

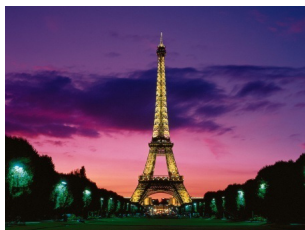
Different Schools of Application

Therapeutic treatment using essential oils follows three different models or frameworks: French, German, and English.

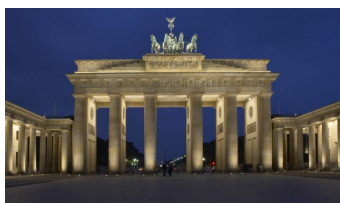
The **English** model advocates diluting a small amount of essential oil in a vegetable oil and massaging the body for the purpose of relaxation and relieving stress.



The **French** model prescribes the ingestion and neat (undiluted) topical application of therapeuticgrade essential oils. A common form of internal use is to add a few drops of an essential oil to blue agave nectar or honey, a piece of bread, or a small amount of vegetable oil. Many French practitioners have found that taking the oils internally yields excellent benefits.



The **German** model focuses on inhalation of essential oils. Research has shown that the effect of fragrance and aromatic compounds on the sense of smell can exert strong effects on the brain-especially on the hypothalamus (the hormone command center of the body) and limbic system (the seat of emotions). Some essential oils high in sesquiterpenes, such as myrrh, sandalwood, cedarwood, vetiver, melissa, and frankincense, can dramatically increase oxygenation and activity in the brain. This may directly improve the function of many systems of the body.



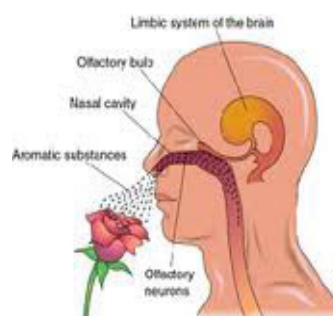
Together, these three models show how versatile and powerful essential oils can be. By integrating all three models with Vita Flex, auricular technique, touch therapy, spinal touch, lymphatic massage, and Raindrop Technique, the best possible results may be obtained.

In some cases, inhalation of essential oils might be preferred over topical application, if the goal is to increase growth hormone secretion, induce weight loss, or balance mood and emotions. Sandalwood, peppermint, vetiver, lavender, and white fir oils are effective for inhalation.



In other cases, however, topical application of essential oils would produce better results, particularly in the case of spinal or muscle injuries or defects. Topically applied, marjoram is excellent for muscles, lemongrass for ligaments, and wintergreen for bones. For indigestion, a drop or two of peppermint oil taken orally may be very effective. However, this does not mean that peppermint cannot produce the same results when massaged on the stomach. In some cases, all three methods of application (topical, inhalation, and ingestion) are interchangeable and may produce similar benefits.

The ability of essential oils to act on both the mind and the body is what makes them truly unique among natural therapeutic



agents. The fragrance of some essential oils can be very stimulating-both psychologically and physically. The fragrance of other essential oils may be calming and sedating, helping to overcome anxiety or hyperactivity. On a physiological level, essential oils may stimulate immune function and regenerate damaged tissue. Essential oils may also combat infectious disease by killing viruses, bacteria, and other pathogens.



Probably the two most common methods of essential oil application are cold-air diffusing and neat (undiluted) topical application. Other modes of application include incorporating essential oils into the disciplines of reflexology, Vita Flex, and acupressure. Combining these disciplines with essential oils enhances the healing response and often produces amazing results that can not be achieved by acupuncture or reflexology alone. Just 1-3 drops of an essential oil applied to an acupuncture meridian or Vita Flex point on the hand or foot can produce results within a minute or two.

