

## **Biblically Based Essential Oils**

Guest: Jordan Rubin

*The following presentation is for informational purposes only and is not intended to diagnose, treat, or cure your condition or to be a substitute for advice from your physician or other healthcare professional.*

**Dr. Axe:** Hey, everyone! Dr. Josh Axe here. I'm your host this week of the Essential Oils Revolution Summit. I'm putting on this summit with Dr. Eric Zielinski and Jill Winger. And we're excited to bring you the best of the best health experts in the world when it comes to essential oils.

And today we have a very good friend of mine, Jordan Rubin. He is a *New York Times* bestselling author of *The Maker's Diet*. He founded the company Garden of Life. And since then he's gone on to write more books. He's changing lives all over the world. And also he is an expert in Biblically-based nutrition, as well as he's going to talk about essential oils and how he uses them. In fact, one of the first references I read as to essential oils was reading his book *The Maker's Diet* years and years and years ago.

So, Jordan, welcome to The Essential Oils Summit.

**Jordan:** It's great to be here. And I am a true believer in the gifts God has given us in nature. And I'm a tremendous fan of essential oils and really believe that they can have a great benefit, both topically and orally when consumed and really become a big part of your life. So it's exciting to talk about it. I believe these oils and the botanicals they come from are more valuable than gold and silver. And frankly since Biblical times, they've been considered that.

**Dr. Axe:** Well, Jordan, just to kick us off here, I know a lot of people know your reputation, who you are. But I'd love to share a little bit of your story, some of what you struggled with in terms of overcoming chronic digestive issues. And really at the center of that it was living Biblically that helped you

heal.

**Jordan:** Absolutely. I was dealing with severe Crohn's colitis. And I overcame—after visiting 17 medical experts—by finding a biblical way of eating and thinking and living. And during that time, I was unknowingly creating the foundations of what would later become *The Maker's Diet*. And when writing *The Maker's Diet*, there was inescapable evidence that the Bible discusses the power of essential oils.

Then I remember back in the day putting together some really neat essential oil blends that were wonderful to be used topically. They certainly smelled great. They could be diffused into the air. They were great for wounds, etc. And it started my excitement towards oils.

But there was another time in my life that I don't talk about very much when I had another major health crisis. And I don't want to get into too many details. But there was a point, Dr. Josh, when I had an essential oil massage every single day for 40 days. I did many other things, major detox program. But not only did I have essential oil massages every day, I diffused a certain essential oils every night. And I consumed oils.

And later I would formulate a very popular beverage called SueroViv, which combines cultured whey from my farm and organic essential oils, such as lemon, orange, and cinnamon. And since then, being a huge fan of herbal medicine, herbal therapy, I believe essential oils have a great place.

And I can tell you is the father of six children, there's not a day where I'm not utilizing essential oils. There's not a day when I'm not utilizing homeopathics and herbal medicine. And it's such a blessing to have this.

Just take case in point. Yesterday one of my sons came up with a nasty case of poison oak. So I have several things that I did, one of which was put a blend of essential oils in a bath that also included Epsom salt, a special kind of sea salt, baking soda, then clay on the way out, and more essential oils. So it's not

a day that goes by that I don't use oils for something topically or even orally.

**Dr. Axe:** Awesome, Jordan. Well, again, as we've talked about, in writing *The Maker's Diet* and all the different books you've written over the years and researched over the years that you've really done a lot with plant-based medicine and using plant-based oils for various things.

But I would really love to hear your perspective in really areas of the Bible where essential oils are referenced. And then when did you first stumble upon essential oils?

**Jordan:** Well, if you look in Scripture, you're going to find references of oils very often in the Old Testament. Now, certainly some of these herbs and botanicals were grown in the Middle East. But others were traded. And it was a major hub for trading in the Middle East and the land that became Israel.

