

# Young Living Essential Oils of Ancient Scripture

Essential Oils Desk Reference, 4<sup>th</sup> Edition, CD-ROM

## **Cassia** (*Cinnamomum cassia*)

**Botanical Family:** Lauraceae (laurel)

**Plant Origin:** China

**Extraction Method:** Steam distilled from branches, leaves and petioles.

**NOTE:** While its aroma is similar to cinnamon, cassia is chemically and physically quite different.

**Key Constituents:** Trans-Cinnamaldehyde (70-88%), Trans-O-Methoxycinnamaldehyde (3-15%), Coumarine (1.5-4%), Cinnamyl Acetate (0-6%)

**ORAC:** 15,170  $\mu$ TE/100g

**Historical Data:** Rich Biblical history. Mentioned in one of the oldest known medical records, Ebers Papyrus (dating from sixteenth century B.C.) an ancient Egyptian list of 877 prescriptions and recipes.

**Medical Properties:** Anti-inflammatory (COX2 inhibitor), antifungal, antibacterial, antiviral, anticoagulant

**USES:** Cataracts, fungal infections (ringworm, candida), atherosclerosis, arteriosclerosis

**Application:** Dilute 1 part EO with 4 parts VO; (1) apply 1-2 drops on location, (2) chakras/ Vita Flex points, (3) diffuse, or (4) take as dietary supplement (see Appendices E and S).

**Caution:** May irritate the nasal membranes if inhaled directly from diffuser or bottle.

**Found In:** Exodus II

**Bible References:** (See additional Bible references in Appendix D.)

- Exodus 30:23,24,25—"Take thou also unto thee principal spices, of pure myrrh five hundred shekels, and of sweet cinnamon half so much, even two hundred and fifty shekels, and of sweet calamus two hundred and fifty shekels, And of cassia five hundred shekels, after the shekel of the sanctuary, and of oil olive an hin: And thou shalt make it an oil of holy ointment, an ointment compound after the art of the apothecary: it shall be an holy anointing oil."
- Psalm 45:8—"All thy garments smell of myrrh, and aloes, and cassia, out of the ivory palaces, whereby they have made thee glad."

## **Cedarwood** (*Cedrus atlantica*)

**Botanical Family:** Pinaceae (pine)

**Plant Origin:** Morocco, USA. *Cedrus atlantica* is the species most closely related to the biblical Cedars of Lebanon.

**Extraction Method:** Steam distilled from bark.

**Key Constituents:** Alpha-Himachalene (10-20%), Beta-Himachalene (35-55%), Gamma-Himachalene (8-15%)  
Delta-Cadinene (2-6%)

**ORAC:** 169,000  $\mu$ TE/100g

**Historical Data:** Throughout antiquity, cedar wood has been used in medicines. The Egyptians used it for embalming the dead. It was used as both a traditional medicine and incense in Tibet.

**Medical Properties:** Combats hair loss (alopecia areata), antibacterial, lymphatic stimulant

**USES:** Hair loss, arteriosclerosis, ADHD, skin problems (acne, eczema)

**Fragrant Influence:** Stimulates the limbic region of the brain (the center of emotions) stimulates the pineal gland, which releases melatonin. Terry Friedmann MD found in clinical tests that this oil was able to successfully treat ADD and ADHD (attention deficit disorders) in children. It is recognized for its calming, purifying properties.

**Application:** (1) Apply on location, (2) chakras/ Vita Flex points, (3) directly inhale, (4) diffuse, or (5) take as dietary supplement (see Appendices E and S).

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## Cedarwood (continued)

**Bible References:** (See additional Bible references in Appendix D).

- Leviticus 14:4—"Then shall the priest command to take for him that is to be cleansed two birds alive and clean, and cedar wood, and scarlet, and hyssop."
- Leviticus 14:6—"As for the living bird, he shall take it, and the cedar wood, and the scarlet, and the hyssop, and shall dip them and the living bird in the blood of the bird [that was] killed over the running water."
- Leviticus 14:49—"And he shall take to cleanse the house two birds, and cedar wood, and scarlet, and hyssop."

