

**LBRIS**

We know  
books



**ADVANCED  
IL MAGIC**

Series 5

# IBPRI's We know books

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Start by looking up quick suggestions for your health challenges & needs.

Then get to know your essential oils a bit more.

Commit to a Protocol or a Lifestyle Protocol to get big, long-term results.



**Explore more in this book!**  
Simply flash your smart phone's camera at the QR codes throughout this book to pull up videos and other amazing insights.

*\*Oil Magic does not provide technical support for QR codes. Please refer to your smart phone manufacturer for help scanning codes.*



Section 1

Advanced *Usage Guide*



## What is an Essential Oil?

### Volatile Aromatic Compounds

Essential oils are volatile compounds naturally occurring in certain plants. They are extracted from seeds, flowers, bark, resins, leaves, rinds, and roots. The word “volatile” means they easily evaporate at normal temperatures.

### Distillation

While many essential oils on the market are extracted using practices that render the oil impure and non-therapeutic, a true essential oil is carefully distilled using either steam distillation or cold pressing (citrus oils).

### Benefits

Essential oils provide a number of benefits to plants, and many of those benefits are passed onto the human body with appropriate application:

- Anti-bacterial, anti-fungal, anti-viral, and anti-parasitic protection
- Restoration and regeneration from physical damage
- Communication via chemical signals

### Misconceptions

Contrary to occasional misconception, essential oils do not contain vitamins or minerals. The health benefits they provide occur from the interactions of their naturally occurring chemical constituents with the human body in various ways.

Another misconception is that essential oils are the “lifeblood of the plant.” Oils contribute significantly to a plant’s well-being, but they do not keep the plant alive.

### Original Medicine

While the term “alternative medicine” is a buzz word frequently used to describe remedies like herbs and essential oils, plant medicine is indeed *original* medicine.

Plants have been used for medicinal purposes for thousands of years in every culture. Modern science is quickly recognizing and validating the usefulness of plants as medicine (see the Science and Research section).

### The Power of Aroma

Essential oils affect the body quickly and powerfully. When used aromatically, aromatic compounds interact with the olfactory system and limbic system to effectively instigate therapeutic chemical changes in the body. When used internally or topically, they interact directly with cells, organs, and entire body systems for health benefits.

It's hard to go wrong when using essential oils. This book suggests ways to use your oils for specific conditions, but you can try what feels best for your body.

Over time you'll discover your favorite ways to use your oils.



## Aromatic

### Diffuse

*Put 4-8 drops in a diffuser to spread the oil throughout the room.*

### From Hands

*Inhale a couple drops from cupped hands.*

### From Bottle

*Enjoy the aroma directly from the bottle.*

## Not sure *what to do?*

*Apply oils in ways that make sense for your needs. For example, use oils topically on location for a rash. If it's digestive upset, use them internally (though some people rub oils outside their tummy area!).*

*Again, you won't do it wrong. Discover and enjoy.*



## Topical

### Neat

*Apply certain oils directly to skin without dilution.*

### Diluted

*Dilute with Fractionated Coconut Oil or other carrier oil/ lotion as needed.*

### Roller Bottle

*Put 10-20 drops in a roller bottle. Fill the rest with Fractionated Coconut Oil.*



## Internal

### Veggie Capsule

*Put oils in an empty veggie cap, and take with water.*

### Drink with Water

*Drink 1-2 drops with water (for oils with a friendly taste).*

### Sublingually

*Place a drop under the tongue for rapid absorption.*

*\*Most brands of oils are not safe for internal use. Be sure yours has undergone strict gas chromatography and mass spectrometry to ensure purity and chemical soundness.*

## Safety

### Topical & Internal Use

True essential oils are safe to use topically and internally. The smaller the body, the less essential oil should be used. Be conservative and use your oils more frequently.

| Age               | Topical Dilution Ratio* | Internal Use                        |
|-------------------|-------------------------|-------------------------------------|
| Birth - 12 months | 1:30                    | not recommended                     |
| 1-5 years         | 1:15                    | 1 drop (1-6 drops in 24 hours)      |
| 6-12 years        | 1:5                     | 1-2 drops (3-12 drops in 24 hours)  |
| Adults            | as needed               | 2-4 drops (12-24 drops in 24 hours) |

\*essential oil : carrier oil

### Medication

Always consult with a physician if you have questions about using an essential oil with a medication. While certain foods may interact with medications, essential oils frequently require less restraint because of the chemical makeup of the oil vs. the food.