But if you look from early days when God set up the tabernacle through Moses and later the Temple, not only was incense consistently burning, they had a special oil blend for anointing the tabernacle. They had one for anointing the priest.

They would recommend using hyssop. And I don't know that it was the oil. But certainly the oil components of hyssop to cleanse the various people at certain times, but also to cleanse a home that had mold or what we would call mold today, they called it a mildew. Or at least that's the translation in the Bible. So I think that oil's clean a great world throughout that time.

Certainly we looked at the New Testament. And we know that there were magi or wise men. I'm not sure there were three. But they did to bring gold and frankincense and myrrh, which became very popular and are wonderful oils in their own right. And of course we know that Jesus was anointed by Mary with an alabaster jar of nard, which was probably spikenard.

So we know that they're valuable because Judas said—and was doing this

deceptively, we believe—but he said, “Master, why would you allow her to waste this? That could have been a year’s worth of wages.” So if an alabaster jar—maybe it’s a liter, maybe it’s a pint—is worth a year’s worth of wages, this is something that’s very, very valuable.

And if you look now, I found some great research, Josh, the other day about frankincense in some clinical studies, at least in vitro on various tumor regression, certainly an amazing topical botanical. Frankincense comes from the boswellia family, which we now know, taken orally, leaves certain species of the boswellia resin, which are good for joint pain and a natural COX-2 and -5-lox inhibitor. So that’s just the tip of the iceberg.

Lavender is great, especially for burns. Really the list goes on and on. Suggest oils are wonderful for cleansing. And it’s great to use not only in cosmetics, but in cooking. And one thing I did the other day—I didn’t realize how much I had to add to this summit—but I use this really cool deodorant. I bet you either use the same one or you make one. But I basically ran out of it.

And I said, “You know what? I’m going to make it myself. Here’s baking soda. Here’s coconut oil. Here’s lavender. Bada boom, bada bing.” Got your own deodorant. And instead of having even health-food store deodorant that contributes some level of toxicity or chemicals, you’ve got something that can do the job, but also something that you want to go into your lymphatic system, not something that you’re afraid of getting in there.

**Dr. Axe:** Yeah, absolutely Jordan. I know when I first heard and read about, “Okay, make your own at-home personal care products,” as I guy, I thought, “Well, first of all, that sounds difficult and time-consuming. I’m going to have to figure out how to do it.” But then I realized it’ as easy as you were saying, making your own, whether it be homemade stick deodorant, which you can do, or even a pit paste with coconut oil and baking soda and your favorite essential oil is a great thing to do. And you’re right, that actually is what I do.

And I want to mention this, too. You mentioned about boswellia, which is one



of the chief components they are in frankincense. I remember taking one of your supplements. I want to say it was six years ago. It was called FYI Joint Ultra or something along those lines, and boswellia being one of the compounds you actually had some of your supplements.

**Jordan:** Absolutely. FYI stands for For Your Inflammation. I was always proud of that name. I thought it was very clever. But these are really amazing. And you look at the fact that their biblical, as well, is even more exciting. Galbanum, Rose of Sharon, you think about all of the ones that are mentioned in the Bible as having value and being used in various instances.

We know that all of these oils are antimicrobial. We know that when you combine them with a carrier or when you just use them on their own, they're amazing. I can think of another application. I use essential oils to brush my teeth.

And for a while—I need to do this again—I was using coconut oil with rosemary as an after shampooing leave-in treatments. I never thought I would use that term. But as you get older, you want your hair to be healthy. And there's some really good research that rosemary oil, as well as some other essential oils, help stimulate healthy hair growth and even maybe keeps some grays at bay.

**Dr. Axe:** Great stuff, Jordan. Well, let's talk about this. I want to talk more about essential oils in terms of Biblical use. But before we do that, I'd like to talk a little bit more about modern day issues. And one of the most, what I think, obvious ways to use essential oils is for personal and body care products.

