



ESSENTIAL OILS FOR ABUNDANT LIVING

QUICK START GUIDE TRANSCRIPT





Essential Oils for Abundant Living Course

by Dr. Eric & Sabrina Ann Zielinski

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The recipes featured in this transcript book are part of Dr. Z's bestseller, *The Healing Power of Essential Oils*.

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Quick Start Guide

GETTING THE MOST OUT OF THIS PROGRAM

Dr. Eric Zielinski: Hello, hello, hello. Dr. Eric Zielinski here. And welcome to Essential Oils for Abundant Living. And not just welcome. Thank you. Thank you for choosing us to be your guide as we learn how to use essential oils safely and effectively together.

If you've been following my work for any length of time, you know that I'm absolutely committed to sharing biblical health and healing principles with the world. It's actually my life's mission. And I personally consider it a privilege that you have decided to join us for this video course series.

Now, before we begin, I'd like to set the stage for what you're going to learn and share some tips on how to make sure that you get the most out of this program.

The focal point of the Essential Oils for Abundant Living program is a series of ten video lessons that my wife Sabrina and I teach together. If you haven't met Mama Z, you're going to love her. She's been using essential oils for more than 25 years and is a total DIY guru, having given our home a complete essential oils makeover since we got married.

Now, trust me. We understand that your time is extremely valuable, which is why each video lesson has been carefully curated to only include the practical application, use guides, and action steps that you need so you can start enjoying the healing power of essential oils today.

As parents of four young children, we totally get what being busy is all about. We also get the fact that most people who use essential oils do not either have the interest or the time to devote to a 300-hour aromatherapy certification program that can often take months to complete.

Now, I'm not your overpromise, under-deliver kind of guy. But I feel pretty confident in this. If you could give me just 15 to 20 minutes a day, I promise you that you'll know all that you need to know to start using essential oils in just ten days.

And I'm not just talking about putting a few drops in your diffuser and calling it

good. I'm talking about you feeling confident so you can use essential oils to detox your dangerous cleaning supplies, make your own body care products, and start keeping you and your family healthy, happy, and experiencing an abundant life.

Now, to accompany each video lesson, we have carefully included evidence-based and practical resources to give you an opportunity to dive deeper into topics that interest you. We have also created a program workbook for personal study or group study that I highly encourage you track your progress. Sound good? Awesome.

To help lay the foundation for what we're going to learn in the next few lessons, it's important to point out that, while it's not necessary for you to become a certified aromatherapist to use essential oils for therapeutic purposes, it is wise to learn the fundamentals first.

Unfortunately, no one told me this when I first started to use essential oils. And I actually hurt myself pretty badly. Going to Dr. Google for advice many years ago, I literally burned my skin and developed acid reflux because I consumed them improperly.

Now, I don't say this to scare anyone but to remind you that essential oils are highly concentrated, plant-based compounds that need to be used with care. You wouldn't grab an over-the-counter pain killer and take a handful of pills first without reading the instructions, right? The same with essential oils. Similar to the important role a sharp knife plays in your kitchen, essential oils can be one of the most useful tools in your medicine cabinet.

With that said, a sharp knife can also be dangerous if misused. And the same can be said of essential oils. That's why we need to take out the instruction manual, so to speak, and cover the basics so that we can build on more advanced topics like making your own non toxic body care products and creating customized healing blends to literally treat disease.

But before we dive in, we need to answer two simple yet very profound questions that will help set the tone for the entire course.

First, do you consider yourself a healthy person? This is an important question to answer before we start our journey of learning how to use essential oils because

it will literally help set the baseline for your progress and will ensure that you get the most out of this course.

Before you answer, though, let's qualify what we mean by health so that we're all on the same page. According to the World Health Organization, health is a state of complete physical, mental, and social wellbeing and not merely the absence of disease or infirmity, though I would want to go one step further.

I'm asking, are you really well? In other words, do you truly enjoy biblical health? Biblical health is not a list of "Thou shall nots." It's an overarching concept describing your God-given right to experience the abundant life that Christ refers to in John 10:10.

Having an abundant life means that you enjoy the fullest expression of health in all areas of your life which are spiritual, physical, mental, emotional, financial, occupational, and social. These seven areas of your life are all connected to each other.

