

YOUNG LIVING TRAINING CD #81

“The Fundamentals of Longevity”

Gary Young, N.D.

We welcome you to Training CD #81, a highly informative presentation by Gary Young on the Fundamentals of Longevity, showing that essential oils are unique in anti-aging properties. And now, here is Dave Sterling, CEO of Young Living, to introduce Gary Young.

Dave Sterling - Introducing Gary Young

Welcome! We hope you enjoy what you learn tonight. If there is a master in the world on the essential oils, you are looking at him, and he is going to teach us some amazing things. It would probably take Gary about three months solid every day to teach you everything there is to know about the oils—and some of you know that because you have been using them for a long time—but without further ado, I want to introduce Gary Young!

Gary Young - What is Being Assimilated?

Let's just take a minute now and look at why essential oils have a greater effect on your body than vitamins and herbal pills and capsules. This was a study that was published by the *Associated Press* two months ago. I picked it up in the airport and found it very interesting.

“An Herbal Pill Didn't Help Prostate” This was talking about saw palmetto. A year-long research found the plant extract of saw palmetto was no more effective than the dummy capsules in easing symptoms for 225 men in this study. People look at this and they say, “That's not true—it can't be true!” But of course, let's go forward; let's look at it a little bit—and it doesn't matter whether it's garlic or echinacea or golden seal or comfrey in capsules.

If we stop there and just ask one question. “If everything was working 100% in your body, how much of that capsule (at the very best) would you assimilate?” What are the statistics? It's 8%! That's if everything is functioning 100%, so if there's a compromise in your digestive system, what is going to be your assimilation rate?

Dangers of Irradiation

Chemical radiation causes cancer. Aromatic herbs and spices currently can be sold freely across Europe and North America that are irradiated. There are problems of it in foods, supplements, and forced

excise carried out by a foods standards agency. With local authorities 48 products for a variety of elements were examined. Fifty percent of the food supplements tested in the UK have been found to have been irradiated or contained irradiated ingredients, 11 supplements were completely irradiated, 13 had irradiated ingredients. Irradiated means radiation-treated, treated with radiation. Irradiation produces highly reactive free radicals and peroxides from unsaturated fats. Levels of carcinogen benzene in irradiated beef were found to be some tenfold higher than cooked beef.

Ongoing Decrease in Mineral Levels

And here is what is really interesting to you now. This is something you need to pay attention to. We look at mineral levels in food, and here's the analysis of sodium in 1940. Vegetables, in 1991 it was 40% less than it was in 1940. It was 29% less in fruit and 30% less in meat. Potassium. We are talking here about a 49 year difference and potassium was 16% less, fruit 19% less potassium, meat 16% less potassium.

Is potassium a major need in our body today? Yes! We go down and look at every one of these. Here's phosphorus, 9%, magnesium 24% in vegetables, 16% less in fruit, 10% less in meat. Iron, calcium—look at calcium, 46% less in vegetables.

What's Happening to our Health?

What's happening in America? Look at the osteoporosis that's running rampant in America today. I hear people say constantly, “Well, if I eat my vegetables, am I not getting enough minerals and vitamins from my vegetables today?” Impossible. Absolutely not. ! Here's where the double-edged sword comes in. A lot of you folks know that you're not getting that and so you go to the health food store to buy some supplementation, but you are not helping

yourself because you're actually eating ingredients out of the health food store that have been irradiated.

This is causing carcinogens in your body! So it's like you can't win for losing! Take copper, 76% less, fruits 20-24% at least.

Benefits of Transdermal Action

Transdermal action—this is where I get excited and where I think that you will appreciate this. Essential oils are unique in the fact that they can pass through the epidermal barrier and enter the bloodstream without causing significant injury to the epidermis or triggering inflammation or substantial water loss. Essential oils are ideal to use as therapeutic agents that can be delivered transdermally. They can do this because (1) they have a smaller molecular weight and smaller molecular size, so they will pass through the epidermis and the dermis shield and get into the interstitial fluid much quicker.

You look at some of the structures and the molecular weight and compare it and we see that essential oils have much, much lighter molecular weight. Essential oils are lipophilic compounds, oil soluble, so they go into the blood, they go into the lymph fluid, and they go into the fats.

