

Jesus came so that we might enjoy an abundant life. Through the vibrant palette of His creation, God has provided a wide spectrum of natural resources that promote health and healing in our bodies, and my friend Teri Secrest has found a well of insight into one of these pathways to well-being: essential oils. In her book, Teri unpacks the biblical backdrop for many of these oils as she shares remarkable stories of God's goodness being displayed through the use of essential oils. *Essential Oils: God's Extravagant Provision for Your Health* will take you on an eye-opening journey and help you to explore more of God's heart for His children.

—Dr. Ché Ahn

President, Harvest International Ministry
Founding and Senior Pastor, HROCK Church, Pasadena, CA
International Chancellor, Wagner University

Essential Oils: God's Extravagant Provision for Your Health strategically combines knowledge and experience from one of the top women entrepreneurs in the world. It is biblical. It is solid. Yet, it is also holistic and integrated. It is my delight to endorse this groundbreaking book by a disciple of the Lord Jesus Christ and a personal dear friend. Don't just read this book—apply the truths!

—Dr. James W. Goll

Founder, God Encounters Ministries
Author, Speaker, Communications Trainer, and Recording Artist

I have known Teri Secrest for many years, and I have watched how her loving and caring personality warms the hearts of those around her. I have really enjoyed her thoughtful insight into life and the things that matter.

Although my husband, D. Gary Young, discovered that essential oils offered wonderful physical benefits to both man and animals, he also believed that the healing of emotional and spiritual problems of God's children was the foundation for physical healing. He was convinced that essential oils could uplift and elevate conscious awareness and bring people closer to achieving their highest potential.

Teri connected immediately to Gary's teachings and wanted to know more. She has done her own research and made her own discoveries that have made her path very certain. She has a strong knowing of who she is, which comes from her connection to God and the spiritual things of this world, which is a passionate force in her life.

Many people wonder about their purpose and the path they should follow. When we are physically and emotionally healthy, our minds become unclouded and we can more easily determine our path.

Teri's desire is to help people come to an understanding that living in a clean environment and eating wholesome food is part of God's direction to his children. It is fascinating to read in the Scriptures how essential oils were used anciently and to realize that God's instruction then is just as powerful for us today. The pure essence of Mother Nature, the essential oils enhance our awareness and give us strength and motivation to follow our dreams.

Teri has written about so many facets of life in a loving and understandable way, which gives that little push to help people move in the right direction. It is interesting how she brings all the parts together to create a whole way of living for a productive, healthy, and abundant life.

—Mary Young
CEO, Young Living Essential Oils

Essential Oils: God's Extravagant Provision for Your Health by Teri Secret combines insight into many health-related issues and knowledge of precious oils with a kind and joyous nature to provide you with a warm introduction to the power of essential oils. She also shares many of her own healing experiences with essential oils to illustrate their power and usefulness. I know you will enjoy her book and greatly benefit from reading it.

—Joan Hunter
Author/Healing Evangelist
TV Host, *Miracles Happen!*

There is an anointing of joy that accompanies this book as it becomes apparent that *Essential Oils* is a display of the goodness and kindness of God to his people. Teri shines light on a very important subject that only receives a brief glimpse as we read the Scriptures.

You will realize why the wise men from the East include frankincense and myrrh as a gift to honor the Christ child. You will begin to appreciate the healing power of these oils, both physically and emotionally. You will go on a personal journey with Teri as she discovered this unique gift from God.

Thank you, Teri, for writing this beautiful book. I am challenged, not only to continue using these precious oils, but to look again into the Scriptures to understand a deeper expression of God's love and favor towards us.

Essential Oils is easy to read and understand, delightful, and written from the heart.

—Dr. Royree Jensen

Harvest International Ministry, Women on the Frontlines
Pastor, River of Life Church, Brisbane, Australia

This is a must read for anyone who wants to burn brightly without burning out. This book is a gift to all of us from Teri Secrest, a veteran leader who will coach you to a life of God-intended purpose and destiny.

—Leif Hetland

President, Global Mission Awareness
Author, *Called to Reign*

Teri Secrest's book, *Essential Oils: God's Extravagant Provision for Your Health*, brings the romance and intrigue of essential oils and blends it with everyday uses. This is not a technical book; it is a beautiful history wrapped in the elegance essential oils deserve, built upon a foundation of rock-solid research. Every essential oil user should own this book.