But let's go on the flipside. How bad are some of these personal care products people are using today and hand soaps and all of these other things? Is it really that big of an issue? Is toxicity that big of a player in causing chronic illness today?

**Jordan:** We can't determine how much the items you put on your skin can affect you. But I know that when we looked into skin and body care and began to create an essential oil-based line, I was horrified to see how negligent the regulators were in the United States in allowing somewhere like 1,000 chemicals that are banned in other countries for use in your skin and body care.

And I made sort of a joke in the past. I said, "Our skin is so absorbent, especially as children, I'm going to create a children's multivitamin in the form of a shampoo." And I didn't almost as a joke. But I actually got requests for that later. That's how absorbent our skin is. Look at medicine: transdermal creams, transdermal patches. What you put on your skin does get into your body.

And it's a double-edged sword. And unfortunately you can be cut and wounded by that sword if you put on these typical body care products. Who would have thought that the beautiful word "fragrance" could mean harmful chemicals? Who would have thought "parfum," which sounds so nice in French, could be dangerous?

And then not to mention you look at a popular baby shampoo, you can't pronounce a single word. I make this other joke. And I say if you see something, an ingredient in something you're going to eat or put on your body, that has letters and numbers in the same word, don't use it because there's nothing natural about that.

**Dr. Axe:** Yeah, Jordan, I remember years ago looking at and us talking about what's allowed in skincare products in the US versus over in Europe. And it was shocking. It was shocking that there were, as you're saying, over 1000 things, 1000 compounds that are banned in Europe that we can put in our skincare and body products here. And it's absolutely crazy. Obviously essential oils are a great replacement for all of those things.

I want to mention this, as well. I remember reading this book years ago in *The*

*Maker's Diet*. And I remember you had a whole section on hygiene. And rather than taking a shower, taking more of a healing or cleansing bath. And, correct me if I'm wrong, but I think and remember if you possibly mentioning soaking in water and maybe even adding and oils to your bath.

**Jordan:** I did. In fact, I just read an article that really I think speaks to just some things that we do as Americans today in the name of health that may be less healthy. But it was really about the over showering of Americans. Some of us who work in crowded spaces that may be a little warm with suits on probably think that people don't shower enough in America. But we shower more than most countries.

And what we do by showering with water that's chlorinated and utilizing body care products that are imbalanced and unhealthy, we're washing away valuable oils from our skin that must be replaced. Not that soaking in a bath isn't also washing things away. But if you soak in a bath, even if your water is chlorinated and not purified, you can let the water sit. The chlorine, which is a gas, will dissipate.

An absolutely, if you have essential oils, use them in every bath you're in. It's just an amazing opportunity to inhale and get some skin interaction with that. I almost wouldn't even bother taking a bath unless I had essential oils with it. Now, I'm not a bather very often. But, as I said, there are so many wonderful oils too used to soothe you, to ease your mind. It's really an awesome thing.

And even if it's something as simple as lemon and lavender, you don't have to be really eclectic with your oil mix. But a couple of mainstays can make a huge difference in your life. And lavender is probably the oil of a million uses, first aid, etc. But there are truly so many good ones as I mentioned. And then right after your bath, you can put a carrier oil—maybe it's an almond oil, maybe it's a coconut oil, maybe it's an avocado oil—and have some essential oils mixed in. And obviously you've got to be aware of certain areas. But they're really, really great.

Another oil I've used often is oil of oregano. Now, you have to dilute this and put it into a carrier at times. But if you've got a wart or some type of skin issue that's not in a sensitive area, oil of oregano can really do the trick. It's worked on cysts, etcetera. And, of course, internally, consuming oregano oil, thyme oil, they're very wonderful antimicrobials.

**Dr. Axe:** That's great. Actually an interesting fact I was reading about thyme oil recently there was a study that published that thyme oil, a lot of these foods that have estrogen-like compounds—xenoestrogens, phytoestrogens—but thyme oil actually has phytoprogestosterone that actually supports progesterone production in the body, which I thought was pretty interesting about that oil.

