Introduction to Essential Oils and Health

So when you're looking at your body care as specifically your skin, your face creams, and your face lotions and serums, don't use anything with water.

I mean water if water is an ingredient. Also aqua. You might see aqua as the first ingredient to your anti-aging wrinkle remover. Water dehydrates your skin, water evaporates, and it's the cheap way of making the product you want a product that is oil based or at the very least, aloe based.

Welcome to Doctor Talks, the podcast where every episode leads to a healthier you. Join us as we navigate the world of optimal health, uncovering groundbreaking strategies to conquer chronic disease.

In each episode, we'll bring you the latest insights from leading health experts, medical innovators, and wellness warriors. If you're seeking to transform your health journey, or if you're looking for answers to burning questions, you've come to the right place.

Get ready to unlock the secrets of lifelong health and vitality. This is Doctor Talks, real talk from real doctors on the issues that matter to you. Welcome to the longevity Leaders podcast.

I'm Doctor Isaac Jones, and this episode is part of our exclusive series recorded at the Exponential Longevity Summit, a global gathering of cutting edge health experts exploring the edge of human performance, healthspan, and longevity.

Let's get into it. All right. And welcome. I'm here with Doctor Eric Zelensky, or they call him doctor Z. He is a good friend of mine who has literally created an empire around research data systems, around how essential oils can help you transform your health, live longer, and actually impact various disease pathways in the body.

I'm so excited for you to get this cutting edge information, that Eric has literally spent the last ten plus years collecting and developing systems around, he even has, you know, educational, products that will help you go even deeper.

You know, beyond just this interview, if you're interested in learning more, but, Doctor Eric, thank you so much, doctor Z. Thank you so much for joining us today.

And I'm looking forward to, just tapping into your brain for people to understand, not just disease prevention, not just life extension with essential oils, but beautification, which is something that I know you, your wife and your family are utilizing, as well.

So thank you again and thanks for having me, doctor Isaac. You know, we were just talking offline before we jumped on how this is like a full circle kind of moment.

Doctor Z's Background and Research Journey

And for those of you who are familiar with my work, you know that what what was a big thing for me and a really big thing for the industry was, back in 2015, the Essential Oils Revolution Summit came out.

It was the first non-branded. We don't talk about doTERRA. We don't mention Young Living. We're just going to keep things to oils event. And we are blessed in feature to have you and your lovely wife.

And so wow, that was ten years ago. And now to come full circle back. And I remember, I think you talked about high energy performance and all the wonderful things that you've done in your career and your wife beauty expert.

So there's so much to talk about. And with that, this is our 10th anniversary. And so it's almost like ten years in review. Three books later, couple babies late.

I have six kids. Right. So with all the babies and all the things, the millions of people that have seen us on Netflix and 706 kids, six kids. Six. Yeah, that's that's something to underline.

Underline, Netflix. That's exciting. Yeah, yeah. Just essential oils became the thing and they still are. And the one thing we do is we just teach people how to use them.

And we don't sell the actual essential oil, which is odd because everyone is selling the essential oils. We're like, hey, let's take the financial bias out of it.

I'm a public health researcher. Let's educate. So yes, I, I'm really looking forward to sharing some things like this is not on just cutting edge, but it's ancient.

This is what's really the dichotomy about plant based medicine is our ancestors have been using this for literally thousands and thousands of years, and now it's like, oh, science finally caught up. Yay!

And so now what does that mean? How do we start aging and reverse using plant medicine? You know, it's funny. Eric, doctor Eric is, you know, you're you are a true researcher.

I can remember when I was getting my doctorate, you know, I walked into that this this office, and you were there doing research even while you were a student.

Yeah. So, I mean, you you you're researching as a student. You're researching, you know, beyond that. But, I mean, you just have that analytical mind I can't wait to tap into, all of these little details.

And thank you for, again for doing, all of the things you've done, writing all the books that you've written. If they could pick up one book, like, what is the top book that you've written that you feel like is the best one?

Oh, you know, at the beginning, the first one, the healing power of essential oils. I'm just honored. It's in nine different languages. Hundreds of thousands of copies in print.

And it's it's the first one, and it's the one that everyone needs to get if they're starting out and then from there, we have other advanced strategies and protocols in other books, but, that's it.

And and it's just exciting because once you start sinking your teeth into this world, you start realizing, like, oh, I have a lot more control than I thought I did over my health.

And a phrase that that God has really been, pricking my heart, so, so to speak is like we're the cure. We have everything we need to be healthy, to live a long, abundant life.

And, you know, as you and I, we share our same faith. So we we see the biblical promise of long, healthy life. And on a practical level, God's given us everything that we need through nature.

And it's like, how do we balance that out through what we see with conventional medicine and quote unquote, biohacking? And so that's it's great because once you incorporate all of it and you have a well-balanced, abundant mindset, you really see that you are in the driver's seat.

And that's the most empowering thing. I want to leave everyone with all the great information you're getting in this summit, all the wonderful nuggets that Doctor Isaac spreads throughout all the interviews, pick up one or 2 or 3 things and start.