Lavender Used in Research

In 1991 *Scientific Institute of Pharmaceutical Chemistry* at the University of Munich tested the ability of essential oils of *Lavandula angustifolia* to enter the bloodstream when applied on the skin. They dissolved 2% lavender and vegetable carrier oil. They used peanut oil and massaged ½ grams of massage oil onto the skin area on the stomach for 10 minutes. Blood samples were drawn—0, 5, 10, 15—up to 90 minutes following application of the oil. Noticeable quantities of both *linalool* and *linalyl acetate* appeared in the blood after five minutes and reached a peak after 20 minutes. There was an average serum concentration of 100 nanograms per milliliter over the course of the experiment in 1½ hours.

More Studies with Essential Oils

Wolfgang Wyers and Rudolph documented the ability of essential oils to pass into muscle and blood. This was interesting. Essential oils rich in 1.8 *cineole* to the shaved skin of two sets of animal subjects, rats and rabbits, the *cineole* concentration reached a peak after six hours of application. They used *pine* and *rosemary* and *eucalyptus* in that study.

Transdermal action. University of North Dakota in 1998 observed three oils high in *terpenes* to enhance the skin absorption of the pharmaceutical drug, Tamoxifen. This is interesting and it really says a lot if you kind of read between the lines. They use it to increase the absorption. Now I really like this and I am going to tell you why. Essential oil compounds that were tested included *methone* and *peppermint* and *limonene* and *lemon* and *eugenol* and *clove*. They use it to enhance absorption.

Why Put Essential Oil in Herbal Powders?

Why did I put the oils in the herbal powders? To increase absorption, to increase delivery time—and that's why. To this day no one has ever been able to duplicate what we do with our supplements with essential oils. They use a number of different applicators; they sell you two sizes of foam applicators with metal foil acting as a vapor barrier and ointment media. They experimented with several different dosages—50, 100, 200, 400 mg per animal and exposure times were .75 to 9.0 hours. After testing the tissue they found significant quantities of *cineole*. The ointment application delivered the least amount of essential oil, which the foam foil applicator delivered the most. *Cineole* concentration in the muscle reached a peak after six hours of application.

What is really interesting with this foam foil is simply the reason that there was a greater assimilation (and I've done this many times), you take a condition where you really want to get penetration and you cover it really heavily with an oil and wrap it with Saran Wrap, and the reason that you get penetration is if it cannot get oxygen the oil will not evaporate. It immediately goes all the way into the derma layer and then into the blood, and that's when you get the benefit. That's why they use the foil barrier for the same reason.

Increased Penetration with Essential Oils

Eugenol increased drug penetration by over four times, so now all of a sudden the drug companies are getting interested in essential oils because they can get more effect with essential oils with their drugs. *Limonene* increased penetration 11 times, *methone* increased penetration 18 times. How many of you know that I end Raindrop with *peppermint* oil? Now do you understand why? Because it drives it in.

Look at this. Hands and skin penetration of Tamoxifen due to *eugenol*, *limonene* and *methone*, and there is our *methone*. It increases the penetration much greater than the other compounds.

Confirmation by College Studies

The Medical School College in Taiwan found that *alpha pinene*, *beta pinene*, and *alpha terpenol* had a synergistic effect with 1.8 *cineole* and *d-limonene* in their ability to enhance the skin permeation of the drug Indomethacin. Transdermal action. A series of studies at the Hoshi University in Tokyo, Japan found that *d-limonene* dramatically increased the ability of a variety of drugs to penetrate through the skin, including Prednisone.

A random Cross-over Control Study at the Tigano College of Nursing in Japan confirmed the ability of *lavender* oil to the relaxing effect using a warm water foot bath. Researchers found that adding *lavender* oil to the water significantly increased activity in the parasympathetic system, shifting the balance of the activity to the autonomic nervous system to that of relaxation.

Brain Blood Flow can be Improved

Now, we are going to get into some things that are really exciting. You will like this.

