



Your New Vitality

Holistic health from a biblical perspective



Precious treasure and oil are in a wise man's dwelling, but a foolish man devours it.

-Proverbs (Mishlei) 21:20

A wise man stores oils AND knows how to use oils!

I am asked quite often by clients and friends, "So, which brand of essential oils is the best?"

The answer is not a straightforward one, nor is it "black & white." In doing research, there are proprietary words and standards that make comparisons between brands difficult. There is no "apples to apples" comparison chart out there, so I tried to make one myself but found it to be quite time-consuming and difficult. Many factors need to be taken into consideration, including your personal priorities and pocketbook!

So, rather than naming a specific brand, here is a list of criteria that are important when considering which oils are best for you and your family:

- **Where grown?**
 - Wild, native geography- altitude, temperature, humidity, etc. all affect quality of oil
- **How grown/ seed source?**
 - Organic
- **When harvested?**
 - BEFORE pollination retains important components
 - Peak ripeness
- **When/ where processed?**
 - On site is best-- no deterioration of quality and potency
- **Standards?**
 - "therapeutic grade," including CPTG not FDA regulated, subjective standard
 - AFNOR- French organization, not regulated
 - ISO
 - Grade A
 - AOC (certified 100% genuine *Lavandula angustifolia* from Haute, Provence, France)-- very important! Other lavenders may smell the same, but they have different therapeutic properties and are less expensive.
- **Testing? Frequency?** every batch is important!
 - In-house & outside, independent analysis (incl. carbon isotope analysis)
 - Gas Chromatography (GC)
 - Mass Spectrometry (MS)



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- Chiral GC/ GC-MS
- Refractive Index FTIR
- Optical Rotation
- Organoleptic Analysis
- Specific Gravity Analysis
- HPLC
- **Extraction process?** heat and pressure destroy beneficial components of essential oils
 - Low-heat steam or hydrodistillation
 - Low-pressure
 - New process using CO2 (effective, low temperature, but very expensive!)
- **In-house expertise?**
 - Years of experience
 - Credentials
- **Purity?**
 - No added fillers
 - No added oils (esp. petroleum-based oils, ie- mineral oil)
 - Free from heavy metals
- **Guarantees?**
- **Price?** What can you afford?
- **High Quality Brands:**
 - Aura Cacia- retail (good, but not superior)
 - Be Young
 - doTERRA
 - Mountain Rose?
 - Native American Nutritionals (recommended by blogger: <http://www.wholenewmom.com>)
 - Nature's Sunshine
 - Young Living
- **Low Quality Brands:**
 - NOW-- use for making cleaning supplies!

Here are some other helpful resources to assist you with information gathering & decision making:

<https://www.facebook.com/EssentialOilUniversity>

<https://www.facebook.com/groups/EssentialEducationForTheFamily/>

<https://www.facebook.com/groups/Spoilednaturally/>

<https://www.facebook.com/groups/1439045379672902/>

<http://empoweredsustenance.com/ingesting-essential-oils/>