And once you start that motion, don't look back. And next thing you know, you're you're you're feeling better, you're looking better, and you have more energy and you're thriving.

And it's like, wow, what a life worth living. It's amazing. Yeah, absolutely.

Plant Medicine, Inflammation, and Disease Prevention

So why don't we do this for we're talking about disease prevention for, using, you know, and disease, you know, let's just talk about essential oils helping reverse disease and prevent disease, and then, let's talk again about longevity and how it can help us live longer.

And then we'll get into the beautification strategies. I found very interesting. There was a longevity, social listening study where they took all the conversations that were happening on Facebook, on Instagram, on, Twitter, on TikTok.

I guess it's called X now. And what they did was they analyzed the conversations around longevity. And what was so interesting is that 60% of the conversation about, skin and, and, and beautification, I guess you could say around longevity was actually made by men, not women.

So I was asked very, you know, now, this isn't the category of anti-aging, category of anti-aging. You know, more women are talking about these beautification strategies, but the category of longevity, more men are are interested in longevity, but they're also interested in looking healthy and younger for a longer.

So this is both a man and woman topic. But let's let's dive into you know, disease. And and you know what? You know, cancer, heart disease, diabetes. What what are you seeing that essential oils can do for these different challenges?

In today's society. So to put things into perspective, when we look at what essential oils are and I'll get in just a minute, I'll define it and I'll explain how you use them.

We have to recognize the history and the significance of plant based medicine and what it means for us today. And, a very a very important note and a fact.

This is a fact is that all modern medicine today has had its basis in plant medicine at one point or another in its formulation. And so it's not like a chemist or a pharmacist wakes up with a vision with hydrogens and nitrogens and carbon structures in their mind, creating a drug.

It doesn't work like that. What chemists do and pharmacies do is they find a plant based structure, and then they essentially manufacture it synthetically, mass produce it, put preservatives in it and put it on the market.

And the best example is Willow. For thousands of years, our ancestors have been using willow bark for its analgesic, pain relieving properties. So you can make a process out of its salves out of it, oils, whatever.

And they found, oh, if I apply this stuff, like, who would have thought bark on a tree. Let's soak it in some oil. Let's put it on my skin and it takes away the pain.

That's pretty ancient wisdom, if you ask me. Pretty profound. Well, science has started investigating that 100 plus years ago. And they found out there's a chemical, a salicylate chemical in the salicylate family, and they extracted it and they're like, oh, this has some significant anti-inflammatory properties.

What if we add this to it? That wouldn't put a shiny white coating on it. Let's sell it as aspirin. That's literally the history of aspirin. And that's the history of the antibiotic.

That's a history of all these other drugs that we see. So that's I just want to put this in its context. And essential oils are highly concentrated. So and again this is a video. Right.

I could pull out my props. I just did an interview that was audio. So I can't play the fun thing about my world. It's very visual. You're seeing here about 3 pounds of lavender flowers.

If you're looking at the video, this is, an essential oil bottle. You're looking at 600, 700,000 rose petals, steam distilled, extracted through different solvent extractions.

You're looking at the rind of 40 different lemons right here. So this is concentrated plant based, medicine. And I would say that very respectfully, you can't get the medicinal therapeutic effect from supplements, from food, from anything else like you can because they're so highly concentrated.

Likewise, you're not going to walk into a lavender field and see a pool of lavender, right? It just doesn't exist. So we got to realize this is a very much a manmade product, 100% natural.

And if you use this product safely, effectively the right way, there are zero side effects. And that's worth repeating because you go to our challenge, you go to your local pharmacy, go to your local drugstore, look at anything there, and you'll see just a litany, a list of what it could do and potentially will do to you if you use these essential oils properly.

And barring the rare case of allergic reaction, you'll have a positive reaction, no negative reaction at all. And that's where we teach people. And I'll just say, like, I've never had any negative reaction except for the very first time I use this.

Oh, I took Wintergreen and, and I, I just, I just needed essential oil. And I put so much in my hand and I just got out of the shower. I was actually at David Joker's our friend's house for his, his, Jewish, Passover.

Yeah, with his family. So I'm like, rubbing it. I've put it all over my body and then around three seconds later, it just started burning yellow, like, screaming in his bathroom.

But anyways, you know, obviously you learn how to use them, and they're very easy to use. That was obviously an extreme example of me being ridiculous with essential oils, but but I mean, yeah, tell us a little bit more.

I love the history around it, but like like specific to, you know, these, these challenges that we're seeing and, and just just to give context, I mean, this is a crazy time in we're in which we're living where we are spending on, like you said, the pharmaceutical, you know, manipulation of plant molecules that are turned into actual medications that have preservatives in them, that whole market has blown up to the a four point trillion, $4.3 trillion market.

You you see, you know, all these diseases and disorders that are just so uncommon in the 1960s and 70s and 80s that are now just exploding with diabetes, you know, affecting children, which it never did 20, 30 years ago.

