



Crow River  
Animal Hospital  
& Dental Clinic

Friday Fun Facts – Number 3:2009  
Melissa Shelton DVM

## The 12 Days of Essential Oils

*Disclaimer: All of the information provided here is intended for educational purposes. The information is not intended to diagnose, treat, or prescribe for any illness. Please seek the advice of a qualified health care professional in your area of concern if you have a health challenge.*

---

How fun! This Friday just happens to land on Christmas. Merry Christmas, Happy Holidays, and Happy New Year to all! No matter what your religion, this is certainly an important time of the year. Bodhi Day, Hanukkah, Santa Lucia Day, Las Posadas, Christmas, Kwanzaa, the New Year, (my birthday ☺) – You name it, there is something to celebrate in December.

My special holiday wish for you – to feel the unconditional love that this season is meant to be. Remember that it is not about gifts and giving, but about the love of family and friends. For many of us, finances are tight, and we need to remember that even an offer to help clean someone's gutters, rake a yard, bake some cookies, clean a bathroom, or baby sit the kids – is a wonderful gift, given from the heart and of the body and not from the pocket book.

In the spirit of Christmas, this newsletter is going to focus on the 12 Oils of Ancient Scripture – after all there are 12 days of Christmas, 12 months in the year, 12 disciples... I am going to list each oil and some of its properties; the emotional connection, the disciple and chakra they align with, and some of their medical properties. (An interesting note - the Mayo Clinic has recently acknowledged the existence of "energy fields" of the body and is now using Biofeedback to help teach people to heal themselves. An age old philosophy heading into mainstream medicine).

I am going to list the oils alphabetically – there is no importance to which number or order they are presented.

1. **Cassia** – The Oil of Zeal or Enthusiasm. Aligns with Simon and the Third Eye Chakra (hypothalamus, medulla oblongata). A beautiful, cinnamon scented and flavored oil, it is also a very "hot" oil. Cassia is best used with dilution in every location of topical application except the bottom of the feet. Do not apply directly to the edges of the tongue, or you may burn your taste buds. Diffusion of Cassia as a single oil is not recommended as

it may irritate mucus membranes. Cassia has very powerful abilities to clear receptor sites, and combined with Spikenard will detoxify heavy metals from your body. Cassia has very powerful anti-viral activities and clears toxic chemicals out of the body. This is a fabulous oil to use if you are a procrastinator. A small amount on a toothpick, mixed into fudge as it cools, is heavenly. This oil is available in the Twelve Oils of Ancient Scripture collection and also in the Scents of the Season holiday collection.

2. *Cedarwood* – The Oil of Will. Aligns with Matthew and the Throat Chakra. Cedarwood is very good for cellulite, the lymphatic system, urinary tract infections, as well as any respiratory condition. It is highly oxygenating, increasing the oxygen content of cells within seconds. Thus, it is highly effective for senior citizens, COPD and poor oxygenating conditions of the lung. Prior to general anesthesia – it is recommended to use Cedarwood topically or diffused for 5 days, to pre-oxygenate the cells of the body.
3. *Cistus* - The Oil of Love. Aligns with John the Beloved and the Heart Chakra (circulatory system, liver/spleen). Cistus is an extremely powerful anti-hemorrhagic and has anti-viral and anti-bacterial properties. Cistus mixed with Copaiba is extremely effective for the raw and horrible pain associated with Crohn's disease. Cistus is a great oil for people on blood thinners who cut themselves, or for people who trim dogs' nails too short. It will stop the bleeding instantly.
4. *Cypress* – The Oil of Strength. Aligns with Andrew and the Spine Chakra (spinal cord, nerves, body's inner communication). Improves circulatory function, improves and strengthens the integrity of blood vessel walls. Excellent for improving circulation in the entire body. Very good for neurologic conditions and stroke, especially when combined with Helichrysum. Diffusing while cleaning house, will help you get rid of the old stuff, and make way for the new.
5. *Frankincense* – The Oil of Life, the Father Oil. From the "tree of life". Aligns with Judas and the Regenerative Chakra – male/female reproduction. Frankincense contains 68% sesquiterpenes – a component that oxygenates cells, and deprograms miswritten codes in DNA. Frankincense is an enhancing oil – it enhances the main function of any other oil it is used with. Sesquiterpenes also are small enough to cross the blood brain barrier – making them incredibly important in all aspects of healing the brain. Frankincense is used traditionally for respiratory and bone complaints. However, it is the number one oil for treating and preventing cancer.