Eucalyptal increases brain blood flow. Why are people complaining of losing their memory today? Lack of oxygen to the brain, poor blood flow to the brain. After 24 minutes of inhaling *eucalyptal* the test subjects were subject to CT scans, computerized tomography of several portions of their brains, and you can see the difference before *eucalyptal*. After *eucalyptal* you can see the blood flow saturation in the brain. It increased over 43% in the cerebral blood flow in the brain! How many of you diffuse *RC* or *Raven* at night at home? You have four *eucalyptuses* in *RC*.

Rosemary and Energy

Animal study at Kovar University in Germany tested the effects of essential oils. *Rosemary* in laboratory mice. Different quantities of oils were evaporated in sealed cages using paper filter diffusion. After 30 minutes the mice exhibited a significant increase in activity and energy. *Rosemary* has been known for raising energy levels,

which is found in your *En-R-Gee* oil blend. Rub it up the spine.

If you have never used *En-R-Gee* oil blend, rub it up the spine and experience the difference that you feel with that. I can put in a 12 or 14-hour day and be absolutely tired (just like tonight) and Mary takes *En-R-Gee* and puts it up my spine and it's like I had a six-hour nap. Literally, it is wonderful! Does it last long? Just long enough to get me through and get me home.

En-R-Gee for Increasing Blood Flow

The thing that I like that works for me (and Mary can tell you), she does this every single time I go on stage. I put *Valor* on my feet; she rubs *En-R-Gee* oil up my spine and I'm good until 2:00 in the morning! Why? Because the *En-R-Gee* raises the blood flow up the spine, gets the cerebral blood flow going, and *Valor* keeps the frequency of the body balanced, and when the body's frequency starts going out of balance, that's when your energy starts dropping off. You need to just play with the oils and just have fun with them. Experiment and see the combinations that work the best for you. Honey, how many years have I used *Valor* and *En-R-Gee* together, and it hasn't failed once!

Essential Oils Increase Oxygen to the Brain

Bergamot, *Orange*, *Lemon* were added to a gel. Motorized fans created diffusing. These folks are really antiquated—a motorized fan! Why didn't they call *Young Living* and get some diffusers!

Concentrated essential oils in the air measure and kept at a fixed level, controlling ventilation. After 11 weeks of aromatic treatment every one of the patients receiving aromatherapy showed a marked improvement in depressive symptoms. Why? Because they increase the oxygen to the brain. A primary cause of depression is oxygen deprivation in the brain.

Sixteen percent of patients cut their medication to one-fourth of the original level after the diffusing of oils. Seventy-five percent discontinued all use of pharmaceuticals and antidepressants before the end of the trials. Seven patients discontinued their medication after only the second week. The essential oil group had far better improvement in depressive symptoms than the medicated group, none

of whom decreased their medications. Antidepressants is not the way to go.

Oils for Longevity

Longevity. Why would you want to take these oils? *Thyme, orange, clove, frankincense*? One of the things that I have found (and I might just share something with you that I have discovered in Ecuador here a few weeks ago that was kind of interesting).

Do we have any *frankincense* here? I am going to share something because I would like you to do this when you get home, and I'd like you to give me some feedback of what you experience from this.

***Frankincense*, Gateway to the Brain**

As I have been working with the brain mapping, one night it just hit me—isn't that interesting. What is right here between the eyes? That's the point for the pineal gland. And the hands back here—where does the little finger fall, generally for a man in particular? Right on the LC point, and where are the thumbs? On the crown. I share this with you just to play with at home and see what you experience, but I have done this with a few folks and now I am doing this with all my patients. It's been interesting, and I call this "Using *Frankincense* to Open the Gateway to the Brain."

Try an Experiment with *Frankincense*

So I put it right on the crown; I put it right here on the pituitary point (or the third eye, as it is referred to many times), and then you tip your head down and then I come back and I put it right on the LC point. Then you just put your hands there—my little finger's right on that LC point, my thumbs on the crown, my other thumb's on the crown, my little finger's on the pituitary (pineal point—and just hold it there. Tonight or tomorrow (whenever you have time) all you husbands and wives, just try it on each other and see what you experience, and the feeling that you get from it. There is something there with those three connecting points and energy-wise, just making those three connecting points, and just feel the energy that moves through the head.

