

FREQUENCY and the DISTILLATION OF OILS

by Dr. Gary Young, N.D.

Frequency is defined as a measurable rate of electrical energy flow that is constant between any two points. Everything has an electrical frequency, and what an incredible discovery it was for me to learn that essential oils contain frequencies that are several times greater than the frequencies of herbs and foods.

Robert O. Becker, M.D., the author of the book, "The Body Electric," validates the electrical frequency of the human body and states that much about a person's health can be determined by it. Royal Raymond Rife, M.D., developed a "frequency generator" in the early 1920s. With this he found that with certain frequencies he could destroy a cancer cell or a virus. He found that certain frequencies could prevent the development of disease, and others would destroy disease. Nikola Tesla said that if you could eliminate certain outside frequencies that interfered in our bodies, we would have greater resistance toward disease. Bjorn Nordenstrom, a radiologist of Stockholm, Sweden, who wrote "Biologically Closed Circuits," discovered in the early 1980s that by putting an electrode inside a tumor and running a milliamp D.C. current through the electrode, he could dissolve the cancer tumor and stop its growth. He found that the human body had electropositive and electronegative energy fields.

In 1992, Bruce Taino of Taino Technology, an independent division of Eastern State University in Cheney, Washington, built the first frequency monitor in the world. Taino has determined that the average frequency of a healthy human body during the day time is 62 to 68 Hz. When the frequency drops, the immune system is compromised. If the frequency drops to 58 Hz, cold and flu symptoms appear; at 55 Hz, diseases like Candida take hold; at 52 Hz, Epstein Bar and at 42 Hz, Cancer. Taino's machine was certified as 100 percent accurate and is currently being used in the agricultural field today. According to Dr. Royal R. Rife, every disease has a frequency. He has found that certain frequencies can prevent the development of disease and that others would destroy diseases. Substances of higher frequency will destroy diseases of lower frequency.

The study of frequencies raises an important question, concerning the frequencies of substances we eat, breathe and absorb. Many pollutants lower healthy frequency. Processed or canned food has a frequency of zero. Fresh produce has up to 15 Hz; dry herbs from 12 to 22 Hz; and fresh herbs from 20 to 27 Hz. Processed, canned foods have no measurable frequency. It would seem we need a source of higher frequencies to maintain our good health. Essential oil frequencies start at 52 Hz and go as high as 320 Hz, which is the frequency of Rose Oil. Clinical research shows that essential oils have the highest frequency of any natural substance known to man, creating an environment in which disease, bacteria, virus, fungus, etc., cannot live.

For a number of years during my clinical practice, I researched the use of electrical energy for the purpose of reversing the disease process. I kept feeling that there had to be a more natural way of increasing a person's electrical frequency, which led to the discovery of the electrical frequency of oils. One of the things that I noticed with my patients was that they felt better emotionally when they first started to use essential oils. It seemed that, within seconds, congestion would begin to loosen just through simple inhalation of an oil. Certain oils applied on location would decrease pain 50-80 percent within 1-3 minutes. Some even experienced a decrease in pain within seconds. I could not have thought that an oil applied to the bottom of the feet could travel to the neck and reduce pain by 70 percent within one minute. As I saw this happen over and over, I started to realize that there had to be other aspects and elements in the oils that had to be researched.

Measuring in hertz, we found that processed/canned food had a zero Hz frequency, fresh produce had up to 15 Hz, dry herbs from 12-22 Hz, and fresh herbs from 20-27 Hz. Essential oils started at 52 Hz and went as high as 320 Hz, which is the frequency of rose oil. A healthy body, from head to foot, typically has a frequency ranging from 62 to 78 Hz, while disease begins at 58 Hz. Clinical research shows that essential oils have the highest frequency of any natural substance known to man, creating an environment in which disease, bacteria, virus, fungus, etc., cannot live. I believe that the chemistry and frequencies of essential oils have the ability to help man maintain the optimal frequency to the extent that disease cannot exist.

Once in a while, individuals using an essential oil for the first time will say they broke out with a rash or had an allergic reaction. So many reactions are the body's chemical sensitivity kicking in and saying, "protect me." However, when I worked with people with severe allergies, even universal reactors, once they understood that pure essential oils actually detoxify and help re-establish cellular balance, would calm down and realize they were not having a reaction. It's amazing to see how we in America have become sensitive to things around us, and yet at the same time we are desensitized to the things that are killing us, causing allergies, depressing the immune system, creating a weakness for diseases, such as candida, epstein bar, chronic fatigue syndrome, hypoglycemia, universal reactor symptoms, and other chemical sensitive problems. It just goes from level one to level six, manifesting different symptoms.

If the frequency of the right and left brain lobes varied more than 3 Hz, a headache would begin. If the frequency varied more than 10 Hz, a substantial or migraine-type headache would develop. By combining an oil formula composed of helichrysum, chamomile, and lavender and through simple inhalation, the frequency of the head can be balanced and return to normal within a few seconds. In another experiment, the frequency of a young man, 26 years old, while holding a cup of coffee, dropped in three seconds to 58 Hz. Without the use of oils, it took three days to go back up to normal. Another young man, 24 years old, drank the coffee, and in three seconds his frequency dropped to 52 Hz. When he inhaled a blend of oils, his frequency returned to normal in 21 seconds. There is still much research to be conducted, but the premise is if we can keep the body frequency high enough and well oxygenated, we will be free of disease.