Jordan, one of the questions—I remember you interviewed me, maybe it was a couple years ago—and one of the things you asked me was if I was stuck on a desert island and I could only have one food or so many foods, what would I have? And I don't remember what I answered. It was either coconut oil or a dairy fermented beverage or kefir.

But, anyways, that's one of the questions I have for you today in regards to essential oils today. If you were stuck on a desert island and you could only have, let's say, two essential oils, what to which you bring with you and why?

**Jordan:** I think lavender would be number one, mainly because if I want a deserted island and knowing how not handy I am, I'm quick to cut myself, scrape myself, etc. And, again, I've found lavender to be very beneficial when it comes to burns and also sunburn. First thing for me, I don't get burned easily. But if I did, I would put coconut oil on first if it's a mild burn. And I would mix lavender in it. So lavender would be one. Also, at night, I'd be afraid of all the animals that make noise. That would help soothe me.

And the second when I'd probably say would be like and oregano or a thyme because I would want something that can really get rid of that junk that comes in. I watch some of these survivor shows. And hope that would be able



to filter water through a stalk and have the sun's UV rays make it antimicrobial and have the water be pure. But if I didn't, I think it's really good when you're dealing with potentially eating things that are not extremely sanitary, drinking, etc., to have one of the anti-infective oils.

So I've never thought of that. I think I'd probably go lavender on the topical side and oregano for the internal side.

**Dr. Axe:** Great stuff, Jordan. In the years that you have recommended things to people with health conditions, what are some of the oils you recommend for anybody struggling with a health problem? Let's say something like a digestive issue like a gut issue, for instance. I know you work with millions of people that have constipation and diarrhea and IBS and some of those different digestive issues. Is there one main oil that stands out that may be used in the treatment of any sort of digestive problem?

**Jordan:** I really like peppermint oil to consume if you've got excess gas and bloating. If you want to put it in a capsule, you can do that. I really like adding oils to water. I think it makes them taste amazing. Obviously you've got to be careful. Oil and water don't mix. So you don't want to have three drops of something spicy like oregano go right into your mouth. But peppermint is really good for that.

I like ginger oil. Cinnamon oil is awesome. Now, some of these oils, if you have inflammatory bowel disease, you have to be careful of. But, man, cinnamon oil is great if you feel like you've got a yeast overgrowth. I mentioned oregano oil, as well. Probably for its carminative properties, I think oil of peppermint or spearmint is really good if you've got certainly minor gut issues. If you're dealing with lots of inflammation, frankincense topically and orally. Certainly make sure you're getting an oil that's pure and a high grade before you're going to consume it.

I think ginger oil is good. Some people don't like the taste of ginger oil. It doesn't really taste like you think ginger should taste. But that's a really

good one. If you can get turmeric oil, that's truly amazing. And I think anybody can benefit from citrus oils and water just as a lymphatic aid or a cleanser. So I think all those are really, really good. Probably the first digestive essential oil I would go to his peppermint. If you're dealing with an overgrowth of some type of organism, I think cinnamon and oregano are really great, as well.

**Dr. Axe:** Great stuff, Jordan. Well, let's jump back in and talk a little bit more about essential oils of the Bible. What are some of your favorite references throughout the Old Testament or new to how essential oils are used? In fact, one of them maybe you could talk about... I remember us talking about Queen Esther in the Bible was one of those references.

**Jordan:** Well, I would absolutely love to know what the process by which the women who were going to appear before King Xerxes to essentially become his wife after he kicked out Queen Vashti. They went through a protocol that was six months—and some people believe even longer—of lotions and oils. Six months of beauty treatments. I'm sure that if we found out what that was, we would be screaming from the rooftops. But that is a really great reference.

