



The Raindrop Technique

With Becky Orchard, Ph. D., LMT

Vital Health & Chiropractic Center

Make your appointment Today!

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The Raindrop Technique, developed by Dr. Gary Young, M.D. and a Lakota medicine man almost two decades ago, uses a sequence of nine highly immune enhancing essential oils. They are dropped like rain from a height of about 6 inches onto the spine and then lightly massaged in using various hand to body techniques. This stimulates energy impulses and disperses the oils along the nervous system throughout the entire body.

We all carry immune system depleting viruses and bacteria. Essential oils applied to the spinal column are absorbed through the nerves that feed the entire body. Wonderfully soothing, nurturing and relaxing, the Raindrop Technique can work its benefits in the body for days, weeks or months. With essential oils applied via the Raindrop Technique, the body can be brought into balance and the energy centers can be cleared and re-aligned. The Raindrop Technique also helps reduce spinal inflammation, creates an inhospitable environment for the viruses that hibernate along the spinal column, and may help to straighten any spinal curvatures. Although a session last about 45 minutes to an hour, the oils will continue to work in the body for a minimum of a week following the treatment.



“Having Central Nervous System damage and spinal surgeries decades ago, I had continual pain and spasms throughout my body. In 1991, I was completely paralyzed for a few weeks from the damage. Two wonderful friends and healers used the Raindrop Technique on me, and for the first time since I was 25, I was able to get up pain free. That night I had no leg or back spasms. Three weeks later, I had the great fortune to learn this remarkable technique from Dr. Gary Young. This remarkable technique has kept my immune system strong, my body pain free and far stronger than I’ve been in years. At age 62, I can easily say it has reversed most of the damage to my body and my ability to help others has expanded tremendously.”

Nancy Orlen Weber

Oils used in Raindrop Technique:

Valor - A special blend from YLEO that works on electrical and energy alignment of the body. The key to using this blend of oils is patience. Once the frequencies begin to balance in these areas, then a structural alignment can occur. This is the most important oil used in this application.

Thyme - One of the most antiseptic essential oils. It contains thymol, which has been studied for its effect on gingivitis and plaque causing organisms in the mouth. It may be beneficial in helping to overcome fatigue and exhaustion. This essential oil can easily penetrate the body, and may help kill any bacteria that may be present. Supplies energy during times of stress and physical weakness.

Oregano - Works similarly to thyme but is more aggressive and may help stimulate the immune system, balance metabolism and strengthen the vital centers of the body.

Wintergreen - Contains the same active ingredient (methyl salicylate) as birch and is beneficial for massage associated with bone, muscle, and joint discomfort. Elevates and increases awareness of sensory system.

Cypress - One of the oils most used to support the circulatory system.

Peppermint - One of the oldest and most highly regarded herbs for soothing digestion. Peppermint has been found to improve mental accuracy, and sooth the respiratory system. Jean Valnet M.D., studied peppermint's effect on the liver and respiratory systems.. Other scientists have also researched peppermint's role in affecting impaired taste and smell when inhaled. Dr. William N. Dember of the University of Cincinnati studied peppermint's ability to directly affect the brain's satiety center, which triggers a sense of fullness after meals.

Basil - Can be relaxing to muscles, including smooth muscles (those not subject to our voluntary control, such as the heart and digestive system). It may also be used to soothe insect bites when applied topically. Beneficial for mental fatigue, basil may help stimulate and sharpen the sense of smell.

Marjoram - Used for calming the respiratory system and assists in relieving spasms and relaxing the muscles. It also assists in calming the nerves and is an antiseptic.

Aroma Siez - This special YLEO blend of essential oils may help relax, calm and relieve tight, sore, tired, and aching muscles resulting from sports injuries, fatigue and stress.

“As we respond with caring and vision to all work, we develop our capacity to respond fully to all of life. Every action generates positive energy which can be shared with others. These qualities of caring and responsiveness are the greatest gift we can offer.” Tarthang Tulku

