



Dee Martin

After taking over a fitness center, I decided I really should know more about the body. In 1985 I started massage school in Columbus, Ohio though never intended on doing massage for a living. I hired massage therapist and filled in as needed and it was the beginning of a love affair.

In the beginning I felt if everyone received a relaxation massage the body would simply mend itself. Hmm, not always. I learned deep therapy work. The deeper work seemed to work in trauma cases but not always. I studied nutrition...again helpful but something was still missing.

In 1992 I was a facilitator at a holistic retreat in Gulf Shores, Alabama. There were 40 different facilitators ...everything from chiropractors, massage therapist, acupuncturists, nutritionist, crystal energy workers and so on.

Being born noseey I asked everyone what they benefited from the most. Without exception it was the work of John McMullen yet it was difficult for them to describe what he did. I thought, "I'll have him work on me. If it works for me I'll study whatever it is."

Obviously it worked. I have been passionate about kinesiology ever since.

Each person I work with and every student I teach provides the opportunity to learn something new. After returning from teaching all four levels of Touch For Health© Kinesiology in Mississippi, it occurred to me I could **disprove the myth that there was any value to essential oils.**

My friend, Lynn Cox, came for a visit and agreed to help me disprove the essential oils idea. I plotted all the over and under energies and assessed the fire element to be the correction point. While she held the bottle of the fire essence, I rechecked the involved meridians. It seemed impossible...everything had balanced!

Being skeptical I had each of the therapists I worked with come in for a balance. To my amazement it worked with all of them.

The Ritz-Carlton in Sarasota, Florida invited me to balance their therapists. This time it worked for all of the therapists but one. All of the meridians balanced except the Gallbladder. The therapists started shouting, "tell her, tell her". It seemed two weeks before she had been taken to the emergency room for abdominal pain and told she had gallbladder problems. She had dismissed the idea because she was only 22 years old, vegan and a personal trainer who was very fit. Further testing showed an emotional imbalance that required further balancing.

Working at an upscale resort spa provided many opportunities to test the value of the five element oils. One evening a massage guest had asked not to use the booster under her ankles as it hurt her back. As I examined her back I noticed a pronounced thoracic deviation. Her right side was over an inch higher than her left and the lumbar was hypotonic on both sides. Remembering what Dr. Goodheart said about balancing the over energy, I quickly muscled checked to find which meridian to balance. Her body indicated the wood element. Within seconds the thoracic deviation had balanced and as I massaged the lumbar the tonus had returned. I put the booster back under her ankles and the previous discomfort was gone. I thought I was imagining all this and asked her how she felt. She replied that she thought she was imagining such quick results. On her way out she purchased some of the oils.

As the students were gathering for a Touch For Health Level I workshop in Ft. Lauderdale I noticed a student who seemed to be falling asleep every 10 seconds and jerking back awake. I asked her if she had narcolepsy. She said yes to the point she was unable to work as a nurse practitioner and was on disability. I muscled checked to see if there was something that could help her. After going through a series of questions her body indicated the wood essential oil. I gave her a bottle. Immediately she seemed to be able to stay awake.

The next day as the students were doing their 14 muscle balances I noticed she seemed to be falling asleep again. When I asked what happened she said she had set the bottle down during her balance.

These are only a few examples of the affects of the five element essential oils used in conjunction with kinesiology. I use them during most massage sessions. For a hot stone I place a drop of each of the five element essential oils around the umbilicus in the five element pattern. For a relaxation massage I muscle check to find which element to balance to and apply that specific essential oil to the back. During a therapeutic session of any kind I balance the body with the appropriate oil for them. For international travelers or insomnia cases I like to use the essential oil element for the time of day.

Understanding exactly how the essential oils work is not completely known. Hans Jenny, a Swiss physician and research scientist wrote the book entitled *Cymatics*. He and a fellow researcher and physician, Dr Peter Manning of England, have determined that each organ of the body makes sound at specific frequencies. These frequencies are inaudible to an unassisted ear, since the amplitudes are too small, but there are measurable sonic vibrations associated with each part of our bodies. When an organ malfunctions it no longer emits its healthy frequencies. They found by aiming specific, audible, high intensity frequencies of sound at those organs they would be restored back to health.

On a higher much more subtle level of energy that is what essential oils do-by resonance at various levels, with organ and cells. Resonance occurs when two things

vibrate in unison at the same frequency or frequencies. An example would be placing a tuning fork on one side of a room tuned to b-flat then placing several other tuning forks around the room with only one of them tuned to b-flat. If you strike the b-flat tuning fork across the room none of the forks on the opposite side will be energized, except, for the one tuned to b-flat. It will simply start vibrating in tune with the other b-flat fork.

Pure therapeutic grade essential oils resonate with coherent frequencies that are naturally tuned to pitches that mean health to our bodies. Pharmaceuticals and synthetic oils do not.

To truly be therapeutic grade oil:

Plants are:

1. of a botanical species certified and conforming to standards of AFNOR (Association French Normalization Organization Regulation), EC (European Community) and ISO (International Standardization Organization) in Switzerland.
2. of a chemical profile defined by capillary gas chromatography
3. ecologically grown (without chemical fertilizers, pesticides or herbicides) or wild.

The Distillation:

1. is slow and prolonged by steam distillation, without chemical solvents and under low atmospheric pressures (between .75 and 1.5 psi.
2. performed in vessels constructed of relatively inert material (food-grade stainless steel or glass).

Bottling:

1. as comes from the still, with nothing added or removed.
2. the container and it's lid or seal non-reactive, air tight, and a shield from light, such as bottles of brown, amber or blue glass.

So far there are no standards for therapeutic-grade essential oils set by any government agency in North America.

Be aware of essential oils that do meet the standards of therapeutic grade. Cheaper is definitely not better. There is a vitality and a life force in the compounds produced by living processes that are absent from those produced in a dead environment like a lab or pharmaceutical plant. This is crucially important when it comes to essential oils that are intended to be used for healing.

The Bio-Energy Five Element Oils are specific blends of therapeutic grade essential oils that mirror the frequencies of their associated element. Increasing the energy flow to the under energy element and restoring balance to the meridian cycle to maintain a spectrum of harmonic vibration.

“The state of our health is spiritually/vibrationally induced, chemically/ electrically driven, and biologically carried out.”

The Bio-Energy Oils Five Element Balance courses are approved for continuing education credits for Florida Nurses, Massage Therapist, Occupational Therapist and Acupuncturists'

Reference:

The Chemistry of Essential Oils by David Stewart PhD, D.N.M.

Reference Guide for Essential Oils by Connie & Alan Higley

Dee Martin LMT,, Touch For Health© Instructor

LMT Resource, LLC

PO Box 46433

St Petersburg, FL 33741

727-363-0298

LMTresource@aol.com

LMTresource.com