But you also see references a lot that are sort of minor. But when you read about various times of fasting, it will say to not put any lotions on. Or when David's newborn son, as a result of his adulterous affair with Bathsheba, was born, he was sick and seemingly going to die. And it talked about David not putting on any oils and lotions. There's no doubt in my mind that these lotions were loaded with essential oils. And they were used consistently.

So you read about times of fasting where they say, "And do not put on lotions," or when you are mourning, "I did not put on lotions." So you know that when people could afford it, they would put on these motions. And perhaps in a day that was much less sanitary as today, at least seemingly, they made a big difference in people's overall health.

Again, it's an amazing reference that Jesus himself, when he was anointed with the alabaster jar of what could've been spikenard, that he said, "As long as this gospel story is told, what this woman has done for me will be mentioned throughout history." And that's pretty cool.

Also we know in the burial of various people... In fact, we know that Joseph of Arimathea had an opportunity to take the body of Jesus along with Nicodemus, who was part of the council, they were able to, what we would call embalm Jesus. But they used X amount of pounds of aloes or sandalwood. They use X amount of pounds of these spices. And that would be done to prepare the body for burial. And, again, it speaks of its preservation, but also the high value you place on it because if you really cared about somebody, you were willing to spend what was very, very expensive to you.

And also even the tithes, when Jesus speaks what we call the woes, "Woe to you Pharisees, you hypocrites," he talks about tithing with dill and cumin. So you think about it, the tithes and offerings also came in the forms of oils and/or aromatic plants. So all throughout the Bible there are scriptures.

Now, granted, you're not going to find recommendations to put this oil on this body part for this condition in the Bible, much like you don't find prescriptive eating recommendations. But you know that oils and botanicals were a part of biblical daily life. We see that certainly in extra-Biblical writings and throughout history. And I feel like they've obviously made a real resurgence in the last 20 years. And essential oils are a viable healing system to go along with Ayurvedic herbs, Chinese medicine, homeopathy, etc.

**Dr. Axe:** Awesome, Jordan. Well, you're talking about King David in some of these kings, I actually just wrote a short e-book that people can download. It's called *The King's Medicine Cabinet*. You can check it out on DrAxe.com there.

But I called it *The King's Medicine Cabinet* because I kind of pose the question, "If we would go back to the days of kings and queens like King Solomon, King David, Queen Esther, if we would have opened up their medicine cabinet,

what would we have found in there thousands of years ago?" Probably things like these healing herbs you're talking about, aromatic plants, essential oils. Or what would have been in the medicine cabinet a long time go?

And as you talking about Joseph of Arimathea and Nicodemus, talking about the preservation properties, I know that we have not experienced this, or at least I haven't. But when you have a body that's decaying, obviously if you just put a little bit of herbs around there, it's not like to do the trick. But essential oils, their preservation properties really are incredible.

And I know even a lot of essential oils are by the FDA approved for internal use because they're used as preservatives and food today. And I know that you've even used them, not just as preservatives, but you've used in your supplements over the years. You've use them in things like your cleansing products like SueroViv with the orange oil and lemon and cinnamon oil. So obviously there's a lot of uses today. There's a lot of uses throughout history there, as well, in many cases.

**Jordan:** Awesome. The medicine of Kings sounds great.

**Dr. Axe:** And I know obviously you've got a big family now. You've got six kids. What are some of the most common uses you use essential oils with your family? And does your wife Nikki is essential oils?

**Jordan:** Well, again, the boo-boos I the biggest thing. And having an oil blend around for cuts and scrapes, I can't tell you how often my kids come up with that. As I mentioned, for things like cysts and boils, great for acne. But honestly mostly it's cuts and scrapes and boo-boos and things of that nature.

But one thing that I've done, Dr. Josh—and I really wish I had more time to do this—when I was first on the ranch in Missouri dealing with some very sick people, I developed this little essential oil system that I called BHW. And what was cool is our original name was Beyond Health & Wellness. But it's By His Wounds.