—Beverly Banks

Writer/Producer, *Ancient Secrets of Essential Oils*

Teri Secrest is a champion in bringing out hidden truths of how God has provided yet another way for us to walk in health. We know God wants us healthy. Teri expounds on 3 John 1:2: “Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers” (NASB). God wants and has provided us avenues to become healthy in all aspects of our lives.

For some of us, essential oils are a new or a relatively new concept. Reading the insights Teri has gleaned from the Bible of oil’s role in securing our physical, emotional, and spiritual wellbeing is mesmerizing! There are so many biblical examples and references that many of us have just skipped over, but they are there and there for a reason! God wants to show us how to live in health. And then there are the practical benefits provided by Teri’s relentless study on the subject. Proverbs 25:2 says, “It is the glory of God to conceal a matter, but the glory of kings is to search out a matter” (NASB). That is exactly what Teri has done for us. She has searched it out.

Teri is living out and experiencing firsthand the results of what she shares in this book. We recommend it to you. You will experience an additional way that God has provided for us to live life in health!

—Alan and Carol Koch

Founding Pastors, Christ Triumphant Church, Koch Ministries

Riveting, inspiring, and beautifully written, this book is a must read! Teri provides a powerful, inspiring message of how essential oils can revitalize and strengthen your body, mind, and spirit. She has a way of bringing her life experiences into her teachings of the practical benefits of essential oils and helping you understand they are truly gifts from God. As Teri guides you through this book, filled with the tools needed to live a significant life, she provides an education with clever humor throughout.

—Lata L. Lovell

CEO, Landmarks of Eureka Springs, LLC
Queen Anne Estate, Eureka Springs, AR

If you have ever desired to prosper in body, soul, and health just like 3 John 1:2 tells us, then this book is for you. Teri’s new book, *Essential Oils: God’s*

Extravagant Provision for Your Health, grabs you in the introduction with a question that hits the heart like a one-two power punch: If I keep doing what I'm doing today, how healthy will I be five years from now?

If answering this question brings more fear and frustration than hope and excitement, this book is for you. Teri shows us an easy path to health by using essential oils. I have used essential oils for years and I did not know the deep truths revealed in this book. And the most amazing part is it's easy to follow and easy to do. I would go so far as to say if you desire to live a healthy, active life today as well as the decades ahead, then you simply must take the time to read this book and do what it says to do. Before your very eyes, you will see your body, soul, and health begin to prosper.

—Julie Meyer

Into the River Ministries

Author, *Singing the Scriptures*

On Staff, Healing Rooms Apostolic Center, Santa Maria, CA

Teri Secrest is a voice you will be blessed to hear and her book, *Essential Oils: God's Extravagant Provision for Your Health*, contains words you will be advantaged to read. This is an influence you will be touched by and changed for the better.

—Dr. Jack Taylor

President, Dimensions Ministries, Melbourne, FL

I am forever indebted to Teri for the wisdom and encouraging strength she has imparted to me to learn of God's garden of oils.

—Janet McBride

Author, *Scriptural Essence*

Teri Secrest radiates with integrity, courage, humility, and confidence. I'm excited about this intriguing new book and I look forward to opening my heart and testing the applications.

—Pastor Michael Sullivant

CEO, Life Model Works

The ever-increasing amount of industrialized and commercialized foods being promulgated across this country have had increasing negative impacts on our health. Kingdom health is extremely important to Teri and as a wellness coach, her passion has emerged from teacher to writer. Her latest book, *Essential Oils: God's Extravagant Provision for Your Health*, will help you create a pathway to perfect health and will enable you to influence others.

—Joshua Mills

Author, *Moving in Glory Realms and Seeing Angels*

ESSENTIAL *Oils*

God's Extravagant Provision
for Your Health



TERI SECREST

W
WHITAKER
HOUSE

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ESSENTIAL OILS

God’s Extravagant Provision for Your Health

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DEDICATION

This book is dedicated to the late D. Gary Young; his wife, Mary; and sons, Jacob and Josef.

