



The
KINGS'
Cabinet



Essential Oil Daily Use Guide

Dr. Josh Axe

NOTICE TO READER

This book is not intended to provide medical advice or to take the place of medical advice and treatment from your personal physician. Readers are advised to consult their doctors or qualified health professionals regarding specific health questions. Neither the publisher nor the author takes responsibility for possible health consequences of any person reading or following the information in this book. All readers, especially those taking prescription or over-the-counter medications, should consult their physicians before beginning any nutrition or supplement program.

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Introduction

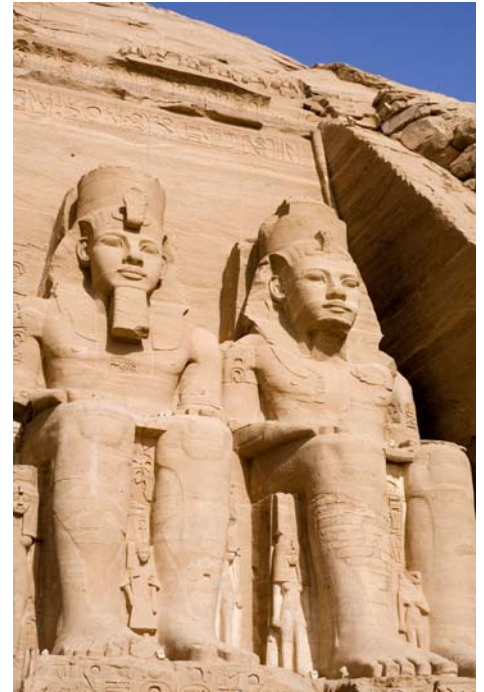
What would a king keep in their cabinet? If we look back in ancient days to see what **King Solomon, King David, King Tut, Queen Esther** or **Cleopatra** would have put in their cabinet, what do you think you would have found?

Well, according to ancient documentation, you would have found essential oils. Essential oils were used by kings and queens as part of their daily health regimen and were often more costly than gold and silver.

The purpose of this guide is to empower and train you to take control of your health with essential oils. This guide combines both science and ancient wisdom to give you the best recommendations for do-it-yourself home remedies with essential oils.

Today, our cupboards and cabinets are full of synthetic chemicals and pills that not only often ineffective, but usually come with side effects. Why continue to rely exclusively on these substances when God has provided us with plant-based essential oils that are even more powerful?

Just adding some of the most common essential oils like lavender, frankincense, lemon, peppermint and clove oil to your daily health regimen can:



BENEFITS

- > Support seasonal immunity
- > Relax your body and soothe sore muscles
- > Promote skin health
- > Support healthy inflammation response
- > Promote healthy hormones
- > Support healthy digestive function
- > Cleanse your lymphatic system
- > Clean your home
- > Be used in homemade personal care products

And these are just a few of the health benefits of using essential oils.

Now let's talk a bit about what essential oils are, the history of these oils and how you can use them to transform your health!

What Are Essential Oils?

