

Black Plague & Thieves Oil

Introduction



Young Living's Thieves essential oil blend was created based on the historical tale of four thieves in France who protected themselves from the black plague with cloves, rosemary, and other aromatics while robbing victims of the killer disease.

History

Century after century, bubonic plague outbreaks decimated the population of Asia and Europe for the better part of a thousand years. Out of this period emerged a legend of four thieves who were captured and charged with robbing the dead and dying victims. When the thieves were tried, the magistrate offered leniency if they would reveal how they resisted contracting the infection as they performed their gruesome acts. They told of a special concoction of aromatic herbs, including garlic, cloves and rosemary, that they rubbed on themselves before committing their crimes.

Four Thieves Vinegar: Evolution of a Medieval Medicine

The bubonic plague wreaked havoc in Europe off and on for about 600 years before peaking in the 1300s. Century after century, as late as the 1700s, outbreaks claimed up to half the population. The plague had a big influence on the life of William Shakespeare, having claimed the lives of some of his siblings as well as causing his theatre to be shut down during several especially nasty outbreaks in London between 1593 and 1608.

It is well known that the bubonic plague is a bite-based infection. A lesser known fact is that there were many more victims than those bitten by fleas. It turns out that the bubonic plague was often the first step of a progressive series of illnesses. Two other types were pneumonic and septicaemic. The resulting pneumonic plague was also very infectious and allowed person-to-person transmission.



The Long Beaks

This is the period of time responsible for the bizarre images of physicians wearing dark robes, wide-brimmed hats, and masks with long beaks. There was actually method to the madness. These beaks held dried herbs, spices and essential oils which the physician breathed. The robe was doused with a similar fragrant concoction. Scientific evidence today is building support for this seemingly outrageous behaviour... many harmful microbes can't survive in the presence of certain essential oils.

"In Marseilles, a garlic-vinegar preparation known as the Four Thieves was credited with protecting many of the people when a plague

struck that city (1722). Some say that the preparation originated with four thieves who confessed that they used it with complete protection against the plague while they robbed the bodies of the dead. Others claim that a man named Richard Forthave developed and sold the preparation, and that the 'medicine' was originally referred to as Forthave's. However, with the passing of time, his surname became corrupted to Four Thieves." Early citation of "Forthave's Vinegar"



Jean Valnet

It was famous French aromatherapy doctor Jean Valnet (1920-1995) who gave the story its essential oil gravitas. In his book, "The Practice of Aromatherapy," Valnet quotes the archives of the Parliament of Toulouse. He claims the original recipe was revealed by corpse robbers who were caught red-handed in the area around Toulouse in 1628-1631. Given the virulence and deadliness of the plague, the judges were astonished by the indifference of the thieves to contagion.

Continuing the Legend

But Gary Young, founder of Young Living, is probably most responsible for the story reaching the legendary status it enjoys today. While at his clinic in Mexico, Gary Young was



Gary Young

introduced to the therapeutic possibilities of premium essential oils. He learned that they are hundreds of times more concentrated than the herbs and tinctures he had worked with while studying under pioneers like Norman Walker, Bernard Jenson and, and Dr. Christopher. The revelation reshaped his life as he saw dramatic results in his own clinical studies.

Gary Young created an oil blend that was intended to help protect people from harmful microbes and aid in keeping their immune systems strong. As a student of both Dr. Chistopher and Dr. Valnet, it was only natural for Gary Young to recall the four thieves story. Thieves™ Oil was born. One of the first published explanations of Thieves Oil was in Gary Young's 1996 book, "Aromatherapy: The Essential Beginning."

Mounting Evidence

In demonstrating that the blend's effectiveness stands up to the legend. Studies at Weaver State University in 1997 showed a 96% reduction of pneumonia bacteria and a 44% reduction of staph bacteria from the air after a mere 10 minutes of exposure. Ongoing studies are also showing unparalleled protection against mold.

The legend, the studies, the pleasant aroma and taste (a welcomed difference from garlic and vinegar recipes), and the convenience have combined to make Thieves Oil the most popular blend of oil sold by Young Living and possibly the most recognized brand in the world of aromatherapy.

An entire line of household and hygiene products have sprung up around it. Those who find it difficult to wrap their minds around the usefulness of either a vinegar recipe or an oil blend may better relate to Thieves household cleaner, soap or hand sanitizer. And the taste of Thieves toothpaste, mouthwash and lozenges will certainly be more pleasant than the brew offered by either the four thieves or Mr. Forthave.

Primary Benefits

The Thieves product line offers an array of natural household products that you can feel confident about using in your home. Because of the natural purifying ability of the essential oils contained in the Thieves blend, these products are effective without using harsh or synthetic chemicals like many other products on the market.

Key Ingredients

Young Living's proprietary Thieves oil blend includes:



clove,



cinnamon bark,



rosemary,



lemon,



Eucalyptus radiata

These oils have been specially blended to offer the same kind of defence as it did in the fifteenth

century. Thieves has been university tested and found to be highly effective in supporting the immune system and good health

Thieves Testimonials

Thieves on the feet and in the shoes

Author: Delphine Lippens

Posted: Jan 18, 2011

Since I always carry a thieves spray in the car, if I was barefoot in an environment that wasn't the cleanest, before putting my socks or shoes on, I will spray my foot and in between my toes with thieves (as to prevent any unwanted ... fungus)

I also spray thieves inside certain sports shoes, Tom's and other espadrilles type shoes, Uggs, Allstars, Vans and other shoes which are often worn without socks. Use your nose to discern and remember to never wear the same shoe two days in a row (giving it the opportunity to dry).