As the father of modern-day essential oils distillation, D. Gary Young invested his mind, his heart, and all of his resources into the lifelong study and research on the value of essential oils for optimal health. As he discovered new plants and the value of their oil in the far corners of the earth, D. Gary Young lived in tireless dedication to teach others what he learned.

Mary Young stood by Gary's side through every joy and trial. Some might say she is the reason he often had super-human endurance! The love between this couple has inspired thousands.

Jacob and Josef, though still in their teens, already begin to carry the torch of hope that their father lit twenty-five years ago.

Although I have studied with others around the world, D. Gary Young was my greatest mentor, sometimes a father figure, and always a loyal friend. Because of what I have learned from his teachings, our family lives a healthy, strong, vibrant, and joyful life. With gratitude and love, I now share this knowledge with you. May this book fully honor the life and legacy of D. Gary Young by showing how you, too, can live a strong, healthy, and vibrant life!

—Teri Secretst

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FOREWORD

I want to introduce you to the author of this book: my friend Teri Secret. I have known Teri for a number of years and have enjoyed both her passion for the Lord and her heart to serve people. She has empowered many to enjoy optimum health over the years through her role as a health and wellness coach. Teri is an extremely generous woman and she would never want the knowledge and understanding that she obtained through her years of research and experience to remain solely with her. For as long as I have known her, she has been deeply passionate to see all people enjoy a life filled with vibrant health and happiness. As a result, she has committed her life to this cause.

Through her seminars, books, resources, personal coaching and essential oil products, she has given valuable, life-transforming insight to many. I personally did not know anything about essential oils until Teri came into my life. I knew that the Bible spoke a lot about oils, but had not considered the specific use of them in my life to enhance health and healing until Teri explained the benefit of them to me.

At the time I was initially introduced to the use of essential oils, I was fighting a cold and sore throat. Some specific oils were recommended that I breathe in and ingest. Within hours, the symptoms lifted. I also discovered that a little peppermint oil helped to awaken me during the day if I felt a little “brain fog” and that oil of lavender helped me relax at night. I loved that the oils were natural and promoted health in an easy and practical way.

Teri is one of the most genuine people you will meet. As a successful businesswoman, I have seen her equally value, help, and support both

pauper and prince. She has stayed in my home, travelled with me, and labored with me in seminars and conferences, but she is always, consistently, loving well—what you see is what you get!

In this book, Teri shares some of her research discoveries, personal experiences, and testimonies of others. She offers the reader some valuable insights and practical tips for living a healthy life. Teri's positive outlook, her optimistic approach to challenges, and her joy-filled personality and child-like faith are refreshing.

I believe you will enjoy this book.

—*Patricia King*
Founder, Patricia King Ministries

PREFACE: A LIFELONG MYSTERY SOLVED

It's Christmas Eve and billowing drifts of snow are racing across the frozen waters of Clear Lake. My brother, three sisters, and I are scrambling to get our best clothes on, just in time to pile into our slightly worn station wagon and head to midnight Mass.

As the youngest of five children, it was hard to pay attention through the entire Mass. But during the Christmas season, the one thing I never missed was when the priest read the story of the wise men giving gold, frankincense, and myrrh to the Christ child! That mesmerized me as somehow, I knew they must have been great treasures.

Have you ever wondered why the wise men brought frankincense and myrrh for the baby Jesus? As a curious and highly enthusiastic child, I asked everyone. But no one could answer my question. So I grew up thinking it was just some nice fairytale...but I never stopped wondering.

Fast forward to thirty years later; I was a health and wellness coach giving a lecture on the benefits of walking and healthy eating at the Salt Palace in Salt Lake City, Utah. Afterward, the late D. Gary Young walked up to me, introduced himself, and told me he really enjoyed my lecture. After talking with him about health for a few minutes, he said, "Teri, would you like to come to my lecture?" I replied, "Sure. What are you speaking on today, sir?"

Imagine my shock when he said he was giving a talk on frankincense and myrrh and his conviction that they are the missing link to natural health today. With a pounding heart, I replied, “Yes, sir, I would love to come to your lecture.” *Finally*, I thought, *I am going to solve the mystery that has been in my heart for all these years!*

As Young started his talk, he pulled out his Bible and began to read verse after verse, from Genesis to Revelation, that referenced specific plant oils, now known as essential oils. He spoke about the third day of creation and how all of the trees, shrubs, plants, and flowers are God’s provision for our physical and emotional health. As I listened, the answer to my life-long mystery unfolded before my eyes: this “liquid gold,” these tiny drops of oil, were part of God’s great plan from the foundation of the world to keep His children healthy in body, soul, and spirit.