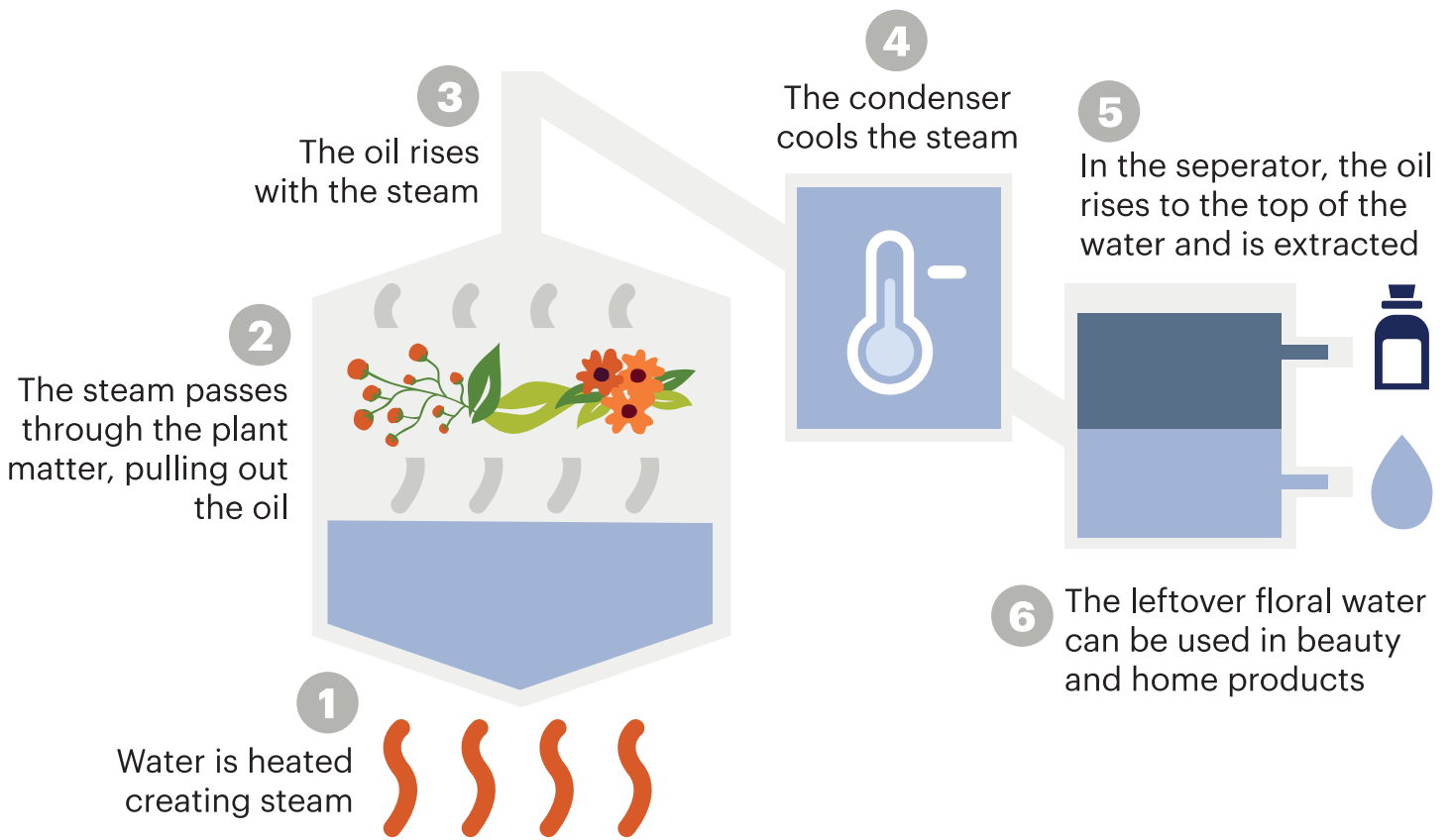
Essential oils are extracted directly from the bark, flower, fruit, leaf, seed or root of a plant or tree and just one drop can have powerful health benefits. Essential oils are typically created through the process of distillation that separates the oil and water-based compounds of a plant by steaming.

Essential oils are highly concentrated oils that have a strong aroma. By concentrating the oils of these plants you are literally extracting some of the most powerful compounds of a plant into a single oil. For instance, in order to get **one pound of lavender essential oil, it takes 150 pounds of lavender flowers!**

So essentially (pun intended) you can receive 150 times the beneficial properties from lavender essential oils than you would from using straight lavender.

These natural oils in plants protect the plant from insects, shield the plant from a harsh environment and help them adapt to their surroundings. By taking essential oils, you are harnessing the protective and health-promoting powers of a plant. Essential oils are truly the most potent form of plant-based medicine. Their power to heal and cure disease is so effective that by using essential oils many people are able to avoid the need to use a plethora of drugs or have various types of surgeries.





History of Essential Oils

Aromatic plant oils are a vital component of ancient culture that dates back to nearly the beginning of time. It appears that it was the Egyptians who first made extensive use of herbs with distillation methods around 3,500 B.C. Essential oils were used in Egyptian health protocols and used in the burial of rulers and pharaohs.



When King Tut's tomb was opened, 350 liters of essential oils were discovered in alabaster jars. It's been documented that Cleopatra, who was famous for her beauty and charm, owned the first spa near the dead sea where she used essential oils for her personal beauty treatments.

Also, essential oils were used by Moses and were referenced in the Bible. In fact, in the book of Exodus when the Lord refers to holy anointing oil, it was a specific formula God recommended.

This formula was used to anoint priests and kings. And, this holy anointing oil was used when someone went to the priest for healing. The oil was poured onto their head, and they were prayed for. And this wasn't just a ritual, this oil was known to have powerful properties.

BIBLE ANOINTING OIL



Myrrh 6 kg ▶

Cinnamon 3 kg ▼



Calamus 3 kg ▼



Olive oil 7 kg ▶



Cassia 6 kg ▼





“In the Bible,
essential oils
are referenced
264 times and
33 different
types of oils
are mentioned.”

In the book of Numbers 16, Moses tells the high priest Aaron to burn oils as incense to stop a plague. We know that these oils, especially cinnamon, have powerful antibacterial properties that can help balance the digestive tract and defend the body.¹

Other essential oils used frequently during that time period include frankincense, hyssop, spikenard and cedarwood.

This wisdom then sailed across the Mediterranean and evidently reached Hippocrates, who utilized aromatherapy to enhance massage techniques a few centuries before the coming of Christ. Somewhere in the midst of this knowledge transfer, China and India also started to employ herbal remedies and embraced essential oils extensively.