**Found In:** Australian Blue, Brain Power, Cel- Lite Magic Massage Oil, Egyptian Gold, Grounding, Highest Potential, Inspiration, Into The Future, KidScents Bath Gel, KidScents Lotion, Peppermint-Cedarwood Bar Soap, Sacred Mountain, Sacred Mountain Bar Soap, and SARA

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## Cistus (Cistus ladanifer) (known also as Labdanum)

**Botanical Family:** Cistaceae

**Plant Origin:** Spain

**Extraction Method:** Steam distilled from leaves/ branches.

**Key Constituents:** Alpha Pinene (40-60%), Camphene (2-5%), Bornyl Acetate (3-6%), Trans-Pinocarveol (3-6%)

**ORAC:** 3,860 &muTE/100g

**Historical Data:** Cistus is also known as "rock rose" and has been studied for its effects on the regeneration of cells.

**Medical Properties:** Antiviral, antibacterial, antihemorrhagic, anti-inflammatory, supports sympathetic nervous system, immune stimulant

**USES:** Hemorrhages, arthritis

**Fragrant Influence:** Calming to the nerves, elevates the emotions.

**Application:** (1) Apply 2-4 drops on location, (2) chakras/Vita Flex points, (3) directly inhale, (4) diffuse, or (5) take as 4 drops as dietary supplement (see Appendices E and S).

**Found In:** ImmuPower, ImmuneTune, and KidScents Tender Tush

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## Cypress (Cupressus sempervirens)

**Botanical Family:** Cupressaceae (cypress)

**Plant Origin:** France, Spain

**Extraction Method:** Steam distilled from branches.

**Key Constituents:** Alpha-Pinene (40-65%), Beta-Pinene (0.5-3%), Delta-3-Carene (12-25%), Limonene (1.8-5%) Cedrol (0.8-7%), Myrcene (1-3.5%), Manoyl Oxide, Iso-pimaradiene, Karahanaenone

**ORAC:** 24,300 &muTE/100g

**Historical Data:** The Phoenicians and Cretans used cypress for building ships and bows, while the Egyptians made sarcophagi from the wood. The Greeks used cypress to carve statues to their gods. The Greek word 'sempervivens' for which the botanical name is derived means "live forever." The tree shares its name with the island of Cypress, where it is used for worship. Legend says the cross of Jesus was made from cypress wood. It is often planted in graveyards.

**Medical Properties:** Improves circulation and strengthens blood capillaries; anti-infectious, antispasmodic; discourages fluid retention

**USES:** Diabetes, circulatory disorders, cancer (Jean Valnet, M.D.), grounding, stabilizing

**Fragrant Influence:** Eases the feeling of loss and creates a sense of security and grounding. Also helps heal emotional trauma, calms, soothes anger, and helps life flow better. Can help soothe irritating coughs and minor chest discomfort. (Continued on next page)

## Cypress (continued)

**Application:** Dilute 1 part EO with 1 part VO; (1) apply 2-4 drops on location or massaging toward center of body, (2) chakras/Vita Flex points, (3) directly inhale, (4) diffuse, or (5) take as dietary supplement (see Appendices E and S).

**Bible Reference:** • Isaiah 44:14—"He heweth him down cedars, and taketh the cypress and the oak, which he strengtheneth for himself among the trees of the forest: he planteth an ash, and the rain doth nourish it."

**Found In:** Aroma Life, Aroma Siez, BodyGize, Cel-Lite Magic Massage Oil, HRT Tincture, Power Meal, and R.C.

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## Frankincense (Boswellia carteri)

**Botanical Family:** Burseraceae (Frankincense)

**Plant Origin:** Somalia/Spain

**Extraction Method:** Steam distilled from gum/resin.

**Key Constituents:** Alpha-Pinene (28-49%), Limonene (10-16%), Sabinene (3-7%), Myrcene (8-12%), Beta Caryophyllene (3-7%), Alpha Thuyene (4-8%), Paracymene (2-5%)

**ORAC:** 630 &muTE/100g

**Historical Data:** Also known as "olibanum," or "Oil from Lebanon" the name frankincense is derived from the Medieval French word for "real incense." Frankincense is considered the "holy anointing oil" in the Middle East and has been used in religious ceremonies for thousands of years. It was well known during the time of Christ for its anointing and healing powers and was one of the gifts given to Christ at His birth. "Used to treat every conceivable ill known to man," frankincense was valued more than gold during ancient times, and only those with great wealth and abundance possessed it. It is mentioned in one of the oldest known medical records, Ebers Papyrus (dating from sixteenth century B.C.) an ancient Egyptian list of 877 prescriptions and recipes.

