



Aromatherapy

Discover The Healing Power of Essential Oils

Aromatherapy is a form of alternative medicine that uses volatile compounds from plants known as essential oils. Essential oils are what give flowers and herbs their distinctive fragrances. When you smell something, these volatile compounds are what trigger the olfactory receptors in your nose.

The sense of smell is unique because it is wired directly into the brain. The nerves in the olfactory bulb in the nose are part of limbic system in the brain. Odors directly affect the amygdala and the hippocampus, as well as the hypothalamus, the part of the brain that regulates the pituitary gland. This means that smells can directly alter hormone production and affect the autonomic nervous system, which regulates digestion, heart rate, blood pressure and breathing.

This is a survival mechanism, as smells can alert us to danger or suggest that something may be good to eat. This is also why fragrances can dramatically alter your mood, which means aromatherapy can be used to relieve feelings of anxiety, sadness and depression and improve mental alertness, concentration, memory and cognition.

Marketers were the first to capitalize on the ability of fragrances to alter mood. For instance, the Smell and Taste Treatment and Research Foundation tested the effects of various scents on shoppers in stores selling Nike® shoes. The results were surprising; 84% of customers preferred shoes in the scented showroom and were even willing to pay more for them. Soon thereafter, Japanese companies began applying this type of research by using lemon and other citrus scents in their office buildings to stimulate alertness and concentration, thereby reducing errors and boosting productivity.

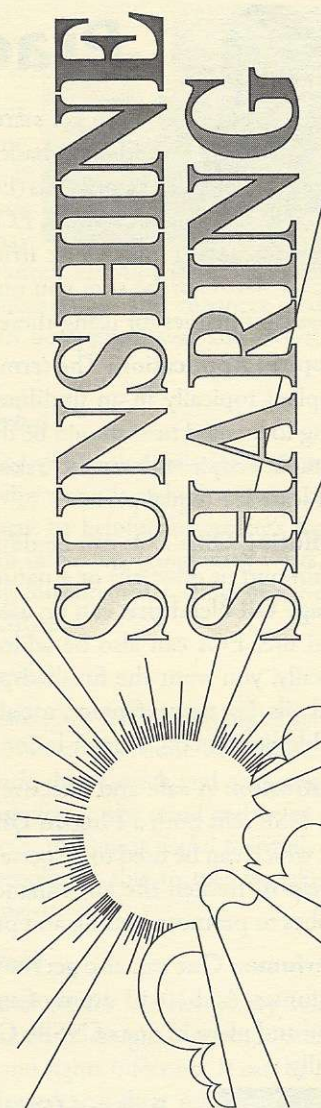
Using Essential Oils for Healing

Besides having direct impact on mind and mood, essential oils have beneficial properties that can enhance physical health. Essential oils are excellent infection fighters, possessing various degrees of antibacterial, antiviral, antifungal and in some cases, antiparasitic actions. They can stimulate various metabolic processes, resulting in wounds that heal faster, increased white blood cell counts, improved digestion, enhanced energy production and overall resistance to disease. They can also be used to ease stress, balance hormones, relieve pain, reduce inflammation, settle the stomach and enhance circulation.

Essential oils have utilitarian uses as well. They can be used for skin and hair care, in mouthwashes or lotions, as natural deodorants, disinfectants for household surfaces and as repellents for insects and rodents. Essential oils can even help set the mood for intimacy or aid meditation and spiritual awareness.

Aromatherapy involves using essential oils in many different ways. For example, they can be added to a fixed oil or massage lotion to be applied to the skin. They can be added to bath water or used in soaks, compresses or fomentations. They can also be used in the bath or shower, in gargles and mouthwashes, or diffused into the air for inhalation via a vaporizer or diffuser. For health problems, they are usually inhaled and applied topically, although some may be used internally if they are highly diluted.

In this issue of *Sunshine Sharing* we'll explore some of the uses for various essential oils and give some specific suggestions for using them to resolve health problems. We'll also give a few suggestions for using them around the home.



Your guide to better health the natural way.

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Important Notice

The information in *Sunshine Sharing* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.