Then, as the Bible tells us, 3 wise men gave the infant King of Israel gifts of gold to honor his royalty, frankincense as a perfume, and myrrh for anointing oil. Although there is probably some truth to this, other sources claim that the wise men from the far east were actually being more practical by giving the baby Jesus these precious, costly items that could double as potential health remedies.

During that time frankincense was used to support the immune system and healthy inflammation response. Myrrh was known to help recovery after pregnancy and support hormonal health.

As civilizations transferred world power, the essential oil techniques from Greece traveled to Rome which favored aromatherapy and fragrances. After the fall of the Roman Empire, Persia picked up these techniques and perfected the essential oil distillation process.

Sadly, the Dark Ages brought with it a disdain for Hippocrates' holistic approach. However, because the Catholic Church viewed bathing as inappropriate, high esteem was given to aromatics, which coincidentally are also antimicrobial, to keep foul odor at bay.² Little did they know that their perfume was also helping stave off airborne germs!

During this era, it's believed that Monks continued the tradition of essential oils and

† These statements have not been evaluated by the Food and Drug Administration.

secretly kept herbal tradition alive in the halls of their monasteries. Unfortunately, traditional herbalism was viewed as “witchcraft,” and many herbalists were either burned at the stake or persecuted.

Thankfully, the Renaissance resurrected herbalism and physicians such as Paracelsus challenged his medical colleagues with testimonials of successfully using plants in patient protocols.

What we know as modern “aromatherapy” was not introduced formally until French chemist Rene Maurice Gattefosse first coined the phrase in 1937. Although he wasn’t necessarily a natural health advocate, he became interested in essential oils after a 1910 accident where he badly burned his hand. Gattefosse used the first available salve in his laboratory — a pure, undiluted lavender oil compound that not only immediately eased the pain, but aided in wound healing without infection or scar.

Because of Gattefosse’s work, Dr. Jean Valet used essential oils with injured soldiers in World War II. This led to Marguerite Maury being the first person to “individually recommend” essential oil combinations using a Tibetan technique for back massage applied to nerve endings along the spine.

Today, essential oils are still used by “kings” and “priests” as well as by doctors, nutritionists and other experts along with laypeople all over the world.



Why Essential Oils Are So Powerful

Essential oils are composed of very small molecules that can penetrate your cells, and some compounds in essential oils can even cross the blood-brain barrier. They differ from fatty oils (like those in vegetables or nuts) that come from large molecules as they are more easily absorbed.

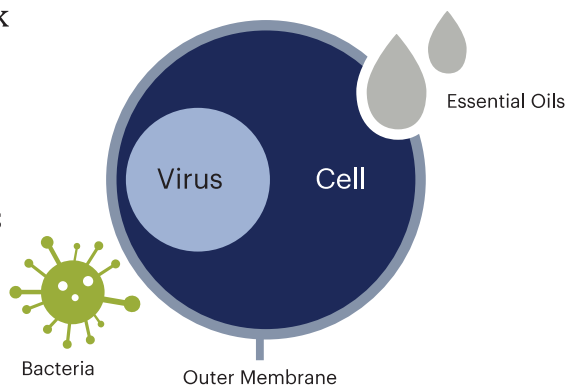
For instance, most vegetable oils will stay on your skin and may even clog your pores because they are not small enough to get into your system whereas essential oils will soak right into your skin.

Essential oils placed anywhere on the body are “transdermal,” which means they can actually pass through your skin and into your circulatory system and cells.³

These oils are typically used in four ways: topically, inhaled by using a diffuser, taken internally and used for personal care. Many essential oils are so powerful that when used topically or internally, they must be diluted with a carrier oil like olive, coconut or jojoba oil.

Because of the incredible ability of essential oils to travel through the body and air, even diffusing essential oils can have great health benefits. Think about how powerful the scent of these oils are.

An example would be if you had peppermint leaves in your kitchen. Could you smell them from 10 feet away? Probably not. But if



you are diffusing peppermint, cinnamon or oregano essential oils, you can smell them throughout most of your home!

That's because the volatile compounds in essential oils can pass from the air into your olfactory system. Your **olfactory system**, which is your sense of smell, is connected directly to your brain and what you smell can go into your cells and your bloodstream within seconds.

This is great for times when your children are not feeling well, as you can simply diffuse essential oils of clove and frankincense in the air and support their immune system through olfaction.⁴

Once in your system, these oil compounds have the ability to protect and support your body in various ways. Promoting health by means of your olfactory system is why using essential oils has been referred to as aromatherapy.

It's important to mention that dried herbs and medicinal tinctures also have health-promoting properties. For instance, ground ginger root, cinnamon and echinacea have many health benefits. Also, consuming healthy foods such as vegetables and fresh herbs can support overall wellness. But in terms of compounds that have the strongest concentrated health-promoting properties, none of these are as powerful as essential oils.