### Pregnancy

Essential oils are wonderful for pregnancy support. Some women wish to use oils only aromatically during their first trimester.

Oils can be used in smaller doses, and certain oils should be avoided: Birch<sup>AT</sup>, Cassia<sup>T</sup>, Cinnamon<sup>T</sup>, Cypress<sup>I</sup>, Eucalyptus<sup>I</sup>, Rosemary<sup>AT</sup>, Thyme<sup>AT</sup>, Wintergreen<sup>T</sup>.

### Sensitive Skin

Dilute as needed for sensitive skin. Apply to the bottoms of feet to avoid sensitivity.

### **If it Burns**

If an oil causes burning or irritation to the skin, immediately dilute it with a carrier oil. You can also use soap to wash the oil off.

### **Mixing with Water**

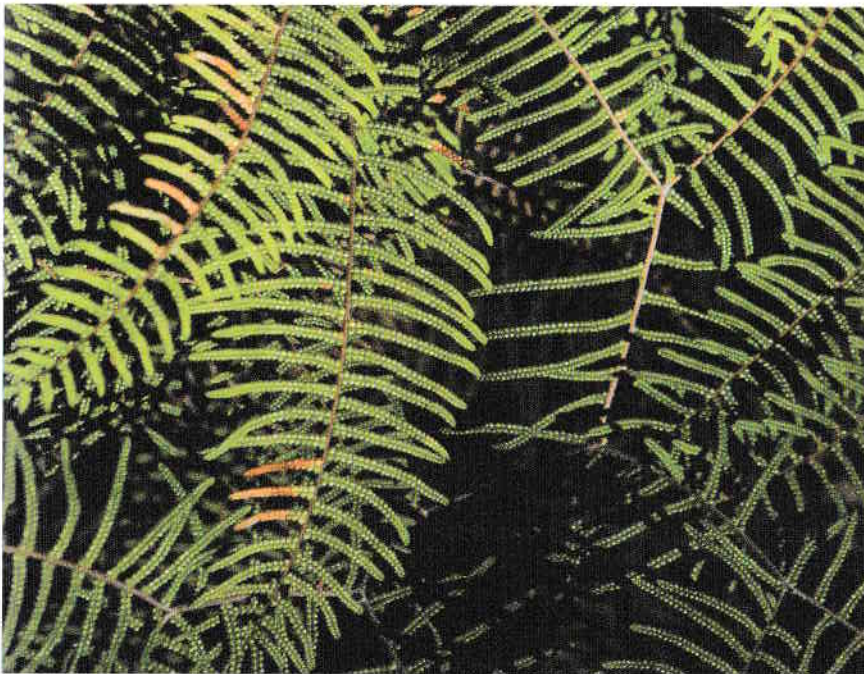
Oil and water don't mix, and water will usually make discomfort from an essential oil worse.

### **Avoid Sensitive Areas**

Do not put essential oils in your eyes, nose, ears, or other sensitive areas.

### **If You Use Too Much**

If too much oil comes out of the bottle, simply wipe up the excess with a napkin (or give it to someone near you!).



### **Photosensitivity**

Certain oils, like citrus oils, can cause photosensitivity. This means that the skin can be more sensitive in sunlight, and that sunlight can even cause unsightly temporary hyper-pigmentation. Heed photosensitivity warnings in this book.

### **Lifestyle Habits**

Keep your oils accessible. Have favorite ones in your bag, in high-traffic areas of the home, in the car, and at work. The easier they are to find, the more benefit you'll get from them.

