

# A New Health Fad Is Sweeping the Nation—Is It Biblical?

Millions of Americans are turning to essential oils in an effort to minimize the number of chemicals in their lives. People use these plant extracts as a replacement for many synthetic medications, for home health care and to clean their homes naturally.

**Dr. Eric Zielinski**, a leader in the field and author of the best-selling *The Healing Power of Essential Oils* told CBN News he became interested in the topic after reading about them in holy Scripture.

“The Bible says, ‘The leaves of the trees are for the healing of the nations.’” he said, “I can think of no other substance on the planet that epitomizes that like essential oils.”

## Healing Oils

Dr. Zielinski says oils derived from roots, bark, flowers and leaves address a wide variety of health issues.

“When you inhale citrus essential oils specifically like orange, bergamot, lime and lemon, it’s been shown clinically to decrease anxiety, decrease depression and boost your mood,” he said, noting promising results in cancer cell studies using frankincense and clary sage oils.

“And there are more things than just cancer,” he continued, “There are things that we have seen also related to autoimmunity, related to inflammation, related to heart disease, a lot of research being done with cinnamon and blood pressure balancing, so whether someone’s diabetic, someone’s obese, there’s a lot of things you can do.”

Lavender is perhaps the most popular essential oil. People

like Sarah Hilburn use it to help them sleep.

“I can honestly say essential oils saved my life,” she told CBN News.

Sarah struggled with emotional issues that led to physical ones. {eoa}

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