Quality of Essential Oils ...

What You MUST Know

This is one of the most vital things you must know about essential oils ... not all essential oils are created equally. In fact, most of them are worthless to your health and potentially toxic. There are four grades of essential oils:

1

Synthetic and Altered Oils

- created in laboratory and lowest grade of oil

2

Natural and “Pure” Oils

- may be overly processed so they lose beneficial compounds
- most commonly sold type of essential oils

3

Certified Therapeutic Grade Essential Oils

- steam distilled, containing beneficial compounds
- they may or may not have been sprayed with pesticides
- therapeutic grade is a first-party designation; i.e. self-certified and not recognized by third parties

4

Certified Organic Essential Oils

- the highest grade of essential oils with greatest beneficial properties
- free of pesticides and chemicals
- third-party certified for purity

Creating true quality essential oils starts with planting high quality plants in nutrient-dense organic soil. Then these herbs or plants must be harvested when their beneficial compounds are most available.

Next, oils should be extracted using steam distillation, CO2 supercritical fluid extraction or cold pressed without using chemicals.

Finally, the oils should be bottled in dark glass containers to protect from oxidation and sunlight. When purchasing essential oils, always buy certified organic oils whenever possible.

How to Use Essential Oils

There are four main ways I recommend using essential oils: topical, inhalation, internal and personal care.