Where you've got, you know, autism rates in the 1960s of being one in every 10,000 kids, some studies as low as one in every, 2000 kids, but, you know, you've got it now, one every 33 kids in California, in the state of California, you're looking at one in every 24 kids.

It's like, what the heck is happening? And we you and I know what's happening, right? And that's why we're getting this information out there in the summit.

But like essential oils can be used as a is a really incredible solution to help address the common day issues and and challenges that we're seeing. So let's get into you know yeah how it impacts disease ways and reverses challenges that we're dealing with.

Yeah. And I want to I want to start at the fundamental beginning is that oftentimes and I'm sure there are several if not everyone on this event is going to use the word inflammation.

It's it's just not the primary mechanism that causes chronic disease and premature death.

Avoiding Fragrances and Toxic Household Products

But it's a buzzword. I mean, it really is. And it's something that I almost think we use flippantly. But when you take

the step back and you're like, what actually is causing the inflammation?

Inflammation isn't a root cause. It's the actual root mechanism. It's the thing that's breaking down the body. But what's the cause of the inflammation?

And I mention that because that's where essential oils play a key role. So essential oils will help you address the actual cause of the inflammation. And then if you end up getting inflamed or you end up suffering from chronic disease, it can help manage and treat symptoms.

But I say that to say it beyond a shadow of a doubt. And you mentioned what the, the the comparison of rates of all simmers dementia, autism, whatnot in the early 19th and 20th century till today.

And we see this shift. The shift was around the middle of the century, the middle 1900s, the advent of the antibiotic, the advent of antibacterial soap, like dial soap coming out in the 40s or 50s, was like the worst thing ever.

It had triclosan and still does like and hand sanitizer has a registered pesticide in it. These preservatives, these antibacterial components and that sanitizes our hands, which ultimately just annihilated the skin microbiome.

And on a side note, and I'm going to be kind of trust me on this, we're going to go on a path. We're kind of going to go on a couple bunny trails because it fits it all together.

And I want to bring real research today and teach the historical view. But one study when you look at this concept is an Oxford University Press Journal published a study after evaluating all modern countries, essentially 275 plus countries in the world.

They found a direct correlation between rates of sanitation and Alzheimer's. And I used the word sanitation that cleanliness. When you wash your hands with good old fashioned borax soap, you're cleaning off the dirt and the crimes when you're washing your hands with antibacterial products and hand sanitizer, you're killing the good.

And the bacteria, the bad bacteria. These researchers again, this ain't no hippie patchouli smell and jump over a stick and howl at the moon Journal. I get I get criticized all the time. Doc.

Oh, this is snake oil. This is for hippies. No joke. These are real comments from real people that look down upon what we do. This is Oxford. You can argue with the most prestigious university in the world.

These researchers quote the lack of bacteria on the hands due to over sanity, over sanitization is causing chronic inflammation that's leading to Alzheimer's.

This is direct research. So what how do essential oils help when you start to make your own products, or you start to buy products without those antibacterial components?

And here's the key. If you if you're taking notes, right, the word fragrance artificial fragrance or perfume perfume. Right. Those ingredients write that down and do a big old read.

If you got red, if not black, stay away from artificial fragrances like the plague. They are the number one cause of chronic inflammation because you're inhaling that stuff all day long and you can go to.

Yeah, no, I was going to say I, you know, I have a few grays that are coming in right here. And, you know, I'm like, okay, well, what do I do to get rid of gray hair?

So I did some research and I found a peptide that helps get rid of of, of gray hair. So now I order this thing that, contains the peptide in it, and it comes and, because I don't want to like, you know, dye my hair or anything like that, and I spray it on and, and I reek of fragrance.

And I was like, oh my gosh. So I look at the ingredients and it's like perfume and all these fragrances. And I was

like, I can't use this. So I spent like 2 or $300 on this thing.

I'm supposed to like take away gray hair and reactivate your skin cells too, like, so I'm just going to have to figure out another way. I mean, I've only got like 5 or 6 gray hairs, but, I was like, I might as well preventatively re re invigorate my skin cells in my, in my, you know, scalp to like, you know, produce dark hair for as long as possible.

You know. So it's that's a good point though. And and I'll I'll tell you you don't think it impacts you. It impacts people around you. So I started to get a headache that day because, you know, and most people, they'll have a headache or they'll feel low energy because they don't realize that, you know, Old Spice and all the other things that they're using and the fragrances that febreeze in their car or whatever is, is impacting them, but it actually is.

But it doesn't just impact you, it impacts the people around you. And and so like my wife, you know, was making comments like, what is that really? It smell synthetic?

I'm like, it is, I'm sorry to say it, you know, but continue. This is this is good. Yeah. And and it's you make a point of something what you're alluding to, what I'm hearing you say is, well, it doesn't bother me, so it's okay.

I mean, that's basically what I'm hearing from people. And it's almost like the supposition that it's like just because you don't necessarily feel something happening doesn't mean it's wrong.