I had such a powerful reaction to this new knowledge that I was literally hanging on to my chair. Thankfully, no one was watching me. I thought, *Teri, get a hold of yourself.*

Afterward, as I thanked Young for his astounding teaching, he placed something in my hand. “Here,” he said, “you may need this one day.” I

Lavender



thanked him profusely and made my departure, as he had many other people waiting to talk with him. When I opened my hand, there was a bottle of lavender essential oil.

The only thing I knew about lavender oil was that several perfumes I had seen in Europe included it as an ingredient. (I had been blessed to live in Paris for two years.) So I thought Young had given it to me as a perfume. Being a very busy mother of two children with our third child on the way, I took my bottle of lavender oil and lovingly placed it in the front row of my pantry shelf, thinking I would learn more about it as soon as I had some free time.

On my very next trip to the bookstore, I went to the help desk and asked where I could find books on essential oils. The lady smiled kind of funny and said she had no idea what I was talking about, but she didn't think they had any books in the store like that. From the look on her face, I think she was expecting me to pull out a crystal ball at any minute. I soon discovered that virtually no information was available on essential oils, nor was there any information about essential oils in biblical history.

I pondered what I had learned for months. While the mystery about frankincense and myrrh was finally solved for me, it was months before I discovered why I had been given the bottle of lavender oil that day.

This sparked my twenty-three-year quest to learn about essential oils, a quest that has taken me to the far corners of the world—to Oman, Croatia, France, the Philippines, Israel, and other countries.

My purpose in writing this book is to inspire you with the mystery, the romance, and the ageless intrigue of essential oils. My hope is that you experience the Father's love as He continually lavishes His children with these exquisite essential oils and that this rich biblical history comes alive in your spirit. I also hope you will see how miraculous your body is and how it's designed to heal itself when given proper nourishment and support.

As you gain this understanding, I believe you will change the next generation, as you will know the hidden secrets of these biblical plants and how to incorporate them into your everyday life.



INTRODUCTION: THE STATE OF HEALTH IN AMERICA

Ask yourself these questions:

If I keep doing what I'm doing today, how healthy will I be five years from now?

When was the last time I felt absolutely fantastic, excited about life, full of energy, and jumped out of bed in the morning?

As a wellness coach, I ask my new clients questions like these. Some tell me they haven't felt fantastic for ten years—even twenty. Friend, that's not living. The good news is you live in a body that is designed to heal. Think about that for a minute: when you provide your body with the right food, water, movement, and sunshine it needs, it will perform miracles of healing every day. If you don't wake up feeling great, it's time to make some simple, easy changes so your body can begin operating at optimal levels and serve you as it is intended to do.

The following statistics opened my eyes to the seriousness of our national health and why it's vital that we make changes now.

Statistics Are Staggering

- Approximately one in five cancer deaths, or 18 percent, are attributable to the combined effects of excess weight, alcohol consumption, poor nutrition, and a sedentary lifestyle.¹
- Seven of the top ten leading causes of death in the United States are due to chronic diseases such as type 2 diabetes, heart disease, and obesity. Treating people with these diseases accounts for 86 percent of the health care costs in the U.S.²
- In 2015, an estimated 27 to 29 million Americans had type 2 diabetes.³ Yet the Centers for Disease Control and Prevention estimates that *one-fourth* of all Americans with diabetes don't even know they have it.
- More than one-third of American children eat fast food on any given day.⁴ Studies directly link fast-food consumption to increased calorie intake, weight gain, and elevated risk for diabetes.⁵
- Four out of five Americans are more than thirty pounds overweight, according to the National Center for Health Statistics. The rate of childhood obesity has *tripled* since 1980.⁶
- According to the World Health Organization, approximately 300 million people are living with depression, up 18 percent since 2005.⁷
- During years 2011 through 2014, about one in eight Americans ages twelve and older reported taking antidepressants in the previous month.⁸ Antidepressant use increased nearly 65 percent between 1999 and 2014.