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Practical Ways to Use Essential Oils

To get started, we want to acquaint you with some basic terms and techniques for using essential oils (EOs). Although they are natural substances, EOs are highly concentrated and may cause irritation if used incorrectly. So, be sure you understand the following terms and basic guidelines for using these powerful natural substances.

Topical Application: The term *neat* is used for oils that can be applied topically in an undiluted form. Oils that are too irritating to be used neat should be diluted as described in the next paragraph. People with sensitive skin may want to dilute even neat oils at least 1:1 (equal parts).

Diluting Oils: EOs can be diluted with a fixed vegetable oil (like almond or olive oil) or a natural soap or lotion. NSP sells a **Massage Oil** blend that can be used as a base for EO blends for topical use. EOs can also be added to **Sunshine Concentrate**. Generally, you want the finished product to be about 2-3% essential oils. For easy reference, use about 7-8 drops of essential oils per tablespoon of oil, soap or lotion or about 15 drops per ounce.

Diffusion: A safe and effective way to use EOs is to inhale them. NSP sells both a **Plug-in Diffuser** and a **Nebulizing Diffuser**, which can be used to disperse essential oils into the air. This can help to freshen the air, enhance mood and/or kill airborne microbes to promote healing and prevent the spread of infection.

Perfumes: One can also get the benefit of EOs by using them as perfumes. Add 10-15 drops of an EO to a 1/4 ounce of a massage oil and place in one of NSP's **Clear Roll-on Bottles** to apply topically.



Baths and Soaks: To disperse EOs into a bath, first add 8-15 drops of the oil to a tablespoon of Sunshine Concentrate. Hold this mixture under the faucet while drawing the bath. This will disperse the EOs into the bath water. For a foot or hand soak use about 4 drops in a teaspoon of Sunshine Concentrate and add it to a container of water.

Internal Use: EOs that are GRAS (generally recognized as safe) can be used internally, but they should be well diluted to avoid irritation. EOs that are not GRAS should *never* be used internally, as they can have harmful effects when ingested. When using EOs internally, add 1-2 drops of EO to one or two teaspoons of honey or to four to eight ounces of a beverage that will emulsify (dissolve) the oil, such as almond or coconut milk. EOs can also be mixed with water, but they will rapidly separate and float on top of the water. You can also dilute EOs in olive oil (see dilution above) and take 1-3 drops of the mixture. With the exception of peppermint and possibly lemon oil, don't take oils internally more than twice daily and for no longer than two weeks unless directed otherwise by a skilled practitioner.

Here are a few specific uses for essential oils you can try.

EOs as Disinfectants and Infection Fighters

Essential oils are very good at destroying microbes without the toxicity of chemical disinfectants and antiseptics. Another

advantage of EOs is that they do not allow microbes to become resistant to them.

To make your own disinfectant soap for washing hands or household cleaning, dilute (see directions above) **lemon, eucalyptus, thyme, tea tree** and/or the **Guardian** blend in Sunshine Concentrate. You can also dilute EOs in massage oil and apply them to the chest, throat or other areas of the body to help fight infection. EOs rapidly absorb through the skin and are dispersed in the bloodstream. Diffusing oils into the air is also very effective in both fighting infection and preventing it from spreading.

For bacterial infections consider **cinnamon, clove, frankincense, myrrh, oregano, rosemary, tea tree, thyme** and the **Guardian** blend. For fungal infections, good choices are **lavender, oregano, tea tree and thyme**. For respiratory infections, the best choices are **eucalyptus, frankincense, pine and rosemary**. **Lemon, rosemary, thyme and oregano** are some of the best oils for internal use in fighting infections.

Stress Relief and Mood Enhancement

Essential oils can be wonderful stress relievers. Simply inhale (or use as a perfume) relaxing oils such as **Roman chamomile, jasmine, lavender, rose or ylang ylang**. Another great stress reducer is to take an essential oil bath. Adding 1-2 cups of Epsom salt along with the EOs really helps the body relax and unwind after a stressful day. It also helps to use relaxing essential oils in a massage.



