**Essential Oils vs. Dried Herbs**

Essential Oils vs. Dried Herbs, No Comparison!

Dr. Susan Lawton

Discovering how essential oils are different from herbs and food supplements is an important step in learning the variety of ways to use these powerful plant oils.

Essential oils are the heartbeat of the plant kingdom, and are perhaps the most exciting life-giving substance we have in the world today. They represent in plants what blood represents in humankind – life! This heartbeat is the energy that was created to deliver the nutrients into every cell of the body. Defined; Essential oils are the subtle, volatile liquids that are distilled from plants, shrubs, flowers, trees, bushes and seeds. An ancient process, oil distillation is a delicate and precise art that has been almost forgotten. Science is just now re-discovering the incredible healing power of essential oils, and beginning to acknowledge their value for our health.�

More Potent Than Herbs….

Because our essential oils are concentrated, essential oils are from 50 to 70 times more therapeutically potent than the herbs or plants they are derived from. Unlike dried herbs that can lose up to 90% of the healing nutrients and oxygen molecules, essential oils do not. Research further shows that essential oils when applied to skin will penetrate every single cell within 20 minutes.�

Because the very life force of the plant is contained in essential oils, and because this life force synergizes so favourably with the human body, essential oils are now being considered as medicine by some of the world’s most prominent doctors. Clinical research has proven 100% pure (without any solvents or chemical additives), essential oils to be: � Immune Stimulating, Antiviral, Anti-infection, Antibacterial, Antimicrobial, Antiseptic, Antitumor, and Antifungal.�

Recent research has also shown that many of the so called “super bugs” that has modern medicine so concerned cannot survive in the presence of essential oils. And there has there been any pathogens known to resist essential oils by mutating.�

Best of all, 100% certified pure therapeutic grade essential oils are freely available and safe for home use. Many people diffuse the oils into the atmosphere of their homes, creating a virus free and pleasant environment. Many of the oils are applied directly to the skin to receive almost immediate benefit from many ailments.�

Others are inhaled for relief from headaches, nausea, emotional release, etc.�

Nature’s Most Effective Delivery Agent!”

Because essential oils contain such high amounts of oxygenating molecules, they act as an effective delivery agent to bring food nutrients THROUGH the cell wall to feed the cell nucleus.�

Without an adequate delivery agent to assist the cell to receive needed nutrients, the cell can become deprived of needed nutrition. Without adequate nutrition, the cell wall thickens hindering further delivery of nutrients. When malnutrition occurs, the cell begins to deteriorate, creating a host for disease-causing pathogens. Essential oils are known for their ability to pass through the thickest cell walls. They have the ability to restore diseased and malnourished cells back to health. �In fact, essential oils are nature’s most effective catalyst and delivery agent for feeding your body’s several trillion cells.