Friend, these facts are riveting! This is not what God desires for you.

God Wants Us to Enjoy Good Health

We live in a society where an ever-increasing amount of industrialized foods are being sold and eaten, which has greatly affected our health. The consequences of poor eating, obesity, and inactivity are epidemic levels of



chronic disease. The tragedy is that most of these diseases are preventable or curable with better nutrition and more activity.

This is your opportunity to learn what's at stake and take a leadership role in your family's health.

With the average American family now consisting of two working parents, the notion of having three home-cooked meals a day, even on weekends, is a foreign concept. My heart really goes out to families who are trying to juggle the demands of real life in the twenty-first century. But fast food and prepacked food often causes our children to suffer from imbalances in their bodies that were once rare.

No loving parent would ever intentionally poison or neglect their child. Yet many doctors believe that type 2 diabetes and obesity are directly related to eating at fast-food restaurants day after day and purchasing low-quality foods laden with chemicals and additives.

This is God's plan for you:

Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers.

(3 John 1:2 NASB)

Imagine standing before heaven's gatekeeper and being told, "You know, you were not due here for another twenty years. Your mansion may not be ready yet. Just a minute, I'd better go check." Wow. Wouldn't that be a terrible state of affairs?

God has great plans for you, something spectacular you came here to do, so I will do my part to make sure you stay here and fulfill your destiny.



Making positive life changes takes a willing heart and a teachable spirit. Are you teachable? If you are feeling stubborn about changing some of your habits, consider this: if we could eat anything we wanted at any time, we would not be in the national health situation we are in. We are meant to experience joy in this life and we need to feel good to do that.

We know that our mind, our will, and our emotions reside in the soul. The Bible promises we will "*be in good health, just as [our] soul prospers.*" The depression epidemic resides in the wounding of our souls. We must

heal our souls to be totally well. In this book, you will learn the power of breathing God's plant oils for the healing of your mind, your will, and your emotions, so your soul may be free to soar again.

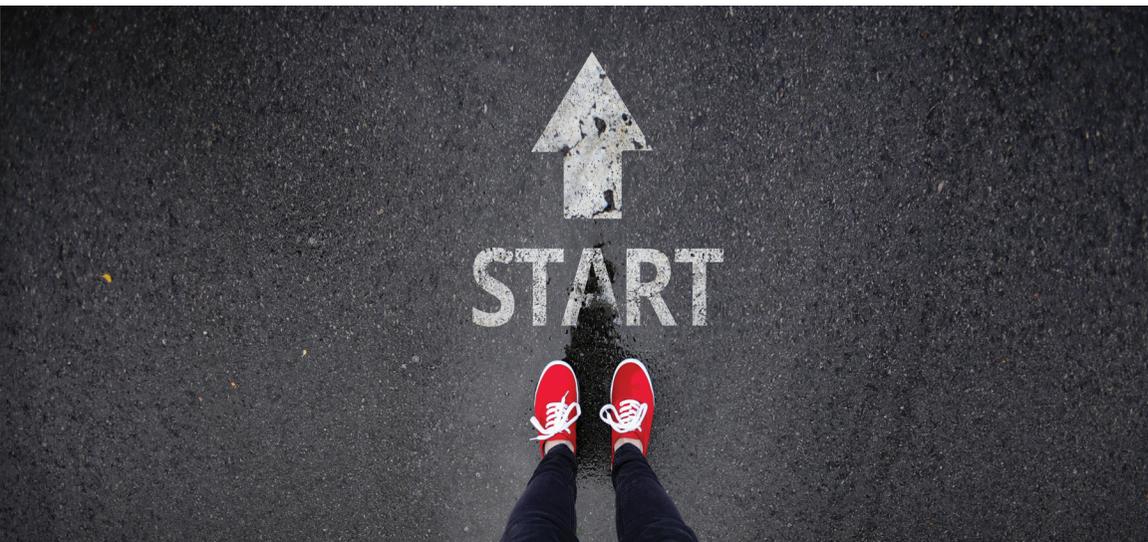
The enemy of your soul has other plans for you.

