills funguses and yeast**
- **Eliminates parasitic infections**
- **Heals gum disease**
- **Improves acne**
- **Reduces dandruff**
- **Cleanses poison**

**Uses**

- Mix 5 drops with 1 tbsp of raw honey and use as acne free face wash
- Apply to fungal infections such as candida, ringworm or athletes foot
- Add 5 drops to shampoo to reduce dandruff and improve scalp health
- Diffuse in the air to purify air of mold and allergens
- Gargle melaleuca essential oil and water to kick a cold or flu
- Put directly on bug, mosquito or spider bites to detox poison
- Mix 2 tsp melaleuca and water in spray bottle for all purpose cleaner (excellent for workout mats)

## 6. PROTECTIVE BLEND *(Clove, Orange, Cinnamon, Eucalyptus and Rosemary)*

Shield is a protective blend of essential oils that has tremendous healing properties. This blend is formulated from an event that occurred during the 15th century when many people across Europe were dying from the bubonic plague. There were four robbers apprehended during this time and when brought to the judge he asked them how it was they were not getting sick.

They were spice traders and told the judge they were protected because of a blend of essential oils they were covering themselves in of clove, cinnamon, citrus, eucalyptus and rosemary.

**Clove essential oil** ranks as the #1 herb in the world in antioxidant value also known as ORAC score. It's antioxidant score is 1,078,700 per 100g where blueberries are 9,300 per 100g. Clove has also been shown to kill candida and be the most powerful disinfectant available.

**Orange peel oil** is a powerful citrus fruit that contains d-limonene, which has many benefits, including cleansing and anti-inflammatory benefits. It has also been shown to improve mood, freshen odor and improve metabolic function.

**Cinnamon oil** has been shown to help balance blood sugar and has an incredible aroma. This oil was also used by Moses to protect God's people against sickness and disease and was part of holy anointing oil blend.

**Eucalyptus essential oil** improves respiratory health and fights sinus infections. Also, it decreases mucus production and improves digestive health.

**Rosemary essential oil** has been shown to protect the brain and reduce risk of dementia. It also has been shown to improve health of skin, hair, nails and naturally balance hormones.

I believe this blend to be the most important essential oil formula in the world and can be used for many things. And it has an amazing aroma so I diffuse it around my home and office everyday.

BENEFITS

- **Anti-oxidant protection for anti-aging**
- **Fights off colds and flu**
- **Disinfectant against bacteria and germs**
- **Energizing aroma**
- **Anti-inflammatory**
- **Reduces fatigue**
- **Protects brain**
- **Supports immune system**
- **Opens sinuses and improve allergy symptoms**

**Uses**

+ Put 1 drop under tongue to freshen breath and give energy boost
+ Diffuse in air for amazing scent and killing airborne germs and viruses
+ Improves breathing and sinus issues
+ Mix with coconut oil and rub on feet to kill fungus
+ Rub on gums for toothache or mix with coconut oil and baking soda as homemade toothpaste
+ Mix with aloe vera juice for natural mouthwash
+ Mix with coconut oil and baking soda for homemade deodorant that actually works all day
+ Take in capsule form to fight infection, boost immunity or kill internal germs and parasites

As you can see, these essential oils offer an array of health benefits and can be the foundation of your Kings Medicine Cabinet.

## 7. DIGESTIVE BLEND *(Ginger, Peppermint, Fennel)*

Millions of people around the world struggle with digestive issues including chronic problems like leaky gut, inflammatory bowel disease and acid reflux. Also, acute issues of bloating, cramps, diarrhea and constipation effect almost everyone at some point in their life.

The father of medicine Hippocrates said *"All Health Begins in the Gut"*. Digestive issues like leaky gut can lead to other problems like food intolerances, thyroid issues, fatigue, skin issues and even autoimmune disease overtime.

The good news is there is a blend of the essential oils called DigestZen that contains: ginger, peppermint, fennel, coriander, caraway, tarragon and anise that can support digestion.

**Ginger essential oil** is one of the most anti-inflammatory oils in the world and can help settle GI distress. Using ginger oil has also been shown to help heal leaky gut and strengthen immunity. Ginger also benefits joint health, reduces anxiety and slows aging.

**Peppermint oil** has a cooling effect on gut inflammation and can soothe the digestive tract. Peppermint oil has been used effectively to benefit acid reflux and improve circulation. Also, peppermint oil has been shown to reduce symptoms of nausea.

**Fennel essential oil** has a natural sweet flavor and has been shown to relieve indigestion and a wide range of stomach issues. It has been used to treat colic, coughs and to reduce stomach cramps. Also, fennel helps cleanse toxins by stimulating the liver and naturally balances hormones.

Use the DigestZen blend to support any digestive related health condition.

BENEFITS

- **Can support healing leaky gut**
- **Reduces nausea**
- **Improves acid reflux**
- **Anti-inflammatory**
- **Reduces cramps**
- **Treats IBS, diarrhea and constipation**
- **Freshens breath**

**Uses**

+ Put 3-5 drops in water 3 times daily to improve digestive health
+ Diffuse in air to reduce feelings of nausea
+ Massage 2 drops clockwise over stomach to reduce bloating and constipation
+ Put 3 drops under tongue to soothe a stomach ache
+ Mix with coconut oil and baking soda for homemade toothpaste
+ Put 3 drops in mouth before meals to reduce acid reflux

# Essential Oil Application Chart

G Dilution is not required. Suitable for topical use and regarded as safe for children.

D Dilution is recommended. Diffuse up to 30 minutes 3x daily. Take as supplement if recommend by physician or as directed.

S Avoid using when in the sunlight or UV rays.

W Do not use the oil in this manner

| ESSENTIAL OIL | TOPICAL | INHALATION | SUPPLEMENT |
|---|---|---|---|
| Basil | D | D | D |
| Bergamot | S | D | D |
| Cedarwood | G | G | D |
| Cinnamon | D | D | D |
| Clary Sage | D | D | D |
| Clove | W | D | D |
| Coriander/Cilantro | D | D | D |
| Cypress | G | G | W |
| Eucalyptus | D | D | D |
| Frankincense | G | G | G |
| Ginger | D | D | D |
| Grapefruit | S | G | G |
| Helichrysum | G | G | D |
| Lavender | G | G | G |

# Essential Oil Application Chart *(cont.)*

| ESSENTIAL OIL | TOPICAL | INHALATION | SUPPLEMENT |
|---|---|---|---|
| Lemon | S | G | G |
| Melaleuca (Tea Tree) | G | D | W |
| Myrrh | G | G | G |
| Oregano | D | D | D |
| Peppermint | D | G | G |
| Roman Chamomile | G | G | G |
| Rose | G | G | G |
| Sandalwood | G | G | G |
| Spikenard | G | G | W |
| Wintergreen | D | D | W |
| Ylang Ylang | G | G | G |