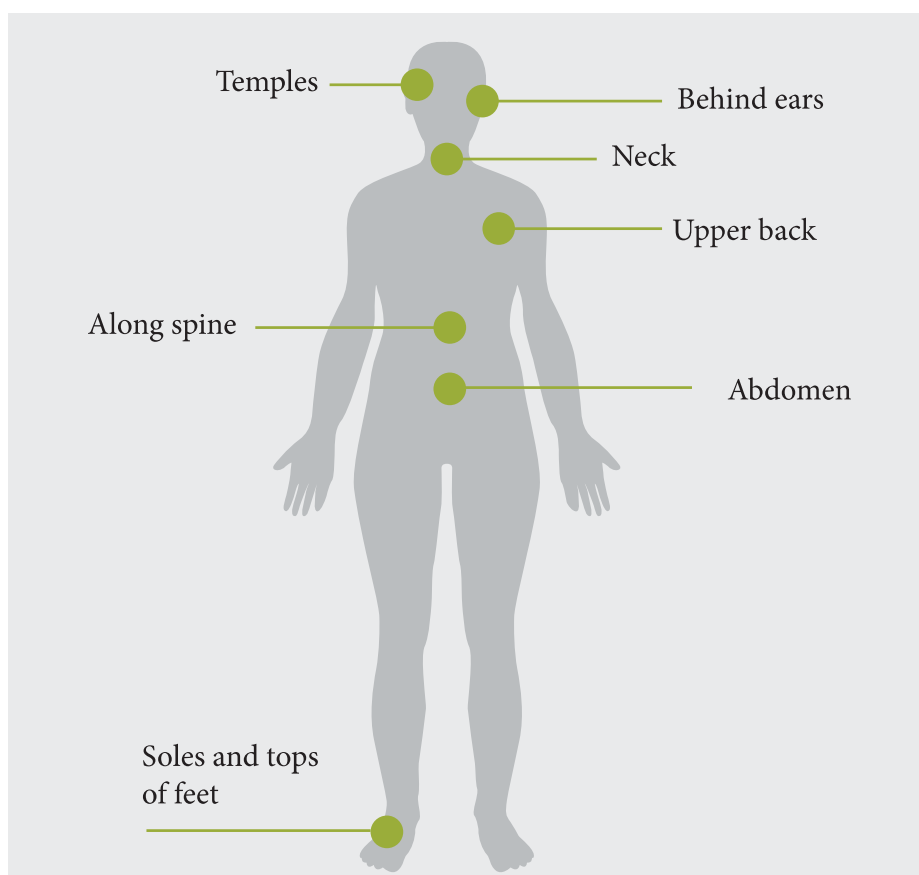
1 | TOPICAL USE

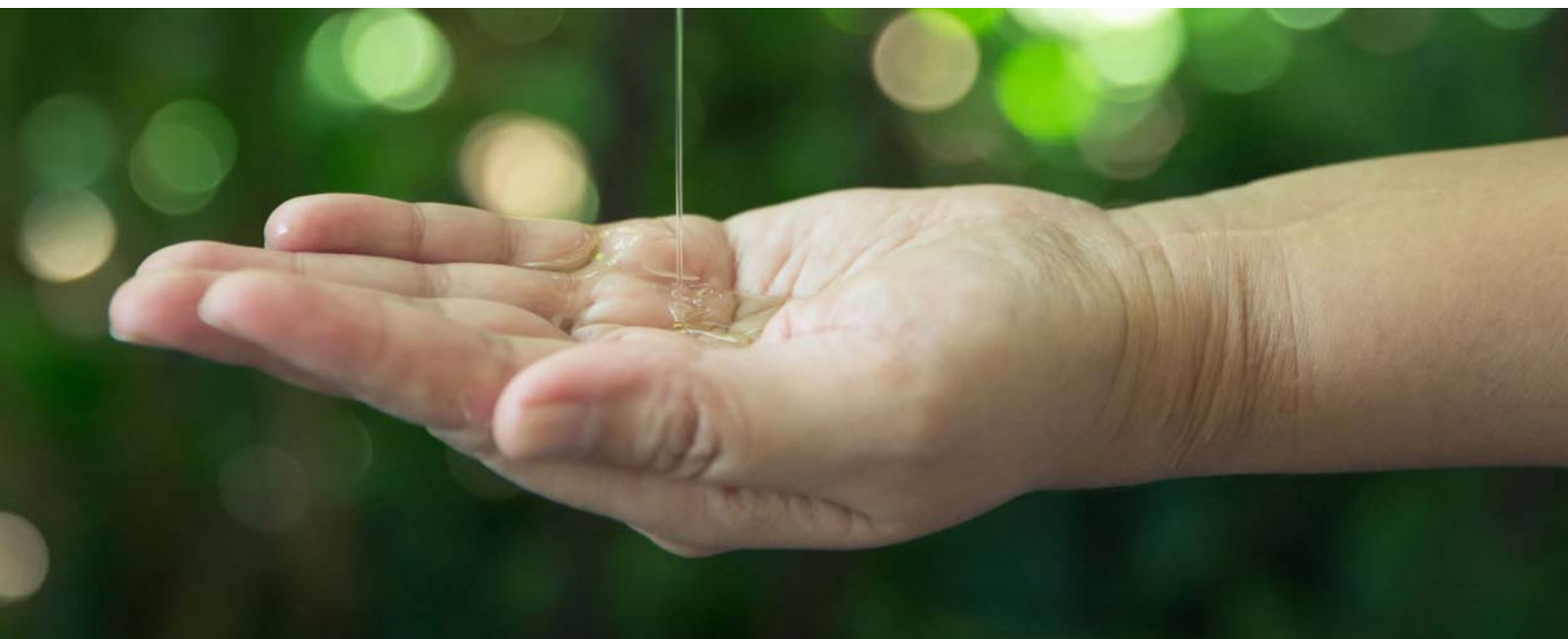
Some essential oils can be placed directly on the skin, but some cannot and should be mixed with a carrier oil. Some of the best carrier oils include coconut oil, almond oil, olive oil, jojoba oil and pomegranate seed oil.



Simply take 3–5 drops of the essential oil and put directly onto your skin. If it needs a carrier oil, mix 3–5 drops of essential oils with 1 teaspoon of a carrier oil like coconut oil.

Key points of application on the body are:





To apply topically,
I recommend:

- 1 | Put 3 drops in palm with carrier oil if necessary.
- 2 | Rub oils together with palm and fingers, then apply to area in circular light massage movement.



Other ways to use oils topically include:

Baths

15 drops mixed with 1/2 cup of Epsom salt makes a fantastic aromatherapy bath. This can help improve circulation, relieve sore muscles, soothe skin, open airways, relax the body and improve sleep. Use soothing oils like eucalyptus and lavender.

Compresses

10 drops per 4 ounces of water. Soak cloth and apply for bruises, cuts, aches and pains. Peppermint is one of the best for muscle aches, and lavender is great for cuts and burns.

Salves


A 2.5% dilution is recommended, which is 15 drops per 1 ounce of oil. You can make salves by mixing coconut oil, beeswax, vitamin E oil and essential oils. You can store salves in a metal or glass container and use for things like cuts, scrapes, bruises or for sore muscle rubs.

2 | INTERNAL USE*

Research suggests that many oils are more effective when taken orally. But only pure certified organic oils should be taken this way. Dosage and dilution is dependent on age, size and health of individual. If you have more in-depth questions, consult your nutritionist or physician.

Suggested internal use methods include:

- Put several drops of oil into an empty capsule and swallow with water
- Add 1–3 drops to a glass of water, almond milk or coconut milk
- Put 1–3 drops to 1 teaspoon of coconut oil then consume
- Add 1–3 drops to 1 teaspoon of raw honey
- Drop directly under tongue with certain oils



I personally put drops of peppermint and lemon oil in my water and drink it throughout the day.

*CAUTION: Certain oils can be used internally and others cannot. Certain essential oils suitable for adults are not healthy for children. In-depth questions about internal dosage should be directed to a nutritionist or physician. The following essential oils should never be taken internally: anise, basil, fennel, hyssop, pine, cypress, arborvitae, birch, cedarwood, eucalyptus, white fir and wintergreen.