And I'm going to I'm going to be very blunt. If you can go to Walmart or Kroger or your big box store or target, if you could go in the cleaning aisle and if you could go in that aisle and not get a runny nose, not get nauseous, not get a headache, not have some negative reaction, that's a sign that you've desensitized your sense of smell.

That's as dangerous as like diabetic neuropathy, where you end up sores on your feet because you can't feel if you put your hand into a fire, thank God there's the pain free sensor that takes it out.

You need to sensitize your sense of smell. And that's the problem. That is, we become distant, not we thank God, not you, but a lot of people have become desensitized so they don't even sense.

And this is the primal sense that you were given by God when you were in utero, like you're all factory taking a step back and a little bit of science.

Your olfactory system is the only sense in your body, your sense of smell that's hardwired to the brain. When you smell something, there's an immediate impulse that goes right to your limbic system, where your mood, your memory, your emotions lie, and your autonomic function, breathing rate, heart rate, all that.

So if you don't feel something negative, that's just as dangerous as you putting your hand to a fire and not feeling pain. Wow. And so I want to point out that if you want to help your body, your mind, your soul and spirit, dare I say age, well, you need to kick out those fragrances, those candles, those plugins, the sprays, the poopoo sprays, all that stuff.

And the reality is this.

Practical Essential Oil Recipes and Safe Dilution

And this is kind of sad, but it's almost funny to a mutual friend of ours who owns the wonderful company Truly Free. Steven Ezell. They do only nontoxic, cleaning products like laundry soap and stuff.

Steven, good friend of mine, lives in Traverse City, Michigan. He went to his local mall to to survey the local patrons of the mall, and he had two rags and the question he wanted to ask these people are which rag is cleaner?

Okay, walk me through this. One rag was absolutely white. Cleanest thing in the world. Not a spot or a blemish, but it had no smell to it. The other rag he said he literally cleaned with his.

He cleaned his engine block with it, but he doused it with like a four letter word that we can say or we'll get sued. Detergent, right? Starts with a T, ends with an E, and there's an ID in the middle.

And so he had all that smell there, right. And he asked people which one's cleaner. And the resounding amount of people said the one that smelled better was cleaner, even though the one that was visually cleaner was cleaner.

And it was like the eye opener moment we came to him. He's like, we are not addicted to smell, but we're our sense of smell is so primal, so important that we're drawn to it.

That's why your your chemical surfactants or the products you use have chemical surfactants in it that keep the smell encapsulated. When you wash your clothes and put them through the dryer, you shouldn't smell anything.

There is a chemical in it that lasts for weeks, like you shouldn't smell your clothes a week later. It shouldn't smell like anything. That's a chemical that you're putting on your skin.

And what I'm saying is what? What's the solution? Stop the insult. Stop the damage. Right. Like, what is the solution to not getting sick is is to put your body in a situation where you're you're not hurting it.

Now guess what? Your body can start to function properly and then your immune system starts to regulate. And then your metabolism starts to regulate. We don't realize the metabolic burden that we're placing because the body doesn't perceive a virus or a bacteria different than it does an artificial fragrance or chemical.

It just stimulates the immune function. So instead of your body burning fat and digesting food properly, it's wasting all of its metabolic energy, killing off and trying to cleanse itself and detoxing like imagine taking that burden off.

So long story short, when you adopt what we call this essential oil natural lifestyle, you are starting at the root cause of giving your body as fighting chance to and live long and then heaven forbid, contracts or something happen.

You have tools that have a therapeutic effect that could help you piece by piece, symptom by symptom. Wow. That's amazing. Absolutely. And on that point, actually, The Power of Habit by Charles Du Haig, he wrote this amazing book talking about how it was very difficult to get people to brush their teeth and the way that they ended up getting people to brush their teeth was they created a habit trigger, that made people believe that their teeth were clean by putting an irritant in the toothpaste and surfactant, which ended up in creating the bubbles.

So then, okay, the bubbles are forming in my mouth. The there's irritation to the gum. So I feel like, you know, the that the various chemicals that they put in, you know, all of a sudden they're clean and it created this, this positive impact.

And people, you know, brushing their teeth and creating the habit of brushing their teeth because of the scent in the bubbles. But then it also created a negative impact in that people were putting all these, you know, petrochemicals in their mouth that they didn't even realize that there are, you know, carcinogens and various synthetic fragrances and toxins that were inside the the toothpaste that still are inside the toothpaste pastes to, to this day, so awesome.

So, hey, can I give a practical tip that I think would be okay? Y'all, one of my things if you if you know what I do if you follow our work, we're big on taking we're just big fans of taking real complex, detailed information like, okay, what does this mean for me now, your mind's going to be blown.

If it already hasn't with this, this wonderful summit that Doctor Isaacs put together, you have experts around the world dropping truth bombs, yet all of it's going to be wasted if you don't have practical steps forward.

