

Using essential oils is not optional for me. In fact, oils are absolutely “essential” in my world! I have loved and appreciated ~~truly-pure,~~ high-~~est~~-quality essential oils from the first time I inhaled their fresh, clean scents. And I’ve excitedly noted how well they worked when ~~ne~~ conventional medications let me down, but my own deep-DEEP respect and appreciation for ~~truly-pure~~ essential oils came during crisis situations.

While overall I am strong and healthy and function very well, I have experienced a couple of major health challenges in my life. And I’ve been through some life-threatening health crisis’s. When I got ~~V~~viral ~~M~~meningitis, oils were —quite literally, I believe—a life saver for me. ~~Quite literally I believe.~~

Last year, while recovering from an emergency surgery to fix a perforated bowel and two subsequent, ~~-~~ absolutely necessary, surgeries (something you never-NEVER want to experience!), I had to have three major abdominal surgeries within a seven-and-a-half-month period in order for my body to function properly again. I can’t even imagine what I would’ve done without essential oils!!

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In May, I had to have a lung biopsy. Because a pre-surgery MRI showed significant masses in my lungs, my surgeon ~~doctor~~ wouldn’t do hernia surgery (a fourth required surgery!) until I was cleared by a pulmonologist.

So I had the biopsy, and in short, the lung doc said my lungs didn’t look good. I had ve serious scarring (sarcoidosis), and it was’s bad enough that I SHOULD-should have been gasping and

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wheezing for breath, and not been able to talk without coughing. The recommended treatment was steroids. I said, "No thanks. Not happening."

At that point, my doctor asked why not. I said, "Because they have serious side effects." He agreed but said that they get results. I said, "HHa. Essential oils get results too, and there are no negative side effects."!!! To that hHe responded said that there was no testing to prove that. I said, "aActually, there is. . . . . And I'M PROOF THEY WORK!*I'm proof they work.*"

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To that, doc admitted I had a point. He said when he looked at my scan and then looked at me, it didn't match up. He said I looked strong and healthy and much younger than my age. And my lungs sounded fine. No sign of having issues.

How about that? HA! So I thanked him for the awareness that I have a lung project to work on, and we agreed that I'd just keep doing what I d've been doing, because it was's obviously working quite well!

To sum it-up, I've used essential oils to ease pain and help me immensely as I've dealt with all sorts of conditions, including a serious case of phenomena and shingles. I used oils~~them~~ to soothe and console shocked and unsettled emotions after my daughter unexpectedly died unexpectedly. I have oils in every room of my house and I~~(we)~~-use them over and over again for practically everything, because they always work. Today I look and feel amazing. You'd never look at me and guess I d've just gone through a year and a half of hellish health challenges!

I've had so many~~SO MANY~~ positive experiences with pure essential oils that they are always my go-to!! It's no wonder that I love them so much, and with much confidence and gusto, highly recommend them!