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3 | INHALATION WITH DIFFUSER

Another excellent way to use essential oils is to diffuse them. As discussed earlier, the molecules in essential oils are small enough to pass into your body and cells to support health and wellness. Here are some directions when using a diffuser.

Here are some ways to diffuse essential oils:

- To clean the air, add in essential oils of lemon and clove
- To improve energy, add in peppermint
- To induce relaxation, add in lavender

** I have the diffuser going around the house and my office all day.*

“Putting 15 drops of essential oils in a diffuser or in warm water is fast becoming one of the most popular ways to use essential oils.”

4 | PERSONAL CARE USE

In just a bit, I also want to discuss some common home recipes with essential oils — like homemade toothpaste, deodorant and body lotion — but first let’s talk about the top essential oils to stock in your herbal cabinet.





The 7 Most Powerful
Essential Oils
to Stock in Your
Herbal Cabinet

LAVENDER

Well known for its soothing, calming properties, lavender is wonderful for promoting natural healing time for burns, cuts, stings and other wounds. It's jam-packed with antioxidant power, which is why researchers from Tunisia evaluated its ability to support healthy blood sugar levels and reduce oxidative stress.⁵

A Russian scientist Rene Gattefosse first discovered the beneficial properties that lavender oil possessed when he severely burned his arm in an accident. He immersed his hand in a vat of lavender essential oil and found that the oil aided in natural healing without any scarring!

Lavender oil benefits

- Relaxes body and reduces stress
- Promotes natural healing of wounds and burns
- Supports healthy blood pressure and cholesterol levels
- Promotes restful sleep
- Promotes healthy skin and appearance
- Supports hormone balance
- Supports healthy blood sugar levels



Uses

- + Rub on neck in evening to relax body and improve sleep
- + Detox and relaxing bath — add lavender essential oils and Epsom salts to restore body after a challenging day
- + Apply to your kids' cuts, scrapes, rashes, burns and wounds
- + Diffuse in the air to relax and improve mood
- + Take as supplement or use topically on neck to support healthy blood pressure levels
- + Put on as fragrance to replace chemical perfumes

PEPPERMINT

Pleasantly suitable for an abundance of oral and topical uses, peppermint may be the most versatile essential oil in the world.

Research has found peppermint can support healthy digestion and relieve occasional gas and bloating.⁶

Peppermint essential oil gives a cooling sensation and has a calming effect on the body that can help relieve sore muscles when used topically. It also has antimicrobial properties so it can help freshen bad breath and support healthy digestion.

Peppermint oil benefits

- Improves focus, energy and concentration
- Supports digestion
- Reduces muscle soreness
- Fights bad breath
- Improves breathing
- Supports seasonal immunity



Uses

- + Mix with coconut oil and rub topically on sore muscles
- + Diffuse in air to improve focus and energy
- + Use on bottom of feet and chest to improve breathing
- + Mix with coconut oil and baking soda for homemade toothpaste
- + Put 1 drop in water to freshen breath
- + Take 1 drop in water to support healthy digestion
- + Mix with coconut oil and dark chocolate to make homemade peppermint patties

LEMON

Lemon is best known for its ability to support the body's natural detoxification and is widely used to stimulate lymph drainage, to rejuvenate energy, purify skin and act as an insect repellent. Lemon oil stands out, for research has recently discovered that it carries powerful cleansing properties.

According to a study published in the International Journal of Food Microbiology, lemon oil may actually be the most powerful antimicrobial agent of all the essential oils. Lemon essential oil actually comes from the lemon peel, which is the most nutritious part of the lemon, something almost no one has in their diet.

Another study published in Experimental Biology and Medicine found that breathing in the scent of lemon essential oils supports healthy neurological activity and promotes the breakdown of body fat.⁷

Lemon oil is one of the most "essential" oils to have on hand and can be used for everything from a detoxification program to freshening up your clothes. I also put a drop of lemon essential oil in my water every day.

Lemon oil benefits

- Promotes cleansing of lymphatic system
- Supports healthy weight management
- Promotes energy levels
- Supports healthy immune system response
- Improves mood and reduces stress

Uses

- + Put 1-2 drops in water to freshen breath
- + Take 1 drop 3x daily as supplement to promote cleansing and metabolism
- + Diffuse to clean air, for a nice citrus scent and to uplift mood
- + Rub on hands in place of hand sanitizer for antimicrobial benefits
- + Put drops in yogurt or smoothie to enhance flavor
- + Mix with olive oil as natural cleaning product
- + Mix with baking soda as natural teeth whitener
- + Improve house smell by diffusing in air



FRANKINCENSE

One of the most underrated essential oils, frankincense could be the most powerful.