So I'm just. Trust me, I'm going to give you something like, I just blew the Comodo on an anti-bacterial hand, soaps and and all these cleaners and stuff.

But what's the solution? Well, you could go to the store, spend probably a couple extra dollars, and maybe you want to buying nontoxic non scented version.

And then you could put a couple drops of let's say lavender or orange oil in that non scented version. And you got a good you got a good thing on that.

That's like the lazy person's way of DIY. But if you want to make your own quick informing hand soap, get a piece of paper and pencil. Let me give you a recipe.

It's this simple, this simple. First, go to Amazon or your local health food store and get a glass foaming dispenser or a foaming soap pump. You get Doctor Bronner's Liquid Castile soap, get some aloe vera gel and essential oils.

You might need water, you might not. Depends. So here's how it works. Step by step. First, your measurement decides on the size of your container. So if you got A44 ounce an 8 to 16 ounce pumper doesn't matter.

Here's the ratio. Fill the dispenser about half way, a little bit more than halfway full of the liquid soap.

Longevity, Stress Reduction, and Nature Exposure

Then add enough aloe so that you're just about four quarters of the way, like 80% now. All right, so 60 ish percent of soap, add your aloe sorry, about 80% full.

And then you drop a bunch of essential oils. And here's the ratio of essential oils. For every ounce of that liquid. Add ten drops of essential oils. So if you have ten ounces in there, add 100 drops of essential oil.

That sounds like a lot. It really isn't because this is going to last you a long, long time, and it's pennies compared to what you're going to buy at the store.

And then you shake it. If you need to. If you want it, depending on the thickness, add a little bit of water. That's your nontoxic hand soap. But here's a cool thing, doc.

And this is what blew my mind about essential oils. Unlike the antibiotic antifungal antiviral approach, which is essentially a nuclear bomb that just kills everything, it kills the good and the bacteria, the good and the bad fungus essential oils have what's known as cell selectivity.

Inherently designed by God, essential oils will target the pathogenic microbes and leave the healthy microbes alone. I mean, you can't make stuff up. It's in the research.

I actually was wondering about that in that if if you put like, clove on your hands or like, say, spruce or something like that, or sage if it would, if it would kill the healthy bacteria.

But you're saying it doesn't know if it's use if you properly dilute. And this is kind of where we get into a little bit of the use. Like Doctor Isaac said, I did the same thing.

The last thing you want to do is right out of the shower. Your skin is soft, your pores are open to douse essential oils straight. That's called neat.

Undiluted use is never recommended. You always want to dilute it with a carrier oil because these can be very caustic. Again, you're looking at 3 pounds of lavender, 40 different lemon rinds.

You're looking at pounds of clove like this stuff will burn you if you don't use it. Right. And that's where these ratios come into play. So for every ounce of, let's say, coconut oil, you can add 12 to 15 drops of essential oil.

That's proper dilution. Safe for kids, safe for sensitive skin. And then you kind of learn the math as you go along. But again we have all the tutorials been on our website.

There's there's there's valuable information out there. Yeah. Our website is Natural Living family.com. And of course, my book, The Healing Power of Essential Oils has all of this, just starting out information that you need because there's a little bit of math and, but once you figure it out, it's good.

It's no different than making your favorite gluten free, sugar free, dairy free chocolate chip cookies, right? You just got to get the recipe down. And once you're empowered with it, that this is this is the fishing pole.

Like we need to learn how to fish. And this is the key. Once you get this bait, these basics down, now you start to start to play around and you have some fun, amazing natural living family.com correct? Yes.

Her website. Yep. Great. So give us some tips on disease prevention with essential oils. We'll get into longevity with essential oils and then anti-aging beautification with essential oils.

Let's talk about those three topics. Yeah. So we when it comes to disease prevention as a whole, looking at where you can replace toxic with nontoxic ingredients that cannot be overemphasized.

Other than that. Okay. Now what can I do on a regular basis? And ultimately, the the trigger that we're seeing is chronic emotional mental stress. And inflammation, which ultimately what's causing inflammation oftentimes chronic stress.

Right. So the one thing I want to leave you with is if you want to do something on a regular basis, it's really enjoyable to use essential oils in your body care your like I mentioned, cleaning products just as a preventative measure because what's happening is when you apply, let's say, let me make sure I just gave you of coconut oil and essential oils.

You can make a body oil and simple as getting one ounce of coconut oil. Or if you don't have it handy, one ounce of olive oil, anything in your kitchen, and adding, let's say 12 drops of orange.

Now what's happening is orange is rich in a chemical known as, one eight cereal and d limonene and d limonene specifically is a potent anti-inflammatory agent shown to kill cancer cells.

And it's an antidepressant. Essentially, you can start to produce natural dopamine and serotonin by having essential oils, being applied on your skin.

And the key thing about essential oils are they're lipophilic. They're fat loving, hydrophobic water hating. So that's why they do really, really well with with other oils.

And so when you apply them with like let's say coconut or olive oil within minutes the components of the essential oil can be detected into your bloodstream like we're talking systemic medicinal effect.