PS: I make my own thieves spray by putting vodka (grain alcohol) in a 2 fl.oz GLASS bottle, and adding about 15 drops of thieves oil.

Thieves stopped my cold from spreading!

Author: Kathleen Callahan

Posted: Jan 19, 2011

This winter I developed a terrible cold. I didn't want my husband or my parents, who live with us, to get it. I put thieves in my diffuser every night and my mother also used thieves in her diffuser. No one caught my cold

Thieves used in Iraq and day care

Author: Joanne Matthews:

Posted: Oct 21, 2004

My husband is serving in Iraq and uses Thieves in sleepig bags, sleeping quarters, etc. It

has supported him with very few respiratory problems, unlike other men in his unit. Thieves has supported him for his sore throats, using the spray with one spray into his mouth. Thieves, I diffuse in my day care, the colds are over in half the time, with less discomfort

Thieves product line is amazing!

Author: Gerri Jaeger

Posted: Jun 22, 2009

I have found the Thieves Products to be amazing. I use them all and have gone through two years with no colds, flu, etc.

I use the Thieves Spray when I travel and spray the beds, bathroom surfaces and carpets. It makes everything smell fresh and I know its killing germs. My bed at home gets sprayed every-time I change the bedding to keep those mites at bay

Brushing teeth with Thieves

Author: Teri Grisler

Posted: Jun 29, 2005

I have been brushing my teeth with Thieves blend oil for almost 3 yrs now. My dentist has noticed how nice my gums and my teeth have been for every check-up, I go every 6 months. I offered my dentist the information from the EODR about Thieves and she bought some to try. She now has it on display at her office and she tells some of her patients about how it works.

Also, I have not been sick for the same amount of time that I have been using Thieves on my teeth. I first brush with paste, rinse, then I brush again with only one drop on my toothbrush. I swallow, dont rinse and go to bed. That way the Thieves is in my system on a daily basis doing its job. Since its properties are so powerful, it keeps me well and my dentist does believe that it has helped my teeth/gums as well. I just wanted to share

Thieves during winter

Author: Catherine Schultz

Posted: Dec 24, 2007

2007 - 2008 is the fourth winter I have used Thieves when I start getting sick. As a primary math teacher, I have 45 - 50 students daily and am around a lot of sick kids. Since using Thieves, I have taken off only 1/2 day sick leave when I gave my oil bottle to a friend and used only the spray. During the winter, I carry Thieves in my purse to use it immediately when a sore throat or coughing starts. I use it all the time and love smelling like pumpkin pie.

Thieves oil hates mold

Author: Sharon Pawlak

Posted: Apr 15, 2009

Thieves oil is FANSTASTIC when it comes to keeping mold at bay! I diffuse on a regular basis and mold just does not like THIEVES at all!! I breathe so much better, as does the rest of my family. When I get a mold exposure- THIEVES gives me strength again! LOVE IT!

Improvement after one day using Thieves

Author: Sioux Black

Posted: Dec 13, 2006

Two days ago I was ill with fibromyalgia and accompanying symptoms of extreme achiness of the spine, tendons and muscles all over. I applied thieves the second day because I had gone to work and did not think I would make it through the day. I managed to get through work and today I am not aching anymore. Whatever bug it was that started the fibro flare was eradicated by my use of Thieves. I will use it and my other oils religiously.

Fruit flies die when sprayed with Thieves oil

Author: Catherine Eberhart

Posted: Nov 07, 2004

Since buying a bag of apples at the local supermarket in September, I have been troubled by fruit flies. What a nuisance and health hazard. I diluted Thieves household cleaner in a spray bottle, washed down all surfaces and once it dried, followed up with a diluted Peppermint oil solution, which I left on. This would last for about two days, then they would be back.

I began spraying the diluted Peppermint whenever I thought of it - even in the air - because that is how I got rid of carpenter ants in the summer. When I sprayed the Peppermint, the fruit flies would scatter.

Well yesterday, we were out all day and by mistake left the breakfast dishes in the sink. There were at least fifty fruit flies on the dishes. I had no idea there were that many in the house! I panicked and grabbed the Thieves by mistake, instead of the Peppermint. I was amazed. Instead of scattering, they died on the spot, and I was able to wipe them up with a paper towel.

Now, everytime I see one, I blast him with Thieves and toss him in the trash. If you have fruit flies, try the Thieves household cleaner and let me know, please.

Extra Tips

Rub diluted on the bottoms of feet for extra protection, especially during winter.

2. Put 2-3 drops on a dryer sheet to freshen laundry.
3. Drop on stubborn adhesives, such as glue and chewing gum, to remove from surfaces.
4. Drop 4-5 drops on a tissue and attach to an air vent to freshen a hotel room.
5. Diffuse for 24-48 hours straight to eliminate household mold.