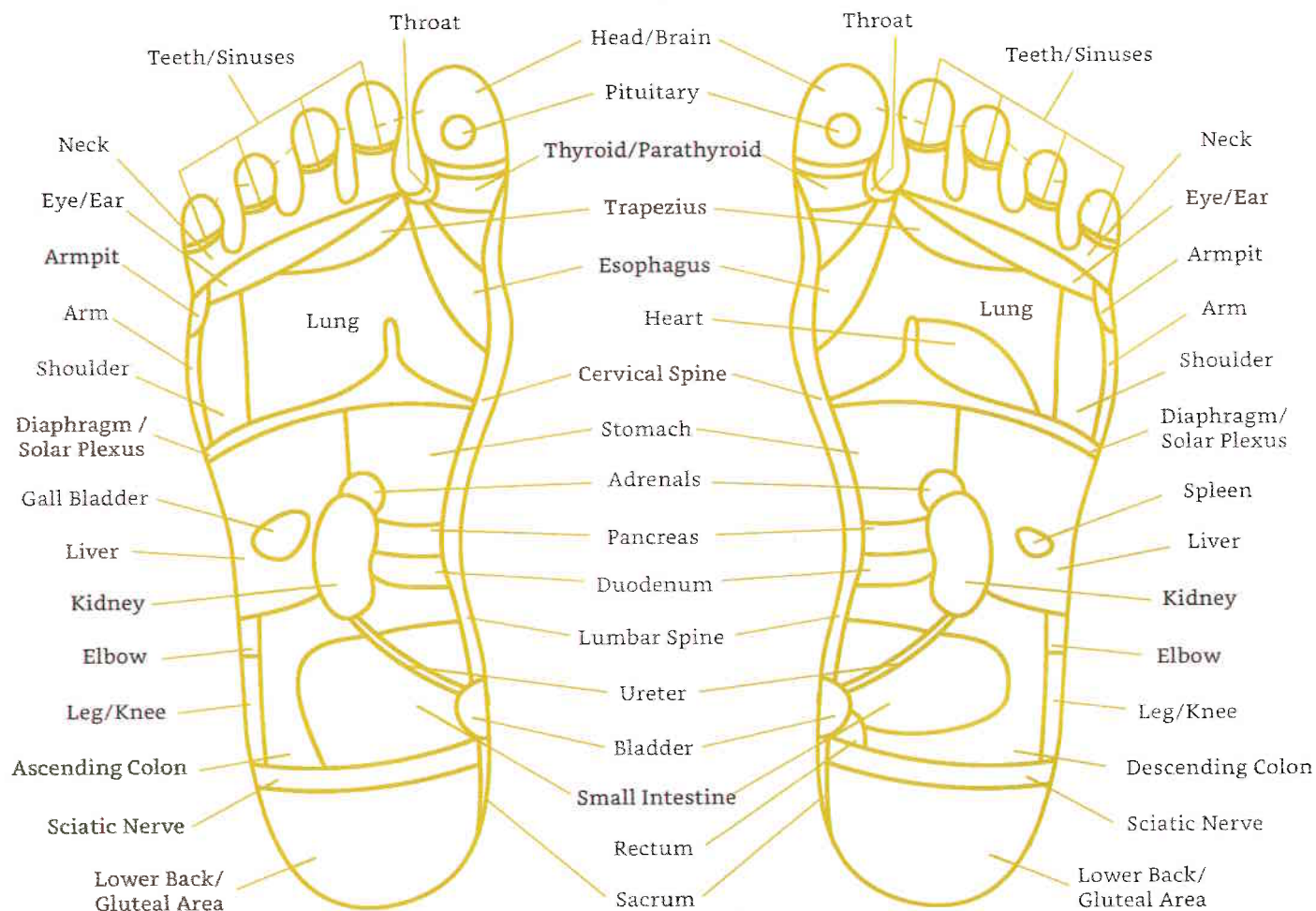
### **How Much Should You Use?**

Discover what works best for your body. Take heed of the safety warnings for each oil in this book.

*Remember - small amounts more frequently tend to produce the best results.*

## Reflexology

Reflexology refers to contact points on the feet where nerve endings connect to other parts of the body. This is an ideal way to apply essential oils when the area of concern isn't accessible or when sensitivities limit application methods. It is also an ideal way to expose energy pathways such as those studied in Chinese medicine to the effects of essential oils.



## Preferences & Blending

### Find the Right Solution for You

Remember that while essential oils have a most useful purpose, you should also enjoy what you use! Enjoying the use of oils makes it easier to create lifestyle habits with them.