Carolyn Mein, because of the work that you do in emotional release, this is something I am anxious for you to experiment with, and give me some feedback, because every single person I have

done this with just in preparation to doing the neuro-auricular therapy has noticed a significant increase in their brain motor activity. There are reasons for these things—just look and experiment—see what happens. There is something there energy-wise in the brain and it's really a fun thing. Patients I have done that with have really enjoyed it.

Brain Health

So we want to increase the cognitive function, improve the memory loss, dementia—all of this happens when our DHA levels start to decrease. This comes from good fat in the body (from the polyunsaturated fats) because it is crucial for brain and eye function. What happens in America today when you hit 35? All of a sudden you get more eyes!

Thyme oil and the brain. The health of the brain can be significantly improved by protecting the fats, like DHA, from free radical attack, hydrolysis or oxidation. DHA and other long-chain oils are unstable and vulnerable to chemical alteration. Antioxidant systems must work overtime, the liver slows production with age, and is able to replace the pupas (as they call them), preserving brain function. Levels of DHA decline steadily with age. Declining DHA levels are directly linked to age-related declines in memory and cognitive function. How many would agree with this? So you feel they are probably correct there?

***Thyme* Preserves DHA Levels**

The research at the Scottish Agricultural College tested the ability of *thyme* oil to preserve DHA levels in the brains of 100 subjects. Daily feeding of *thyme* oil, 42.5 mg per kilo of body weight drastically slowed age-related DHA degradation in the brain; 42.5 mg per kilo of body weight would be about 1/8 of a 00 capsule, so perhaps three to four drops.

And see here we see that *thyme* doubles antioxidant activity in the brains of test animals. I find this really wonderful—*thyme*-treated versus *thymol*-treated. Why am I excited here? Because did God make any single element as a single element? No. There are multiple compounds in everything that He created.

***Clove* and Liver Studies**

And then we have the control group here. *Clove* increases phase II liver detoxification. In a 1996 study at the TNO Nutrition and Food Research

Institute in the Netherlands fed human volunteers 150 mg of *eugenol* for seven days and concluded that *eugenol* decreased background liver damage.

Clove and liver. We see the research conducted here in India. The *eugenol* inhibited lipid peroxidation in rat liver microsomes, 10 times more effective than vitamin E. Lipid peroxides dropped by an average of 30%. This is really important to know because this is what causes premature aging when the lipid peroxide goes up in the body, so this needs to be decreased. The only other thing that they have found in the world to decrease lipid peroxide, which is a little bit more dramatic than this was Ninja wolfberry at 38%!

Cancer Studies

Monoterpenes. The breast cancer, chemo preventive. This is from Orange Pill Research. The *limonene* seems to be the most active in inhibiting cancer in the initiation phases. That's why *orange* oil is in the Longevity products. *Limonene* inhibits skin cancer. Russia has studied a diet of just 1% *limonene* and tumor counts were just 25%, so it is really a wonderful thing here that we see. That's 50 clinical studies on anti-cancer properties of *limonene*.

Here at Purdue University, breast cancer. Lung cancer at the University of Columbus in Ohio, Liver Cancer in India, Skin Cancer in Tucson, Arizona. Iowa City USA, a Study of Lung Cancer in France, Breast Cancer in New York.

Glutathione, Important Antioxidant

Glutathione. This is what is really important and this is why the oils are so powerful as a supplement, and that is why the essential oils are in all of your herbal and vitamin supplements. I have put them in there for two things: (1) They increase the bio-availability to the digestive tract and (2) They increase the permeability of the nutrients that are being assimilated, so it is a crucial antioxidant for the liver and other organs. It is used by liver to detoxify poisons and chemicals. That's glutathione.

Let's look at that again. Glutathione is a very, very important antioxidant, not just for the liver, but for the other organs. It detoxifies the liver and organs of poisonous chemicals and drugs. Intercellular glutathione is depleted when cells are exposed to oxidative stress or chemicals.

What did I say about shampoos and perms, deodor-ants, toothpaste—what's happening here? We are exposed to oxidative stress or chemicals. Low

levels are correlated with heart disease, diabetes, and liver damage. When you have liver damage, what is happening to the rest of your body? Lights are out! When that liver starts to go, everything goes with it, which accounts for 95% of all reduction in most tissues—and it declines with age.