Essential oils can help ease feelings of anxiety, sadness and depression, or set a romantic mood. To enhance mood, diffuse the oils, wear them as perfume or use them in baths. Oils for anxiety include: **bergamot, Roman chamomile, lavender and ylang ylang**. **Rose, lemon, jasmine, lavender and lemon** can help ease feelings of sadness and grief. Antidepressant oils include: **lemon, frankincense, bergamot, rose and lavender**. Finally, to set a romantic mood try using **sandalwood, rose, jasmine or ylang ylang**.

Relieving Pain and Healing Injuries

Many essential oils have analgesic properties and can be applied topically over arthritic joints, sore muscles or other areas of pain. Good oils to use include **Tei Fu oil or lotion, Deep Relief or clove oil**.

Essential oils can be applied topically to various injuries to help them heal faster. The oils will also help to prevent infection and scarring. **Lavender** is helpful for burns. It can be applied neat or added to **Aloe Vera gel**. **Tea tree** is an excellent choice for cuts, scrapes or other wounds. Applied neat it prevents infection and speeds healing. **Helicrysum** is a wonderful oil for preventing scarring or even helping to dissolve and heal scar tissue.

This is just a sample of the many ways you can use EOs to enhance your mood, health and home. You can get more ideas by reading about some of the specific EOs on the next page.

Fourteen Useful Essential Oils

Here is a brief description of 14 essential oils you can use to improve your life and health. We've provided you with some basic characteristics and uses for each oil, including whether it is GRAS (safe for internal use) and can be applied neat (undiluted) topically.

Roman Chamomile (*Chamaemelum nobile*)



Chamomile is soothing to the nerves, having a calming and relaxing effect. It is a good EO to use when your nerves feel frazzled, meaning you're so stressed out that small things get on your nerves. It's also helpful for shock. It can help relieve neuralgia and heal wounds. Roman chamomile can be applied neat and is GRAS.

Cinnamon (*Cinnamomum zeylanicum*)

Cinnamon is a strong antibacterial and antifungal essential oil that stimulates circulation and helps to regulate blood sugar. It can be applied topically when properly diluted, but should not be used neat as it is too irritating to the skin. It is GRAS, but has to be highly diluted for internal use, so dilute one drop of oil in at least two teaspoons of honey or 8 ounces of a beverage.

Jasmine (*Jasminum grandiflorum*)

Jasmine is a relaxing and uplifting fragrance that can lift depression, enhance sexual desire and ease feelings of stress when inhaled. Applied topically, it can aid wound healing. It can also be used to ease labor pain and strengthen contractions. Jasmine is not GRAS and should not be taken internally.

Lavender (*Lavandula angustifolia*)

Lavender is one of the best essential oils for relaxing the body and reducing stress. Inhaled it can ease anxiety and enhance sleep. Topically, it is both healing and antiseptic. It can be applied neat for burns, sunburn, wounds and skin problems. Lavender is GRAS and is very helpful both topically and internally for treating yeast and fungal infections.



Lemon (*Citrus limon*)

Lemon oil is very refreshing, uplifting and invigorating when inhaled. It is used both topically and internally to fight infections, viral, bacterial or fungal. In one study, it killed all bacteria tested, including salmonella and Staph. Used in a massage oil, it stimulates lymphatic system detoxification and boosts the immune system. Lemon is GRAS and can be applied neat.

Eucalyptus (*Eucalyptus globulus*)

Eucalyptus is an excellent antiseptic and disinfectant essential oil. It has been inhaled or diffused to treat sinus infections, sore throat, respiratory congestion and flu. Diluted in a massage oil, it can also be used as a chest rub. It is not GRAS and should not be taken internally.

Frankincense (*Boswellia carterii*, *B. serrata*)

One of the gifts of the Magi to the Christ-child, Frankincense was highly prized in ancient times for its antiseptic and healing

properties. It fights infection, reduces inflammation and stimulates the immune system. It can be massaged into the breasts to help get rid of cysts and may even help the body to fight cancer. Emotionally, frankincense lifts depression, aids focus and concentration and enhances meditation and spiritual awareness. It can be applied neat and is GRAS for internal use.