And so if you want that healthy, happy feeling like this is what we like, we anoint our kids before they go to school every day. We like to mix vanilla and orange and that's my favorite.

Those are like I love vanilla. Yeah. And I love I love orange. That's awesome. There's research actually. There's a wonderful clinical trial that evaluated people in a very stressful, hopeless situation.

And believe it or not, it was really kind of wild what they did. But it's it's brilliant. They had two groups of people and they had them solve within a group the same problem.

And the problem was solve systemic racism. And it's like, wow, like a you can't do that, right. You can't solve systemic racism with a group of 25 strangers.

And so that was a hopeless task designed to frustrate people. And in one group, they're just stuck in this sterile environment with their paper and pencil miserable.

The other group, they're stuck with their paper and pencil miserable. But they had aromatherapy and they had orange and vanilla essential oil being diffused.

And the reports from the people is significant. Less overwhelm, less burden, less stress, less anxiety, less hopelessness. Just by having like even though they couldn't solve the task, who can who can solve systemic racism?

But the reality is the people that had aromatherapy, it was more of a preventative measure to help them deal with the stress of life. And so imagine you put that on every single day.

Imagine that right there. What that's going to do for you when the proverbial crap hits the fan and people are going to die, businesses are going to crumble.

You're going to stub your toe. Bad news are going to happen. It's life. Yet imagine you're prepared better for life. The problem is we're so on edge all the time, and then life happens.

It overwhelms and burdens us. So that's a really smart, kind of subtle way of just making essential oils part of your life. Like, I literally don't have those expensive colognes like you mentioned, the perfumes and so I don't own that stuff.

The what we do, we have essential oils everywhere. It's like. And the thing about it is, is we don't use essential oils to, quote, prevent disease like, I'm not sick, I'm not using cinnamon oil for diabetes.

But you know, I am doing I have a much a latte. I love my matcha latte, simple little almond milk, unsweetened. I got my matcha in here. I put a drop of peppermint in a drop a cinnamon. Why?

Well, I like the flavor, but it's a nice subtle culinary dose of essential oil. And what that does is the blood sugar balances naturally because cinnamon is a known insulin sensitivity helps the insulin receptors, peppermint increases VO2 max.

It gives you energy, helps curb hunger, like if you intermittent fast, if you want energy, if you want focus, whatever it is. If you're trying to beat sugar cravings, a little subtle things you could do.

And this is what I'm saying. Like, I'm not treating diabetes. I'm living in anti-diabetic lifestyle. I'm not treating cancer. I'm living an anticancer lifestyle.

And that treating Alzheimer's. I'm living an anti Alzheimer's lifestyle. And that's how I approach chronic disease with essential oils. And it's just the sky's the limit.

And that's why it's not a panacea. And I want to point that out. Essential oils are extracted from adaptogenic plants and herbs and trees which helps your body create homeostasis.

They're known harmonizes the literature literally says they're harmonize. They help your body reach balance. And so when you start, it's no different than if you were to live outside.

And you know it to be a little, you know, to go back in the nature. We're not made to live in these boxes like God did not design us to live in these cardboard wooden boxes full of toxic VOCs being emitted from our carpet and our paint.

We are made to be outside. And the more that you're outside, the better. And that's why when Covid hit and everyone was under lockdowns, people like me and doctor Tom O'Brien and others were screaming from the rooftops, we need to go outside.

Libido, Intimacy, and Aromatherapy

And then the concept of forest bathing finally hit America. And I know you know this, doc, because you have so much work and so much great stuff you've done. In Japan.

Forest bathing is actually part of Japanese medicine. Yeah, I love to hear from you because I've never been to a forest bathing center. I just go outside of my national park.

But forest bathing is literally medicine and treated by health care practitioners in Japan. I take my students to these Incan sands or I forget how you say them, but there's typically bamboo forests.

Yeah, you have walking. You know, trails around the bamboo forest and you hear thick bamboo. I mean, they're like, they're they're probably like, like, you know, a foot around or a half a foot around and they go up like, you know, maybe 100ft or 50ft.

And it's just hearing the the wind through them and just being out in nature. It's just absolutely incredible. And I, I've taken this practice back to my family and that we we have baths now almost every day with essential oils in the baths every night.

My wife definitely has it every day. I probably have them three times a week. And then we go on walks in the forest or bike rides in the forest. Yeah, it's it's it's amazing.

Like, you know, listening to the birds release serotonin, dopamine and just being out in the environment and you're breathing in all these negative ions that help to neutralize the positive.

Ions that are free radicals to your body. So, that that EMF and being in indoors, this doctor Eric was talking about doctor Z. I mean, it's these are the challenges, but man, this is so good.

Tendran yoku. It's called Shenron yoku. And I'll leave you with this, y'all. Yeah. If you're outside for two hours, research has shown if you spend just two hours outside in a densely wooded or or plant based area, again, you can't be in downtown Manhattan.