**Medical Properties:** Antitumoral, immuno-stimulant, antidepressant, muscle relaxing

**USES:** Depression, cancer, respiratory infections, inflammation, immune-stimulating

**Fragrant Influence:** Increases spiritual awareness, promotes meditation, improves attitude and uplifts spirits. Frankincense contains sesquiterpenes which stimulate the limbic system of the brain (the center of memory and emotions) and the hypothalamus, pineal and pituitary glands. The hypothalamus is the master gland of the human body, producing many vital hormones including thyroid and growth hormone.

**Application:** (1) Apply 2-4 drops on location, (2) chakras/Vita Flex points, (3) directly inhale, (4) diffuse, (5) when using as a dietary supplement, dilute 1 drop of frankincense in 4 drops V-6 or olive oil and put in a capsule - take 1 capsule before each meal or as desired (see Appendices E and S).

**Found In:** 3 Wise Men, Abundance, Acceptance, ART Day Activator, Art Cleanser, ART Night Repair, Awaken, Believe, Boswellia Wrinkle Cream, Brain Power, ClaraDerm, CortiStop- Women's, Exodus, Egyptian Gold, Exodus II, Forgiveness, Gathering, Gratitude, Harmony, Highest Potential, Humility, ImmuPower, Inspiration, Into The Future, KidScents Tender Tush, Longevity, Longevity Softgels, ThermaBurn, Transformation, Trauma Life, Valor, Valor Bar Soap, and Wolfberry Eye Cream

**Bible References:** There are over 52 references to frankincense (considering that "incense" is translated from the Hebrew/Greek "frankincense" and is referring to the same oil). (See additional Bible references in Appendix D)

• Exodus 30:34—"And the Lord said unto Moses, Take unto thee sweet spices, stacte, and onycha, and galbanum; these sweet spices with pure frankincense: of each shall there be a like weight:"

• Leviticus 2:1—"And when any will offer a meat offering unto the Lord, his offering shall be of fine flour; and he shall pour oil upon it, and put frankincense thereon:"

• Leviticus 2:2—"And he shall bring it to Aaron's sons the priests: and he shall take thereout his handful of the flour thereof, and of the oil thereof, with all the frankincense thereof; and the priest shall burn the memorial of it upon the altar, to be an offering made by fire, of a sweet savour unto the Lord:"

**Frequency:** High (Spiritual).

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## Hyssop (*Hyssopus officinalis*)

**Botanical Family:** Lamiaceae or Labiatae (mint)

**Plant Origin:** France, Hungary

**Extraction Method:** Steam distilled from stems/leaves.

**Key Constituents:** Beta Pinene (13.5-23%), Sabinene (2-3%), Pinocamphone (5.5-17.5%), Iso-Pinochamphone (34.5-50%), Gemacrene D (2-3%), Limonene (1-4%)

**ORAC:** 20,900 &muTE/100g

**Historical Data:** While there is some uncertainty that *Hyssopus officinalis* is the same species of plant as the hyssop referred to in the Bible, there is no question that *H. officinalis* has been used medicinally for almost a millennium for its antiseptic properties. It has also been used for opening the respiratory system.

**Medical Properties:** Mucolytic, decongestant, anti-inflammatory, regulates lipid metabolism, antiviral, antibacterial, and anti-parasitic

**USES:** Respiratory infections/congestion, para - sites (expelling worms), viral infections, and circulatory disorders

**Fragrant Influence:** Stimulates creativity and meditation.

**Application:** Dilute 1 part EO with 1 part VO; (1) apply 2-4 drops on location, (2) chakras/ Vita Flex points, (3) directly inhale, (4) diffuse, or (5) take as dietary supplement (see Appendices E and S).

**Caution:** Avoid use if epileptic.

**Found In:** Awaken, Egyptian Gold, Exodus, Exodus II, GLF, Harmony, ImmuPower, Relieve It, and White Angelica

**Bible References:** (See additional Bible references in Appendix D).

Exodus 12:2—"And ye shall take a bunch of hyssop, and dip it in the blood that is in the bason, and strike the lintel and the two side posts with the blood that is in the bason; and none of you shall go out at the door of his house until the morning."

Leviticus 14:4—"Then shall the priest command to take for him that is to be cleansed two birds alive and clean, and cedar wood, and scarlet, and hyssop."

Leviticus 14:6—"As for the living bird, he shall take it, and the cedar wood, and the scarlet, and the hyssop, and shall dip them and the living bird in the blood of the bird that was killed over the running water."

