

# ESSENTIAL OILS

## INTEGRATIVE MEDICAL GUIDE

Building Immunity, Increasing Longevity, and Enhancing  
Mental Performance with Therapeutic-Grade Essential Oils



**D. GARY YOUNG, ND**

Foreword by Ronald M. Lawrence MD, PhD

# Essential Oils Integrative Medical Guide Building Immunity

**Maria L. Schasteen**



## **Essential Oils Integrative Medical Guide Building Immunity:**

**Essential Oils Integrative Medical Guide** D. Gary Young, 2003-12 Building immunity increasing longevity and enhancing mental performance with therapeutic grade essential oils      *Essential Oil Integrative Medical Guide* D. Gary Young, 2025-06 AUTHOR INFORMATION D Gary Young ND has made tremendous contributions to the rebirth of essential oils in North America One of the pioneers in researching cultivating and distilling essential oils he has spent decades conducting clinical research on the ability of therapeutic essential oils to combat disease and improve health He has developed his own methods of application from which thousands of people have benefited TABLE OF CONTENTS Acknowledgements Preface Dedication Foreword Section I Background Chemistry Safety Chapter 1 Essential Oils The Missing Link in Modern Medicine Chapter 2 How Do Essential Oils Work Chapter 3 The Chemistry of Essential Oils Chapter 4 How to Safely Use Essential Oils Chapter 5 Cleansing Chapter 6 Producing Therapeutic Grade Essential Oils Section II Single Oils Hydrosols Floral Waters Chapter 7 Single Oils Chapter 8 Hydrosols Floral Waters Section III Blends Chapter 9 Oil Blends Section IV Vita Flex Raindrop Auricular Emotional Response Longevity Chapter 10 Vita Flex Technique Chapter 11 Raindrop Technique Chapter 12 Lymphatic Pump Chapter 13 Auricular Aroma Technique Chapter 14 Emotional Response and Essential Oils Chapter 15 Longevity and Essential Oils Section V Application Methods Reference Guide Chapter 16 Application Methods Reference Guide Section VI References Appendices Index References Appendices Index      **Essential Oils Natural Remedies** Sherman Litt, 2019-11-17 Do you want to learn how to use Essential Oils For yourself Do you want to be healthier have less stress and look like your best Essential oils can rapidly increase your health and wellness Essential oils have fantastic anti fungal anti bacterial and antiviral traits making them amazing for natural health This book will show you how you can use essential oils in your life to help you obtain better health less stress and improved beauty It will teach you about the best essential oil for you It will also show you different ways that you could protect yourself from choosing an inappropriate oil that could affect you negatively IMPORTANT Essential oils can help cure Stress Problems Low energy levels Damaged hair Dandruff Itchy or dry scalp Infections Poor immune system Poor indigestion Pain around the body Essential Oils can also cure severe illnesses such as Mental Illness Depression Anxiety issues Paranoia Bipolar disorder ADHD Addictions This book was written for a beginner It will hold your hand and reveal to you how to use Essential oils to improve your mental health and increase your natural beauty Essential oils can help alleviate stress allowing you to focus better at work or in school This book will teach you essential fundamentals for using Essential Oils You will learn about creating blends with carrier oils You will also learn about different recipes for particular oils that will help solve your health problems naturally Make sure to press the Buy button to make this amazing book Yours Enjoy      *The Essential Green You* Deirdre Imus, 2008-12-30 An essential guide to detoxifying your lifestyle and your body inside and out from expert and activist Deirdre Imus In *The Essential Green You* the third volume in the New York Times bestselling *Green* This series Deirdre Imus

shares tips on how to green the way you take care of yourself whether with the food you eat or the clothes you wear or the cosmetics toiletries and hair products you use every single day Deirdre provides detailed practical advice that includes How to find everything from organic groceries to nontoxic personal care items Toxic ingredients to avoid in the products you use every day Where to find clothes that are both environment friendly and fashionable Healthy alternatives to commonly used medications How to make better eating habits a priority and live more consciously Living organically doesn't require a drastic overhaul and it doesn't have to be complicated or expensive Deirdre Imus shows how easy and important it is for women to buy green eat green and be green

*Cutting-Edge Therapies for Autism, Fourth Edition* Ken Siri, Tony Lyons, 2014-04-15 The parents of children with autism know that learning about treatments is a full time job For parents with limited time ability or resources Ken Siri and Tony Lyons have compiled the latest in autism research and treatment Exploring the possible causes of autism and presenting novel therapies medications and interventions Cutting Edge Therapies for Autism contains contributions from more than ninety experts on a wide variety of research findings therapies models and multifaceted evaluation and treatment centers Revised and fully updated to include the latest developments this fourth edition includes up to date information on mitochondrial antifungal and physical therapy treatments about speech art music and sound therapies and how diets HANDLE indigenous healing and other exciting new treatments can be used to help your child It also addresses developing technologies like the iPad which provides hundreds of apps that help kids with autism communicate and organize their day and helps parents keep track of therapy schedules Filled with case studies and research Cutting Edge Therapies for Autism is a detailed and informative guide for anyone affected by autism

