



**Jan Shultis**

## Mind, Body & Spirit

Aromatherapy therapy is more than just about smell. When Jan Shultis teaches about essential oils, she references its healing qualities, which date back to the Bible. The Pensacola woman is a certified nutritionist and naturopathic wellness instructor for people and companion animals.

She and her husband Jason Bowers are owners of Torque Enterprises, a business geared toward promotion of health and wellness. On Saturday, from 2 to 5 p.m. Shultis will give a seminar on "What did Jesus Know? The Healing Oils of Scripture at the Pensacola Public Library."

### **Q. How many essential healing oils are there in scripture?**

**A.** There are 188 references to essential oils in the Bible and over 1000 references to oils and the plants that produce them. These references span across 46 of the 66 books of the Bible. The 14 principal oils of the Bible are myrrh, frankincense, cedarwood, cinnamon, cassia, calamus, galbanum, onycha, spikenard, hyssop, sandalwood, myrtle, cypress and rose of Sharon.

### **Q. Is there a special way I should use the oils when I pray?**

**A.** I recommend that oils be diffused (dispersed in the air) during group prayer times. By this method, the oils are inhaled and absorbed through the skin, quickly reaching the emotional centers of the brain. When praying by yourself, I suggest diffusion, or rubbing a drop or two of oil across your temples, under your nose, or across the back of your neck — these are locations of annotation mentioned in the Bible, and by placing oils around the head, they easily reach the brain. It is extremely important to use only therapeutic-grade essential oils.

### **Q. Is there any scientific evidence that healing oils are effective?**

**A.** Yes, there is evidence and many accounts of successful treatment. I have taken the following from the "Essential Oils Desk Reference," compiled by Essential Science Publishing, in order to ensure that the information is accurate:

"Essential oils and human blood share several common properties: They fight infection, contain hormone-like compounds and initiate regeneration. Working as the chemical defense mechanism of the plant, essential oils possess potent antibacterial, antifungal, and antiviral properties. They also ward off attacks by insects and animals. The ability of some essential oils to work as hormones helps them bring balance to many physiological systems of the human body... essential oils also play a role in initiating the regeneration process for the plant, the same way the blood does in the human body."

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