The thief comes only to steal and kill and destroy; I came that they may have life, and have it abundantly. (John 10:10 NASB)

Jesus came so that you might have life and have it more abundantly. It's time to think higher. You've got to tell the enemy where to go and believe in the goodness of God and His love for you. His great plans for you include hope and a future.

"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future." (Jeremiah 29:11 NIV)

My goal in writing this book is to show you God's extravagant and lavish provision for your health, body, soul, and spirit. There are over 500 Scripture verses on plants and essential oils and 422 verses on joy so you can see these are keys for your health. You were never meant to live in ordinary health or ordinary emotions. You are created to be extraordinary and joyful. I look forward to taking this journey with you!





MY ESSENTIAL OILS STORY

Fasten your seat belts; the plane is about to take off,” the stewardess announced.

There was no reason to think this wouldn't be a normal flight, just like the hundreds I'd taken before. After a much-needed vacation in Florida, my husband and I were headed back to our ranch in Arizona to settle in and prepare for the birth of our third child.

But as the plane took off and began its ascent, I suddenly experienced the most awful pain. My stomach felt like it was expanding, pushing out in all directions like a pot that's overflowing.

Something was terribly wrong.

After a nauseating flight and an hour-long drive from the Phoenix airport to our ranch, I could not wait to get into bed and put my feet up.

It was too late.

At just seven and a half months along, I was in heavy labor. Despite the doctor's assurance that it was perfectly safe to fly up until eight months of pregnancy, the cabin pressure as the plane climbed into the sky had convinced my body otherwise.

Seconds later, I was on the phone with our midwife, who began coaching me while she sped to our home. As I described my labor pains, she suddenly screamed at me that I would deliver our baby in seven to ten

minutes and his lungs would not be fully developed. She planned to call for a helicopter to fly me to the nearest hospital.

Without thinking, I implored her to wait a minute before making that call. The thought of being picked up, moved, and possibly delivering my baby in a helicopter was terrifying. During that one minute, I got out of bed, fell to my knees, and looked up to heaven. I cried out, “Papa, if there is anything in this house strong enough to stop heavy labor, will you please show me what it is?”



Lavender

Lavender to the Rescue

Instantly, three words came into my mind: *oil of lavender*. I don't know if I heard them audibly, but it seemed like they were just put into my mind as an impression. I remember looking around to see if anyone was standing there talking to me.

Lavender oil? How in the world can that help me? I was shocked. I didn't know anything about lavender oil. And in that state of mind, I did not even

remember I had put Young's gift in our pantry several months earlier. But my husband ran to the pantry and came back with the bottle.

"What do I do with it?" he asked.

"I don't know," I said. "Just marinate me in it!"

We rubbed twenty drops on my stomach and few drops on the bottoms of my feet. Forty-five seconds later, the contractions stopped.

When our midwife arrived, she was frantic. She insisted we had to call for the medical helicopter. Then she paused and stared at me. "Wait a minute, what happened to you?" she asked.

"I don't know!"

She spotted the bottle of lavender oil in my hand. "What's that?"

I was still so stunned from the whole experience, I just said, "I don't know!"

She examined me and announced that the baby had dropped down so low, I had to be confined to the bed for the duration of my pregnancy—six weeks. I thought, *How is that going to happen when I have a two-year-old and a six-year-old and my husband travels all the time? She must think I'm Wonder Woman!*

Knowing the seriousness of this situation, I was determined to find a way to follow the midwife's orders. My two sisters from Denver, Jan and Jill, came to the rescue and flew down to take care of me at different times during my husband's absence. Even though I stayed in bed, lying on my side day and night, each time I got up to use the bathroom, I went right back into labor.

The first time it happened, I woke up Jan, told her I was having labor pains, and asked her to rub lavender oil on my abdomen and feet. She worked in the medical field and had never heard such a crazy idea.

Jill simply declared, "Don't you dare have this baby while I'm here!"

If reality TV shows had been popular back then, we would have had a hit comedy series on our hands.

Can I claim that the lavender oil stopped my labor? Absolutely not. However, I do know that the lavender oil, especially the fragrance, calmed me down so much that something shifted inside me and the labor just went away.

Finally, the due date arrived: November 8, 1995.