And like a chain, you are only as strong as your weakest link. If your body isn't performing well how it should, it's going to weigh you down emotionally and cause strain in your relationships. If your job isn't going well or if you aren't working to your full potential, it's going to impact your financial and mental health by raising your stress levels.

So let me ask you again. Do you consider yourself a healthy person? To quantify this, take a moment and rank your health from 0 to 10, 0 being the lowest and 10 being the highest.

Now, to help you choose your ranking, think of 0 as describing a person who is constantly sick, literally cannot remember what feeling good feels like, someone who's life is void of purpose and meaning. And think of 10 as describing the person who can't remember the last time they were sick, who is regularly happy, full of energy, and vibrantly living a purpose-driven life.

Now, write down your answer in your workbook and put today's date next to your health rating. Then as we journey through this course together, I want you to revisit your answer periodically and track your progress. If all goes well as it should, you'll find that your health ranking will incrementally increase as you learn how to implement essential oils in virtually every area of your life. Sound good? Great.

Now, the second question we need to answer is essentially to call out the elephant in the room. Why, after 6,000 years of history, are essential oils so popular today? In other words, why are you literally here right now watching this video?

Why am I here? Why are essential oils one of the hottest health topics today? Why do nearly 5 million people visit my website and social media channels every year to learn how to use essential oils safely and effectively?

Why are essential oils a billion dollar industry? And why do marketing experts predict that essential oil sales will continue to grow exponentially through the mid 2020s?

From personal experience helping hundreds of thousands of people across the globe in using essential oils the right way, I've learned that there are basically three answers to these questions which are probably why you are here as well.

First, for one reason or another, you want to avoid potentially harmful pharmaceutical inventions. Or maybe medicine has already failed you. And you are determined to find a natural solution to your health problems. Or possibly, you're striving to prevent disease before it sets in, and you realize that DIY (doing it yourself) is key to minimizing environmental toxins and is the way to the abundant life.

Now, with these three answers in mind, here's the problem that we all face today. As a culture, we literally know more about nutrition and health now than ever before. Yet nearly every single person in developed countries are either taking supplements for nutritional deficiencies, or they are on drugs to prevent or treat a disease.

Why, if we are so advanced in our health knowledge, are so many people so sick? Simply put, it's because we've left nature out of the equation. God has provided us with what we need to truly be healthy. You need more vitamin D? Go out in the sun. You're lacking some vitamin C? Eat some limes. Need to improve your digestive health? Eat fermented foods. You've got a cold or a headache or back pain? Maybe use some plant-based medicine like essential oils.

There's a verse in Revelation 22:2 that reads, "And the leaves of the trees are for the healing of the nations." I can think of no other substance on earth that epitomizes this Bible scripture more than essential oils. And I've personally come to see essential oils as a fundamental tool to achieving biblical health.

They are the very essence of trees and plants. And they are vehicles of healing. In my opinion, they are also a cornerstone of a truly healthy lifestyle. Can I get an amen?

Okay, now that we're on the same page, I invite you to keep your workbook out and move on to lesson one. We'll cover a brief history of how our ancestors used essential oils and why this is important for us today. We'll also define what essential oils really are, explain how they are extracted and why plant chemistry matters to you and your family. Last, we'll wrap up with the all-important topics of purity, quality, adulteration, and tips on how to make sure you are buying real pure essential oils.

As always, my hope and prayer is that you and your family truly experience the abundant life. And remember, essential oils can be a great help. God bless. Bye-bye.

Meet the Zs

Dr. Z & Mama Z have pioneered natural living and Biblical health education since 2003. Knowing what it's like to be sick from a young age and having recovered from several chronic diseases in their early 20s, they have been on a mission to sharing the evidence-based approach to natural living that allowed them to regain control of their health with the world.

Trained as a aromatherapist, public health researcher and chiropractor, Dr. Z started his online ministry in 2014 along side of Mama Z with DrEricZ.com to help people learn how to use natural remedies like essential oils safely and effectively. Now visited by more than four million natural health seekers every year, it has rapidly become the #1 source for Biblical Health and non-branded essential oils education online.

An accomplished researcher with several publications and conference proceedings, Dr. Z currently sits as a peer-reviewer for multiple journals. The Z's live in Atlanta with their four children.





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