

The Value of Essential Oils: An Interview With Monique Jelléy

by Lady Carla Davis, MPH

LCD: Monique, thank you for joining us at Masters of Health.

MTJ: Thank you for having me. It is a pleasure to be a part of the MASTERS of HEALTH tribe.

LCD: You are very knowledgeable and passionate about the use Essential Oils. Why is that?

MTJ: My passion for oils really took off when I saw first-hand how quick and highly effective they were at resolving the issue at hand. What made it even more appealing for me and my family was that they are natural and have no side effects on the body. They are also safe to use with young children, and they take care of health problems by addressing the root cause.

LCD: What sparked your interest with Essential Oils?

MTJ: My quest for knowledge on essential oils derived from my first-hand experience. The more I used the oils the more I wanted to know, and the more I learned, the more I wanted to use them. Using doTERRA essential oils greatly helped put me in control of my health and my children's health. Plus, I noticed the same benefits with the others who used essential oils.

LCD: Why did you chose doTerra above other brands of essential oil?

MTJ: doTERRA is the world leader in sourcing, testing, manufacturing, and distributing Certified Pure Therapeutic Grade [CPTG®](#) essential oils. doTERRA has set the industry standard by providing its customers with the most tested and the most trusted oils. They source their oils from local growers and distillers through their Co-Impact Sourcing efforts. In addition, they have developed the expertise and commitment required to derive these unique oils directly from the best sources in the world.

LCD: What is [CPTG®](#)?

MTJ: doTERRA CPTG Certified Pure Therapeutic Grade® essential oils represent the safest and most beneficial oils available in the world today. For an oil to be CPTG *Certified Pure Therapeutic Grade*, the oil must be:

- Pure and natural, with aromatic compounds carefully extracted from plants
- Free from fillers or artificial ingredients; no dilution of active qualities
- Free of contaminants, pesticides, or chemical residues
- Rigorously tested for standards of chemical composition
- Cross tested using mass spectrometry and gas chromatography to ensure exact purity and composition potency
- Sourced by a global network of leading essential oil chemists and growers

to ensure correct species, growth in ideal environments, and that raw plant materials were carefully harvested at the right time

LCD: What were your findings when you started using essential oils?

MTJ: I found that I was able to quickly and effectively relieve symptoms or improve mood with just a few drops of oil. Others I consulted with also experienced similar benefits.

LCD: Besides using essential oils in a diffuser, how else do you use essential oils?

MTJ: Essential oils can be used 3 different ways: Aromatically, Topically, & Internally.

Aromatically: Breathe in or use a diffuser to: • Open airways • Boost mood • Freshen the air. By breathing in essential oils, they are quickly absorbed by the smell receptors, which have a direct link to the limbic system by way of the olfactory nerve. The limbic system is a part of the brain that supports a variety of functions including emotions, behavior, and memory.

Not all oils are created equal. Because doTERRA essential oils are CPTG, they can also be used Topically and Internally.

Topically: Apply to bottoms of the feet or affected areas to target specific needs. Because essential oils have low molecular weights and are lipid soluble, they easily penetrate the skin. Once absorbed, they stay in the applied area for a localized benefit.

Internally: Place drops in water, under the tongue, or into a veggie capsule and swallow. When taken internally, essential oils directly enter the blood stream via the gastrointestinal tract, where they are transported throughout the rest of the body.

LCD: Which essential oils do you like using and why?

MTJ: I usually let my mood or health direct which oils I use on a daily basis. However, I do have some staples that I wouldn't go a day without. Wild Orange and Peppermint are oils I use each morning to help wake me up and get my brain working. I am also a big fan of using Lavender to help calm me down at the end of my day and for sleep. I also use OnGuard and Frankincense to help boost my immune system on a regular basis.

LCD: What are your favorite oils and why?

MTJ: My favorite oil is Frankincense for many reasons. Known as the *King of all Oils*, it is a powerful anti-inflammatory. It is also great for supporting the immune, nervous, and digestive systems. Plus, it is great for the skin and complexion. Overall, it has a calming aroma.

LCD: What are your favorite formulas and why?

MTJ: One of my favorite formulas to use when sick is called the Flu Bomb. Placing 2-3 drops of each oil in veggie cap provides an amazingly effective remedy in knocking out a cold/flu before it takes hold. Or, if you are already sick, it helps minimize the time, size, and symptoms.

the FLU BOMB



LCD: You have two small children age 5 and 3. Do you use essential oils with your children?

MTJ: Yes, I use essential oils on my kids every day.

LCD: What benefits did you notice by using essential oils with your children?

MTJ: The colds my kids used to pick up from day-care are far less prevalent. Plus, it's a way for me to connect with my kids, get them involved in their own health, and teach them how to empower themselves.

LCD: How can using essential oils improve someone's wellbeing and home environment?

MTJ: Essential oils are safe and effective remedies that help people take control of their health and sense of wellbeing. They also create a healthy, pleasant, and relaxed ambience in one's home.

LCD: Besides using essential oils for personal use and in the home, as you described, are there any other uses for them?

MTJ: They can also be used in cooking and with personal care products?

LCD: Monique, how do you recommend someone get started using oils?

MTJ: The best start for someone interested in essential oils would be to first talk with a Wellness Advocate, to discuss their specific needs. Alternatively, they can get started with a **Family Essentials Kit** or a **Home Essentials Kit**.

For more details click on the link below:

<https://www.doterra.com/US/en/site/nourishingbasics>

For FL Residents:

<https://www.doterra.com/US/en/site/mastersofhealth/contact-us>



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