Limonene raises glutathione. John Hopkins University found that limonene boosts the glutathione levels and proximal middle and distal small intestine, colon and liver at 10,000 ppm for two weeks. Controlled, and look at the difference in the limonene. It is almost double!

Longevity Oil Blend for Liver Function

Longevity contains limonene, *thymol*, *eugenol*. These are the three compounds that we have just been talking about for protecting liver, organs, raising glutathione, and decreasing lipid peroxides. Does that interest any of you? How many of you are taking *Longevity* capsules? (about 1/3). How many are going to take it now? We've got the oils in there that are the most important for the glutathione and the lipid peroxides. When you go transdermally the oils will last longer—and here is the reason why. What is the pH of your stomach? The pH of your stomach for proper digestion should be at 2.5. When you are preserving a substance like *NingXia Red*, the pH has got to be between 2.5 and 3.5 in that range in order not to put a preservative in it, but for proper digestion the stomach should be a 2.5. Depending on what you are eating, it could go up to 3.0, it could go up to 4.0, but it won't stay up there very long.

Essential Oils Neutralize Acids

If your stomach is acid and you are eating an essential oil that is neither acid nor alkaline, what might happen to the oil? The oil will give itself up to the acid if it is out of balance. If you put oil in water and drink it (as we do with our patients) that I have talked about tonight for pain control, what is happening? We say, "Okay, we've got an acid stomach of say 2.5 to 3.0, and we're drinking oil down, then how come they get such a benefit from it?" The oils help neutralize the acid, and as they neutralize the acid they go into the bloodstream almost instantly because the oils will go away from the acid and so they absorb into the mucosal lining absolutely instantly and go very quickly, but in a very acidic condition (how many have taken *Di-Gize* when you have had acid burning, and how many have noticed an immediate

difference?) Absolutely! For the very reason that the oil surrenders itself to the acid and neutralizes the acid and pulls it down. So you've got a dual action with the oils in the stomach.

Additional Benefits of *Longevity*

Now, the other benefit you get (and here is what is beautiful with the *Longevity* capsule) because it is a capsule, the acid in the stomach will digest the capsule within 12 to 20 minutes of being swallowed. The moment that capsule digests and that oil is released, the acids have already been utilized in the digesting of the gelatin capsule.

Now the oils go straight into the bloodstream through the stomach lining, and much of it will also pass into the duodenum because the transit time has already taken place in the digestion of the capsule itself, and the exit time into the duodenum in a liquid is about 20 minutes after ingesting. It takes approximately 20 minutes to digest the capsule, so by the time it starts breaking down and the oil starts releasing, it's already in the duodenum, which has a different pH value. So there is less attack on the oil in the duodenum than in the stomach and so you get a greater absorption level in the small intestine with less attack on the oil. That is why the gelatin capsule works very well in that application.

A Win-Win Situation

When you are drinking the oil in water, the water goes to the acid, the oil goes to the stomach lining because the water and oil separate the minute you swallow it. It's win-win, everything you do. Here is the reason: Essential oils are very, very powerful detoxifying agents. They immediately (as you are seeing here) start attacking some lipid peroxides and free radicals. They are free radical scavengers. They start going after this bacteria and all the garbage that is in your system and start digesting it, and if you are

not drinking enough water—what is going to happen to it? It goes to the liver and starts backing everything up.

Importance of Drinking Water

So even when you are having oils put on topically by a therapist, you must drink water because they are going into the interstitial fluids within minutes of being applied topically. And they immediately start attacking all the negative stuff in your body and start breaking it down, and you want to move it out. That's why you need to make it a practice and a habit of drinking and drinking and drinking.

Thanks for Being Here

It's been a great evening. I appreciate you coming and there are lots of wondering things happening. We look forward to seeing you in Ecuador, and of course, I look forward to seeing you at Convention. That is going to be grand time. We have put in a lot of research there to share with you and present to you, and it's going to be the biggest convention in *Young Living's* history. Don't miss out! Thank you.

Moderator:

Thank you, Gary. And thank you for being with us on Training CD #81

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