And what I would do is I would have to kids lay down. And I would use a carrier oil and 14 different oils. And I would anoint the kids in the areas where Jesus was wounded for our transgressions.

So literally the feet, the wrists, the forehead. And I would to 39 strokes on the back to emulate the 39 lashes that Jesus received. It was so awesome. And I wish that I had sat down with my kids and did it. They'd be lining up because not only are you anointing them and blessing them, the power of touch is very important. And we play this great song by Third Day called "By His Wounds We Are Healed." But that's probably my greatest experience with essential oils.

And I know it's something I probably should get out there more. But if you're someone who believes that the blood of Jesus is what saves us and heals us, how awesome to have some type of—I don't want to call it a ritual—but an opportunity to put these oils to use in a way that honors God, reminds us of him. And yet these areas, we know the areas of the wrist and the foot, all these areas are places that are very good delivery points for the benefits of essential oils.

So we'll have to do a special teaching just on that because that was a really awesome system that I believe would help so many people, especially those who are of the faith that would love to do this.

**Dr. Axe:** Well, Jordan, I'll just chime in. It's so inspiring to me. I remember you and I were actually sharing this with me about a year and a half ago when I was out at the ranch. And we were talking through this amazing treatment you were creating with essential oils. So, yeah, I know that I would love to learn more about that. I'm sure our listeners would on the protocol.

Because there are several healing therapies out there using essential oils on the neck and the back and the feet and different areas of the body. But obviously doing things, as you've done your entire life really brings things back to the Bible. What does God say? And really doing things, not just to do them, but with a very, very specific purpose.

And one of the things I know you and I have talked to, and we've even done interviews about, with people overcoming chronic illness like inflammatory bowel disease and fibromyalgia. But I know that we've also both seeing patients over the years where a lot of these diseases are links to emotional, in people's lives.

And even the power of touch, so many people don't get to be touched and hugged and loved a regular basis. So that's something else I love about several essential oil therapies, but especially the ones you're talking about is it's really combining the power of human touch with prayer the way that you're talking about it, and obviously the healing benefits of essential oils. And I think it's powerful.

**Jordan:** It is. And that's something that we crave and we so often failed to do. The laying on of hands and the anointing of oil, it says in James, "will heal the sick," the laying on the hands of elders and the anointing with oil. And they did that constantly. They anointed people with oil. And oil, whether it was essential aromatic oils—aromatherapy—or culinary oils, were considered as a sign of the Holy Spirit.

So absolutely, there's so many ways to work oils into your life, into your diet, into your cooking, into your desserts. But, to me, what an awesome opportunity if you have time to spend giving glory to God and remembering what he did for us.

And when I was looking to incorporate oils into a system, I was really excited when we came out with that. And, again, it's something that only a few people have used. But maybe this will inspire us to get this out there more in a system, which would be pretty cool. So, yeah, very exciting stuff.

And as I mentioned, when you are a parent, when you're somewhat responsible for the health of a large family—we have 8 now—it is very important for me to have a lot of tools in my cabinet, a lot of arrows in my quiver. And I use homeopathy. I use herbalism or herbal medicines. I use

essential oils. Certainly food is the best medicine around here, great supplements that come from food. I need all of them. And I incorporate all of them. And essential oils do play big role. And I think for many are an underutilized area of health that's—pun intended—literally under our noses.

**Dr. Axe:** Well, Jordan, I have two final questions for you. One of those is I'm going to ask you about essential oils and farming, and the other one being I'd like to end asking you about if somebody is chronically ill, I'd really like to hear from you just off-the-cuff, if somebody knows somebody that's sick and needs to get well, maybe even a prayer they can say along with two to three oils and how they could use those on them possibly, in helping them get well.

But let's start out with farming. What do you think about essential oils...? I was reading articles a few years ago. And it talked about 80% of the antibiotics today aren't given to humans. They're given to livestock, as well as a lot of other medications. What do you think about using essential oils in farming? And have you ever tried anything like that or read anything about that?

