

## Using Essential Oils Internally in an Emergency to Stop Pain and Infection

by Rev. Mary Hardy, Ph.D.

On October 9, 2008, at 2 a.m., I went into the emergency room in terrible pain. They did not know what the problem was. At first they thought I was having a heart attack. I told them that I thought it was a gall bladder attack, because I have a huge gall stone, the size of two golf balls. In fact, when they removed it, it was 5 cms. Last year, I had some repair work done, and at that time, my doctor had told me about the huge gallstone. She informed me that a gallstone of this size usually does not give you a problem unless it becomes infected. When I went into the hospital, my white blood count was 27,000, indicating that I had a very dangerous infection somewhere in my body. I was in so much pain, that I asked them to give me morphine, but because I was having such severe problems with my heart, they gave me nitroglycerine to calm me down. This seemed to stabilize me, so they thought they had it right, that I was having a heart attack. Doctors do not like to be told what the problem is. So they treated me for a heart attack.

The best way to go after this type of infection is to take **Inner Defense**. In this case, I needed to take it every hour or two, so this is what I did in the hospital beginning from the moment I learned about the infection. **Inner Defense** is far better than antibiotics, and I proved, in this case, that I could take the **Inner Defense** and the antibiotics at the same time. I had an IV drip administering the antibiotic all the time that I was in the hospital. But I strongly feel that the **Inner Defense** reduced my white blood count to 9,000 in just 3 days. Of course, the removal of the gall bladder, and the huge stone, helped this situation. **Young Living** distributors have no idea how blessed we are to have this product. This product also goes after mold.

Medicine has not figured out that mold is as dangerous as bacteria. They treat mold with antibiotics, which actually feeds the mold, as in the case of Gary Young's son Jacob. I believe that is why we have **Inner Defense**. Jacob was put in the hospital, and Gary proved to the doctors that his infection was due to mold through the live cell microscope. Since there is no treatment for mold infection in the medical field, they gave Gary and Mary the right to take their son home to die. On his way home, with a dying child, Gary stopped at a pharmacy and purchased an infant enema syringe. He then pumped a formula similar to the **Inner Defense**, into Jacob and in a short time, the child recovered from the infection, and is alive and well today.

When a person has a chronic infection that has lasted for years, the proper way to go after this infection is by taking capsules of essential oils internally. We have to move the infection. Since it is internal, we have to use the oils internally. Let's say you had a spider bite and the infection has been present for a long time. When you start taking the essential oil capsules internally, the infection can go one of two ways. It can either start oozing and seeping out, or it can go internally and allow the liver to manage it. The signs of healing are that the wound will either start seeping, or it will dry up and finally heal. When you have an infection like this, it is whole body or systemic. By using the oils internally, the natural defense system will start to go into action and the infection will be healed from the inside out.

The **Essential Oils Desk Reference** has many formulas for internal capsules. A couple that I like especially for infection are:

- 1) The antibiotic formula: 12 drops Thieves, 6 drops Oregano, and 2 drops Frankincense
- 2) An alternate antibiotic formula: 10 drops Lemon, 8 drops Mountain Savory, and 3 drops of Oregano

By taking capsules of these every two hours until the condition changes, the body will start to eliminate the infection. After healing starts, the first law is - never repeat the remedy until the symptoms come back. In the case of infection, there is usually pain. When you feel the pain, take the remedy. This will determine how often you take the remedy.

In my case, I began taking the *Inner Defense* the moment I heard about my severely high white blood cell count. They put me in Intensive Care until they could decide what was wrong with me. When they decided it was a gall bladder attack I was having, I had to wait a day before they could do the surgery. Since they had given me so much morphine, I slept most of that day. When I woke up, I had my friend Dee Crill bring me the oils I needed for infection including *Inner Defense*. I started taking it the moment she arrived. Dee used to be a surgical nurse in the Allegan Medical hospital when my father practiced medicine there 40 years ago. She went to the nurses station and got some little white cups, so we sat and made up different essential oil formulas for infection and my heart problem. For years, I have been taking a combination of oils for my heart condition. They are 5 drops Thyme, 5 drops Goldenrod, and 7 drops Wintergreen. I put this formula into a capsule, and take it internally. I believe this keeps my blood thin and allows my blood vessels to heal. So I wanted to take this formula before I went into surgery. I know I have a heart condition, because when I go into high altitude, I swell up and cannot breathe. This formula allows me to function in high altitude. We also made up the antibiotic formula of Thieves, Oregano and Frankincense. I secretly placed these little white cups in my bedside drawer and dowsed out what formula I needed whenever I had pain or other complications. The nurses and the doctors had no idea I was medicating my self. The doctor said I could not go home until my white blood cell count got down to 12,000. The oils brought it down to 9,000 in just 3 days. I believe this is a beautiful testimonial for our products, and I would not go to the hospital without taking my oils. Of course, you cannot let the doctors know what you are doing. They would probably freak out and take them away from you.