If you love the smell of an essential oil, use away! If you don't love the smell, try an application method that limits exposure to the fragrance (like in a veggie cap or on the bottoms of feet), or look for a different oil that has similar properties.

Use oils you have on hand. Sometimes you'll find an oil in this book that you don't have, but that you do have in a blend. Sometimes you'll need to use an oil that has similar chemical properties to another oil you're missing. That's fine!

### Blending

You won't break your oils. If you experiment with blending, but don't succeed, try again. You'll learn the smells that resonate best with you.

If you find yourself in need of an oil you may not love, try combining it with another oil to create a new fragrance.

Here are some blending tips:

- Pay attention to low, mid, and high notes in your oils for a well-rounded fragrance. (e.g. Vetiver is a low note, Lavender is a mid note, and Lemon is a high note.)
- Add FCO to your blends to help the fragrance last longer.
- When layering oils topically (using multiple oils one on top of the other), the oils on top will generally smell the strongest.





## Purity & Potency

A properly sourced and produced essential oil is both pure and potent.

**Purity** means that the essential oil has *no contaminants or fillers*. It was cold-pressed or distilled using steam distillation.

**Potency** (or chemical accuracy) means that the essential oil has an *ideal chemical profile* for that particular plant in order to produce the intended therapeutic benefits. Plant chemistry develops differently based on where the plant is grown, climate, altitude, soil conditions, and growing practices.

You should verify that you are using oils that are scientifically shown to be both pure and potent. Don't take a company's word for it. A trustworthy company will make available the tests performed on every essential oil.

Know what you are putting in, on, and around your body.

## Adulteration & Testing

The complexity of essential oils makes adulterating them too easy sometimes. Because some constituents appear in such small amounts, only sophisticated lab equipment with sufficiently comprehensive databases are able to detect skillful adulteration.

Unethical essential oil manufacturers use synthetic agents, fillers, and look-alike oils to produce inferior oils at cheaper costs.

### Examples of Adulteration

(Tisserand, 2014)

|                         |                                                                                                    |
|-------------------------|----------------------------------------------------------------------------------------------------|
| <b>Grapefruit</b>       | Orange terpenes, purified limonene                                                                 |
| <b>Jasmine Absolute</b> | Indole, $\alpha$ -amyl cinnamic aldehyde, Ylang Ylang fractions                                    |
| <b>Lavender</b>         | Lavandin, Spike Lavender, Spanish Sage, White Camphor fractions, rectified Ho, acetylated Lavandin |
| <b>Lemon</b>            | Synthetic citral or limonene                                                                       |
| <b>Peppermint</b>       | Cornmint                                                                                           |
| <b>Rose</b>             | Ethanol, 2-phenylethanol, Geranium fractions, Rhodinol                                             |
| <b>Sandalwood</b>       | Australian Sandalwood, Sandalwood terpenes and fragrance chemicals                                 |
| <b>Ylang Ylang</b>      | Gurjun Balsam, Cananga oil, Benzyl Acetate, <i>p</i> -cresyl methyl ether                          |

### Standard Tests to Verify Purity & Potency

- Gas Chromatography
- Mass Spectrometry
- High Performance Liquid Chromatography
- Nuclear Magnetic Resonance Spectroscopy
- Fourier Transform Infrared Spectroscopy
- Chiral GC Testing
- Isotope Carbon 14
- Total Plate or Bacterial Count (TPC)/Microbial





## Section 2

# *A-Z Quick* Reference

## How to Use the *A-Z Quick Reference*

Using plant-based medicine is simple:

1. *Look up your ailment or condition.*
2. *Try one or a few oils from the suggested list.*
3. *Decide what works best for your body.*

Each ailment includes the primary oils and supplements that are beneficial for that ailment. You don't need to use all five products listed. Try the ones you have on hand, and consider trying some new ones in the near future.

Every solution listed here is only a recommendation. You may learn of other oils that help with your ailment as well!

Remember that trying essential oils is the same process as trying any remedy; you may go through a few oils, or combinations of oils, before you find what your body responds best to.

Many of the ailments listed reference a protocol found later in the book. While this section is intended to provide quick answers, the protocols give detailed instructions for serious results.