Because the sense of smell is so incredible, it is important to understand why we have these sensitivities and reactions to essential oils. Let's go back to the early days of steam distillation, which is one of the most common ways of extracting oils from plants, trees, shrubs, flowers and herbs. This is done by sending steam into a chamber that holds the raw product. As the steam rises, it stimulates the oil membranes in the plant, causing them to open, thereby releasing the oil molecule that has a micro-fine membrane around it, which is there to protect the oil. If the membrane is fractured while the oil is being released, the oil is damaged, and the molecular structure of the oil is altered. In nature, as the evening cools, the oil comes closer to the surface. As the day begins, the sun's warmth causes this membrane to relax, open and release the oil into the atmosphere.

Vertical steam distillation gives us the greatest potential for protecting the oil and maintaining its integrity in order to protect its therapeutic benefits for fragrance and balancing the body. All of this must work on the areas in the brain that are connected to the limbic system, which affects emotional trauma release, appeases anxiety and helps overcome depression. In ancient distillation, low pressure (5 pounds and under) and low temperature were extremely important in order to have the therapeutic benefits of this gentle process. Marcel Espieu, who has been the President of the Lavender Growers Association for 21 years in southern France, told me, when I was studying with him, that the best quality of oil would be produced when the pressure was zero pounds during distillation.

Temperature also has a very distinct effect on the oils. At certain temperatures, the oil fragrance, as well as the chemical constituents, can be changed. High pressures and high temperatures seem to cause a harshness in the oil where even the oil pH and the electropositive and electronegative balance are greatly affected. For example, cypress requires 24 hours at a maximum of 245 degrees at 5 pounds of pressure in order for all of the active constituents and

properties to be released. But if it is distilled less than 22 hours, 18-20 of the primary constituents will be missing, which are absolutely essential to the therapeutic application of the oil and the expected response. However, most of the distilling operations throughout the world distill cypress for only one hour and 15 minutes.

Lavender is distilled in France with a steam temperature of up to 350 degrees and up to 155 pounds of pressure for 15 minutes. Although the oil is easily sold and marketed, it is of very poor quality. The problem we have in America is that people are more concerned about price than quality. Naturally, you can sell lavender oil inexpensively if you can produce a pound of oil in 15 minutes versus a pound of oil in an hour and a half. To maintain the highest grade of oil and to be able to get all the properties in the oil that create the therapeutic effect in the healing of burns, reducing of headaches and fevers and overcoming insomnia and PMS, that oil must be of the highest grade and quality.

In the larger fields of the world during the distillation time, one can see chemical trucks hooked into the distillers pumping solvents into the water already in the boiler. This increases the oil production by as much as 18 percent. However, when you put a chemical in the water and force this with steam into the plant, it causes a fracturing of the molecular structure of the oil, altering its fragrance and constituents because you cannot separate the chemicals from the oil after it comes through the condenser.

Most of the lavender oil sold in America today is lavandin, which is a hybrid and is grown and distilled in either China or Russia. The oil production in both locations tests high in radioactive isotopes. They bring it into France, cut it with synthetic linolol acetate to improve the fragrance, add propylene glycol or SD 40, which is a solvent that has no smell and increases the volume, and then sell it in the United States as lavender oil. We in America don't know the difference and are happy to buy and sell it for \$5-7 per half ounce in health food stores, beauty salons, grocery and department stores and through mail order.

Frankincense is another example of an adulterated oil. The frankincense resin, or gum, that is sold in Somalia costs between \$30,000 and \$35,000 per ton and when steam distilled is very expensive. However, frankincense that is sold for as low as \$25 per ounce is distilled with alcohol. When these cut, synthetic and adulterated oils cause rashes, burns or other irritations, we wonder why we don't get the benefit we were expecting and come to the conclusion that essential oils don't have that much value.

There are first, second, third and fourth stages of distillation, with each one becoming weaker and weaker to which synthetic fragrance constituents are added and then sold to the unsuspecting public. Many people have jumped on the bandwagon because of the money-making potential that they see with essential oils. They buy cheap oils, rebottle them, label them as 100 percent pure essential oils and market them without ever knowing their origin or who was responsible for the distillation.

After seeing the number of farms going out of business in France and Germany, I was concerned that the day would come when we would have a difficult time obtaining oils. I felt I needed to find farm land where we could begin growing our own crops in order to secure our supply and quality. After many months of looking, I was led to the Benawah Valley near St. Maries, Idaho, where we now have 50 acres in production. We were very specific in choosing land that had never had chemicals on it because all our growing and production operations are strictly organic. Our farms in Utah, Idaho, and France are all organic. Young Living is now supervising the distillation of some of the oils that it sells as well as buying directly from the distilleries in order to avoid adulteration and inferior quality of oils that are produced around the world. We begin with the pure seeds and take them all the way through the growing, harvesting, distilling, formulating, packaging and marketing. This way we know what we have and can stand behind the production and the quality.

At the Young Living Research Farm in Idaho, I built four different distillers and, as I mentioned, the largest and only stainless steel vertical steam distiller in North America, so we could control

our operation in order to produce the highest quality of oil possible. After building the first two, I invented a steam decompression chamber and manifold that delivers the steam at zero pounds of pressure to the chambers. In 1994, we produced an extremely high quality of peppermint and clary sage oils as well as the first distilled wild tansy oil in the world. When we attended the essential oil medical convention in September of 1994, everyone who sampled the oils was excited and wanted to know where they could purchase some. They were fascinated with the wild tansy as that was a new and almost exotic smell for them. We have acquired more farm land in Utah and will be building an entire distillery there so that the new crops can be distilled on site. Our projection for the spring of 1996 is to plant 1,500 acres in crop between Utah and Idaho."

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