“Honey, wake up,” I told our six-year-old daughter, Elizabeth. “Mommy can finally get out of bed today. Let’s go for a walk.” Elizabeth loved to be outdoors with me and we were horseback-riding buddies. As quickly as we could get dressed, we were out the door. She was so joyful to be outside with me. It was a glorious fall day, with birds chirping and the air smelling crisp and clean.

But within minutes, I was grabbing Elizabeth’s hand, saying, “Honey, get Mommy home!” My precious little girl grabbed my hand and literally pulled me home as fast as she could. I never dreamed labor would start so quickly. Within thirty minutes, I delivered Joseph, a healthy baby boy, weighing ten pounds, three ounces. Our midwife arrived several minutes after his birth and did a beautiful job with all of my aftercare.

We were grateful to God for this safe delivery. There had been so many prayers going out for us during this time, we know He was listening.

You can imagine what was on my mind after this wild ordeal. *What in the world is lavender oil and how did it help me get through the last six weeks of my pregnancy?* But twenty-three years ago, doing research on essential oils was like trying to compete in a marathon without any running shoes. We had no computer on our ranch; our only means of communication was one giant, ugly old cell phone.

The Swiss Army Knife of Essential Oils

Nevertheless, I was relentless in my quest for answers. I learned that lavender is the Swiss Army knife of essential oils. When in doubt about which oil to use, just grab your lavender.

- Feeling stress or pressure at work? Breathe some lavender and rub it on your shoulders.

- Having trouble getting to sleep at night? Diffuse lavender by your bedside; rub it on your feet and even on your pillow.
- Waking up in the middle of the night with restless legs? Lavender to the rescue.
- Allergies getting to you? Time to pause and breathe some lavender.
- Mild head discomfort coming on? Rub some lavender on your temples.
- Minor skin breakouts or pimples? Put a drop of lavender oil on each location.
- Want to treat yourself to a long, luxurious bath? Add about five drops of lavender oil to your bath water.

These are just a few of the hundred ways to use lavender oil.

When Joseph was old enough to talk, as I put on his pajamas at night, he would lift his feet in the air and say, “Lavender, Mommy, lavender.” After marinating in that scent for six weeks in my belly, he wanted me to rub his feet with it every night.

For his sixteenth birthday, I took him to a lavender farm. For seven days, we harvested lavender together as a way of expressing gratitude to God for His provision to us in my time of need.



Anyone learning about essential oils today is blessed because the enormous advancements in the research, distillation, and quality of essential oils over the last twenty-five years is mind-boggling. The pathway to health with essential oils has been an arduous, daunting endeavor for the pioneers who dedicated their lives to the mission of bringing essential oils into the modern world. By the grace of God, I have been fortunate to meet and learn from some of these great pioneers. It is with a heart of thankfulness that I hope to bring this knowledge to you in a way that wakes up your heart and curiosity about the mysteries of essential oils laced throughout Scripture.

God's Provision for Our Well-Being

I believe that essential plant oils are God's extravagant provision for the well-being of our body, mind, and spirit. Just as the trees, flowers, and shrubs give us shade, color, beauty, and fragrance, their essential oils give us these same things in a highly intensified delivery system. Because it takes hundreds—and, in some cases, thousands—of pounds of plant material to create just one pound of essential oil, applying just a few drops on the body, or breathing in a few drops, can have an enormous, compounding effect.

The next time you are driving out in the country and happen to pass the most glorious, vibrant purple flowers you have ever seen, they might be wild lavender plants. If you do see them, say a little thank-you prayer. God planted them there for you and me to help us stay calm in times of stress.

During the first year I studied essential oils, the words of Scripture often seemed to jump off the page when I read a passage about trees and essential oils. There are more than 500 references to plants mentioned in the Bible and at least 200 of these refer to known aromatics. Many are described as being in pure essential oil form.

The following passage represents how the heart of God always desires to restore and heal all things for us...and let us know who's in charge.

I will turn the desert into pools of water, and the parched ground into springs. I will put in the desert the cedar and the acacia, the myrtle and

the olive. I will set junipers in the wasteland, the fir and the cypress together, so that people may see and know, may consider and understand, that the hand of the LORD has done this, that the Holy One of Israel has created it. (Isaiah 41:18–20)

This passage alone lists several trees whose essential oils support our physical and emotional health. Get ready to discover just how relevant these essential oils are for you and your family as we uncover the powerful properties of several of them in future chapters.