Frankincense is also known as boswellia. It has been regarded as a holy oil in the Middle East for centuries. It has been used for the act of anointing individuals, and is well known biblically as one of the gifts given to Christ at his birth. In ancient times, frankincense was valued above gold because of its use to support health and wellness in a wide range of individuals and circumstances.

The essential oil has also been used with much success to support healthy inflammation response and healthy immune system function.⁸

Frankincense oil benefits

- Supports healthy inflammation response
- Supports healthy immune system function
- Aids in the cleansing and detoxification of the body
- Promotes healthy mood
- Spiritual awareness
- Promotes total body skin health



Uses

- + Rub topically behind ears, on chest and neck to support immune system function
- + Take internally to support healthy inflammation response and apply topically on areas of joint discomfort
- + Apply topically on age spots, scars and stretch marks to aid in skin regeneration
- + Diffuse in the air when praying or meditating
- + Use after a trauma to recenter and calm yourself
- + Diffuse in air to promote seasonal immune system health
- + Take internally, diffuse or use topically for cellular health and longevity

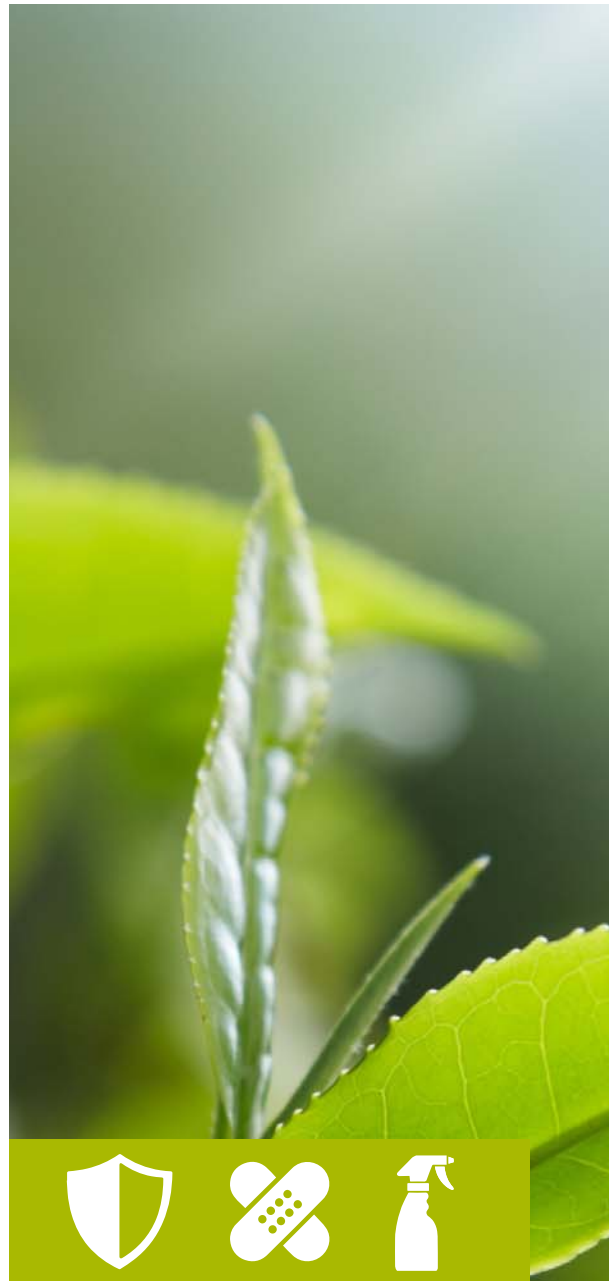
MELALEUCA (Tea Tree Oil)

Well known throughout Australia for its ability to promote natural wound healing, melaleuca also known as tea tree oil has powerful antiseptic properties. Melaleuca has been documented to kill many germs on contact.

A study published in the British Medical Journal found that melaleuca is “a powerful disinfectant and is non-poisonous and gentle” to the body.⁹

Melaleuca oil benefits

- Antiseptic
- Supports healthy gums
- Supports healthy skin and reduces blemishes
- Promotes a healthy scalp



Uses

- + Mix 5 drops with 1 tablespoon of raw honey and use as a wash for blemishes
- + Apply topically to aid in natural skin healing of toenails and feet
- + Add 5 drops to shampoo to improve scalp health
- + Diffuse in the air to purify
- + Gargle melaleuca essential oil and water to support seasonal immunity
- + Put directly on bug, mosquito or spider bites to aid in natural healing
- + Mix 2 teaspoons melaleuca and water in spray bottle for all-purpose cleaner (excellent for workout mats)

PROTECTIVE BLEND

Clove, Orange, Eucalyptus and Rosemary

Make your own protective blend of essential oils to keep your family healthy and safe. This formulation is based on a story long told of an event that occurred during the 15th century when many people across Europe were suffering with poor health. There were four robbers apprehended during this time and when brought to the judge he asked them how it was they were not getting sick.