When the doctor came in to tell me he was going to do surgery at 9 a.m. the next morning, I called my son Mark and told him to make up 2 capsules of oils. Each capsule contained 10 drops Cistus, and 10 drops Helichyrsium. The doctor had the nurses leave me a sip of water, because I was to take a medication to stop the nausea before surgery. So when I took the nausea pill, I also took the 2 capsules of oils. The helichrysum is taken to stop the body from bleeding excessively during surgery. Cistus is also used to slow bleeding and is calming to the nerves. It also helps maintain healthy lung function. This is important because of the anesthetic.

After surgery, I called Dee and she arrived with the proper oils, for pain after surgery. One of the common pain formulas in Young Living is 20 drops Valerian, 20 drops Vetiver, 10 drops Helichyrsium, 5 drops Clove, 5 drops Peppermint and 10 drops Balsam Fir. Again, we made the capsules up and I put them in the drawer to take as needed. The nurses in the hospital could not believe that I did not want any pain medicine. I believe that they gave me so much morphine that I still slept for hours after the surgery. Whenever I had pain, I determined if it was from infection, or from stress, and took the proper formula. You never repeat a remedy until the symptoms come back. Of course I do not know what they gave me in my IV bag. Supposedly, it was the antibiotics to antidote the infection. It was also some minerals to stabilize me. But because I have a bladder problem, I complained to the nurse and told her that. I could not have all of this liquid running through me, so towards the end, they stopped the IV, but would continue it when they wanted to give me another high dose of antibiotics. I think the nurses determined that I was a difficult patient who demanded things that other patients did not demand. Most people will go to the hospital and take exactly what the doctor orders. I refused some of the meds they wanted to give me. I also asked my family to bring up Detoxzyme and Life 5, so I could start to rebuild my intestinal flora from all the high doses of antibiotics. When you are in the hospital, there are certain things you cannot refuse. If the doctor orders antibiotics, you have to take them. However, you can refuse the pain meds.

Since I am a Homeopath; the moment I got home, I took remedies to antidote the morphine and the antithestic. I feel that my lungs are still jeopardized from the anesthetic. If I would not have gone to emergency in such pain, I would have better prepared myself for this surgery. When I had

surgery before, I talked the doctor into using no metal staples. I learned that I am very allergic to having metal in my body. In 2004, I broke my ankle and had to have a metal plate and screws in my ankle bone. After just 2 months, the screws began to back themselves out, and in 5 months, the doctor removed the metal in my ankle. I am afraid that this doctor used metal clips to clip the internal blood vessels together when he removed my gall bladder. Since then, I have returned to his office and shown him how my body reacts to the metal. Where he used the metal staples on the outside of my body, there is a huge red scar, and where the staples were, you can see each place, angry red spots. I believe these scars are still on my body because of the metal that is still inside my body. I told him that I would give him four months for these scars to disappear, and if they do not, I will ask him to remove the clips. His reply was that I know where to find him.

If I continue to have problems I will go to my D.O., who does herbal medicine and have her take an x-ray to see just what he left in my body. I do not feel comfortable with this surgery. The surgeon I had a year ago followed my instructions. She even left a huge gall stone in my body because I wanted her to only do the surgery that I had asked her to do. I believe that I own my body and I have every right to direct what is done and how it is done to it. That is why I am grateful to Young Living. Because with their products, and the proper training, we can be responsible for our own bodies in an emergency like this.

*Mary Hardy is an Independent Distributor for Young Living Essential Oils. Any material presented in this article is her own interpretation and does not always express the views of Young Living Essential Oils. Please feel free to copy and distribute freely.*