As a health-minded mom who looks to food as our medicine, I have discovered that there are times when food is just not enough to turn around a temporary health crisis. Our family's rallying cry is, "Oils to the rescue!"

A Terrifying Ride

When she was ten years old, Elizabeth was riding her pony through the countryside when someone on an all-terrain vehicle zoomed past her. Her terrified pony took off, dragging my daughter, whose foot was caught in a stirrup. She was tumbled, yanked, and bumped along for hundreds of yards, just like a stunt cowboy in a movie. Once her foot was finally free, I ran as fast as I could to catch up with her, scooped her up in my arms, and took her home. The minute I got her riding pants off, I gasped. A chunk of calf muscle was missing from her leg!



We went to the doctor's office and he ran some tests. With absolutely no emotion or compassion, he handed me a piece of paper and told me to give it to the receptionist. There was just one word on the note: *plastic*.

It did not take long before I learned that *plastic* meant plastic surgery.

"Mommy, please don't let them do surgery on me!" Elizabeth cried. "Try your oils first!"

Well, maybe a day or two might not hurt, I thought, so we went to work with my essential oils. First, I applied a blend with melaleuca (tea tree) and other essential oils to protect the wound from infection. Then I applied spikenard essential oil, as I had read several accounts of the skin-renewing qualities it contained. At night, I applied lavender and topped it off with an ointment that contained rose essential oil, which is also skin-revitalizing.

By day three, we saw so much improvement, we decided to continue on this path to see if we might actually avoid surgery. The skin continued to heal itself over several weeks until, finally, the indentation had completely disappeared.

Elizabeth is now twenty-nine years old and all she has to show for that riding mishap is a tiny mark on her calf that is barely visible. Thanks to the wisdom of a child, we put God's plants to the test—and they passed.

Allow me to emphatically state that I have great respect for doctors and the sophisticated, modern-day medical field. If I had a broken bone, I wouldn't hesitate to see an orthopedic surgeon.

Natural Health Options Available

Yet I'm also aware that the education a doctor receives is limited when you consider the ever-expanding natural modalities being discovered in the world. My cousin, who's a very fine medical doctor, only received six hours of education on nutrition during six years of medical school. Good nutrition is a valuable way to avoid many diseases in the first place.

When it comes to our normal, everyday care, we need to take responsibility for our family's health. There are many situations in life when we have options. Essential oils are an option for you; however, you should



always check with your doctor before making any major health decisions. (I do hope your doctor has the compassion that everyone in the medical profession should have.)

From the time our children are born until they leave for college or work at age eighteen, we moms and dads have an awesome opportunity to nurture and nourish them on every level, including their health. Once they are out of the house and on their own, it's too late. So why not embrace the process during the at-home parenting season of life? We are only given one body on this earth and if we care for it well, it will serve us well. When childhood obesity and childhood diabetes are at epidemic stages in our nation, something is wrong. Nutrition, exercise, a positive attitude, ample sleep, and essential oils are all tools we can use every day to build a healthy body and mind.

If you are a Christ follower, I'm sure you agree we should always be learning and growing. If we truly believe God is the Great Physician, then doesn't it make sense to look for health wisdom in His Word? Scripture says, "*My people are destroyed for lack of knowledge*" (Hosea 4:6 NKJV). It does not say people will get a toothache or suffer from constipation; it says they will be destroyed.

When we look at all the wonderful believers who are suffering from debilitating illness or dying young, isn't it time to expand our understanding of Scripture in relation to health?

If I have piqued your curiosity, it's now your turn to fasten your seat belt and get ready for one of the most exciting journeys of your life—bringing the fragrance of heaven into your home, your physical body, and your heart.

Essential oils have been a blessing to my family in so many ways! Since introducing them into my home, our immune systems are so supported, the kids haven't missed a day of school due to illness. The atmosphere created by these amazing oils is so relaxing and inviting, we have become the gathering place for the neighborhood. I highly recommend essential oils and believe that every home should have them.

—*Beverly Banks*, Colorado Springs, CO





Brain Power

Diffuse:

- 3 drops rosemary
- 3 drops frankincense
- 3 drops peppermint