They were spice traders and told the judge they were protected because of a blend of essential oils they were covering themselves in — of clove, cinnamon, citrus, eucalyptus and rosemary.



Clove essential oil ranks as the No. 1 herb in the world in antioxidant value also known as ORAC score. It's antioxidant score is 1,078,700 per 100g where blueberries are 9,300 per 100g. Clove has also been shown to possess antifungal properties.¹⁰



Eucalyptus essential oil supports respiratory health. Also, it decreases mucus production and supports digestive health.¹¹



Orange peel oil is a powerful citrus fruit that contains d-limonene, which has many benefits, including cleansing and support of healthy inflammation response. It has also been shown to promote a healthy mood, freshen odor and support metabolic function.¹²



Rosemary essential oil has been shown to support healthy brain function.¹³ It also has been shown to improve health of skin, hair, nails and naturally support hormone balance.

Benefits of this protective blend

- Antioxidant protection
- Disinfectant against germs
- Energizing aroma
- Supports healthy inflammation response
- Reduces fatigue
- Supports brain health
- Supports a healthy immune system
- Opens sinuses and supports seasonal wellness



Uses

- + Put 1 drop under tongue to freshen breath and give energy boost
- + Diffuse in air for amazing scent and to sanitize your home or office
- + Improves breathing
- + Mix with coconut oil and rub on feet to promote skin health
- + Rub on gums for toothache or mix with coconut oil and baking soda as homemade toothpaste
- + Mix with aloe vera juice for natural mouthwash
- + Mix with coconut oil and baking soda for homemade deodorant that actually works all day
- + Take in capsule form to support daily and seasonal immune response



As you can see, these essential oils offer an array of health benefits and can be the foundation of your Kings' Cabinet.



I believe this blend to be the most important essential oil formulas in the world and can be used for many things. And it has an amazing aroma so I diffuse it around my home and office everyday.

DIGESTIVE BLEND

Ginger, Peppermint, Fennel

Millions of people around the world struggle with such digestive issues as occasional bloating, cramps, diarrhea and constipation — and which can affect almost everyone at some point in their life.

The father of medicine Hippocrates said “All Health Begins in the Gut.”

The good news is there is a blend of the essential oils called *DigestEssentials* that contains ginger, peppermint and fennel.



Ginger essential oil supports healthy inflammation response and healthy digestion and is the go-to oil as a reliever of occasional nausea.¹⁴



Peppermint oil has a cooling effect on the gut and can soothe the digestive tract. Peppermint oil has been shown to reduce occasional gas and bloating.¹⁵



Fennel essential oil has a natural sweet flavor and has been shown to support healthy digestion function.¹⁶ Also, fennel aids the body’s cleansing process.

Benefits of this digestive blend

- Supports healthy inflammation response
- Reduces occasional gas and bloating
- Freshens breath

Uses

- + Put 3–5 drops in water 3 times daily to support digestive health
- + Diffuse in air to improve digestive comfort
- + Massage 2 drops clockwise over stomach to reduce occasional bloating and constipation
- + Put 3 drops under tongue to soothe the stomach
- + Mix with coconut oil and baking soda for homemade toothpaste
- + Put 3 drops in mouth before meals to promote healthy digestive juices

Use the
DigestEssentials
blend to support any
digestive-related
health condition.

Essential Oil Application Chart



Dilution is not required. Suitable for topical use and regarded as safe for children.



Dilution is recommended. Diffuse up to 30 minutes 3x daily. Take as supplement if recommend by physician or as directed.



Avoid using when in the sunlight or UV rays.



Do not use the oil in this manner

ESSENTIAL OIL	TOPICAL	INHALATION	SUPPLEMENT
Basil	D	D	D
Bergamot	S	D	D
Cedarwood	G	G	D
Cinnamon	D	D	D
Clary Sage	D	D	D
Clove	W	D	D
Coriander/Cilantro	D	D	D
Cypress	G	G	W
Eucalyptus	D	D	D
Frankincense	G	G	G

ESSENTIAL OIL	TOPICAL	INHALATION	SUPPLEMENT
Ginger	D	D	D
Grapefruit	S	G	G
Helichrysum	G	G	D
Lavender	G	G	G
Lemon	S	G	G
Melaleuca (Tea Tree)	G	D	W
Myrrh	G	G	G
Oregano	D	D	D
Peppermint	D	G	G
Roman Chamomile	G	G	G
Rose	G	G	G
Sandalwood	G	G	G
Spikenard	G	G	W
Wintergreen	D	D	W
Ylang Ylang	G	G	G

† These statements have not been evaluated by the Food and Drug Administration.

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