You got to go to Central Park. You go in that area for two hours. Your natural killer cells, which are the immune boosting cells in your body that kill cancer and help you stay, really stay alive and fight viruses and all that.

They're elevated. And they within a two hour session, not only is there a significant elevation of your natural killer cells, you know, white blood cells or immune function, but it lasts for 30 days.

You have a 30 day boost in immune function just by being outside for two hours. So I'm with you. Many of you, I have six kids. I can't spend two hours a day outside.

But you know what? I could do that once or twice a month. And it's family time. It's it's whatever it is, it's picnic time. It's playing outside. Whatever. But you know what's interesting?

And let's be honest here, and I love saying this comparative to essential oils. Being out in nature is better. Nothing at all can compare to that kind of effect on your body.

No supplementation, no food, no essential oil you could bring I do, I'll bring in Shenron Yoku. I'll bring in the forest tree oils. I love those oils in my home.

Pine, cedarwood, sandalwood. I'll bring them my home. I have plants all around me. I'll have visions or I'll have like a visual aspect of of of nature through whatever it is, through my screensaver or whatever.

I try to inundate myself with sounds of nature, real nature, but it's only a fraction of the benefit of being outside. So what's the solution? Be outside as much as you can and then bring outside in.

Have plants in your home. Listen to. Like what? Doctor Isaac saying there's nothing like soothing, calm music. Like

guys, I'm talking to guys here. Are you dealing with Eddie?

Are you dealing with erectile dysfunction? Women, spouses, you lovers, are they struggling? You want to help them? Calm them down, diffuse some lavender, put some sounds of nature, give them a foot rub.

Get them in that parasympathetic mode. Like that is the solution that we need as men and often women too. Of course there's other things, but we are talking about living a nice, happy, vibrant life.

Sex is included. Relationships are important. We need to be able to be just fully functioning in every area. And when you incorporate nature into your daily routine, it changes everything.

That's incredible. It is. There are essential oils for increasing libido. I know this holds up to increase that libido, but what what are some of the best essential oils for that?

Because this is a huge problem that we're seeing society now. Oh yeah. Yeah. If you look at the longevity research, you know, unfortunate like like one of the biggest things that you can do is as lovemaking, you know, like that is one of the things like, it's not like we're we've really talked a lot in the summit about it, but.

Yeah. Talk to us about that. Yeah. I mean, oftentimes you think of Rose, you think of Jasmine. Neroli. These are wonderful. They're they're ancient aphrodisiacs.

The problem is these oils are very, very expensive. And most people, it's out of their budget. Like a $200 bottle of Rose, $100 bottle of Jasmine. Whatever, I get it, I understand that.

And so we try to incorporate, some of the more cost effective oils, ylang lang is more budget friendly. That, again, is a known aphrodisiac. It's an ancient, wonderful, beautiful smelling orchid, very commonly ingredient with many women perfume.

So if you can incorporate that. But an interesting study for you doc, you might be interested in putting things back in the guys lab is pumpkin pie spice.

I'll never forget this. Our endocrinology teacher at Life University. She taught us that when they evaluated a study of smell and determine what turned on a man.

More than anything, it was pumpkin pie spice that that clove, nutmeg, ginger, cinnamon smell. And that stimulates. And there's a lot of you know, that's basically what you put in your apple pie, right?

If you're American or, other people I know we have a global audience. Australians always ask me, what's pumpkin pie spice? It's it's what you put in your pumpkin pie, right?

It's what you put in your apple pie. But if you wanted to create a nice spicy blend that is wonderful for guys. So generally speaking, guys tend more to the spice.

Women tend more of the flowers. What are the three again? Clove. Oh yeah. Pumpkin pie spice smell. You got clove. You have nutmeg. You have ginger and cinnamon.

You can actually get these essential oils and just put one drop each in your diffuser. I have a diffuser right behind me. There are so many different ways you have spritz your bottles.

You have inhalers, a variety of different mechanisms. You can actually create a highly diluted massage oil and again, give yourself a foot rubber. Have someone give you a neck rub of that.

It's just a wonderful stimulant in a variety of ways. But anything ultimately to get us out of the sympathetic I mean, this is really important. We got to get out of the sympathetic mode.

And again, same teacher taught us, you know, the parasympathetic and the sympathetic nervous system against something you guys might be interested. Again, it's becoming a sex class here.

But to to get an erection, you need to be in the parasympathetic point and shoot to point. You need to be in the parasympathetic mode. To shoot to ejaculate, you need to be in the sympathetic mode.

So that's where if you really want to get that going, you need to get out of that chronic stress.

Anti-Aging Skin Care and Product Recommendations

So the last thing you want to you last thing you can think of is when you come home from a stressful day, horrible diet, sitting down, dealing with traffic is sex.

It's typically not the thing that you're thinking. That's why so many guys, especially fall to the liquor. They go to the beer. They do anything to kind of get them out of that mode.