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## Myrrh (*Commiphora myrrha*)

**Botanical Family:** Burseraceae (Frankincense)

**Plant Origin:** Somalia

**Extraction Method:** Steam distilled from gum/ resin.

**Key Constituents:** Lindrestrene (30-45%), Curzerene (17-25%), Furanoendesma-1,3-diene (4-8%)  
Methoxyfuronogermacrene (5-9%), Beta- and Gamma-Elementenes (3-6%)

**ORAC:** 379,800 &muTE/100g

**Historical Data:** It is mentioned in one of the oldest known medical records, Ebers Papyrus (dating from sixteenth century B.C.) an ancient Egyptian list of 877 prescriptions and recipes. The Arabian people used myrrh for many skin conditions, such as chapped and cracked skin and wrinkles. It was listed in Hildegard's Medicine, a compilation of early German medicines by highly-regarded Benedictine herbalist Hildegard of Bingen (1098-1179).

**Medical Properties:** Powerful antioxidant, antitumoral, anti-inflammatory, antiviral, antiparasitic, analgesic/anesthetic

**USES:** Diabetes, cancer, hepatitis, fungal infections (*Candida*, ringworm, eczema), tooth/gum infections, skin conditions (chapped, cracked, wrinkles, stretch marks)

**Fragrant Influence:** Promotes spiritual awareness and is uplifting. It contains sesquiterpenes which stimulate the limbic system of the brain (the center of memory and emotions) and the hypothalamus, pineal and pituitary glands. The hypothalamus is the master gland of the human body, producing many vital hormones including thyroid and growth hormone.

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## Myrrh (continued)

**Application:** (1) Apply 2-4 drops on location, (2) chakras/Vita Flex points, (3) directly inhale, (4) diffuse, or (5) take as dietary supplement (see Appendices E and S).

**Found In:** Abundance, Animal Scents Ointment, Boswellia Wrinkle Cream, ClaraDerm Mist, Egyptian Gold, Exodus II, Gratitude, Hope, Humility, Protec, Rose Ointment, Sandalwood Moisture Cream, Thyromin, and White Angelica

**Bible References:** (See additional Bible references in Appendix D).

- Genesis 37:25--"And they sat down to eat bread: and they lifted up their eyes and looked, and behold, a company of Ishmelites came from Gilead with their camels bearing spicery and balm and myrrh, going to carry it down to Egypt."
- Genesis 43:11--"And their father Israel said unto them, If it must be so now, do this; take of the best fruits in the land in your vessels, and carry down the man a present, a little balm, and a little honey, spices, and myrrh, nuts, and almonds."
- Exodus 30:23--"Take thou also unto thee principal spices, of pure myrrh five hundred shekels, and of sweet cinnamon half so much, even two hundred and fifty shekels, and of sweet calamus two hundred and fifty shekels."

**Frequency:** Emotional and Spiritual: approximately 105 MHz.

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## Myrtle (Myrtus communis)

**Botanical Family:** Myrtaceae (myrtle)

**Plant Origin:** Tunisia

**Extraction Method:** Steam distilled from leaves.

**Key Constituents:** Alpha Pinene (45-60%), 1,8 Cineol (Eucalyptol) (17-27%), Limonene (5-11%), Linalol ( 2-5%)

**ORAC:** 25,400 &muTE/100g

**Historical Data:** Myrtle has been researched by Dr. Daniel Péroël for normalizing hormonal imbalances of the thyroid and ovaries, as well as balancing hypothyroid conditions. It has also been researched for its soothing effects on the respiratory system.

**Medical Properties:** Antimutagenic, liver stimulant, prostate and thyroid stimulant, sinus/lung decongestant, antispasmodic

**USES:** Thyroid problems, throat/lung/sinus infections, prostate problems, skin irritations (acne, blemishes, bruises, oily skin, psoriasis, etc.), muscle spasms

**Fragrant Influence:** Elevating and euphoric.

**Application:** Dilute 1 part EO with 1 part VO; (1) apply 2-4 drops on location, (2) chakras/ Vita Flex points, (3) directly inhale, (4) diffuse or put in humidifier, or (5) take as dietary supplement (see Appendices E and S).

**Found In:** EndoFlex, Inspiration, JuvaTone, Mister, ProGen, Purification, R.C., Super Cal, ThermaBurn, and Thyromin

**Bible References:** (See additional Bible references in Appendix D).

- Nehemiah 8:15--"And that they should publish and proclaim in all their cities, and in Jerusalem, saying, Go forth unto the mount, and fetch olive branches, and pine branches, and myrtle branches, and palm branches, and branches of thick trees, to make booths, as it is written."
- Isaiah 41:19--"I will plant in the wilderness the cedar, the shittah tree, and the myrtle, and the oil tree; I will set in the desert the fir tree, and the pine, and the box tree together:"
- Isaiah 55:13--"Instead of the thorn shall come up the fir tree, and instead of the brier shall come up the myrtle tree: and it shall be to the Lord for a name, for an everlasting sign that shall not be cut off."