6. **Galbanum** - The Oil of Order. Aligns with James and the Solar Plexus Chakra (digestive system, skeletal system, bones). It is very good for poor circulation, asthma, ulcers, and abscesses. Galbanum will instigate internal healing, and aids in digestive disorders. Galbanum activates "grace" and shifts energy toward something that is not ego driven, but the right thing to do. This oil is only available in the Twelve Oils of Ancient Scripture kit.
7. **Hyssop** - The Oil of Release. Aligns with Jude and the Sacral Chakra (colon, urinary system, kidneys, ureters, bladder). Hyssop is anti-viral, great for skin and respiratory conditions, and reduces fat in the body. It is extremely effective at purging and clearing the elimination organs. Externally, this oil is extremely mild. It can be placed directly on open wounds and is safe for newborn babies. Hyssop can even be added directly to bath water with no irritation to "private areas". Internally, start with one drop or less (a maximum of 3-4 drops), as it will cause an *aggressive* purging out of every orifice of your body (mucus, parasites, viruses, food poisoning!)
8. **Myrrh** – The Oil of Understanding, the Mother Oil. Aligns with Thomas and the 5 Minor Chakras – 5 physical senses, conscious analysis. Myrrh is extremely potent as a regenerative or restorative – physically, emotionally, or spiritually. Medically it is very good for dysentery, balancing the thyroid (specifically good with hyperthyroidism), sore throat, and mouth or skin issues. Myrrh has anti-parasitic properties, and also reduces pain. Healing of wounds has been noted to be up to 80-90% faster, with less infections. A resinous oil, it is thick and can cause the cap of the bottle to stick tight when dried. Applying a diluting oil to the threads of your Myrrh bottle can keep the cap easily moving.
9. **Myrtle** – The Oil of Wisdom. Aligns with James and the Third Eye Chakra. Myrtle supports the pituitary and all endocrine systems. It supports thyroid homeostasis, and is especially good for hypothyroidism. Myrtle is the first choice for asthmatics who have been on steroid inhalers. It is effective for all respiratory conditions, is anti-infectious, and is also useful for congested prostates. Conditions such as sinusitis, urethritis, cystitis, prostate and digestive system disorders respond well to Myrtle.
10. **Onycha** – The Oil of Faith. Aligns with Simon/Peter and the Crown Chakra (cerebrum of brain). A very thick resinous oil, it smells like caramel and vanilla. Like molasses in January, many find warming the oil slightly or dipping a toothpick into the oil, a key in getting this oil out of the bottle. This oil is very good for wound healing and restores and maintains elasticity of skin. It is helpful for releasing emotional traumas from the amygdale of the brain. This oil is only available in the Twelve Oils of Ancient Scripture collection.

11. ***Sandalwood*** – The Oil of Imagination. Aligns with Nathanael Bartholomew and the Third Eye Chakra (thalamus and psychic senses). The reference of Aloes in scripture is likely to be Sandalwood. Excellent oil for prostate, skin, helps in sleep, improves melatonin production in the brain. Sandalwood can calm inner turmoil and strengthens physical connection to the psyche. Excellent oil to diffuse for deep meditation.
12. ***Spikenard*** – The Oil of Power. Aligns with Philip and the Throat Chakra (larynx, muscular system, limbs). Spikenard is highly anti-viral, and extremely powerful in bringing in energy required to regenerate and heal. Spikenard historically treated leprosy, and today has been used to stop flesh eating diseases. If you feel like you don't have the power to do what you need to do, diffuse Spikenard. Apply to the bottom of your feet, and "stand" rooted in that Power. It does smell a bit, so apply Myrrh over top of it, and you won't "power" people away from you.

For some great information on how other people are using essential oils – please check out this site: [www.oil-testimonials.com/1039262](http://www.oil-testimonials.com/1039262)  
It has a searchable data base, and can be just plain fun to look up many ways to use essential oils.

For more information about purchasing essential oils and equipment – feel free to contact me. Our clinic carries a small amount of Essential Oils Desk References, Aromatherapy A-Z books, and Glass Spray Bottles, trial size oils, and supplies for sale. Before spending a ton of money on products that may not be ideal for your particular situation – please ask – and I can give you the best recommendations based on your individual needs. I am glad to help!

I hope you find this information helpful and educational. I am sure you will find essential oils as exciting and helpful as I have in our quest for a more natural, safe and healthful life.

Melissa Shelton DVM  
Crow River Animal Hospital & Dental Clinic  
Whole Mystic Health Care

[www.CrowRiverAnimalHospital.com](http://www.CrowRiverAnimalHospital.com)

320-286-3277

[CrowRiverAnimalHospital@gmail.com](mailto:CrowRiverAnimalHospital@gmail.com) or [WholeMystic@gmail.com](mailto:WholeMystic@gmail.com)

Young Living Member # 1039262