**Growing Up Green: Baby and Child Care** Deirdre Imus, 2008-04-15 The essential parent friendly guide to raising a healthy child in our increasingly toxic environment The second volume in the New York Times bestselling Green This series Growing Up Green Baby and Child Care is a complete guide to raising healthy kids Environmental activist and children's advocate Deirdre Imus addresses specific issues faced by children in every age group from infants to adolescents and beyond With a focus on preventing rather than treating childhood illnesses Deirdre concentrates on educating and empowering parents with information such as How to make sure your child is vaccinated safely Which plastic bottles and toys are least toxic How to lobby for safer school environments and support children's environmental health studies Advice from leading green pediatricians and nationally recognized doctors such as Mehmet C Oz M D Chock full of research and advice Growing Up Green makes it easy for you to introduce your child to the living green way of life

**Gary Young: Der Pionier der modernen Aromatherapie** Maria L. Schasteen, 2020-04-10 Gary Young lebte ein außergewöhnliches Leben das ihn nach einem schweren Schicksalsschlag den Weg zur Erschaffung der YOUNG LIVING Essenzen einschlugen lie Ein Weg voller Abenteuer und faszinierender Erlebnisse und Begegnungen Maria Schasteen die große Expertin für Duftmedizin beschreibt in dieser mit viel Empathie verfassten Biographie das Leben dieses besonderen Menschen der die alternativen Heilweisen des

21. Jahrhunderts maßgeblich beeinflussen sollte. Wer diese Lebensgeschichte gelesen hat, wird mit großer Ehrfurcht die wunderbaren Essenzen betrachten, die dieser Pionier der Aromatherapie ins Leben gerufen hat. Schmerzen – Mit Duftmedizin auf sanfte Weise lindern: Ratgeber kompakt Maria L. Schasteen, 2021-09-18. Zahlreiche wissenschaftliche Untersuchungen beweisen, dass das menschliche Gehirn auf vielfältigste Weise positiv auf angenehme Düfte reagiert. Düfte, wenn sie von naturreinen ätherischen Ölen ausgesandt werden, können Blockaden und Verspannungen lösen und so auf natürliche Weise erneut ein körperliches und seelisches Wohlbefinden herstellen. Mit Duftmedizin das Leben wieder lebenswerter machen. *Everyday Healing with Essential Oils* Jimm Harrison, 2019-06-11. Everyday healing solutions are at your fingertips with the expert information in this book and a core stock of essential oils. Aromatherapy has the potential to support immunity, soothe inflammation, and digestion, improve sleep, balance hormones, provide all natural pain relief, and much more. Jimm Harrison's *Everyday Healing with Essential Oils* helps you get to know the 30 most versatile oils and how to use them to improve your everyday life. Select quality oils and essential supplies you need to begin blending right away. Try more than 200 powerful aromatherapy recipes to boost your health and happiness. Find natural remedies for more than 100 common complaints organized alphabetically from acne and anxiety to vertigo and warts. Start an easy, cost-effective essential oil collection that covers so many needs, including an aromatherapy first aid kit. You'll soon discover that essential oils are powerful holistic healing tools and keys to a healthy lifestyle. **Clinical Naturopathy** Jerome Sarris, Jon Wardle, 2019-09-01. Written by Jerome Sarris and Jon Wardle. *Clinical Naturopathy*: An evidence-based guide to practice articulates evidence-based clinical practice. It details the principles, treatment protocols, and interventions at the forefront of naturopathic practice in the 21st century. *Clinical Naturopathy* equips you to critically evaluate your patients, analyze treatment protocols, and provide evidence-based prescriptions. A rigorously researched update of common clinical conditions and their naturopathic treatment according to evidence-based guidelines. Treatment decision trees. Outline of core principles of naturopathic practice. Herb-drug interactions table. Laboratory reference values. Food sources of nutrients. Cancer medication interactions. Includes an enhanced eBook version with purchase. The enhanced eBook allows the end user to access all of the text, figures, and references from the book on a variety of devices.

This book delves into Essential Oils Integrative Medical Guide Building Immunity. Essential Oils Integrative Medical Guide Building Immunity is a vital topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Essential Oils Integrative Medical Guide Building Immunity, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
    - Chapter 1: Introduction to Essential Oils Integrative Medical Guide Building Immunity
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    - Chapter 3: Essential Oils Integrative Medical Guide Building Immunity in Everyday Life
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    - Chapter 5: Conclusion
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  5. In chapter 4, this book will scrutinize the relevance of Essential Oils Integrative Medical Guide Building Immunity in specific contexts. The fourth chapter will explore how Essential Oils Integrative Medical Guide Building Immunity is applied in specialized fields, such as education, business, and technology.
  6. In chapter 5, the author will draw a conclusion about Essential Oils Integrative Medical Guide Building Immunity. This chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Essential Oils Integrative Medical Guide Building Immunity.

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## **Essential Oils Integrative Medical Guide Building Immunity Introduction**

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provençal life and each one has a traditional local name in the provençal language

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