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## Onycha (Styrax benzoin)

**Botanical Family:** Styracaceae

**Plant Origin** India, China, Laos, Thailand or Vietnam

**Extraction Method:** Absolute extraction from the resin (Onycha is an “essence” not an essential oil)

**Historical Data:** Onycha (or benzoin), as either a resin or an absolute, as been used for thousands of years in the east for rituals and ceremonies as either incense or for anointing. It is mentioned in the Bible as one of the ingredients for an “Holy Anointing Oil” (Exodus 30:34). The Chinese used it for its healing and drying qualities and in the west it was used for respiratory complaints.

**Medical Properties:** Anti-inflammatory, antiseptic, antioxidant, astringent, deodorant, diuretic, expectorant, sedative.

**USES:** May help arthritis, asthma, bleeding (slow or stop), bronchitis, chills, circulation (poor), colic, cuts, flatulence (gas), flu, gout, laryngitis, mucus (helps remove), nervous tension, rheumatism, skin (lesions; chapped, inflamed and irritated conditions), stomach (gripping pains), stress related conditions, urinary tract infection, and wounds. It is very warming which makes it good for colds, coughs and sore throats.

**Fragrant Influence:** Warming and soothing to the heart. According to Marguerite Maury, “This essence creates a kind of euphoria: it interposes a padded zone between us and events.” It may also help overcome sadness, loneliness, depression and anxiety. When combined with Rose, it can be very comforting and uplifting.

**Application:** Apply to VitaFlex points and/or directly on area of concern: Massage (combine with Rose and add to V-6). Because of its thick, resinous nature, thin heavily with lavender or peppermint oils for diffusion.

**Oral Use as Dietary Supplement:** Approved by the FDA for use as a Food Additive (FA) and Flavoring Agent (FL). Dilute one drop oil to 1 tsp. honey or 4 oz. of beverage (i.e. soy/rice milk). Not for children under 6 years old: Use with caution and in greater dilution for children 6 years old and over.

## Sandalwood (Santalum album)

**Botanical Family:** Santalaceae (sandalwood)

**Plant Origin:** India and Hawaii

**Extraction Method:** Steam distilled from wood.

**Key Constituents:** Alpha-Santalol (47-55%), Beta-Santalol (19-23%)

**Historical Data:** Used for centuries in Ayurvedic medicine for skin revitalization, yoga, and meditation. Listed in Dioscorides' De Materia Medica (A.D. 78), Europe's first authoritative guide to medicines, that became the standard reference work for herbal treatments for over 1,700 years. Recent research at Brigham Young University documented its ability to inhibit many types of cancerous cells.

**Medical Properties:** Antitumoral, antiviral, immune stimulant

**French Medicinal Uses:** Bronchitis (chronic), diarrhea (obstinate), hemorrhoids, impotence.

**USES:** Cancer, viral infections (Herpes simplex, Herpes zoster, cold sores, human papilloma virus etc.), skin conditions (acne, wrinkles, scars etc.)

**Fragrant Influence:** Enhances deep sleep, may help remove negative programming from the cells. It is high in sesquiterpenes that stimulate the pineal gland and the limbic region of the brain, the center of emotions. The pineal gland is responsible for releasing melatonin, a powerful immune stimulant and antitumoral agent. Can be grounding and stabilizing.

**Application:** (1) Apply 2-4 drops on location, (2) chakras/Vita Flex points, (3) directly inhale, (4) diffuse, or (5) take as dietary supplement (see Appendices E and S).

**Found In:** 3 Wise Men, Acceptance, ART Day Activator, ART Gentle Foaming Cleanser, ART Night Repair, Awaken, Boswellia Wrinkle Cream, Brain Power, Dream Catcher, Evening Peace Bath & Shower Gel, Forgiveness, Gathering, Harmony, Highest Potential, Inner Child, Inspiration, KidScents Tender Tush, Lady Sclareol, Lemon-Sandalwood Bar Soap, Magnify Your Purpose, Release, Sandalwood Moisture Cream, Transformation, Trauma Life, Ultra Young +, and White Angelica

**Frequency:** Physical and Emotional: approximately 96 MHz.