

Hello SF/Bay Area Lupus Support Group Members!

Thank you to all who attended Saturday's meeting! It was wonderful to meet and share our experiences! I look forward to seeing you again.

For those who were not able to attend Saturday's meeting, below is a brief synopsis of the presentation (as well as added info\*) on Certified Pure Therapeutic Grade (CPTG) essential oils from doTERRA.

### **What are essential oils?**

Essential oils are the lipid soluble mixtures of volatile aromatic compounds found in plants. They are distilled from the plant and isolated in a pure yield using various collection methods (steam distillation, cold pressing, solvent extractions, etc.). Each essential oil is made up of a wide variety of functional chemical constituents that give each oil its unique aroma and beneficial properties. So far, over 3,000 varieties of volatile aromatic compounds have been identified to date. The nature of an essential oil varies from plant to plant, within botanical families, and from species to species.

The modern use of essential oils inspires many to effectively manage their own emotional and physical health on a day-to-day basis as well as to have alternatives to manage health issues as they arise. Many health professionals are effectively incorporating essential oils into their practices and many essential oils are now even found on the GRAS foods list and more relevant toxicology information is becoming available.

### **CPTG essential oils versus non-CPTG essential oils**

For anyone who uses essential oils, it is important to know the difference between CPTG essential oils and non-CPTG essential oils, which are most - if not all - of what is found on store shelves today. Certified Pure Therapeutic Grade (CPTG) means that every essential oil is carefully and thoroughly tested using strict quality protocols for growing, harvesting, distilling, and packaging essential oils so that the integrity of the original chemical structure is not compromised by contamination or the use of synthetic fillers. If on the bottle it reads, "Not for internal use" or "Keep out of reach of children", there is a strong possibility that the oil contains harmful additives that are not safe for internal, and for some, even topical use. CPTG essential oils were intentionally created so that they not only can be taken internally but also provide a therapeutic boost to the body and the mind as well.

## Using CPTG essential oils

There are three main ways to use CPTG essential oils:

- Aromatically (the standard use of essential oils)
- Topically
- Internally

### Aromatically

The easiest and most direct way to utilize CPTG essential oils aromatically is to put a drop in the palm of your hand and quickly rub both hands together, and then cup your hands around your nose to inhale deeply.

Another way is to use a diffuser. Diffusers are becoming more and more common these days. Kaiser Permanente in Oakland now carries them in their pharmacy.

Diffusing CPTG essential oils will cleanse the air as well as provide emotional support by lifting the mood to create a more harmonious atmosphere and attitude.

### Topically

Topically, CPTG essential oils can be mixed in a carrier oil (i.e. coconut, almond, or jojoba oil, etc.) and then massaged into the skin. Deep Blue Rub is a propriety blend from doTERRA that is used for soreness and pain. It can be used as an oil or as a cream.

### Internally

Taking CPTG essential oils internally can be the most fun because they can be utilized in so many ways! From incorporating in cooking and baking recipes to adding a couple of drops to drinking water and beverages to taking a drop or two straight from the bottle (peppermint oil my personal favorite), CPTG essential oils are incredibly versatile!

### Example Uses of CPTG essential oils

**Peppermint:** For stomach upset, put 2-3 drops in a cup of water, then drink. Or simply put 2-3 drops onto the belly button and massage around stomach.

**Wild Orange:** Diffuse for a mood uplift. Apply topically over the chest area to ease acid reflux. Put 2-3 drops in drinking water.

**Lavender:** Diffuse to calm stress and anxiety. Apply topically to the temples and the bottoms of the feet for a restful night's sleep. Also apply topically for break-outs and skin irritations.

**Oregano:** Dilute in a carrier oil, and then apply to the bottoms of the feet. For internal use, add two to three drops in a veggie capsule and ingest for an immune booster.

### **More than CPTG essential oils**

In addition to CPTG essential oils, doTERRA also carries a line of supplements that contain CPTG essential oils as well as toothpaste, soap, skin care products, and household cleaning products, including laundry detergent. All made with CPTG essential oils, all safe and non-toxic.

### **Please contact!**

I invite everyone who would like more information on creating a non-toxic lifestyle utilizing CPTG essential oils from doTERRA to contact me. I would be happy to share all of the information that was given at the meeting. Visit my website at <http://mydoterra.com/ericabridgeman> or call (510) 601-1770.

Finally, I also invite you to like my Facebook page, '**Cinnamon, Black Pepper and Clove**' where I give weekly tips on how to incorporate CPTG essential oils into your daily routine.

I wish you ease and joy on your path of healing!

Best,  
Erica Bridgeman  
Wellness Advocate

\*Information obtained from doTERRA.com