**Jordan:** I have not. I know that it's something that could be very beneficial. The challenge, I think, with livestock and certainly with plants is that delivering the oils to an animal that might drink gallons and gallons of water a day and doing it effectively... I can tell you this. This isn't an oil. But we created a really unique fungi that gave off pheromones that improved the feed efficiency with cattle.

And we had such a bad winter last year, I was walking through muck. And we finally brought the animals into the farm to give them some bedding because snow and ice were covering the ground for so long. But I was dropping this little tiny bit of this fungi because I read that even 1 g of this fungi in powder form in a ton of feed—that's 2,000 pounds or 2,200 pounds, think about it; talk about a needle in a haystack—but it improved feed efficiency and muscle mass just from them smelling it.

So I would go through this muck. And I mean muck, throwing these little

pieces of this fungi so that it could become airborne. So that's probably the closest thing that I've done to that.

I shouldn't say that. One of my nanny goats—we don't really call them that anymore—but one of my mommy goats, I was milking. And she had a terrible case of something called orf. And I was literally having to use gloves because her others scabby and bloody. So I put lavender oil on them, as well, so that she would have less pain afterwards. So that's probably the closest I've come. I'm sure that I've fed my chickens a SueroViv or two that have essential oils.

But I think there's probably a lot of uses. A friend of mine feels like there's a use for essential oils in creating grains with unique properties. And if you look at Steiner's methods and biodynamics, while he doesn't use essential oils, there's certain species of plants and aromatics that are at play. So I think there probably is something there in terms of veterinary medicine, particularly topically when you deal with udder issues.

Oh, and one last thing, I know we used clove to prevent flies. We used that write about a certain set of mineral troughs. So oils are everywhere.

**Dr. Axe:** Yeah, well that's one of the reasons why I asked you that as I remember a couple years ago us talking about some of the issues you are having with some of the troughs and actually talking about clove. And it made me think of that in the place of farming. So I love that.

**Jordan:** And to answer your second question—I know I didn't answer it—but if somebody is very ill, I think one of the best things to do, especially if they're not interested in why essential oils work or they're skeptical, I think if you would offer—and this is a tough offer—to somebody an essential oil treatment just on the bottom of their feet...

Everyone typically likes to have their feet rubbed more than people like to rub them, or get them to do it themselves. But applying oil to the bottom of you



are feed a few times a day is an easy, great way to get started with the benefits. I've always heard your skin is so absorbent that if you put a garlic clove and rub it on the bottom of your foot, you have garlic breath in 20 minutes for most people. But I think using it on your feet and then a couple drops in your bath is a great way to get started.

And if you're very ill, I don't think you can go wrong. I remember reading stories about Dr. Bill Bright, one of the greatest evangelists of our time. He had a Russian aromatherapist work with him when he was very ill in the latter part of his life. And from what I understand, he received great benefit. So if you can get them on the bottom of your feet, if you can put them in your bath...

And here's the most cost-effective way to use them. Open them up and just give them a good old sniff. They don't go away that quickly. And they last.

**Dr. Axe:** I love that. Great advice, Jordan. I want to say thanks for coming on The Essential Oils Revolution Summit here. I know I learned a lot about using oils Biblically. And again just really appreciate all you've done in sort of pioneering this Biblical health movements all across the US and the world. So thanks, Jordan.

**Jordan:** Thank you.

**Dr. Axe:** Great. Hey, thanks, everybody. This has been Dr. Josh Axe and Jordan Rubin with the Essential Oils Revolution Summit. And if you want some more content on Biblically-based essential oils, you can check out my website, DrAxe.com. Go to the natural remedies section and check out *The King's Medicine Cabinet*. It's an e-book that's free for you to check out on Biblically-based essential oils. Thanks, everybody. And thanks again, Jordan.