And then, oh, now I'm, you know, now I feel like having sex. It's like it's very interesting how wine and alcohol hacks the body to giving them like a little jolt of parasympathetic motion.

So now they can even be aroused and mad much do in a more natural way, and you start to realize, wow, like when you when you feel deep love, when you feel intimacy, it's when you're calm.

It's like really? It's not when you're arguing, it's when you're talking. It's when you're touching. It's when you're. And I might even talk like, again, this is a healthy discussion here.

I mean, like we're talking consent, consensual loving adults who want to connect. Like you got to connect. And it's it's it's a special, special way. And so yeah.

So there's this is like, you know, I had a, you know, I do these longevity summits every year. And we had Dave Astbury along with, you know, 7 or 8 of the world's top longevity researchers that were on the panel.

And, and I asked a question like, what are some of the, the best things for longevity, like the top 2 or 3 things. And this, this was a conversation. It was like number one for a lot of them was was like lovemaking and and, and and so I think this is an important conversation.

Yeah. That's the thing. So we'll wrap this up. And what I want to end on, is if you have the time is, is just what are the best essential oils for the skin for anti-aging that we should be using every day?

Yeah, yeah. The first that comes to mind is the most commonly known as immortal. The fountain of youth is hella chrism. That that is the one that from antiquity has been used in skincare routines.

And that's something that you can oftentimes get involved. You get as part of a blend. If you go purchase essential oil from your favorite distributor or online provider, you go look up anti-aging.

You open up clear skin blend. Oftentimes I'll have that. It's very healing. Ultimately, though, you want to do things that will nourish the skin without harming it.

And gentle essential oils so that again, lavender is really key. Rose can be a little pricey, but this is where I go back to the the the pre-purchase of the blend is ideal, but if you're going to the hey, I want to do something at home.

Depends on what you're looking for. Like, if you're looking for an antifungal solution, you might be dealing with an eczema. Tea tree is fantastic as part of your regimen.

Frankincense is great, anti-inflammatory. It's cellular rejuvenating. People find themselves doing really good with that as well. And then they're brining you mix them with like, say, oil or any carrier oil, really any carrier oil.

We typically like to encourage people to start with the low hanging fruit. Like what do you have in your house right now? Most people have coconut or, or olive oil right now in your pantry, if you want to go a little deeper, jojoba, sweet almond oil, fractionated coconut oil is basically it's like MCT.

It takes up the long chain fatty acids, so it's only liquid. These are great solutions. And yeah, we have a variety of different like not just blends but formulas like when you add coconut oil to aloe to essential oils and you buzz that up in like a ninja or a magic bullet, like it creates like a healing salve when you incorporate like frankincense or liquors, colored or skin healing serum.

The recipes on our website, you're looking for that? I just don't know. Off the top of my head, the the ratios. But that's what we have for, like, sunburn.

That's what we have for rashes and things. But but ultimately, the more oil, the better. Like, I want to encourage people. This is something I had to learn the hard way.

But I struggled with cystic acne and I was always thinking oil was bad because my skin was oily. Like we actually need oil. So things that dehydrate your skin are actually bad.

So when you're looking at your body care, specifically your skin, your face creams, and your face lotions and serums, don't use anything with water. I mean water if water is an ingredient.

Also aqua, you might see aqua as the first ingredient to your anti-aging wrinkle remover. Water to hydrates your skin. Water evaporates, and it's the cheap way of making the product you want a product that is oil based or at the very least, aloe based.

And that's a big misnomer. And people are making buku bucks. What's your what's your favorite product? For skin if you can't recommend. Yeah, we love Anne Marie skincare, 100% oil based.

We love their blends and they use great carrier oils. Yeah, there's a variety of other on. My friend Brian Baisley has Purity Woods again, no water, maple sirup extract derived.

It's another good one for especially wrinkle removing. So there's a variety. We have a whole list of them that we offer that we suggest on our website.

As you know, our wives look very young for their age, right? My wife just recently won Mrs.

Closing Remarks and Resources

Georgia, and she's 46 years old. So the anti-aging and looking youthful is really important. So everyone I would say your wife. Yeah. Your wife is stunning.

And and, you know, obviously, you know, to win Miss Georgia at 46 is pretty amazing. So, Doctor Eric, we can keep going. But we touched on the anti-aging, strategies.

We touched on the longevity solutions. We touched on disease prevention. I mean, this is really, really powerful conversation. I personally want to keep this conversation going, but let's keep the conversation going with them.

Going to your website and potentially learning more about your essential oils courses. Do you want to tell them where they can get access to that? Yeah, yeah, please.

Y'all go to go visit Natural Living family.com. And if you want to dive deeper in essential oils, you could search the healing power of essential oils on Amazon or anywhere that books are sold.

And get started. I want to encourage you just take one step forward. Celebrate the progress. It's really enjoyable. And and just be empowered that that you have all that you need to live a long, healthy, abundant life and Doctor

Isaac, thanks for inviting me to be in front of the community.

Thank you so much, Doctor Eric. Appreciate you brother. Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health.

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