Myrrh (*Commiphora myrrha*)

Another gift of the Magi, myrrh was also prized in ancient times. It is anti-inflammatory and helps wounds to heal without scarring. It is also antimicrobial and may be helpful for athlete's foot and other fungal infections, mouth infections (gingivitis), warts, burns and wounds. Myrrh is uplifting and enhances feelings of self-esteem. It can be applied neat and is GRAS.

Peppermint (*Mentha piperita*)

Peppermint is one of the safest oils for internal use. This GRAS oil helps to fight digestive tract infections, relieve bad breath, reduce intestinal gas and bloating, settle the stomach and ease nausea and vomiting. Peppermint is stimulating to the mind and helps to promote mental alertness and focus, making it useful for study. It can be applied neat, and many people are able to tolerate taking one drop internally without diluting the oil.

Pine Needle (*Pinus sylvestris*)

Pine is a wonderful essential oil for the respiratory system. It can be helpful for asthma, bronchitis, cough, congestion and laryngitis. It helps to expel mucus and fights infection. It can be inhaled or diluted in massage oil and used as a chest rub. It is not GRAS and should not be taken internally. Emotionally, smelling pine is invigorating, refreshing and stimulating. It promotes a feeling of well-being, mental alertness, self-forgiveness and self-confidence.

Rose Bulgaria (*Rosa damascene*)

Rose is one of the best fragrances for healing an emotionally wounded heart. It opens the heart, relieving grief and sadness, and enhances feelings of love and intimacy. It reduces feelings of jealousy, irritability and anxiety. Rose is also a great oil for helping wounds and skin problems to heal without scarring. It can be applied neat and is GRAS.



Continued on next page

Additional Help and Information

There are many other essential oils you can use and many other ways to use aromatherapy. For more information on how aromatherapy can help you, contact the person who gave this newsletter to you. You can also consult the following sources:

The Comprehensive Guide to Nature's Sunshine Products by Tree of Light
Modern Essentials by Abundant Health
Aromatherapy by Kathi Keville and Mindy Green
The Illustrated Encyclopedia of Essential Oils by Julia Lawless

Aromatherapy

*A fragrant way to
improve your health
and well-being*

Essential oils from flowers and herbs can enhance your mood, heal your body and disinfect your homes.

Learn about some of the many benefits of aromatherapy in this issue of *Sunshine Sharing*



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Rosemary (*Rosmarinus officinalis*)

Rosemary is a warming and stimulating oil that helps to relieve pain, fight infection and expel mucus from the lungs. It is good for colds, bronchitis, coughs and sinus congestion when inhaled or taken internally. It can be used topically to simulate circulation and ease pain in arthritis, stiff muscles, cold feet and tired legs. Rosemary is good for low blood pressure and poor circulation, but should be avoided in cases of high blood pressure. Rosemary is also a mental stimulant, enhancing memory and cognition.

Tea Tree Oil (*Melaleuca alternifolia*)

Tea tree oil is a wonderful topical antiseptic that has been applied neat to treat wounds, burns, athlete's foot, ticks, mites, cold sores, acne, boils and mouth ulcers. It kills bacteria, viruses and fungi, stimulates the immune system and promotes rapid healing.

Because it is GRAS, it can also be diluted and used internally for thrush and other yeast infections.

Thyme Linalol (*Thymus vulgaris*)

Thyme is another antiseptic and immune stimulating essential oil that can be used to aid healing of wounds. It is strongly antibacterial and can be used for anthrax, urinary tract infections, infected wounds and sores, pertussis, tonsillitis and yeast infections. It is also helpful for colds, coughs, sore throats, bronchitis and asthma. Do not use neat; dilute for topical use. It is GRAS for internal consumption, but like cinnamon must be highly diluted.

Many people carry peppermint and Tei Fu oil with them in their purse or briefcase as first aid oils. These oils, plus tea tree oil, are good oils to keep in a first aid kit. Ask the person who gave you this newsletter about the uses of other EOs available from NSP, such as bergamot, clary sage, clove, geranium, pink grapefruit, heliocrisum, mandarin, neroli, patchouli and sandalwood.